

POSSIBLE QUESTIONS WHEN INTERVIEWING A DOULA

BACKGROUND, EDUCATION, PHILOSOPHY

What is your education for providing labor support? Are you certified by a labor support training program?

How long have you been in practice? How many births have you attended?

Do you have education and experience providing any other type of care for childbearing women, such as childbirth education, midwifery care, nursing care, breastfeeding support, or postpartum doula support?

How do you view your role at the birth?

If you were looking for a doula to be with you at your birth, what would you look for?

PRACTICE ORGANIZATION

What arrangements do you have for back-up if you are not available to attend my birth?

Can I meet the individual who may be backing you up and providing doula services for me in labor?

Do you know of anything now that may cause you to be unavailable around the time of my birth? Do you have any other clients who are due around that time?

COST

What are your fees? Are there any possible extra costs I should know about?

Do you have any experience with reimbursement from health insurance plans?

Do you accept alternate payment arrangements, such as sliding scale, time payments, or barter?

SERVICES

Would you meet with me/us before the birth to discuss our preferences and concerns?

What services do you provide during labor and birth? What do you bring with you? How do you help women cope with labor pain?

How do you feel about _____? (Ask here about any concerns or preferences that may be on your mind, such as pain/comfort issues, or the role of your partner.)

When would you come to be with me in labor? How long would you stay after the birth?

Do you provide any services in the postpartum period? What about reviewing my labor and birth experiences or helping me with breastfeeding? Are you available by phone? In person? (Note: some labor doulas also work as postpartum doulas and offer care after the birth. This may include breastfeeding support, light housekeeping, errands, and help caring for older children as well as the new baby.)

How would my partner/husband fit in?

What do you see as your greatest strengths?

EXPERIENCE WITH MY CAREGIVER AND BIRTH SETTING

Have you provided doula services for other women who have used (my midwife, doctor, or maternity practice)? (If yes:) What was that experience like?

Have you provided doula services for other women who have given birth at (the place where I plan to give birth)? (If yes:) What was that experience like?

REFERRALS

May I please have the names of some women who have recently worked with you as their doula, for reference purposes?