

Doula interviews: Questions you might ask a potential doula

- Tell me about your doula training. Do you have any additional certification, trainings or experience related to your doula work?
- What is your philosophy about birth support? Or, How would you describe your doula style?
- Why did you become a doula?
- How do you most often support people in labor?
- Do you have a backup doula in case you are sick or can't support me when I go into labor? How would that work?
- What would our prenatal visits look like?
- What would our postpartum visits look like?
- May I email, text or call you with questions?
- At what point in labor would we meet up? How should I contact you during labor and at what point? Is it okay if it's in the middle of the night? Are you always on call?
- How do you work with my partner?
- What coping techniques do you find most helpful for people in labor? What are your best tactics for pain in labor?
- How do you feel about epidurals or any pain medication?
- How long do you stay after the birth?
- Do you have experience with breastfeeding instruction?

Questions to ask yourself

- Did you feel as if she was really listening to you during the interview?
- Did you feel comfortable with her?
- Did she seem compassionate?
- Did she ask you any questions?
- Did you feel she was interested in you and what you want?
- Did she communicate well?
- Did she seem knowledgeable?
- Did her views on pregnancy, childbirth and medical care align with your own?
- Did she take the time to answer all of your questions or did you feel rushed?
- Was it easy to make the appointment with her?
- Did you click with her?