

Birth Doula Interview Questions

You can print a copy of this sheet for each doula you interview if you'd like to take notes

Interview date and time: _____

Doula's name: _____

Training/Experience/Qualifications:

- Where did you receive your training and from which organization?
- How long was your training, and how much of it was devoted to supporting families (as opposed to business or other topics)? Have you taken any advanced trainings?
- Are you certified or working toward certification? Why do you value certification?
- Tell me about your experience supporting families as a doula. How long have you been a doula, and how many families have you supported?
- What experience do you have working with non-traditional families, such as queer or single parents?
- I am an abuse survivor and this may affect my experience. Do you have training in counseling or other trauma-healing work?
- Do you provide doula services at homebirths, birth center births, or hospital births? What is your experience in each of those locations?
- What techniques will you use to help me move through labor?
- How will you support my partner through this process?
- How will you interact with my medical team?

Business & Logistics:

- Will we meet for prenatal visits before the birth, and what is included in those visits?
- When do you consider yourself "on call" 24/7 for my birth? If there is a window of call time, what happens if I deliver before that timeframe begins?

- Will you come to me whenever I need you in labor, or is your support only available after a certain point in the process?
- How long do you stay after birth?
- Do you have experience with breastfeeding support?
- Will we meet postpartum, and what is included in those visits?
- Are phone, email, and text support available before and after the birth?
- Do you have a backup doula for times when you are not available? May we meet your backup?
- What is your fee, and what does it include? Are there any time limits or added fees if I have an unexpectedly long labor? *Review the doula's contract for refund policies and other details.
- If we decide to hire you, what are our next steps?

Questions to Consider After a Birth Doula Interview

These questions might be helpful as you choose a doula who is the right fit for your family

- Is this doula's philosophy of pregnancy and birth compatible with mine?
- Do I feel comfortable in this doula's presence? Do I feel comfortable having this doula in my home/at my birth?
- Do I feel confident that the doula will be able to work collaboratively with my birth team?
- What is the doula's level of knowledge? Do I feel that my questions were answered thoroughly?
- If there are unexpected situations, or if I need support early in labor, do I feel confident that this doula can offer what I'll need at that time?
- What does my overall intuition say?
- Other notes/observations:

Postpartum Doula Interview Questions

You can print a copy of this sheet for each doula you interview if you'd like to take notes

Interview date and time: _____

Doula's name: _____

Training/Experience/Qualifications:

- Where did you receive your training and from which organization?
- How long was your training, and how much of it was devoted to supporting families (as opposed to business or other topics)? Have you taken any advanced trainings?
- Are you certified or working toward certification? Why do you value certification?
- Tell me about your experience supporting families as a doula. How long have you been a doula, and how many families have you supported?
- What experience do you have working with non-traditional families, such as queer or single parents?
- What kinds of services will you offer in my home? Are there tasks you're not comfortable doing? What might a typical postpartum shift look like?
- How will you support my partner through this process?
- What is your experience with breastfeeding support?

Business & Logistics:

- Will we meet before the baby is born to talk about our needs and your role?
- If we have postpartum questions or concerns before the birth, may we contact you?
- When do your services typically begin after the birth?
- Do you have a backup doula for times when you are not available? May we meet your backup?
- How will we know when our services should end?

- Have you had a criminal background check, a recent TB test, and current CPR certification?
- What is your fee, and what does it include? *Review the doula's contract for refund policies and other details.

Questions to Consider After a Postpartum Doula Interview

These questions might be helpful as you choose a postpartum doula who is the right fit for your family

- Do I feel comfortable in this doula's presence? Do I feel comfortable having this doula in my home?
- Did the doula communicate well with my family and I?
- Do I feel confident that the doula will be able to support me with feeding my baby?
- What is the doula's level of knowledge? Do I feel that my questions were answered thoroughly?
- If there are unexpected situations, or if I need support before my baby is born, do I feel confident that this doula can offer what I'll need at that time?
- What does my overall intuition say?
- Other notes/observations: