



**DOULAS OF NORTH AMERICA**  
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## Questions To Ask A Doula

**The following questions will help you decide if a particular doula is right for you.**

### **For any doula:**

- What training have you had? (If a doula is certified, you might consider checking with the organization.)
- Do you have one or more backup doulas for times when you are not available? May we meet her/them?
- What is your fee, what does it include, and what are your refund policies?

### **When interviewing a birth doula:**

- Tell me/us about your philosophy about childbirth and supporting women and their partners through labor.
- May we meet to discuss our birth plans and the role you will play in supporting me/us through childbirth?
- May we call you with questions or concerns before and after the birth?
- When do you try to join women in labor? Do you come to our home or meet us at the place of birth?
- Do you meet with me/us after the birth to review the labor and answer questions?

### **When interviewing a postpartum doula:**

- Tell me about your experience as a postpartum doula.
- What is your philosophy about parenting and supporting women and their families during postpartum?
- May we meet to discuss our needs and the role you will play?
- What different types of services do you offer?
- When do your services begin postpartum?
- What is your experience in breast-feeding support?
- Have you had a criminal background check, a recent TB test? Do you have current CPR certification?

You may want to interview more than one doula to find the right one for you.