



Hiring a Doula: *Tips and Interview Questions*

Where can you find a birth or postpartum doula?

www.happybirthway.com

www.tampabaybirthnetwork.org

www.cappa.net

www.doulamatch.net

www.dona.org

www.icea.org

How many doulas should you interview before hiring one?

Most moms and their partners interview two or three doulas before deciding which one is best for their situation and personalities.

Questions for all doulas:

- Are you certified? If so, by which organization? ([DONA](http://www.dona.org), [ICEA](http://www.icea.org) and [CAPPA](http://www.cappa.net) are the most common.)
- Do you have a backup doula? Can we contact her directly?
- What is your fee and what does it include?
- What is your refund policy?
- Do you have any references? Can we contact them directly?

Questions for birth doulas:

- My estimated due date is _____. Are you available?
- What is your philosophy about childbirth?
- How do you support a woman in labor?
- How do you work with the husband or partner during labor?
- When do you join a woman in labor? At home? At the hospital or birth center?
- My caregiver is _____. Have you ever worked with him/her?
- I am having my baby at _____. Have you attended births there?
- Are you available during the rest of the pregnancy by email and/or phone?
- Would you be available as a resource if needed after the baby's birth?
- Do you have any other training or certifications that enhance your doula practice?
- Do you adjust your fee for a very fast labor?



Questions for postpartum doulas:

- My estimated due date is _____. Are you available?
- What is your philosophy about parenting and supporting women and their families after a baby arrives?
- Can we meet to talk about our needs and your role in our family?
- Do you have experience supporting breastfeeding?
- What are the ages of the children in the families you have worked with?
- Do you have current CPR certification?
- If your family has pets, ask if the doula is comfortable with that kind of animal(s).
- Some families also ask about criminal background checks as well as current immunizations, including TB.

Post-interview points to consider:

Experience and certifications are clearly important, but when it comes to hiring a doula, listening to our intuition is also important. Labor is a vulnerable time for a woman, so here are some final questions to ask yourself:

- Am I comfortable with this person?
- Can I picture myself completely trusting her in labor?
- Did we communicate well?
- Was she a good listener?
- Did she seem knowledgeable about birth?
- Will she support my birth choices or does she have her own agenda?

*Information provided by Happy Birth Way,
offering birth classes and labor support in Tampa Bay.*

www.happybirthway.com

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