
8 QUESTIONS TO ASK YOUR DOULA

THE MOST IMPORTANT QUESTIONS
YOU WILL ASK TO HELP YOU MAKE
YOUR MOST IMPORTANT DECISIONS.

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01 Are you registered as a business? In order to increase your chances of being reimbursed by your insurance for your doula costs, you can make sure you hire a professional doula who is running a business rather than attending births as a hobby. If your doula is accepting money to attend births, they should be honest about it.

02 Do you carry insurance? Would you receive care from an OB/GYN, midwife, acupuncturist, or massage therapist who didn't carry professional insurance? Let's hope not. Your doula is no different. Anyone who serves the public and cares for people in intimate settings should always carry insurance

03 Do you have a contract? To keep yourself safe, don't even go here. Contract or no deal. This person is preparing to support you in one of the biggest transitions of your life. You want to make sure they are taking this responsibility seriously and will be committed to attending your birth experience.

04 What would you do? This is a great way to judge how that doula will speak to you during your relationship. If they begin to discredit your feelings during your interview with them, imagine how they might react in a situation of intense emotions like birth. However, if you see a logical and sensitive response, this gives you a good sense of their compassion for working with people and having your best interest at heart.

05 **If you had to choose three words to describe your practice what would they be?** You are going to hear a lot of information and these three words will help you understand what is important to each doula when she is forced to identify with only three adjectives.

06 **What Organization are you trained through?** Do your own research on the organizations that train doulas. Some organizations are better than others. Certification is managed by each organization so there is no standard. Some certifications are easily attained after training and some require intense qualifications. Rather than asking if your doula is certified, ask who she was trained by and what her experience has been.

07 **What is your philosophy of birth?** Knowing how your doula views birth will tell you a lot of how compatible you two are going to be. If you're interviewing a doula who is off to one side of the spectrum, it may be best to continue to interview other doulas and try to find someone who is more in alignment with what you envisioned for your birth or what you had expected.

08 **What do the services/packages include?** You will want to know things like when your doula will start to support you, when your doula will stop supporting you, What kind of support do they provide, what if your doula is unable to attend your birth, and what is included for the price you are paying. Make sure you ask specific questions about or mention things that are important to you.