

20 Questions to Interview your Doula

1. Why did you become a doula?
2. What kind of training have you done?
3. How do you stay updated as a doula?
4. How many families have you supported?
5. What are your fees? Do you offer packages? What's included?
6. Do you offer a back up doula?
7. On what case scenarios will make you use your back up doula?
8. How do you manage a long birth?
9. If I have a cesarean birth, how can you support me?
10. What's your approach and action plan for supporting me during birth?

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11. How do you work with my partner?
12. When do you join me at birth?
13. Do you attend hospital / home / free birth?
14. What are your doula tricks for birth?
15. What are your doula values, what do you stand for?
16. Do you work with other care and health care professionals?
17. Do you offer any other services?
18. Do you offer payment plans?
19. How will you support us during immediate postpartum?
20. What self-care do you do after birth?