
25 Questions To Ask Your Potential Doula During Your Consultation

Better Birth Challenge by Birth Song Botanicals

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Are you one of the many women who wants have a better birth? Have you heard great things about how Doula's help women increase their chances of having an empowered birth? Did your good friend said she couldn't "have done it without" her doula and hey, doesn't it sounds great to have an additional support person there to rub your back, bring you juice and smile even when things seem really hard and you don't think you can do this whole natural birth thing any more? There are so many wonderful Doulas, but how do you figure out which doula is the right doula for you?

This is a very personal decision, after all, this is a person who will be there for you when you are both literally and figuratively naked and vulnerable and pushing a baby out of your vagina. You need to feel really good about the person you've selected to support you during such a huge life event! So, I put together this list of twenty five questions you, can ask your potential Doula during your initial consultation.

My questions focus a lot on getting to know each other to see if your personal birth philosophies are in alignment and about the professional side of her doula practice so you can build a trusting and professional relationship as a team. Feeling like you can connect with a Doula is paramount but so is making practical decisions that work in your life, budget and location. Before you schedule your in person consultation, visit her website and/or call her up and talk with her on the phone to get a feel for who she is and what she offers. It is best if you can schedule your consultation when your partner can be there too. If you are wanting your partners support then they should be involved with major decisions such as this one.

Here is my list:

1. Why did you decide to become a Doula?
2. What was your training like?
3. How long have you been practicing?
4. How would you describe your role at my birth?
5. How many clients do you have each month? Do you have a backup Doula? How does your backup arrangement work?
6. When do you go on call for me?
7. What happens in the event of something unexpected? What if my labor is really really long, you have a personal emergency, or I have a fast birth and the baby comes before we get to the hospital?
8. What are your fees and your reimbursement policy?
9. Do you have experience at my place of birth? With my care provider?
10. Do you have any other related training or services like massage, placenta encapsulation, lactation consulting, sibling doula, postpartum doula?
11. Do you recommend childbirth classes?
12. How many times do we meet before and after the birth?
13. What natural birth pain relief techniques can you offer or teach me?
14. What are your top three books I should be reading to prepare for my birth, breastfeeding and postpartum experience?

15. How will you support my partner during the birth process?
16. Do you recommend any herbs or natural remedies for my pregnancy, birth, breast feeding and postpartum period?
17. What other family, job, or life commitments do you have around the time of my due date?
18. What else do you do in your time besides doula-ing?
19. What makes you or your services different from other doulas?
20. What do you love about being a doula? / What is your biggest challenge with being a doula?
21. How do you customize your support to each birthing person and family?

After the Consultation:

22. What did your partner think about the interview?
23. Did she answer all the questions satisfactorily?
24. Were there any questions that you still want clarity on?
25. **Bonus Question:** Do you feel like you can develop a trusting, fun and professional relationship with her?

This list is by no means exhaustive of course. But just remember doulas are people too, and having realistic expectations about their personalities and their services will help you make the right choice for your family and your birth.