



Questions to Ask A Doula

For any Doula:

What training have you had? (If a doula is certified, you might consider checking with the organization to verify)

Do you have one or more back-up doulas for times when you are not available? May we meet with the back-up doula?

What is your fee? What does it include? What are your refund policies?

When interviewing a Birth Doula:

Tell me/us your childbirth philosophy and your philosophy around 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 labour? 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 labour and answer questions?

When interviewing a Postpartum Doula:

Tell me your experience as a postpartum doula.

What is your philosophy about parenting and supporting women and their families during the postpartum period?

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 breastfeeding support?

Do you have current CPR and Food Safe certifications?

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

**To locate a doula near you,
please contact us at 604-515-5588 or visit www.bcdoulas.org**