

## Questions to Ask a Prospective Postpartum Doula

- What training do you have? (If certified, you may consider checking with the organization.) What other education do you have?
- What continuing education or training do you participate in? Do you participate in any professional development groups?
- What is your training, education, and experience in breastfeeding?
- What is your philosophy about parenting and supporting women and their families during postpartum?
- Why did you become a professional postpartum doula? What do you like the most about the job? Least?
- What is your experience as a postpartum doula? How many clients have you served?
- How many clients do you take a month? Do you have any clients due near my due date?
- Do you have one or more back-up doula(s)? Can we contact or meet them ahead of time?
- What different types of services do you offer? Do you clean, cook, laundry, errands, baby care, etc.?
- What is your fee and what does it include? Do you have a minimum of hours? How are payments made? What is your refund policy?
- What hours and days are you available?
- May we call you anytime before and after birth with questions or concerns?
- May we meet to discuss our needs and the role you will play?
- When do your services begin after birth?
- May I discuss and process my birth experience with you?
- Can you recognize and provide guidance for postpartum mood disorders?
- Will you work with family or friends that may also help me?
- Have you ever work with a family and had a bad outcome or uncomfortable situation? Describe the situation.

continued on back

- Have you had a criminal background check? A recent TB test? Can you provide proof?
- Do you have a current infant/ adult CPR certification? Can you provide proof?
- Can you provide references?

Questions to ask yourself- Do you feel comfortable with the doula? What are your personal perceptions? Is she someone that is compatible with your lifestyle? Is she kind, warm, and enthusiastic? Is she knowledgeable? Does she communicate well? Is she a good listener? Is she comfortable with your choices or does she seem to have her own agenda? Does she make you feel confident in your ability to parent? The way you feel with her may be more important than the number of clients she has served.

Questions by ©DONA 2002 and ©Pennypress 1990 [www.DONA.org](http://www.DONA.org) (888) 788-DONA