

# Interviewing a Doula

## 7 QUESTIONS TO GET YOU STARTED

You deserve the best fit possible in your doula, so an interview/consultation will be a great opportunity to figure out if this particular doula is a good match for you. As a birth and postpartum doula myself, I'm happy to suggest the following for your consideration:

### 1. WHAT IS YOUR TRAINING/EXPERIENCE?

Does having a certification(s) mean something to you? Or do they have excellent experience that truly reflects their work? While experience and training can be important, personality can sometimes weigh heavier than you'd think. You could interview a seasoned doula and a new doula, and feel more connected to the new doula.

*Connection and trust in your doula's experience is a key consideration when hiring a doula.*

### 2. WHAT IS YOUR AVAILABILITY SURROUNDING MY DUE DATE?

Knowing when they consider themselves on call for your due date is important. Do they have travel plans or other unavailability windows? Do they have a back up doula? A professional doula will always have a back up doula.

*A back up doula is most often nothing you have to pay additional fees for; it's simply an agreement between the primary doula and back up to cover emergencies, illness, vacation time, etc.*

### 3. WHAT ADDITIONAL CERTIFICATIONS OR SERVICES DO YOU PROVIDE?

If there are certain trainings or services that matter to you, knowing what skills and tools the doula has in their toolbox will help to inform this for you. Take some time to think and ask about what you need to feel fully supported.

*Here are some additional trainings/services you may want to receive from the doula: lactation education/support, reiki, massage, optimal fetal positioning, baby wearing education, placenta encapsulation, childbirth education, birth photography, a lending library, etc.*

### 4. HOW DID YOU GET INTO DOULA WORK?

Learning about how they became a doula is often a really great way to learn about their personality, passion, history, etc. Most importantly, it's good to find out their motivation for being a doula.

*What really brought them to become a doula is the perfect way to see what their roots are in this work and how they might be able to doula you yourself.*

### 5. HOW MIGHT YOU WORK WITH MY PARTNER OR FAMILY?

If you have a partner, your chosen doula should be able to support them too. What about your partner? They can often be forgotten about, simply because they aren't carrying the baby. How will this doula involve them?

*Asking a potential doula about how they might work with your partner/family will help you to determine if they are a good fit for you and your partner.*

### 6. WHAT DOES WORKING WITH YOU LOOK LIKE?

Ask that the doula explains what the whole process might look like when working together, beginning to end, so you can get a sense of what to expect.

*Getting an idea of what working together will look like can help you get an idea of their organization, resources offered, frequency of communication and much more.*

### 7. WHAT IS YOUR DOULA STYLE?

Each doula has a very unique personality, and therefore they have a unique approach to how they tend to "doula." Asking the doula what their style is pretty much helps you to determine what kind of coffee they are.

*Ask yourself: how would you take your doula (in a coffee kind of way)?  
Lots of sugar, strong or something in between?*