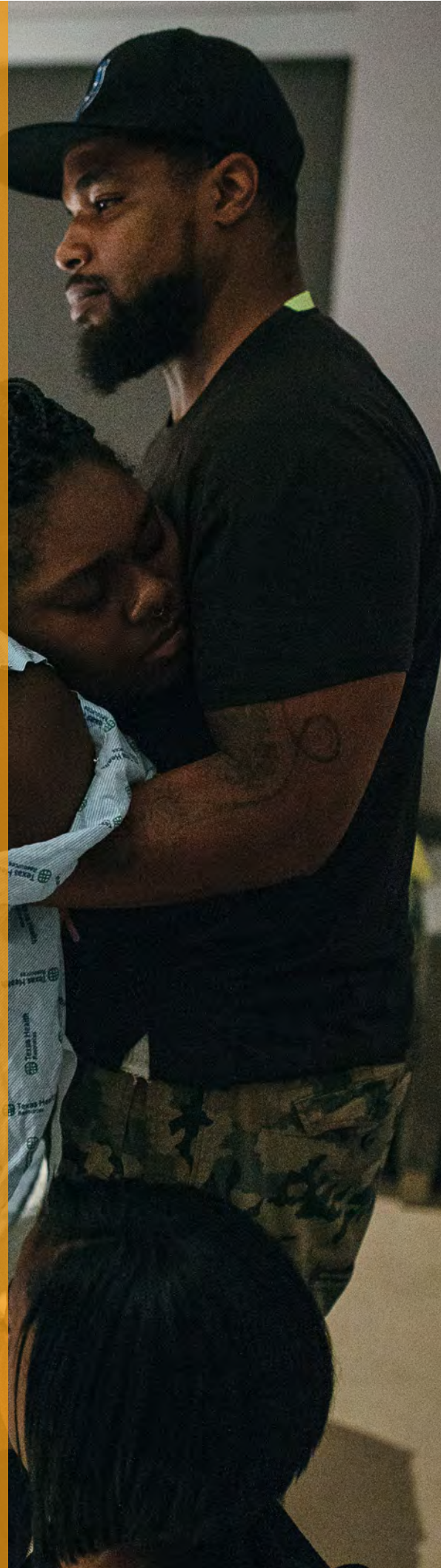


[M]OTHERBOARD RESOURCES

INTERVIEW QUESTIONS DOULAS



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birth preferences made simple



A doula can be your trusted guide through your birth process. There are many different types of doulas, personalities, philosophies, etc. and it's important that you trust their experience, resonate with their outlook on birth, and feel comfortable with them as a person.

QUESTIONS

1. Why did you become a doula?
2. What do you love about being a doula?
3. How many births have you supported?
Experience is amazing, but there's also something to be said for a fresh, enthusiastic doula. If they're new, ask them if they have a mentor or community they can go to if they are confronted with situations they don't have experience with. [M]otherboard can also help you find a doula.
4. Are you certified? If so, with whom? If not, why not?
You don't need to be certified to attend births, but the basic knowledge gained from an introductory training can be helpful as a starting point.
5. What are your fees? How are your fees structured?
6. Do you charge hourly?
Some doulas are shifting towards charging an hourly fee. This is complicated for many reasons. First of all, the length of your labor is something you often can't really control (and honestly, you're the first person to hope your labor isn't long!). Also, you can't relax and let your labor unfold as easily if you have a "mental meter" running. You might hesitate to call the doula when you really need them for fear of spending too much money.
7. What is your "package"? How many visits do you do?
Typically, doulas have 2-3 prenatal visits, stay the entire birth (barring extreme circumstances), and do 1-2 postpartum visits.
8. What do you do during really long births?



9. What are the instances you'd need to call your backup?
10. What sorts of things do you cover during your prenatal visits?
11. What's your plan of action during my labor and birth?
12. If I end up needing a cesarean, how will you support me?
13. What kinds of relationships do you have with care providers? Do you have any experience with my specific care provider?
14. Do you attend hospital births, birth center births, home births, unassisted/free births, or all of the above?
Some doulas might avoid working at a particular hospital if they've had negative or unsupportive experiences there. That can be helpful for you to know as you're choosing your place of birth. Also, if a doula is certified, they often can't attend unassisted births for legal and regulatory reasons.
15. How will you work with and incorporate my partner?
16. When do you like to join me during my birth time?
17. What kinds of tricks do you have up your sleeve?
Common "tricks" include massage, acupressure, visualization, suggesting position changes, rebozo techniques, and ways of helping you advocating for yourself. Keep an ear out for doulas who might be outside their scope of practice such as offering: medical procedures, herbs, vaginal exams, checking baby's heart tones, etc.
18. Have you done any interesting continuing education around your doula craft?
What are they excited about exploring? A doula should be continuously learning!
19. Do you offer any additional services?
Some doulas do henna tattoos, offer photography, sibling support, etc.
20. Have you ever had any run-ins with hospital/birth staff? How did you resolve them?
No one wants a doula that will bring baggage and conflict into the birth space. Also, look out for doulas who trying to resolve their own birth trauma through their clients. Not healthy for anyone!



21. Who do you use as a backup in case you're unavailable? What does your availability look like during my birth window?

22. How do you process complicated birth experiences?

If you attend births long enough it's inevitable that you might see some things that are disturbing. Secondary trauma for healthcare professionals is a real thing. Doulas with good self-care strategies will have their own people and professionals that they can go to to process trauma with. They won't bring their experiences into your birth space.

NOTES:



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