

Questions to ask your Doula

Use these questions to start open communication and build your confidence when talking with your healthcare providers. Self-advocacy and trust are important tools in addressing systemic racism and implicit bias.

Doula Experience:

- How long have you been a doula?
- Can you provide any references or feedback from previous clients?
- Are you certified or continuing your education?
- Do you have any experience supporting high-risk pregnancy/birth complications?
- Do you have any lactation experience?
- Have you attended any cesarean births?

Doula Services:

- What services do you provide?
- Do you have a backup doula? If so, when do I meet them?
- When do you show up for labor and delivery?
- Do you incorporate any spiritual/religious practices in your care?
- Do you support home births or hospital/birthing center only?
- How long do you remain after the birth of my baby?
- Do you provide postpartum services?
- Do you provide support to the birthing person only?
- What coping techniques do you find most helpful?



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