

Questions to ask your Doula

Use these sample 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.

NOT ALL OF THESE QUESTIONS ARE REQUIRED NOR MEANT TO BE ASKED IN ORDER, BUT THEY ARE EXAMPLES OF SOME OF THE THINGS YOU CAN ASK

Experience and Approach:

- How long have you been a doula?
- Can you provide any references or feedback from previous client experience?
- What services do you provide?
- Are you certified or continuing your education?

Patient Care:

- Do you have a backup doula? If so, when/do I meet them?
- When do you show up for labor/delivery?
- Do you have any experience supporting high-risk pregnancy/birth complications?
- Do you incorporate any spiritual/religious practices in your care?
- Do you have any lactation experience?
- Do you provide postpartum services?
- Have you attended any cesarean births?
- Do you provide support to the birthing person only?
- What coping techniques do you find most helpful?

Miscellaneous:

- Do you support home births or hospital/birthing center only?
- How long do you remain after the birth of the baby?

Payment and Insurance:

- Are your services covered by insurance?
- If so, is there a certain timeframe service can begin? (gestational age)
- Do you have liability insurance as a doula?
- Are virtual doula services covered by insurance?



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