

CHAPTER 2: SO MANY CHOICES

Questions to Ask Birth Doulas

DONA International is the largest and a highly respected doula association. The following questions are adapted from their website (http://www.dona.org/mothers/how_to_hire_a_doula.php). Use these for your discussion:

What training, education, experience, and certification do you have? _____

What is your philosophy of childbirth and of supporting women and their partners through labor? _____

When do you try to join us in labor—in early labor, later in labor, or whenever we feel we need you? _____

Do you go to our home or the birthplace? _____

Will you meet with me before the birth to discuss my birth plans and to explore the role that you'll play in supporting me and my partner through labor? _____

Will you visit me after my baby is born? _____

May I contact you with questions or concerns before or after the birth? _____

Do you work with one or more backup doulas for times when you're unavailable? _____

May I meet them? _____

What's your fee? _____

What services does it include? _____

What are your refund policies? (If her fee is more than you can pay, ask if she provides a sliding scale or can refer you to someone who does.) _____

Will you provide references? _____
