

CHAPTER 2: SO MANY CHOICES

# Questions to Ask Postpartum Doulas

The following questions are adapted from the DONA International website ([http://www.dona.org/mothers/how\\_to\\_hire\\_a\\_doula.php](http://www.dona.org/mothers/how_to_hire_a_doula.php)).

What training and education do you have? \_\_\_\_\_

\_\_\_\_\_

Tell me about your experience \_\_\_\_\_

\_\_\_\_\_

Have you had a criminal background check? \_\_\_\_\_

Have you had a recent TB test (for tuberculosis) and Tdap vaccination (for pertussis and other illnesses)? \_\_\_\_\_

Are you immune to the measles? \_\_\_\_\_ Is your CPR certification current? \_\_\_\_\_

What's your philosophy of parenting and of supporting women and their families after the birth? \_\_\_\_\_

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May we meet before the birth to discuss our needs and the role you'll play in supporting us after the birth? \_\_\_\_\_

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What additional services do you offer? \_\_\_\_\_

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May we call you with questions or concerns before the birth? \_\_\_\_\_

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When do your services begin after the birth? \_\_\_\_\_

\_\_\_\_\_

What's your experience with breastfeeding support? \_\_\_\_\_

\_\_\_\_\_

What's your fee? \_\_\_\_\_ What's your refund policy? \_\_\_\_\_

\_\_\_\_\_

If you're having twins, if you expect the baby to be premature, or if you have other special needs, ask about the doula's experience with those needs.