

## Choosing a Postpartum Doula

To learn more about postpartum doulas, read [Pregnancy, Childbirth, and the Newborn](#), page 23.

To find a postpartum doula, search: <https://www.dona.org/find-a-doula/> and <https://doulamatch.net/>

For a complete hiring guide, see: <https://www.dona.org/wp-content/uploads/2016/09/Interview-Guide-for-Parents-final-2022.pdf>

### Questions to Ask a Potential Doula

- What training and education do you have? Tell me about your experience.
- What’s your philosophy of supporting new parents after the birth?
- May we meet before the birth to discuss our needs and the role you’ll play in supporting us after the birth?
- May we call you with questions or concerns before the birth?
- What types of services do you typically provide? What might a typical “shift” look like?
- What’s your experience with breastfeeding support?
- What additional services do you offer?
- What’s your fee? What’s your refund policy?
- 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?

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