

Hiring a Birth Doula

For general information on how to hire a doula, see <https://doulamatch.net/hiring-your-doula.aspx> and <https://www.dona.org/how-to-hire-a-doula/> (DONA's [interview guide](#) offers even more details.)

To find doulas, search on <https://doulamatch.net/> or <https://dona.org>. DONA International is the largest and a highly respected doula association, but there are *many* other organizations offering doula training and certification. Find a list of options at: <https://doulamatch.net/evaluating-doula-certifications.aspx>

Questions to Ask Birth Doulas

- What is your experience with birth?

- What doula training and certification do you have?

- What is your philosophy of childbirth / maternity care?

- What is your approach to supporting people in labor?

- How do you work collaboratively with the primary support person?

- When do you try to join someone in labor—in early labor, active labor, or whenever they feel they need you? Will you meet us at home or at the birthplace?

- Will you meet with me/us before the birth to discuss my/our birth plans and to explore the role that you'll play through labor? Will you visit us after the baby is born?

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

- 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 the fee is more than you can pay, ask if they provide a sliding scale or can refer you to someone who does.)

- Will you provide references?