

Doula

INTERVIEW CHECKLIST

Use these questions to understand the doula's style and how they fit with your medical team.

What kind of births do you most often support (e.g., hospital, home, birth Center)?

Listen for: comfort with your chosen birth setting and medical team (OB-GYN/Midwife)

How do you support my partner or family during labor?

Listen for: A plan to empower your loved ones, not replace them.

What is your backup plan if you are at another birth when I go into labor?

Listen for: A clear, reliable name or agency they partner with for emergencies.

How many prenatal and postpartum visits are included in your fee?

Listen for: Clarity on how much support you get before and after the baby arrives.