

Questions to Ask Before Hiring a Doula

A thoughtful conversation guide for choosing support that feels right for you.

Bring this guide to each consultation. Listen for clear answers, honest boundaries, and a support style that respects your voice, family, culture, and care choices.

1. Fit and philosophy

1. What drew you to doula work?
2. How would you describe your support style?
3. How do you support families whose choices differ from your own?
4. How do you help partners and other support people stay involved?

2. Training and experience

5. What training and certifications do you hold?
6. What birth settings and situations have you supported?
7. How do you stay current on evidence-informed care?
8. When do you refer a family to a medical or lactation professional?

3. Pregnancy and birth support

9. How many prenatal visits are included?
10. When do you go on call?
11. How do you support comfort, communication, and decision-making during labor?
12. What happens if you are unavailable when labor begins?
13. How long do you stay after birth?

4. Postpartum and newborn support

14. What postpartum services do you offer?
15. Do you offer daytime, overnight, or virtual support?
16. How do you support recovery, rest, feeding, and newborn care?
17. What tasks are outside your scope?

5. Logistics and investment

18. What is included in your fee?
19. What is your payment and cancellation policy?
20. Do you accept insurance, NJ FamilyCare, or payment plans?
21. What is the best way to communicate between visits?
22. What areas do you serve, and are there travel fees?

After the conversation

Use these reflection questions before making your decision.

- ☐ Did I feel heard and respected?
- ☐ Did their communication style feel calming and clear?
- ☐ Did they explain their scope honestly?
- ☐ Would I feel safe asking questions or changing my mind?
- ☐ Does this person feel like a good fit for my family?

Ready to talk?

Book a free consultation at journeytobirthandbeyond.com

Support through the Entire Journey.

This guide is for educational purposes and does not replace medical advice. Doula support is non-medical and works alongside care from licensed providers.