

Interview Questions to Ask a Birth Doula/ Monatrice

Knowledge Base and Experience

1. Tell me about your education, training and experience.
2. Do you take continuing education classes every year?
3. What did you do before becoming a doula?
4. How many births have you attended?
5. Do you offer any classes or other extra services?
6. Why did you become a doula?
7. What do you love about being a doula? What do you find the most challenging?
8. Have you worked with my birthing location and care provider before? How was that/those experiences?
9. Do you have reviews I can read or referrals I can speak to?

Doula Style

10. How many clients do you take a month?
11. How do you involve my partner?
12. How might you work with other support people I may choose to have?
13. What tools and skills do you most often use at births?
14. Do you offer help in formatting a birth preferences plan?
15. Do you offer advocacy support and what does that entail?
16. How do you help clients navigate informed consent and refusal?
17. Do you recommend any specific classes, books, websites or podcasts to help us prepare?
18. Where do you fall in the scale of holistic model of care to western medicine?
19. What kind of births do you prefer to support? Homebirth, non-medicated, etc?
20. How do you feel about clients choosing pain medications, induction or cesarean?

Services Details

21. What is included in your package?
22. (Only if your interviewing a Monatrice) What services do you offer as a Monatrice that a doula can not/does not offer?
Do you offer fetal monitoring at home, vaginal exams if requested and blood pressure checks?
23. How many prenatsals do you offer?
24. How many postnatsals do you offer?
25. How long are prenatsals and postnatsals?
26. What topics are covered prenatally and postnatally?
27. How and when can I contact you with questions during pregnancy, early labor and postpartum?
28. When do you come to my birthing time?
29. What do you bring to the birth?
30. Do you have a recommended provider list or a resource list for any needs I may have out of your scope of practice?
31. How long do you stay after baby is born?
32. What kind of breastfeeding and/or bottle feeding education and support do you provide?

Back Up Plan

33. How often do you need a back up doula?
34. What situations do use back up doulas for?
35. May I meet your back up ahead of time?
36. May I choose my own back up doula?
37. What if I end up needing a planned cesarean?
38. What if I give birth before you arrive?

39. What weeks are you on call for me?
40. What if I give birth before or after your on call time?

Payment Details

41. What are the fees, payment schedule and accepted modes of payment?
42. Are there any potential additional fees not already shared?
43. Do you provide a receipt that can be used for insurance reimbursement (ie. coded)?
44. If my insurance plan requires a W-9 for reimbursement, will you provide that to them?
45. Do you offer full or partial refunds for any reasons?
46. Do you offer any financial assistance/scholarships/discounts?
47. Do you have a contract and may we see a sample before moving forward?

Health Check

48. Are you vaccinated for...?
49. During a pandemic- what steps are you taking to help keep yourself and your clients safe?

Vibe Check (Questions to ask yourself.)

50. Do you feel comfortable with this doula?
51. Do you feel confident in this doula's knowledge and skills?
52. Does your partner feel comfortable with this doula?
53. Do you feel this doula will work well with your chosen care team?
54. What are the pros of this doula?
55. What are the cons of this doula?
56. How does this doula compare to the others you have interviewed?
57. Which doula stood out to you and why?

Interview Questions to Ask a Postpartum and/or Night Doula

Knowledge Base and Experience

1. Tell me about your education, training and experience.
2. Do you take continuing education classes every year?
3. Do you have specific training in early child development, baby care, breastfeeding, bottle-feeding, pumping, postpartum recovery, postpartum mood disorders, etc?
4. Are you infant CPR/first aide certified/ is it current?
5. Are you Trustline certified? (Criminal background check company- <http://trustline.org/>)
6. What did you do before becoming a doula?
7. How many families have you served?
8. Do you offer any classes or other extra services?
9. Why did you become a doula?
10. What do you love about being a doula? What do you find the most challenging?
11. Do you have reviews I can read or referrals I can speak too?

Doula Style

12. How many clients do you take a month? How many hours do you work a day?
13. How might you work with my partner and other support people I may choose to have?
14. What tools and skills do you most often use at postpartum visits?
15. Do you offer help in formatting a postpartum recovery plan, feeding baby plan, and a family sleeping plan?
16. Do you recommend any specific classes, books, websites or podcasts to help us prepare?
17. Where do you fall in the scale of holistic model of care to western medicine?
18. What kind of families do you prefer to support?
19. Do you have a preferred parenting methods or strong views on topics like: breastfeeding vs formula feeding, anti vs pro vaccination, unmedicated births vs medicated, vaginal birth vs cesarean, bed sharing vs separate surface sleeping, gentle/attachment parenting methods vs scheduled/Ferber method/cry it out methods?

Services Details

20. What is included in your package?
21. How many prenatals do you offer? What is covered in our prenatals?
22. What days and hours do you offer?
23. What are your minimum months, weeks, days and hours? What are your maximum?
24. Can we add on more hours after our initial contract has expired?
25. What topics are covered during our visits?
26. What kind of housework/chores do you offer?
27. Do you offer cooking? What kind of recipes are you willing to make?
28. What kind of baby care skills can you teach us?
29. What kind of feeding baby techniques can you teach us?
30. Would you be comfortable caring for baby alone, while I sleep, while I run an errand?
31. Would you be comfortable coming with me to doctors appointments or running errands?
32. Do you run errands like grocery shopping, if yes explain how you charge for that time, distances you are willing to go and how you want reimbursement or prepay for items?
33. Night Doulas- What do you do while baby is sleeping? Laundry, dishes, cook, sleep, etc?
34. How and when can I contact you with questions during pregnancy, early labor and postpartum?
35. What do you bring to your visits?
36. Do you have a recommended provider list or a resource list for any needs I may have out of your scope of practice?

Back Up Plan

37. Do you have a back up doula?
38. How often do you need a back up doula?
39. What situations do use back up doulas for?
40. May I meet your back up ahead of time?
41. May I choose my own back up doula?
42. What weeks are you on call for me?
43. What if I give birth before or after your on call time?

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