

A stylized, hand-drawn illustration of a bouquet of flowers and leaves. The lines are thin and delicate, with some flowers in shades of blue and purple. The illustration is positioned behind the main title text.

# Hiring A Doula

## Questions To Ask A Doula: A Guide for Parents To Be.

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The Doula Directory helps expectant families find a professional or student doula for support before, during and after childbirth. The doulas listed in our directory are held to the highest professional standards and each doula is a member of our Doula Network Australia Community (DNA).

A labour support specialist - called a “doula” - is with you during childbirth to help you stay calm, Informed, prepared, supported and comfortable as you move through your birthing process. To give you information & evidence about your care and help you achieve your goals for a positive and supported birth.

We encourage you to meet and talk with different doulas, and to print and bring this list of questions to your meetings with doulas.

Families who use doulas enjoy many benefits, including:

- Reduced risk of caesarean section
- Reduced rates of interventions like Syntocinon (Synthetic Oxytocin), vacuum and forceps deliveries.
- Increased birth satisfaction
- Better APGAR scores
- Increased breastfeeding and bonding
- Reduced rates of postpartum depression and other mood disorders.

Doulas support, guide and nurture the entire family. Doulas help everyone work together to provide the best possible experience!





## The Interview Purpose.

Remember, the purpose of the interview is to see if a particular doula is a good fit for you. Sometimes you're just not compatible, and that's OK.

You don't have to ask every question on these lists, of course. You might choose a few open - ended questions instead that will allow you to get to know the personality and style of your prospective doula.

Sometimes you know it's the right match at the interview. It's fine to sign a contract on the spot, but you may also like to take some time to think about which doula is the right fit. If you take a few days to think about it, confirm your decision together and contact your chosen doula!

Be aware that many doulas are busy and may lose availability if you wait too long to respond to them. As a courtesy, consider contacting the other doulas to let them know you have made the decision to hire a different doula and thank them for their time.

*Doulas understand and want you to find the right fit for your birth.*

Look for a level of chemistry, connection, comfort and emotional safety with your doula, as this person will support you during one of the most intimate and important experiences of your life.

You can print a copy of this sheet for each doula you interview, if you'd like to take notes.



## Get To Know The Doula

1. What is your name?

2. Email and contact information?

3. Who did you train with?

4. How long have you been a doula for?

5. What is your experience supporting families as a doula?



6. How do you support my partner?

7. What support do you provide me with while I'm pregnant?

8. How will you interact with my/our care providers?

9. How many clients do you take per month?

10. Do you have a backup doula? Can I/we meet them?



11. What services and support do you provide during labour and birth?

12. What do you usually bring with you to a birth?

13. When do you consider yourself "on call" for my/our birth?

14. Will you come to us whenever we need you in labour? ( e.g - at home)

15. How long will you stay after the birth?



16. What happens if I birth early?

17. What happens if I birth over a long extended time?

18. What if I have an epidural, how do you support this?

19. What if I have a Caesarean or an Induction?

20. Do you have experience with complex, high risk or VBAC?



21. Do your services include any home visits after the birth?

22. What other services do you offer ?

23. What is your fee and packages?

24. Do you have a contract and do you have one for me to review and take?

25. If I decide to hire you, what are the next steps?