

ProDoula

Top 10 Questions to Ask a Doula

1. Will you answer my questions without bias?
2. Will you judge me if I make different decisions than you would?
3. Will you respect the relationship my partner and I have, even with all of its imperfections?
4. Are you equipped with a variety of strategies for supporting all types of labor and birth?
5. Are you competent and capable?
6. Are you accountable and available?
7. Do you have a back-up system in place in the event that you are unavailable?
8. Do you have a legal contract in place?
9. Did you take a hands on, in-person doula training?
10. Are you supported by a reputable training organization with a grievance policy in place?

These top 10 questions to ask a doula, will give you a great starting point when you **meet with doulas**.

Remember these 3 rules:

Allow the conversation to flow naturally as if you are meeting a friend.

Try to imagine this person supporting you and your partner as you welcome your baby.

Trust your intuition!