

Doulas of Regina

... supporting families through birth and beyond

Sample Interview Questions – Postpartum Doula

What are your qualifications and what training do you have?

Why did you become a postpartum doula?

What are your beliefs around maternal and newborn care and the early days?

How many postpartum families have you supported?

Tell me about your doula practice.

What extra services do you provide? Are they included in your doula-services or are they an add-on?

Do you work with a backup doula? Under what circumstances would I meet her?

Do you have a lending library of learning materials? If so, what is your policy regarding that?

Do you shadow new doulas?

Can I contact you with questions about postpartum care during my pregnancy?

What is the best way for me to reach you?

What if I have problems breastfeeding?

What if I plan to formula feed?

How do you support my birth partner or other members of my family?

What if my partner isn't supportive of my choice to hire a postpartum doula?

What if my family doesn't understand why I want to hire postpartum support?

What if my extended family has very different ideas than I do about infant care or postpartum recovery?

What are your fees?

Do you have a refund policy, and if so, what is it?

What if I change my mind about having a postpartum doula?

When should I call you?

Will you come to my home, or do I need to meet you at the hospital?

What if my birth doesn't go as planned?

Additional Notes: