

## **Doulas of Regina**

... supporting families through birth and beyond

### **Sample Interview Questions – Birth Doula**

What are your qualifications and what training do you have?

Why did you become a doula?

What are your beliefs around childbirth?

How many births have you attended?

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?

What kind of postpartum support do you offer?

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?

What if I choose a midwife for my care provider?

What if I am planning a home birth?

Can I contact you with questions about pregnancy?

What is the best way for me to reach you?

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

What if I want to have a family member or friend present at the birth as well?

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

What are your fees?

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

What happens if you miss the birth?

What if I change my mind about having a doula?

When should I call you when I am in labour?

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

What if I get an epidural or would like medications during labour?

What if I have a c-section?

Additional Notes: