



11 Interview Questions for A Doula, By a Doula

1. Are you available for my due date?
2. Tell me why you became a doula.
3. Tell me about your training. Are you certified? Did your training include Trauma Informed Care?
4. How many births have you attended?
5. Tell me how you would support me through an unmedicated birth and what support would look like for a medicated birth.
6. What support can I expect for a surgical birth (planned or unplanned)?
7. How will you support my husband or partner?
8. Talk to me about the care providers you work with the most. Do you have experience with my chosen provider and location?
9. Do you offer any additional services? What tools and resources would I have access to for labor prep and postpartum planning?
10. Do you have any formal breastfeeding education?
11. What is your favorite birth "tool" and why?

RESOURCES: [Your Best Birth Class](#) | [Placenta Encapsulation](#) | [Belly Binding & V-Steam](#)