

How to choose a Doula

Doula: trained professional that provides emotional and physical support to a birthing person and their partner during pregnancy, childbirth, and the postpartum period. Doulas are a confidant and an advocate ensuring that your voice is heard and your wishes are respected.



Information to help guide you to decide who's best for you!

Tips for interviewing Doulas

- What matters most to you about your birthing experience?
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- Make a list of your family's needs and compare it to what they offer.
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- Interview doulas with your partner/support person.
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- Ask questions about what the doula offers prenatally and postpartum.
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- Ask about what other experience the doula has.
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Potential Doula interview questions

- How do you provide culturally sensitive care?
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- Are you connected with other birth and breastfeeding workers?
.....*
- How do you collaborate with community organizations?
.....*
- Are you connected with any local support groups?
.....*
- Do you have a diverse list of resources for referrals?
.....*



Connect with diverse birth and breastfeeding workers who serve across Michigan at: Mibreastfeeding.org/core-cohort/



Potential Doula interview questions continued



What trainings or certifications do you have?

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Do you have hospital and home birth experience?

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What is your background and experience?

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How much do you charge?

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Do you offer childbirth/breastfeeding classes?

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How can you help me with breastfeeding?

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Do you use a backup doula? Who?

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How do you help with pain management?

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When do you arrive when labor starts?

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How long do you stay after the birth?

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What does your doula package include?

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How to Pay for a Doula?

- **Health insurance plan**
- **Flex or health spending account (HSA/FSA)**
- **Baby registry**
- **Payment plan**
- **Sliding scale**