

Questions to ask a Prospective Postnatal Doula



PO Box 26678
London
N14 4WB

When making initial telephone contact

Date	
Name of Doula	
Doula's Email Address	
Doula's Telephone Number	

- (1) Are you available around my due date?

- (2) How long have you been a doula, how many families have you been a doula for?

- (3) What doula certification have you or what courses have you attended?

- (4) How much do you charge, and what is included? Is there a deposit to pay?

- (5) Do you draw up a written contract? Can I see a copy?

- (6) Do you have a backup? Who is your backup, and can I meet her? Under what circumstances would you send your back-up?

- (7) How many hours a day are you available, and do you have a minimum number of hours? Do you do nights (is the hourly rate different)?

- (8) Do we have to pay your travel costs in addition to the hourly rate?

- (9) What happens if, for personal reasons, you are unable to be our postnatal doula after the birth and your back-up is also unavailable? Will our deposit be fully refunded?

- (10) What happens if we decide nearer to, or after, the birth that we no longer require a postnatal doula? What monies will be due to you?

Questions to ask a Prospective Postnatal Doula



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During a Face-to-Face Interview

Date	
Name of Doula	
Doula's Email Address	
Doula's Telephone Number	

- (1) What part of your job do you enjoy most?

- (2) What skills and abilities do you personally feel you bring to your doula role?

- (3) What is your philosophy of childbirth and your work as a doula?

- (4) What books do you recommend to new parents?

- (5) How do you handle conflicts with family members or medical professionals?

- (6) How would you address this issue I have _____ ? *(If you have a particular concern about the birth or postnatally e.g. physical, emotional or psychological etc... ask the doula how they would address those issues specifically?)*

- (7) Can you provide references ?

- (8) Do you have children?

(9) How is your childcare organised (what would happen if your child was sick when it is planned that you come to work for me?)

(10) What is your availability? What other doula jobs have you got booked around the dates that I may need you? For example, could you stay a few extra hours at the last minute (emergency or mother is unwell)?

(11) Are you insured?

(12) Have you had a police check?

(13) Do you have a valid driving licence?

(14) Do you know first aid?

(15) How do you feel about breastfeeding and what is your experience of it?

(16) What if I have a breastfeeding/bottlefeeding problem ? What can you do to help me?

(17) How would you describe your philosophies on parenting ?

(18) Can we telephone/email you before the birth with postnatal questions/concerns we have been thinking about?

(19) How do you view housework? What are you prepared to do?

As a parent you may want to think about the following points when thinking about employing a postnatal doula:

(1) Does she listen to me well?

(2) Will she respect my wishes?

(3) Will my partner/children like her?

(4) Do I want to spend day after day with this postnatal doula?