



# Questions to Ask When Choosing a Doula

These questions can help you get a feel for whether a doula is a good fit for your needs, values, and comfort.

**01. What drew you to become a doula?**

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**02. How do you support people during labor and after birth?**

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**03. What kinds of births have you supported before?**

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**04. How do you make sure your care reflects my values or cultural preferences?**

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**05. Are you available around my due date—and do you offer prenatal or postpartum visits?**

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06. Do you accept Medicaid, or offer sliding scale pricing?

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07. What should I expect if we work together?

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**There's no right script—  
just trust your gut.**

If it feels like someone you can be  
yourself with, you're on the right path.

