



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?

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

03. What kinds of births have you supported before?

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

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

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

07. What should I expect if we work together?

**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.

