

Questions To Ask A Doula

General Questions

- What type of training and certifications do you have?
- How long have you been working as a doula?
- What is your philosophy on childbirth?
- What is your experience in helping women with high-risk pregnancies?

Questions About Prenatal Care

- What is your role during prenatal visits?
- What are some common concerns that you help alleviate during pregnancy?
- What resources do you recommend for prenatal education?
- How do you work with the expecting mother's healthcare provider?

Questions About Labor And Delivery Support

- How do you support women during labor and delivery?
- What techniques do you use to help manage pain?
- How do you work with the partner or other support people present during labor?
- How do you handle unexpected situations during labor and delivery?

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Questions About Postpartum Support

- What is your role in postpartum care?
- How do you help with breastfeeding?
- What resources do you recommend for new parents?
- How long do you offer postpartum support?

Questions About Availability And Fees

- What is your availability before and after the due date?
- Do you have a backup doula in case of emergency or if you are unavailable?
- What services are included in your fee?
- What is the cost of your services?

Other Questions You Want To Ask

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