

## doula hiring tips

### You've decided to hire a birth doula

**This is a great choice!** At Quilted Health, we believe having a birth doula is an important part of your care and support team.

We want to make sure you have the tools you need when selecting your birth doula. We will be your partner through this selection process. If you haven't yet selected a doula, we make the process of getting a doula simpler for you by listening to your needs and preferences. We will then provide you with a list of local doulas that we think will match well.

From here, it's important for you to meet with several of them to see which one fits you best. Doulas have varying personalities, philosophies on birth, training, and experience. Most doulas, including the options we provide, will offer a free consultation where you have a chance to ask questions that will help you decide if they are a fit for you.

Quilted Health helps you with both the cost of a doula and challenges of finding and selecting one that meets your needs. More information on this process can be found in the "Our Doula Services" document.

### How do I choose a birth doula who is right for me?

There are many ways people go about selecting a doula. We would like to offer three important topics to consider that can help guide you through your decision:

- Questions to consider about yourself, your needs and wants in your doula
- Questions to ask the doula about themselves and how they work with clients
- Questions to ask yourself about what makes a doula a good choice for you



## Assess your needs and wants

Here are some sample questions to consider about yourself, your needs, and wants in your doula:

- What kind of personality do I get along with best?
- Do I want the doula to have given birth themselves before? Is that important to me? Why or why not?
- Do I have any specific cultural or spiritual needs that are important for me?
- How do I want to feel when I'm talking with the doula?
- What services are most important to me from my doula?



## Learn about each doula

Whether you have found a doula on your own or received a list from our network, you can use the following guide for your interview with them. More information on getting connected with doulas from our network can be found in the “Our Doula Services” document.

## Sample interview questions

Here are some sample interview questions to ask about the doula and how they work with clients. You may want to ask more or different questions that are more personal to your needs and preferences. We encourage you to do so! Feel free to make the questions your own.

- What is your philosophy on birth?
- How did you get interested in doula work?
- Are you a certified doula? Please share why or why not.
- Do you offer prenatal and postpartum visits? If so, how many and what do they look like?
- Will you stay with me for the entire labor and birth? If my labor is long, would you need to leave to rest?
- How many clients do you take on at a time?
- When do you go “on-call” for my birth?
- Do you have a backup doula in case you can't come to my birth? Will I be able to meet them?
- How do you take care of yourself while you're taking care of me the whole labor and birth?



- How do you interact with the staff at my place of birth?
- How do you help support my partner to be involved in the way they want to be?
- Tell me about your experience supporting \_\_\_\_\_ (fill in the blank with anything that you want to hear their experience on, like twin pregnancy, laboring people with epidurals, first time birthing people, VBACs, trans families, surrogacy, etc)
- How quickly do I need to let you know my hiring decision?

## Deciding who to hire

You just had a consultation with a doula. How do you feel after talking to them? **After talking with a potential doula, take a couple minutes to reflect.**

**On a piece of paper, write down any feelings that come to mind.** Examples of feelings you may experience: excited, connected, calm, understood, accepted. You may also feel put off, weird, disconnected. Or, you may have no feelings. If you're unsure about hiring this person, you may need more time to think about it. You also may need to interview more doulas.

**How do you feel the next day?** Feel free to do the same writing exercise. Your feelings about this person may change from the day before. Do you need additional information to make the hiring decision? If you have more questions for this person, reach out and ask them!

Here are some sample questions to ask to yourself about what makes them a good choice for you:

- Do you feel like the doula was listening to you?
- Did the doula seem interested in you and your wants and needs? Did they ask you any questions?
- Did the doula make you feel comfortable?
- Did their views (on pregnancy, childbirth, postpartum care, parenting, pain management, etc) align with yours?
- Did you feel any red flags or any triggers that come up for you? Did the doula say anything that concerned you?
- What kind of vibe did you get from your meeting with the doula?



## Finding your doula on your own

If you decide to do this yourself, to make the search feel more bite-sized, set a timer for 15 minutes. When it goes off, take a break. If you're on a roll, keep going! There is no specific "right way" to contact doulas. Their website may include how they prefer to be contacted.

### Tips for what to include in an email to a doula:

- Your name
- Estimated due date
- What # birth this is for you (is it your first birth, or sixth?)
- What city or town you live in (often doulas will come to your home for visits or in early labor, and it can be helpful ahead of time to know what area you live in)
- Where you plan to give birth (hospital name, birth center, home, or unsure)
- Anything else that is particularly important to you, or will help them know you better
- The best way to contact you: phone call, text, e-mail

Example: My name is Maia and I am due on 5/21/21. This will be my first birth. I'm looking for a birth doula and would love to schedule a time for us to talk. I live in Puyallup, WA. I plan to give birth at St. Francis hospital. The best way to contact me is by phone: (555) 555-3333. I look forward to hearing from you!

## We are here for you

If the process ever seems challenging, remind yourself that this is an opportunity to grow your birth team in a way that fits you best. Know that we are always here to support you through this process. You can email us at [care@quiltedhealth.com](mailto:care@quiltedhealth.com), text your clinic, or send a secure message through your patient portal and we will get back to you within one business day.