



10 Things to Ask Your Birth Doula

Choosing a birth doula is a deeply personal decision. These questions will help you feel confident, informed, and supported every step of the way.

 Are you DBS checked?

 Do you have insurance?

 Will I be your only client while you're on call?

 What inspired you to become a doula?

 How will you support my partner during labour?

 What's your approach to different birth preferences?

 How do you handle unexpected changes during labour?

 What is your availability before and after the birth?

 How will we stay in touch while I'm in labour?

 How are you continuing your professional development?

 Tip: You don't need to ask all of these at once — spread them across your initial chats so the conversation feels natural.