

## interviewing a doula

Think of a doula as a childbirth coach. A doula does not replace your health care practitioner (OB or midwife) but rather can add extra services, such as assisting you with pain management techniques during labor and even providing support and help during baby's early days. Many doulas have certification as lactation consultants as well. Find the right doula for you and your birth plan with our list of must-ask questions.

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**Can you provide two references?**

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**What certifications do you hold? Are you a member of an association?**

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**How many and what types of births have you attended?**

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**What are your philosophies on childbirth? Pain medication?**

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**How will you work with me, my doctor, and partner during and after birth?**

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**What is your fee and what is covered?**