

## Find Your Perfect Doula Match

## Checklist

I'm looking for a doula who will...

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The most important thing to me about my doula is...

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What key words am I looking for when reading doula profiles?

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### What are your non negotiables?

These are things that you couldn't be around someone if they had a problem with. Doulas are trained to support everyone's unique choices but they will also have their own philosophies or experiences that you may be really looking for or looking to avoid.

### Questions for the first email

- ☐ Are you available around my due date?
- ☐ Are you supportive of my personal non negotiable?
- ☐ What's included in your doula package?
- ☐ Right now I think I want to do things this way, how would you support me with that?
- ☐ Do you have any special interests or qualifications?
- ☐ Can we have a chat in person or on the phone or video call?

### Things to ask about in the first chat

- ☐ More details on how this doula works during pregnancy. If they have any other services you're interested in.
- ☐ How does on call support work, when do they expect to be with you in labour, do they work as a team or with a back up doula. What are some examples of things they do during labour and birth.
- ☐ Do they have a list of postnatal support tasks they will or will not offer. What's their experience of supporting with feeding are they linked in with other local support services.

### Space to note your own question ideas

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