

how to hire a Postpartum Doula



HUMBLED BY MOTHERHOOD

DETERMINE YOUR BUDGET

SERVICE AREA

There may be an extra cost if you are outside of their service area.

DAY VS NIGHT RATE

After you determine how much you can spend, check to see if the price is different for day time versus night time.

**May be a discount for virtual support*

PHILOSOPHY

Ask open ended questions to see their viewpoints on topics such as newborn care and parenting. Does it align with what you believe? Are you comfortable with a difference of opinion?

EXPECTATIONS

How support looks for each family will be different. Some families would like to have meals and a clean house, another family may just want someone there to provide affirmation and encouragement. Determine your family needs then make sure you are upfront about them.

JUST START

look early so you have time to meet up a couple of times before baby arrives.

STILL UNSURE?

If you have no idea what you need or what you want, you should still interview multiple doulas. Having a conversation to see how you vibe with someone.

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