

## **Midwifery Care Associates: DOULA LIST 2012 NEW ADDITIONS !**

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### **Postpartum doulas**

**Beth Youmans, PCD (DONA)** Postpartum & CBE Services 703-522-3117 or 703-577-2810 mobile *Momma Coach, LLC* [www.MommaCoach.com](http://www.MommaCoach.com)

**Mary Frickie, DONA** Trained PPD 703-841-9069 or 703-795-5734 mobile *Momma Coach, LLC* [www.MommaCoach.com](http://www.MommaCoach.com)

*For details about a specific individual, please contact or check their website information*

### **Questions To Ask A Doula**

#### ***For Any Doula:***

- What training have you had? (If a doula is certified, you might consider checking with the organization to verify.)
- Do you have one or more backup doulas for times when you are not available? May we meet with the backup doula?
- What is your fee? What does it include? What are your refund policies?

#### ***When interviewing a birth doula:***

- Tell me/us about your philosophy about childbirth and supporting women and their partners through labor.
- May we meet to discuss our birth plans and the role you will play in supporting me/us through childbirth?
- May we call you with questions or concerns before and after the birth?
- When do you try to join women in labor? Do you come to our home or meet us at the place of birth?
- Do you meet with me/us after the birth to review the labor and answer questions?

#### ***When interviewing a postpartum doula:***

- Tell me about your experience as a postpartum doula.
- What is your philosophy about parenting and supporting women and their families during postpartum?
- May we meet to discuss our needs and the role you will play?
- What different types of services do you offer?
- When do your services begin postpartum?
- What is your experience in breastfeeding support?
  - Have you had a criminal background check and a recent TB test? Do you have current CPR certification?
  - *You may want to interview more than one doula to find the right one for you.*