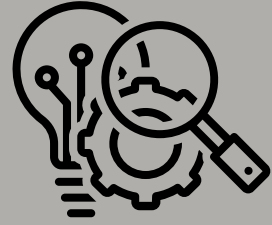


# DOULA ROADMAP

## YOUR PATH TO FINDING AND CHOOSING A DOULA

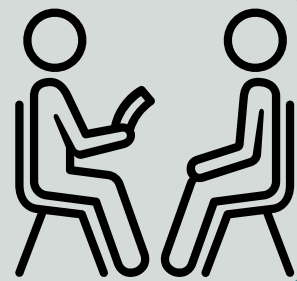
### 1. RESEARCH

Begin your search by researching local doulas. Seek recommendations from friends, family, or healthcare providers, or explore certified doula directories online.



### 2. INTERVIEW

Once you've found possible doulas, set up interviews or meetings to learn more about their services and how they provide support.



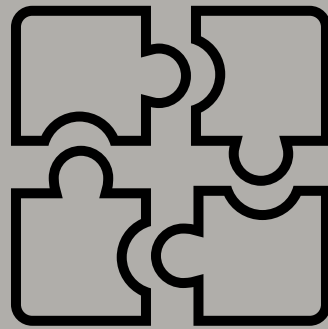
### 3. EXPERIENCE

Inquire about the doula's experience attending births and supporting families in various situations.



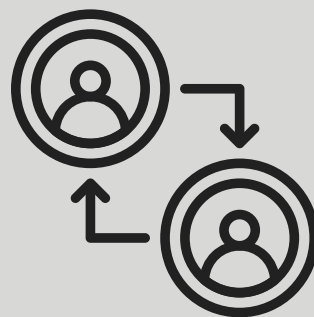
### 4. COMPATIBILITY

Assess whether the doula's personality, communication style, and beliefs align with your own preferences and needs.



### 5. REFERENCES

Ask for references or testimonials from previous clients to learn about their experiences working with the doula.



### 6. AVAILABILITY

Clarify the doula's availability before birth, during labor, and postpartum, along with their fees and any extra services provided.



CONSIDERING THESE FACTORS CAN HELP YOU FIND A DOULA WHO IS WELL-SUITED TO SUPPORT YOU AND YOUR FAMILY THROUGHOUT PREGNANCY, CHILDBIRTH, AND POSTPARTUM.



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