



# The Ultimate Doula Hiring Guide

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## WELCOME

Presented by The RUBY Postnatal,  
Houston's Premier Postnatal Retreat

## A 3-PART CHECKLIST FOR HOUSTON PARENTS

## Part I: The Must-Ask Doula Interview Checklist

Choosing a doula is one of the most important decisions you will make for your birth and recovery.

Use this checklist to interview candidates and find the perfect fit.

### Experience, Training, & Philosophy

Question	Purpose
Are you certified? Which organization? (e.g., DONA International, CAPPA, BEST)	Verifies professional training and commitment to evidence-based practices.
How long have you practiced, and how many births have you attended?	Gauges experience level. Look for a minimum of 10-15 births for confidence.
What is your philosophy on birth? (e.g., natural, medicated, scheduled C-section)	Ensures their approach aligns with your goals and preferences.
How do you support partners/spouses during labor?	Clarifies their role is additive, helping the partner be an effective supporter.
What is your experience working at my specific birth location (Hospital/Birth Center name)?	Confirms familiarity with the facility's culture and staff.
How do you handle unexpected turns (e.g., emergency C-section, long stalled labor)?	Assesses their ability to remain calm, adaptable, and supportive under pressure.



## Part I: Continued

### Logistics & Business (The Contract)

Question	Purpose
When do you go "on call," and what happens if I deliver outside that window?	Clarifies availability; standard is 24/7 support from 37 or 38 weeks.
Do you have a reliable backup doula? Can we meet them?	Ensures continuous support if your doula is sick or at another birth. Crucial!
What is included in the full package? (e.g., prenatal visits, postpartum visits, on-call time)	Defines the scope of service to prevent misunderstandings later.
Is there a time limit on your support during labor?	Assesses fees for unusually long labors.
What kind of postpartum support do you offer? (If applicable: feeding, light housework, etc.)	Details what happens after the baby arrives.
What is your refund policy if I go into labor before you arrive or have a pre-scheduled C-section?	Addresses unlikely, but possible, scenarios.

## Part II: What to Expect for Doula Costs in Houston

Choosing a doula is one of the most important decisions you will make for your birth and recovery.

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### Birth Doula Cost

Experience Level	Typical Houston Fee Range	What it Might Include
<b>New/Trained</b> (Working toward certification)	<b>\$800 - \$1,200</b>	Basic package; sometimes no physical backup.
<b>Certified/Mid-Level</b> (3-5 years experience)	<b>\$1,400 - \$2,000</b>	1-3 prenatal visits, full labor support, 1-2 postpartum visits, reliable backup.
<b>Senior/Specialist</b> (5+ years, specialized training)	<b>\$2,000 - \$2,500+</b>	Extended prenatal/postpartum care, specialized skills (VBAC, trauma-informed



### Financial Solutions:

- **HSA/FSA:** Doula fees are often eligible for reimbursement through Health Savings Accounts or Flexible Spending Accounts.
- **Registry Fund:** Ask friends and family to contribute to your doula fund in lieu of traditional baby gifts.
- **Payment Plans:** Many doulas offer installment plans to spread the cost.



## Part II: Continued

### Postpartum Doula Estimated Cost

Service Type	Typical Houston Hourly Rate	What it Includes
Daytime Postpartum Support	\$35 - \$50/hour	Emotional support, light meal prep, infant care education, sibling support.
Overnight Care	\$45 - \$65/hour	Focus on maximizing parental sleep; handling all infant needs overnight.

## Part III: The Ultimate Recovery Secret

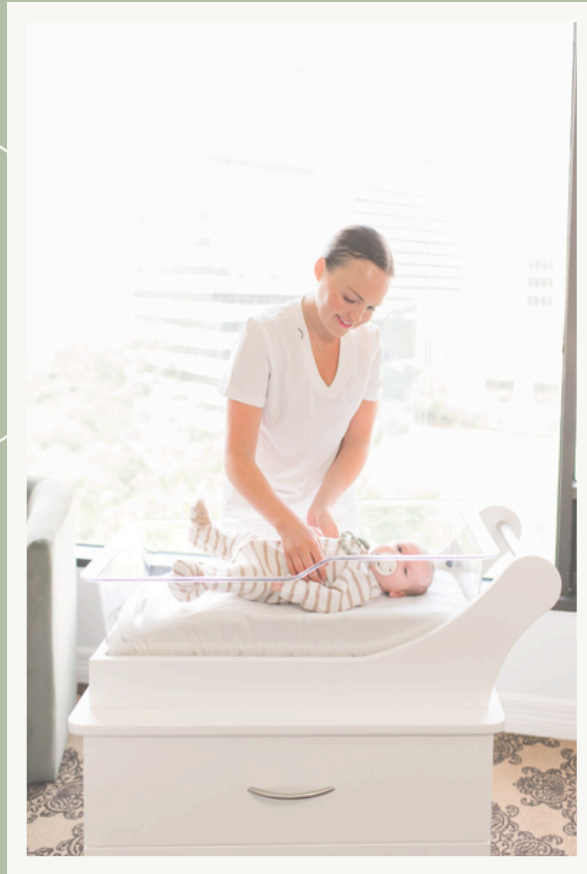
A doula provides essential emotional and informational support in your home. However, the one thing even the best doula cannot provide is guaranteed, uninterrupted rest in a medically-supported environment. This is why combining professional doula care with a stay at a postnatal retreat is the ultimate strategy for maternal wellness.

### Experience, Training, & Philosophy

Doula Care Provides...	The RUBY Postnatal Provides...	The Combined Benefit
Personalized Advocacy during birth and labor.	Immediate Medical Support post-birth.	A birth that is respected and a recovery that is medically sound.
Emotional Support and mental health check-ins at home.	Uninterrupted Rest with 24/7 nurse-led infant care.	The emotional capacity to process feelings because you are rested.
Education on feeding techniques and newborn soothing in your environment.	Expert Lactation Consultants & RNs on-site for dedicated, round-the-clock guidance.	Accelerated learning and greater success with feeding goals.
In-home support for light tasks and meal prep.	Chef-Prepared, Nutritious Meals and full hotel amenities (no chores, ever).	Full physical recovery; all energy is focused on healing and bonding.



## CONCLUSION



## SUMMARY

The RUBY Postnatal, located inside the Omni Hotel in Houston, Texas, is designed to be a dedicated sanctuary for this essential recovery. Their team of Registered Nurses (RNs) and Licensed Vocational Nurses (LVNs) manage all infant care needs throughout the night. This core offering ensures parents receive restorative, uninterrupted sleep—the most critical element for physical healing, milk supply establishment, and preventing postpartum mental health issues. By reserving your stay, you establish a physical foundation of wellness. Your chosen doula can then leverage this rested state to focus on your emotional adjustment, transforming the often-challenging fourth trimester into a period of empowered bonding and complete recovery.



# HELPFUL LINKS

## **Premier Doulas of Houston**

<https://premierdoulasofhouston.com/>

## **DoulaMatch.net**

### **Find Doulas Serving the Greater Houston Area**

<https://doulamatch.net/list/city/us/tx/houston>

## **Evidence-Based Birth: The Evidence for Doulas**

<https://evidencebasedbirth.com/the-evidence-for-doulas/>

## **Greater Houston Midwives' Alliance**

### **Doula Directory**

<https://www.houstonmidwives.org/doulas-more/find-a-doula>

## **Holistic Heritage Homebirth**

<https://www.hhhhomebirth.com/>

## **Dona International: What is a Doula?**

<https://www.dona.org/what-is-a-doula-2/>



DATE



Final Notes

YOUR THOUGHTS

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