



NO ONE BIRTHS ALONE

Alabama Prison Birth Project is a prison in-reach program with a mission to improve the health of newborns birthed by women in custody while strengthening maternal bonds and maternal self-efficacy.

www.prisonbirth.org



APBP IS A PROGRAM OF OSTARA INITIATIVE, A 501C3 NONPROFIT

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A program of Ostara Initiative, Inc.
Healthy babies. Bonded mothers.

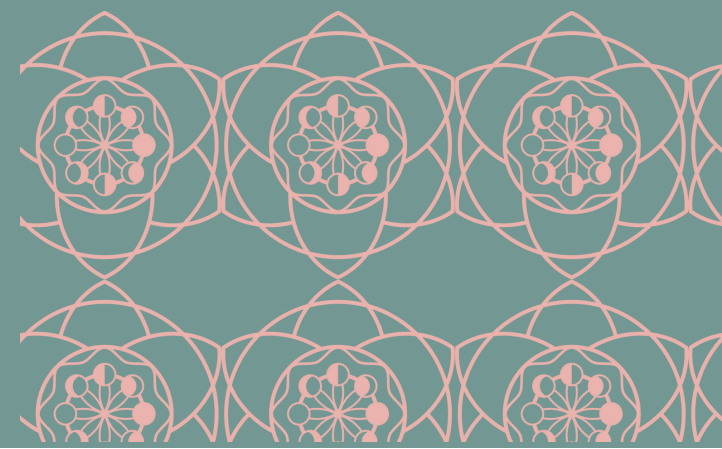


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ALABAMA PRISON BIRTH PROJECT

DOULA:

A Greek word meaning "female servant" --
A woman who is trained to assist another woman during pregnancy, childbirth, and postpartum



BIRTHING CARE GROUP

Our Birthing Care Group meets weekly at Tutwiler Prison for Women.

Part class and part support group, we talk about healthy pregnancy, childbirth options, and what to expect postpartum. We discuss early parenting concepts, infant development and attachment, and maternal bonding.

Our group is vital for reducing profound psychosocial prenatal stress and creating a community of mothers.

WE FOCUS ON THE MOTHER-BABY DYAD

DOULA CARE

Women who choose to be matched with a doula receive support throughout their pregnancy at no cost to them. Our doula care includes 1:1 prenatal visits, birth attendance, separation support, and 1:1 postpartum visits.

Evidence confirms doulas improve birth outcomes, and some studies suggest birth programming may lower recidivism rates.

Our doulas help reduce the trauma of separation which affects newborns and mothers.

NUTRITION SUPPORT

We serve weekly, healthy meals to our participants to fill nutritional gaps created by incarceration within an institution.

PUMPING ROOM

We work with the prison to provide a comfortable space for mothers to pump milk for their babies if they choose to. We then ship the milk to their babies.

Babies who receive human milk benefit from its developmental, digestive, and immunological properties. For premature babies, human milk can be life-saving.