

FOR THE PAST 40 YEARS, FORMALLY TRAINED DOULAS HAVE PROVIDED CONTINUOUS SUPPORT FOR BIRTHING MOTHERS

In 26 randomized controlled trials, women and newborns with doulas were more likely to:

- Have spontaneous, vaginal births
- Require less pain medication
- Have positive feelings about childbirth
- Have shorter labors
- Have higher APGAR scores
- Have lower rates of C-section

www.prisonbirth.org

DOULAS ARE A UNIQUE MEMBER OF THE BIRTH TEAM

	Partner	Doula	Nurse	Doctor
Continuous Support	✓	✓		
Experienced		✓	✓	✓
Natural Methods		✓	✓	
Focused Only On Mom	✓	✓		
Knows Mom	✓	✓		✓

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APBP IS A 501(C)(3) NON PROFIT

Bohren MA, Hofmeyr G, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub6

Dekker, R. 2017. Evidence on Doulas. Evidence Based Birth.

USDA. 2017. WIC Breastfeeding Data Local Agency Report. (Alabama Rate 12.2% vs. APBP Rate 47.6%)

CDC National Center for Health Statistics. 2016. Cesarean Delivery Rate By State (Alabama Rate 34.4% vs. APBP Rate 10%)

March of Dimes. 2018. Alabama Premature Birth Report Card. (Alabama Rate 12% vs. APBP Rate 4.7%)

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Healthy babies. Bonded mothers.

WHAT IS A DOULA?

DOULA:

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

EMOTIONAL SUPPORT

Doulas develop relationships with clients in the prenatal period that carry through to postpartum recovery.

During labor and delivery, emotional support includes uninterrupted presence to create a feeling of safety, reassurance, and encouragement. For an incarcerated mother, the doula supports as a family member would support.

PEER TO PEER SUPPORT IMPROVES HEALTH OUTCOMES

PHYSICAL SUPPORT

Doulas are trained in providing comfort measures including massage, hot/cold compresses, music, and lighting to increase relaxation during the birth.

Our doulas practice in numerous hospitals and with practitioners in Alabama and Georgia.

Doulas do not provide medical care.

KEY OUTCOMES OF OUR PROJECT

- 71% reduction in cesarean birth compared to Alabama average
- Prematurity rate <½ the Alabama average
- 290% increase in breastfeeding initiation rate
- Increased satisfaction with birth experience
- Increased empowerment
- Prison culture change

EDUCATION AND ADVOCACY

As certified childbirth educators, Alabama Prison Birth Project is a partner with Alabama Department of Corrections in providing childbirth and parenting education from the prenatal period through postpartum.

Doulas enhance communication between mother and provider and encourage clients to ask questions in order to make informed decisions.

