

## Women living in London

During pregnancy and after the birth, we can visit a woman at home or meet her in a place she chooses. Our experience of working with women during Covid-19 has shown that remote support can be as valuable as support in person. Women in London who don't want to meet in person may choose to receive support from Birth Companions via telephone, text and email.

## Women living outside of London who are being supported by Advance

Many women lead busy lives but still appreciate the opportunity to talk about their choices around pregnancy, birth and motherhood. In addition to emotional support via telephone, we can also provide practical information via email that is tailored to women's needs. We have resources on topics such as making decisions about birth, relaxation for pregnancy, mindfulness for mental health, baby massage, breastfeeding and weaning.

If you are interested in our support please talk to your Advance key worker

[www.birthcompanions.org.uk](http://www.birthcompanions.org.uk)



We offer a range of services for women on probation around the time of birth

Supporting women on probation around the time of birth

# Our support helps women prepare for the birth of their baby and beyond

*"I was at a very low point and had depression throughout my pregnancy. However the birth was a good experience. I feel the birth has been a turning point."*

Preparing for the birth of a baby without the support of family and friends, or the resources to get essential items, can be really hard. Birth Companions has been working with women involved in the criminal justice system for the last 25 years, so we understand the added stress that women face when they are on probation. Our friendly and informal support is designed to help women feel positive and confident about their choices around pregnancy, birth and motherhood, whatever other issues they face in their lives.

## Support through pregnancy, birth and motherhood

Being able to get good quality information is an important part of preparing to have a baby. Many women want to know how they can prepare their body and mind for birth and how they can have the best start to mothering once their baby arrives.

We provide information on topics such as pregnancy health and wellbeing, positions for labour and birth, options for pain relief, feeding choices and infant sleeping.

The information we share with women is based on their individual needs and interests. We can also help women think about their preferences for labour and birth, and support them to share these with health professionals involved in their care.

For women who are already experienced mothers we offer a birth debrief. The opportunity for women to talk through their previous birth experiences can help to resolve questions and anxieties, paving the way for a better birth experience and smooth transition to parenting.

We know that pregnancy, birth and motherhood is a special time in any woman's life but it can also be tiring, overwhelming and bring unique challenges. Listening to a woman's concerns and questions as she navigates the highs and lows of this journey is a big part of what we offer.

Around the time of birth, we can provide additional telephone support to reassure and guide women, increasing their sense of control and calm.

After the birth and up to 2 years afterwards, we can continue informational, emotional and advocacy support. We can also direct women to services that provide practical items and help women find out about mother and baby groups she can attend in her local area.

## Support through pregnancy loss and separation

We provide support for women who experience pregnancy loss due to miscarriage or stillbirth. Supporting women who have been separated from a baby is another vital part of our work in the community. We provide ongoing emotional support through this process and can help advocate for women and signpost them to additional specialist services.