

Support for women on probation during pregnancy and early motherhood

Birth Companions offers practical and emotional support to anyone who is pregnant, preparing to give birth or has given birth within the last 2 years.

We provide one-to-one support via telephone, text and email. For women living in London, we can also provide support in person. We share information and resources on topics including pregnancy health & wellbeing, positions for labour & birth, pain relief options, labour & birth choices, breastfeeding, postnatal health & wellness, infant sleeping, and weaning.

Women at any stage of pregnancy or early motherhood, including women who have been separated from their babies, are eligible for support.

