



# ALABAMA PRISON BIRTH PROJECT

A research site of **Enhanced Perinatal Programs for People in Prison (E4P)**:  
A multi-state project exploring pregnancy and postpartum support programs offered to incarcerated individuals

*Black, Indigenous, and other People of Color are disproportionately represented in the criminal legal system. They are also at increased risk for adverse birth outcomes. E4P aims to reduce maternal health inequities in the criminal legal system by increasing our understanding of pregnant and postpartum people in prison and the programs that serve them.*

**Alabama Prison Birth Project's (APBP)** mission is to improve the health of newborns birthed by individuals in custody. This is accomplished by providing nutritious foods, creating a micro-community of birthing people using doula support and education groups, and facilitating access to breast milk for infants born to individuals who are incarcerated at Julia Tutwiler Prison in Wetumpka AL. APBP is a program within the Ostara Initiative, a 501(c)(3) nonprofit organization. **Contact:** [info@prisonbirth.org](mailto:info@prisonbirth.org)

## APBP offers the following services:

- Group prenatal programming
- One-on-one prenatal programming
- One-on-one support during labor and birth
- One-on-one postpartum programming
- Group postpartum programming
- Lactation support

## GROUP CLASSES

- Weekly classes that address prenatal and postpartum topics, alternating weekly
- One class per month is dedicated to general support
- Family meal included at every class
- Average 12 participants per class
- Each class is 2 hours long
- Classes are facilitated by co-directors of APBP

## ONE-ON-ONE SUPPORTS

- All one-on-one visits typically last 60 minutes and are private
- Typically offer two prenatal meetings
- Provide labor and birth support at hospital
- Provide support at the time of separation from infant at hospital
- Typically two postpartum meetings

## OTHER PROGRAMMING OFFERED

- Re-entry supports for clients
- APBP provides clients personalized coloring sheets with children's names, recordable storybooks, and photos of the birth
- APBP provides caregiving families a diaper bag packed with essentials and connects them with other needed resources within their communities

## LACTATION

- Room dedicated to pumping in the medical wing of prison
- Hospital grade pumps are available in the lactation room
  - Participants are able to keep hand pumps in their possession
- Moms are responsible for labeling their milk and storing it onsite in a freezer
- Once a week, the milk is shipped with dry ice to caregivers via UPS

## PROGRAM INFORMATION

- APBP employs staff of 4 doulas-- 2 full-time doulas and program administrators, two contract doulas
- Programming began in 2016

## NOTEWORTHY ACCOMPLISHMENTS

- First lactation program in a maximum security prison that ships milk to infant caregivers
- APBP is featured in Tutwiler documentary, created by The Marshall Project and FRONTLINE (PBS) in 2020
- Assisted in the passing of anti-shackling legislation in 2022

## JULIA TUTWILER PRISON FOR WOMEN

- Alabama has three women's state prisons. Tutwiler is the largest of the three.
- Located in Elmore County, AL (shaded on map)
- Opened in December 1942
- Security level 4 & 5 facility
- Capacity: 975 beds



Learn more about APBP at:  
<https://www.prisonbirth.org/>

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