

# Do you want some extra help and care during your labor?

## Try using a volunteer birth companion!

### What is a birth companion?

A birth companion is a trained person to give you emotional and physical support during your labor. They work with your partner, family, or friends to help support your labor.

### What does a birth companion do?

- They can help manage your labor pain.
- They may suggest things to make you feel more comfortable like changing positions.
- They can help with you relax, do breathing exercises, and bring the focus back to your labor goals.
- They can help explain what is going on during your labor like what healthcare providers are saying or the procedures you may need.

Birth companions can help shorten your time in labor, improve your chances of a vaginal delivery, and increase your positive feelings about childbirth.

Birth companions **don't** take the place of your partner, family, or friends. A birth companion helps your loved ones care for you during labor.

### How do I contact the UNM Hospital Volunteer Birth Companion Program?

We offer pregnant clients and families a one-time virtual prenatal visit in the third trimester for you to learn more about volunteer birth companions and for us to get to know you.

You can also ask your nurse when you are admitted to Labor and Delivery. We are happy to help if we have a birth companion available.

Watch this short video at <https://bit.ly/UNMBCvideo> to learn how a birth companion can help you.



### Please contact us

If you would like to learn more about our program.

**Phone:**

**505-353-9902**

**Email:**

[UNMHBirthCompanions@salud.unm.edu](mailto:UNMHBirthCompanions@salud.unm.edu)

UNM Health Website:

<https://unmhealth.org/services/womens-health/maternity/birth-companions>

Facebook:

<https://www.facebook.com/unmhbirthcompanions/>