

Die Erzählcafé-Aktion

zuhören | sich austauschen | voneinander lernen

BIRTHSTORIES OF HOPE

Personal contacts are not yet allowed, the fear of infection is present every day, as is the issue of death. In this time of isolation, we would like to take new paths with our team of the BIRTH CAFE MOVEMENT to make the exchange of ideas possible again. Our theme is consciously chosen the beginning of life, the time of hope.

According to the motto "We don't leave anyone alone" we invite everyone to benefit from the time of waiting, to distract themselves from fear and to pass on birthstories to the generation of today. This new project of the BIRTH CAFE MOVEMENT is called BIRTHSTORIES OF HOPE. Everybody is invited to join us!

You can participate in three ways:

- 1. Letter to the next generation:** Write down your experiences in the birth of your children. What was it like back then, in difficult times? What kept you going? What did you experience yourself?
- 2. Birthcafé by telephone:** Call someone you like to talk to. Instead of talking about "Corona", tell each other about your past birthexperiences. This could be a friend or someone in the family, for example a grandchild, who is not allowed to go to school and is bored at home. "Do you know how your mom (or dad) was born?"
- 3. Online Birthcafé:** If you are familiar with modern media, you can organise a storytelling café yourself or contact us to report on it in an Online Birthcafé.

Send us your birthstories and feedback from the Birthcafés or a copy of the letter. We will publish the stories and experiences about pregnancy and birth at Easter on our website, of course without names if you wish.

Your experiences are valuable, we look forward to it!

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