

# BIRTH CAFÉ CAMPAIGN



## OUR IDEA

A good start into life is important. But today midwifery and obstetrics face growing challenges and threats. To raise awareness of this alarming situation, we initiated the international **BIRTH CAFÉ** movement. As well as raising awareness, **BIRTH CAFÉS** are our way of starting something positive to counter current developments.

## BIRTH CAFÉS

Everyone is welcome: At different café-tables mothers and fathers talk about their personal experiences of pregnancy and childbirth, from different generations and cultural backgrounds.

In a **BIRTH CAFÉ** we come together to share our birth stories, free of judgment and open to learn from each other.

## BIRTH CAFÉ CAMPAIGN

We want to bring about change and we want you to join us. With our support, you can organise and host a **BIRTH CAFÉ** in your country and your town. Via our website we publish your dates and make experiences, wishes and demands on politics public.

# BIRTH CAFÉS

## 'For a good start into life'

Join us!

Everyone can be a part of the campaign, parents, grandparents, professionals and specialists.

With our support, you can organise and host a **BIRTH CAFÉ** for adults, a **Welcome-CAFÉ** for refugees or a **JUNIOR-CAFÉ** for the next generation.

Spread the idea!

The success of the campaign relies on the snowball effect. So talk about **BIRTH CAFÉS** and spread the idea. We welcome your feedback, new cooperation partners and press enquiries.

Pass on!

Your personal experience is valuable. If you gave birth a long time ago or today, here or in another country, empower other parents with your birth story and your experiences.

For more information visit us at:

[www.birthcafe.net](http://www.birthcafe.net)

[www.facebook.com/Erzaehlcafeaktion](https://www.facebook.com/Erzaehlcafeaktion)



### The organisers:

Lisa von Reiche

midwife

[l.vonreiche@hebammenfuerdeutschland.de](mailto:l.vonreiche@hebammenfuerdeutschland.de)

[www.hebammenfuerdeutschland.de](http://www.hebammenfuerdeutschland.de)

Dr. med. Stefanie Schmid-Altringer

medical journalist

[schmid-altringer@directbox.com](mailto:schmid-altringer@directbox.com)

[www.nahdran-kommunikation.de](http://www.nahdran-kommunikation.de)

