

**Babies need to feel safe,  
you do too!**

[www.birthcafe.net](http://www.birthcafe.net)   [www.facebook.com/Erzaehlcafeaktion](http://www.facebook.com/Erzaehlcafeaktion)

# Tell us about your start into life!



Dear

Your birth experience is valuable, please tell me about it.

What did encourage you, what was missing? Did you feel safe and protected or did you feel alone?

Pass your story on, so other parents can benefit from it. Be part of the BIRTH CAFÉ MOVEMENT and talk about it.

Yours

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**BIRTH CAFÉS** connect generations and cultures.

