

**Babies need comfort,  
you too!**

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# Tell us from your start into life!

Dear

Your birthstory is valuable, please share it with others. What encouraged you and what did you miss? Did you feel safe and comfortable or alone?

Pass on your experiences, so that other parents have it easier! Become part of the international BIRTH CAFE MOVEMENT.

Love



## BIRTH CAFÈS – For a good start into life



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