

Die Erzählcafé-Aktion

zuhören | sich austauschen | voneinander lernen

Our 2026 campaign: **Take a break... and make a change!**

#ChangeBIRTHSTORIES

To ensure that birthstories take a positive turn as quickly as possible, we are collecting your experiences and wishes for change around Midwives' Day on 5 May 2026.

In times of overworked parents, tired professionals, cutbacks and closing maternity wards, we want to send a strong message together with you: In the week of 5 May 2026, Midwives' Day, we are calling on everyone to reflect: How did you experience the time around giving birth? What needs to change to make things better for parents and midwives?

Join in and make a difference!

Take a break from everyday life. Recharge your batteries with a relaxing cup of tea or coffee and take the time to reflect on how you experienced the start as a family, the birth of your children or your job in obstetrics. Exchange ideas with others: What went well? What should change?

The more people take part and get together in spontaneous 'Birthcafés', the better!

Email your experiences and what you think should change in obstetrics to birthstories@erzaehlcafe.net or post on Instagram/Facebook. The Birthcafé-Campaign makes your ideas for change visible. All generations, genders and cultures are welcome.

Our Vision: We, the Birthcafé Campaign ("Erzählcafé-Aktion") and Midwives for Germany ("Hebammen für Deutschland e.V."), together with other initiatives, aim to transform birth culture. Through open, participatory Birthcafés, we take the needs and experiences of parents and professionals seriously. Everyone is invited to join and help create this change.

More information: www.erzaehlcafe.net

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