



NATURAL BEGINNINGS

Society for education, free choice and support in pregnancy, childbirth and parenthood

We care how women give birth in Slovenia

For more than 20 years, we have been striving for excellent maternity care in Slovenia. A woman should have a central role in the care she receives during pregnancy, childbirth and early motherhood. We are committed to women and the quality of family life: we support women and their families in maternity care, help them in time of need, educate future parents and parents who have just begun their journey.

We are a non-governmental, non-profit and voluntary organisation, which carries out family-related activities; in the public interest.

Fields of activity:

- pregnancy, childbirth, breastfeeding, post-natal period
- women's rights in childbirth, patient's rights
- mental distress during maternity care – depression, anxiety, abuse, traumatic birth experiences
- women's health
- maternity, paternity, parenthood, child care, relationships between partners as the family grows, family relations and family life
- birth-related choices, respectful maternity care
- birth cultures, midwifery, doulas

Activities:

- advocacy for women and families during maternity care
- information and education, creating choices
- assistance and guidance on pregnancy, childbirth and post-natal period
- assistance and support in dealing with birth-related distress
- workshops, support groups, lectures
- informing and giving advice by telephone, e-mail, video calls and in person
- lending literature
- various campaigns, initiatives and collaboration with other NGOs, institutions, experts and the media

Cornerstones:

- focusing on a woman's central role in organising care during pregnancy, during childbirth and during early motherhood
- guaranteeing the rights of health system users
- empowering women and parents
- care and treatment based on modern findings (including evidence-based care)
- respecting the relationship between the mother and the child (father or other loving person, taking care of the child)
- realising excellent maternity care