



EUROPE: IT'S TIME TO LISTEN TO MOTHERS

Embargoed until Wednesday 17th September 2025

Make Mothers Matter presents landmark report at the European Parliament, calling for urgent policy actions

Brussels, 17th September 2025 — Europe's mothers are being ignored. Despite carrying the weight of care, work, and society's future, they are sidelined in the very policies that affect them most.

That's the message international NGO **Make Mothers Matter (MMM)** is delivering to the heart of EU decision-making as it presents its State of Motherhood in Europe report, hosted by **MEP Maria Noichl (S&D)**, at the European Parliament on **September 22nd, 2025**.

Backed in the field by global research firm **Kantar**, this groundbreaking survey captures the voices of nearly 10,000 mothers across 11 EU countries and the UK. The findings are both stark and urgent:

- 1 in 4 women say motherhood hindered their careers
- Mental health challenges are widespread - even in countries with strong family policies
- 25% of fathers do not take their entitled paternity leave
- 41% of mothers say their role is not recognised by society

"We've taken this report across Europe. Now we're putting it in front of those who can change the system," said Afaf Abounouadar, Executive Director of Make Mothers Matter. "This isn't about sympathy - it's about strategy. If mothers aren't thriving, Europe isn't thriving."

The message: motherhood is a public issue

This two-hour high-profile event, brings together decision-makers from the EU Commission, Parliament, civil society, and the private sector to tackle two major themes:

- ◆ Juggling Care and Career
- ◆ Navigating Maternal Mental Health

Speakers include:

Dominic Richardson (Learning for Well-being Foundation), **Christa Schweng** (EESC), **Sabine Saliba** (Eurochild), **Ibone Olza** (European Institute of Peri-Natal Mental Health), **Irena Moozová** (Deputy Director-General DG Justice, European Commission), **Sylviane Balustre-d'Erneville** (Engagement & Social Innovation Director at L'Oréal) **Lorena Boix Alonso** (Deputy Director-General for Health, DG SANTE, European Commission). With moderation by **Julie Foubert** (Be the Change) and **Dr Alain Gregoire** (Global Maternal Health Alliance & UK Maternal Mental Health Alliance).

A call to EU leaders: Act now

MMM is calling for concrete, systemic reforms including:

- Investment in maternal mental health
- Recognition of unpaid care work
- Supportive, gender-equal family and workplace policies

“This is not a women’s issue. It’s a European issue,” added Afaf Abounouadar. “And the time to act is now.”



September 22nd, 2025



The European Parliament, Room 3H1, Rue Wiertz 60, 1047 Brussels, Belgium



16-18 CET



Read more about the report: <https://makemothersmatter.org/mmm-state-of-motherhood-in-europe-2024/>



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www.makemothersmatter.org

About Make Mothers Matter

Make Mothers Matter is an international NGO founded in 1947 to promote the recognition and support of the essential role of mothers in society. MMM holds general consultative status with the United Nations and works across Europe and globally to influence policy for mothers and families.