

Η Μ.Ρ.Λ. ΚΑΙ Η
GREENROOM
PRODUCTIONS
ΠΑΡΟΥΣΙΑΖΟΥΝ

M.P.L. AND
GREENROOM
PRODUCTIONS
PRESENT

BIRTH DAYS

ΕΝΑ ΝΤΟΚΙΜΑΝΤΕΡ ΤΗΣ ΔΑΝΑΗΣ ΣΤΥΛΙΑΝΟΥ
A DOCUMENTARY FILM BY DANAÉ STYLIANOU

ΜΙΑ ΠΑΡΑΓΩΓΗ ΤΗΣ Μ.Ρ.Λ. ΚΑΙ ΤΗΣ GREENROOM PRODUCTIONS ΜΕ ΤΗ ΣΤΗΡΙΞΗ ΤΟΥ ΥΠΟΥΡΓΕΙΟΥ ΠΑΙΔΕΙΑΣ & ΠΟΛΙΤΙΣΜΟΥ ΚΙΝΗΜΑΤΟΓΡΑΦΗΣΗ - ΜΟΝΤΑΖ: ΔΑΝΑΗ ΣΤΥΛΙΑΝΟΥ
ΣΥΝΕΤΕΥΞΕΙΣ - ΣΥΜΒΟΥΝΟΣ ΠΕΡΙΕΧΟΜΕΝΟΥ: ΜΑΡΙΑΝΝΑ ΠΑΡΜΟΥ ΣΧΕΔΙΑΣΜΟΣ ΉΧΟΥ - ΜΙΞΗ: ΧΡΙΣΤΟΣ ΚΥΡΙΑΚΟΥΛΛΗΣ COLOUR: ΠΑΝΙΚΟΣ ΠΕΤΡΙΔΗΣ
ΓΡΑΦΙΚΑ: ΑΡΤΕΜΗΣ ΨΑΘΑΣ ΜΟΥΣΙΚΗ ΕΠΙΜΕΛΕΙΑ: ΑΝΔΡΕΑΣ ΧΡΙΣΤΟΔΟΥΛΟΥ ΠΑΡΑΓΩΓΗ - ΣΚΗΝΟΘΕΣΙΑ: ΔΑΝΑΗ ΣΤΥΛΙΑΝΟΥ

A PRODUCTION BY M.P.L. AND GREENROOM PRODUCTIONS WITH THE SUPPORT OF THE MINISTRY OF EDUCATION & CULTURE OF CYPRUS
FILMED & EDITED BY: DANAÉ STYLIANOU | INTERVIEWS & CONTENT ADVISOR: MARIANNA LARMOU | SOUND DESIGN & MIXING: CHRISTOS KYRIACOUILLIS
COLOR: PANICOS PETRIDES | GRAPHIC DESIGN: ARTÉMIS PSATHAS | MUSIC SUPERVISOR: ANDREAS CHRISTODOULOU | PRODUCED & DIRECTED BY: DANAÉ STYLIANOU

ΜΕΤΗ
ΣΤΗΡΙΞΗ /
SUPPORTED
BY:



www.birthdaysdocumentary.com

FACEBOOK / INSTAGRAM @birthdaysdoc

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BIRTH DAYS-

About the film

A heartwarming and empowering documentary about natural birth!

Has medicalisation of childbirth gone too far?



Logline-

A young mother sets out to regain trust in the maternity care system, in a country where Caesarean section births account for 4 times the recommended WHO rate.

Synopsis-

A documentary about birth in times of excessive medical intervention. In a country where Caesarean section births account for four times the recommended WHO rate, one mother sets out to reclaim her own body and regain trust in the maternity care system.

Has medicalisation of childbirth gone too far?

Long Synopsis-

Birth Days. The course of natural birth is interrupted in times of excessive medical intervention.

In Cyprus, Caesarean section births account for an abnormally high rate; four times higher than the World Health Organisation recommendations. *Birth Days* captures the transformational journey of a mother pursuing a natural birth after Caesarean, and her fight to reclaim her own body and regain trust in the maternity care system.

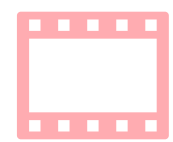
How do we give birth to our children and what are the reasons for the increase in C-sections? Has labour become a "cascade of intervention"? What are women's rights at labour and how can a woman gain confidence in her own female nature? By presenting audiovisual material from natural births, interviews with health care professionals and a series of real events, *Birth Days* opens new horizons in the approach of labour as a unique natural experience.

Has medicalisation of childbirth gone too far?

Credits:



Director - Producer: Danae Stylianou



Production Company: M.P.L., Greenroom Productions



Filmed & Edited by: Danae Stylianou



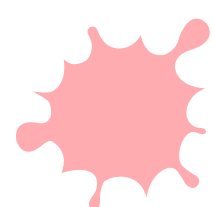
Interviews & Content Advisor: Marianna Larmou



Sound Design & Mixing: Christos Kyriacoullis



Music Supervisor: Andreas Christodoulou



Colour: Panicos Petrides



Subtitling: Diamanto Stylianou



Graphics: Artemis Psathas



**Made with the support of the Ministry of
Education & Culture of Cyprus**

Technical Info:



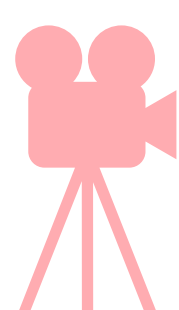
Country of Production: CYPRUS



Year of Production: 2018, Release Date: 5 August, 2018



Duration: 62' (original version), 86' (extended version)



Screening copy available on DCP

Format 2K Flat 24 fps

Ratio 1.85

Sound 5.1

BIRTH DAYS- About the director

Danae Stylianou - Filmmaker's Bio



Danae Stylianou was born in Cyprus, in 1984.

She holds a BA (Hons) in Film Production from the University of Westminster, in London. Graduated 2004.

In 2011, she directed and produced her first documentary feature film, *Sharing an island*, about the inter-communal relations of Greek Cypriot and Turkish Cypriot youth. *Sharing an island* was screened widely in Cyprus and abroad, winning two awards for its contribution to peace in Cyprus and the world.

FILMOGRAPHY:

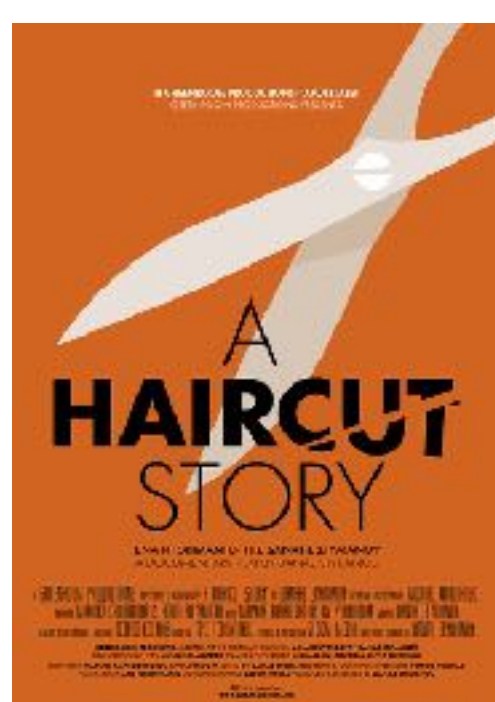
- 2018, BIRTH DAYS, feature documentary
- 2014, A HAIRCUT STORY, feature documentary
- 2011, SHARING AN ISLAND, feature documentary
- 2006, DOLLHOUSE, short film
- 2004, ANKARA STREET, short documentary
- 2004, SNOW WHITE AND THE 7 CHARMS, short film

In her 2nd documentary feature, *A Haircut Story*, seven stories emerge from the black hole of the banks, one year after Cyprus became the first Eurozone member state to be subjected to a bail-in on deposits.

Birth Days is her most recent documentary; a film about women's rights to informed choices at childbirth.

She worked as assistant director and casting director in Greek & Cypriot cinema and television, on popular TV dramas, shows, films and TV commercials. She is the head of communications for the official film festivals of the Republic of Cyprus and one of the organisers of Lemesos International Documentary Festival.

Previous Films include:



BIRTH DAYS- Director's Note

When I started making this documentary, I could not have imagined all the amazing women I would be meeting, or the overwhelming feelings I would be experiencing when becoming witness to the miracle of life with my camera! Just like birth, this film had to be made with a one-woman crew. Being the camera and sound operator, gave me unprecedented access to the fascinating event of labour and birth. Raw images and emotion stand out of the real scenes that were filmed.

What's the fact that got me interested in making this documentary? Today, a record number of babies in Cyprus -more than half- are born via C-section. Experts and parents alike are alarmed by the trend. Cyprus ranks first in Europe in C-sections with a striking 56.9%. The World Health Organisation considers the ideal rate for Caesarean sections to be between 10-15%. This fact alone got me interested in researching the matter.

Often enough, women's rights at labour are violated. Right to privacy, respect to the body and the spontaneous initiation of labour, the option to request or refuse medical intervention and analgesia. These rights still have to be fought for.

'My body was made for this'. *Birth Days* brings forward a philosophy about the management of pain and the capability of the human body to endure that pain. As a filmmaker, I wanted to go deeper, and explore how we, as humans, accept our pains and agonies, overcome our fears and find ways to endure them. To me, childbirth is a raw representation of how we emotionally and physically experience our pains in life.

What is the importance of preparation, information and confidence building in the active management of labour by the woman? How can we, women, be better prepared for labour through knowledge, psychological and physical preparation, otherwise known as the 'psychoprophylactic' method? How important is the help offered to the pregnant woman by another woman - the midwife? Almost all births in modern societies have been transferred to medical environments. What can we do to bridge the gap, and achieve a 'natural hospital birth'?

In this documentary I try to find answers to all of these complex questions as I believe that women have a fundamental right to informed choices at birth. My goal is to contribute in changing C-section mentality by advocating through the audiovisual medium.

In the age of radical progress in image representation and the social media, the dominant cultural views representing birth as a terrifying experience have been reinforced. I believe it is time to change this by creating new, more powerful visual messages, that would speak directly to the heart.

I welcome you on this exciting journey...

Danae Stylianou
Director - Producer

During production days, I got to meet midwives from across Cyprus, and was fascinated by their **patience, commitment** and gentle practices. Amidst medical definitions, artificial painkillers, and fast-developing scientific disciplines, the presence of these **mother figures** seemed key to a positive experience of natural labour.



This documentary goes beyond examining the consequences of medicalisation of birth and becomes a study on the virtues of **endurance, respect, trust and love.**



BIRTH
DAYS

A DOCUMENTARY FILM BY DANAE STYLIANOU

www.birthdays.gr



**“I’m not brave
enough”, she said.**

And that’s when the baby arrived!



**“I can’t do this”,
she cried.**

**BIRTH
DAYS**

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How do we face our **pains** and **agonies**,
how do we overcome our **darkest**
fears and find ways to endure them?



In the documentary, childbirth becomes a
raw representation of how we emotionally
& physically experience our pains in life.

Can other women's
positive experiences
affect & inspire
future mums
in the cinema audience?



BIRTH
DAYS

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THE 'BLOOMING' INDUSTRY OF C-SECTIONS

Can we end C-section mentality
by **advocating**
through the audiovisual medium?



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“When you change the way you view **birth**, the way you birth **changes**”.

- Marie Mongan



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Instagram: [@birthdaysdoc](https://www.instagram.com/birthdaysdoc)

Vimeo: [Danae Stylianou](https://vimeo.com/DanaeStylianou)

BIRTH DAYS- Festival History

**National premiere: 13th Lemesos International
Documentary Festival, August 5th, 2018**

**International Premiere: 21st Thessaloniki
International Documentary Festival, March 7th 2019**

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COLOUR: ΠΑΝΙΚΟΣ ΠΕΤΡΙΔΗΣ ΓΡΑΦΙΚΑ: ΑΡΤΕΜΗΣ ΨΑΘΑΣ ΜΟΥΣΙΚΗ ΕΠΙΜΕΛΕΙΑ: ΑΝΔΡΕΑΣ ΧΡΙΣΤΟΔΟΥΛΟΥ
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