

## BUILDRES Project

Project number: 2024-2-CY01-KA220-YOU-000295718

### EU COUNTRIES DESK RESEARCH

Partner organisation: DANMAR COMPUTERS

Research on: LATVIA

**Country overview** (statistical data- population, fertility percentages, indicators- cultural characteristics of the country around family building, e.g family vs. career oriented, average of mothers working full time, average number of children in new families, Fertility rate, average maternal age).

Based on the latest statistical data, Latvia has a population of approximately 1.85–1.9 million people and is characterized by a declining population and an aging society, with a median age of around 43.5–43.6 years. The nation’s fertility rate ranges between 1.35 and 1.6 children per woman, remaining below replacement level. This downward trend is reflected in the declining number of live births, including a reported double-digit percentage decrease in 2024 compared to the previous year. At the same time, maternal age continues to rise, with the mean age at childbirth exceeding 30 years and first births occurring on average in the late twenties.

Latvian society is experiencing a shift in life-course priorities, where higher education attainment, career stability, housing security and financial preparedness increasingly precede decisions about parenthood. While family remains socially valued, economic uncertainty and long-term demographic decline — intensified by past emigration trends — shape reproductive planning. The postponement of childbirth has both demographic and public health implications, including rising demand for fertility services and concerns about long-term population sustainability.

Pregnancy and maternal healthcare in Latvia are provided through a state-funded healthcare system that guarantees access to prenatal examinations, diagnostic screening and hospital-based childbirth services. Pregnant women are entitled to scheduled medical supervision, and deliveries typically take place in public maternity hospitals. Postnatal care includes neonatal screening, paediatric monitoring and maternal health follow-ups, contributing to stable maternal and infant health indicators within the region.

Latvia provides structured parental leave and financial benefits to support families. Mothers are entitled to maternity leave benefits paid through the social insurance system, followed by parental benefits that may be shared between parents. Parents can receive income-related parental benefits for a defined period, with flexibility in how leave is divided. Fathers are entitled to paternity leave, reinforcing policy efforts to encourage paternal involvement in early childcare. Families also receive universal child benefits and additional support for low-income households, alongside tax relief measures for dependent children.



Overall, Latvia combines universal maternal healthcare access with structured parental leave and child-related financial transfers. Nevertheless, persistent low fertility, rising maternal age and socio-economic considerations continue to influence family formation patterns, reflecting a broader regional trend in which modern economic aspirations intersect with demographic decline.

<b>Name of the organisation</b>	<b>National Health Service (NVD)</b>
<b>Short Description (Around 300 characters)</b>	The state institution managing public healthcare. Provides information on state-funded services, including pregnancy monitoring, childbirth, and finding contracted medical facilities.
<b>Country</b>	Latvia
<b>Mail</b>	<a href="http://www.vmnvd.gov.lv">www.vmnvd.gov.lv</a>
<b>Phone</b>	<a href="tel:+37180001234">+37180001234</a>
<b>Website</b>	<a href="https://www.vmnvd.gov.lv/">https://www.vmnvd.gov.lv/</a>
<b>Address</b>	
<b>Name of the organisation</b>	<b>Riga Maternity Hospital</b>
<b>Short Description (Around 300 characters)</b>	The country's largest and most modern delivery and prenatal care institution. Offers state-funded and paid services, including childbirth assistance, neonatal intensive care, and classes for future parents.
<b>Country</b>	Latvia
<b>Mail</b>	baiba.auzane@rdn.lv
<b>Phone</b>	+37167011264
<b>Website</b>	<a href="https://www.rdn.lv/en/">https://www.rdn.lv/en/</a>
<b>Address</b>	Miera iela 45, Riga, LV-1013
<b>Name of the organisation</b>	<b>Hope for Children</b>
<b>Short Description (Around 300 characters)</b>	Hope for Children, founded in 1994 in Latvia, supports children and families in crisis due to poverty, homelessness, illness, or addiction. It offers care, education, and a safe environment to help children reach their full potential.
<b>Country</b>	Latvia
<b>Mail</b>	hope@hope.lv
<b>Phone</b>	+371 6728 9646
<b>Website</b>	<a href="https://www.hope.lv/">https://www.hope.lv/</a>
<b>Address</b>	Dzirnavu 119 – 30, Rīga, LV-1050, Latvia
<b>Name of the organisation</b>	<b>SOS Children's Villages</b>
<b>Short Description (Around 300 characters)</b>	Provides long-term family-based care for children who have lost their parents and offers family-strengthening programs. Includes family support centers that offer preventive and support services for families facing difficulties.
<b>Country</b>	Latvia
<b>Mail</b>	birojs@sosbca.lv
<b>Phone</b>	+37167378353
<b>Website</b>	<a href="#">Loving home for every child - donate!</a>
<b>Address</b>	Stabu Street 33a, Riga, LV-1011, Latvia
<b>Name of the organisation</b>	<b>Latvian Child Welfare Network</b>
<b>Short Description (Around 300 characters)</b>	The goal of the LCWN is to advocate for children's rights and ensure the increase of the physical, social, mental and material well-being of children in Latvia by making use of the right of civil society to participate in decision making and monitoring of it's implementation.



<b>Country</b>	Latvia
<b>Mail</b>	info@bernulabklajiba.lv
<b>Phone</b>	+371 24 981 650
<b>Website</b>	<a href="https://www.bernulabklajiba.lv/">https://www.bernulabklajiba.lv/</a>
<b>Address</b>	Zemitāna laukums 5, Rīga, LV 1006