

## BUILDRES Project

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

### EU COUNTRIES DESK RESEARCH

Partner organisation: Hexagonale

Research on: Sweden

#### Country overview, healthcare services and financial & social benefits

Sweden's demographic and family context reflects strong institutional support for parents and children embedded within one of Europe's most generous welfare systems. Sweden's population is approximately 10.5 million, with long-standing policies designed to support reproductive health, family life and gender equality. Fertility in Sweden has hovered near the EU average, but recent years show modest declines similar to broader European trends. The average age of first childbirth remains around the early 30s, as many delay parenthood due to education and labor participation patterns. Sweden's social model emphasizes both maternal and paternal involvement in childcare, aiming to reinforce balanced parenting roles and work-life integration.

Pregnancy and maternal healthcare services in Sweden are provided through a universal healthcare system, financed by taxes and administered by regional authorities. Prenatal care begins early in pregnancy with free check-ups, screening tests and regular follow-ups with midwives and obstetricians. Expectant mothers also may qualify for pregnancy benefit (*graviditetspenning*) if their work environment poses health risks or involves physically demanding tasks that cannot be adapted; this can be paid from the 60th day before the expected delivery date. Childbirth itself and postnatal care, including neonatal and maternal services, are fully covered under public health insurance, ensuring virtually no out-of-pocket costs for standard pregnancy and delivery services.

Sweden's parental leave and family support system is among the most comprehensive worldwide, aimed at promoting both parents' participation in early childcare and supporting family wellbeing. Parents receive up to 480 days of paid parental benefit per child — roughly 16 months — which can be shared between both parents, with each parent entitled to a quota of non-transferable days to encourage use by both (including fathers)\*. Of these, around 390 days are paid at income-related levels (approximately 80 % of earnings) and the remaining days at a flat minimum rate; some days can also be used starting 60 days before birth. These benefits can be drawn until the child is older (up to school age), and some days may be transferred to grandparents or other carers under recent reforms.

In addition to parental leave, Swedish parents automatically receive child allowance (*barnbidrag*) for children up to age 16, providing monthly financial support intended to help cover general living costs; there are additional supplements for larger families. Single parents and low-income households may qualify for further targeted support, including housing benefits (*bostadsbidrag*) and income-based social assistance. The national social insurance agency (*Försäkringskassan*) administers these benefits, which are part of Sweden's broader social security system comprising healthcare, parental protections, sickness benefits, and child care support.



Sweden's policies combine universal access to maternal and infant healthcare, extended paid parental leave, and ongoing family cash benefits, forming an integrated support structure for pregnancy, childrearing and parental involvement. While challenges such as gender imbalances in leave uptake and long-term demographic shifts remain, the Swedish model continues to be viewed as a benchmark in promoting equitable parenting responsibilities and family wellbeing in welfare states.

<b>Name of the organisation</b>	<b>Birth Rights Sweden – Röstén för alla som föder barn i Sverige!</b>
<b>Short Description (Around 300 characters)</b>	A non-profit organisation advocating for the rights of those giving birth, working through education, collaboration and awareness to ensure positive and empowering pregnancy, birth and postpartum experiences in Sweden.
<b>Country</b>	Sweden
<b>Mail</b>	info@birthrightssweden.se
<b>Phone</b>	
<b>Website</b>	<a href="https://www.birthrightssweden.se/">https://www.birthrightssweden.se/</a>
<b>Address</b>	
<b>Name of the organisation</b>	<b>Svenska med Baby</b>
<b>Short Description (Around 300 characters)</b>	Community organisation creating open parent groups for families with young children, fostering play, integration and peer support — especially helpful to new parents and families new to Sweden.
<b>Country</b>	Sweden
<b>Mail</b>	mail@svenskamedbaby.se
<b>Phone</b>	
<b>Website</b>	<a href="https://svenskamedbaby.se/">https://svenskamedbaby.se/</a>
<b>Address</b>	Bagarmossens folkets hus Lillåvägen 44 128 45 Bagarmossen
<b>Name of the organisation</b>	<b>Posithiva Gruppen – Positive Pregnancy Peers</b>
<b>Short Description (Around 300 characters)</b>	Provides peer support for people who are pregnant or contemplating pregnancy, with lived-experience mentors, including support specific to people living with HIV navigating pregnancy.
<b>Country</b>	Sweden
<b>Mail</b>	info@posithivagruppen.se
<b>Phone</b>	08 - 720 19 60
<b>Website</b>	<a href="https://posithivagruppen.se/">https://posithivagruppen.se/</a>
<b>Address</b>	Posithiva Gruppen Östermalmsgatan 5 114 24 Stockholm
<b>Name of the organisation</b>	<b>MÄN – Promoting Equal Parenthood</b>
<b>Short Description (Around 300 characters)</b>	Organisation focused on active fatherhood and gender-equal parenting, offering support, educational resources and discussion groups to encourage fathers' involvement in childcare.
<b>Country</b>	Sweden
<b>Mail</b>	info@mfj.se
<b>Phone</b>	
<b>Website</b>	<a href="https://mfj.se/">https://mfj.se/</a>
<b>Address</b>	Hammarby Allé 93 SE-120 63 Stockholm
<b>Name of the organisation</b>	<b>Swedish Association for Sexuality Education (RFSU)</b>



<b>Short Description (Around 300 characters)</b>	<b>Provides education and advocacy on sexual and reproductive health, including pregnancy, contraception, relationships and rights.</b>
<b>Country</b>	<b>Sweden</b>
<b>Mail</b>	
<b>Phone</b>	<b>08-692 07 00</b>
<b>Website</b>	<b><a href="https://www.rfsu.se/">https://www.rfsu.se/</a></b>
<b>Address</b>	<b>Rosenlundsgatan 9 118 53 Stockholm</b>