Hi, I’m Ayelet Dekel. I’m a filmmaker and the director of "Four Hours a Day".

This film brings the extraordinary and yet untold story of young mothers in the kibbutz movement in Israel. It follows a phenomenon that affects many mothers and their children to this day.

According to the kibbutz ideology, until the early 1990s, mothers had to hand their newborn over to the kibbutz, to be raised in communal children homes.

Babies were taken from their mothers at the age of 3 days and mothers were allowed to meet with their children for only Four Hours a Day.

Based on Orian Chaplin's bestselling book, this documentary exposes, for the first time, the mental scars that still remain in the hearts of mothers who took part in this social experiment.

Thank you so much for watching it.