



# WELCOME



Dear Reader,

And suddenly everything changes: a pregnancy - whether long-awaited or a complete surprise - changes the lives of all parents-to-be. As a father of three, I know from personal experience that pregnancy, birth, and the early days with your child are a very special phase of life. But it's also a time that is often fraught with uncertainty and many questions: How do we find a midwife? What's right for us - maternity clinic, birth centre, or home birth? What financial aid is available, where can I find counselling, and what else do I need to consider?

The Hannover region has many support services for expectant mothers and fathers and young families. This new pregnancy guide bundles all these points of contact and guides you through this exciting time from the beginning - from pregnancy timetable to information on maternity protection and parental leave all the way to an overview of all counselling centres and health services. The guide also shows how diverse and well networked the early prevention services are in the 21 cities and communities in the region and what services are available in your immediate vicinity.

I wish you a healthy and carefree pregnancy and all the best for your new future!

Your

A handwritten signature in black ink that reads "Steffen Krach". The signature is written in a cursive, flowing style.

Steffen Krach,  
Regional President

# INTRODUCTION

Dear (Future) Parents,

This pregnancy guide is designed to support you during the special time of pregnancy and birth and to give you an overview of the many support and counselling services in the Hannover region.

This guide is colour-coded by topic. The two symbols indicate whether an offer is important during pregnancy or after birth.



You can find special offers near your place of residence on the websites of the municipalities, below on pages 74-76. The back cover features a roadmap with an overview of the most important appointments during pregnancy and in the first weeks after birth, which you can easily tear out.



The online roadmap is available at  
[www.hannover.de/schwangerschaftswegweiser](http://www.hannover.de/schwangerschaftswegweiser)

This booklet is a product of 'Frühe Hilfen' (early support). Early support services are available for expectant parents and parents with children up to the age of six. With our work, we want to enable children in the Hannover region to have a good start in life.

The Early Support - Early Opportunities Coordination Centre wishes you all the best for this special time!



# TABLE OF CONTENTS

## HEALTH ..... 8

Gynaecological practices.....	9
Maternity passport.....	10
Maternity clinics.....	11
Domestic helper.....	13
U-examinations.....	14
Midwives.....	15
Childbirth preparation.....	16
Birth centres.....	17
Homebirth.....	18
Postpartum care.....	19
Postnatal gymnastics.....	20
Family midwives.....	21
Breastfeeding counselling.....	23
Prenatal diagnostics.....	24

## COUNSELLING ..... 25

Pregnancy and pregnancy conflict counselling.....	26
Family and educational counselling.....	27
Crying clinic.....	28
Family services office.....	29
Single pregnant women and single parents.....	30
Child impairment.....	31
Domestic violence.....	33
Addiction counselling for pregnant women.....	34

## FINANCIAL SUPPORT ..... 35

Maternity benefits.....	36
Child benefits.....	37
Child supplement.....	38
Parental benefit / parental benefit plus.....	39
Unemployment benefit II (Hartz IV).....	40
Receipt of social assistance / basic income.....	41
Additional requirements and initial equipment (for ALG II and social assistance).....	42
Education and participation package (BuT).....	43
Asylum seekers' benefits (AsylbLG).....	44
Asylum seekers' benefits - additional needs for expectant mothers.....	45
Advance on child support.....	46
Federal "Mother and Child" Foundation.....	47
"Families in Need" foundation.....	48
Housing allowance.....	49
Child allowance.....	49
Care allowance.....	50

## WORK, TRAINING, STUDY ..... 51

Parental leave.....	52
Maternity leave.....	53

# TABLE OF CONTENTS

## **PUBLIC AUTHORITIES ..... 54**

Registration with the Registry Office.....	55
Naming laws .....	56
Health insurance.....	56
Legal guardianship.....	57
Declaration of custody (for couples not married to each other).....	58
Acknowledgement of paternity (for couples not married to each other).....	59
Guardianships (for underage mothers) .....	60
General social services / municipal social services .....	61

## **BIRTH-RELATED CRISES ..... 62**

Postpartum depression .....	63
Confidential birth.....	64
Difficult birth.....	65
Parents who have lost a child .....	67

## **THINGS TO KNOW ..... 68**

Baby's first equipment.....	69
Packing a hospital bag - What should I bring? .....	70

## **EASY LANGUAGE..... 71**

## **INTERNET ADDRESSES OF MUNICIPALITIES..... 74**

## **EMERGENCY NUMBERS..... 78**

## **SPECIAL THANKS..... 79**

## **DEAR FUTURE PARENTS..... 80**

## **PREGNANCY ROADMAP..... COVER**



# GYNAECOLOGICAL PRACTICES

Women can already visit a gynaecological practice in the baby planning phase. There they receive advice on what to pay attention to before starting a pregnancy.

Once you have determined that you are pregnant, make an appointment for your first gynaecological exam. Most women visit their gynaecologist in the 6th-8th week of pregnancy. They receive advice on maternity protection, general lifestyle, and prenatal diagnostic options.

It is advisable to look for a gynaecological practice where you feel comfortable from the beginning, as it is difficult to change later on. It is therefore advisable to make your first appointment in a practice you already trust and want to stay in.

If you are unsure about continuing with the pregnancy, your gynaecologist's office will inform you about how to proceed and refer you to a pregnancy conflict counselling centre (see p. 26).

## TIMING

When you wish to have a child or are already pregnant

## ADDRESSES/LINKS

[www.arztauskunft-niedersachsen.de](http://www.arztauskunft-niedersachsen.de)  
Search term "gynaecology"

## DOCUMENTS

Electronic health ID card

## HEALTH

To ensure that the woman is well taken care of during pregnancy, there is a lot of support available through gynaecological practices and midwives. Health care is paid for by the health insurance funds. This includes preventive examinations and medication.



## MATERNITY PASSPORT

Once a pregnancy has been established, a maternity passport is issued by the gynaecological practice or midwife. It contains the estimated date of birth, the woman's medical history, medical findings, and the progress of the child. After the birth, the data on birth and postpartum period are entered. A maternity passport is a medical document and is subject to confidentiality. The pregnant woman decides who has access to it. It is not a document to be presented to the employer or other authorities. The pregnant woman should always have the maternity passport with her.

<b>TIMING</b>	When the pregnancy is established
<b>ADDRESSES/LINKS</b>	Gynaecological practice or midwife (see page 9)
<b>DOCUMENTS</b>	Electronic health ID card



## MATERNITY CLINICS



During the pregnancy, you should think about where you want to give birth to your child in consultation with the gynaecological practice. Most pregnant women give birth in a hospital. There are seven maternity clinics in the Hannover region. Some clinics offer informational evenings or tours of the delivery room. If a birth occurs before the 36th week of pregnancy, it should only take place at the MHH, the Henriettenstift, or the Neustadt Clinic, since paediatricians are always on site there (perinatal centre). Other places of birth (see pages 17-18).

<b>TIMING</b>	You should register for birth in the clinic around the 30th week of pregnancy.
<b>ADDRESSES/LINKS</b>	<p>Diakovere Henriettenstift Perinatalzentrum Hannover Schwemannstr. 17 30559 Hannover Tel.: 0511 289 0 <a href="http://www.pnz-hannover.de">www.pnz-hannover.de</a></p> <p>Diakovere Friederikenstift Humboldtstr. 5 30169 Hannover Tel.: 0511 129 0 <a href="http://www.geburtsilfe-friederikenstift.de">www.geburtsilfe-friederikenstift.de</a></p> <p>Vinzenzkrankenhaus Lange-Feld-Str. 31 30559 Hannover Tel.: 0511 950 2301 <a href="http://www.vinzenzkrankenhaus.de">www.vinzenzkrankenhaus.de</a></p> <p>KRH Klinikum Großburgwedel Fuhrberger Str. 8 30938 Hannover Tel.: 05139 801 4434 <a href="http://www.krh.de">www.krh.de</a></p>



## MATERNITY CLINICS

KRH Klinikum Robert-Koch Gehrden  
 Von-Reden-Str. 1  
 30989 Gehrden  
 Tel.: 05108 69 2501  
**www.krh.de**

KRH Klinikum Neustadt am Rübenge  
 Lindenstr. 75  
 31535 Neustadt am Rübenge  
 Tel.: 05032 88 2200  
**www.krh.de**

Medizinische Hochschule Hannover  
 Clinic for Gynaecology and Obstetrics  
 Carl-Neuberg-Str. 1  
 30625 Hannover  
 Tel.: 0511 532 6056  
**www.mhh.de**

### DOCUMENTS

Electronic health ID card, maternity passport,  
 referral from gynaecological practice



## DOMESTIC HELPER

A domestic helper supports you if, for example, you have to stay on bed rest and no one in your family can take care of the household or other children. You can apply for a domestic helper at your health insurance fund. For the application, you need a referral from your doctor or midwife. The help is for emergency use only.

### TIMING

When needed

### ADDRESSES/LINKS

Gynaecological practice (see page 9)

### DOCUMENTS

Electronic health ID card



# U-EXAMINATIONS

Immediately after birth, the baby is thoroughly examined (U1). The results are recorded in a yellow examination booklet. You will receive this examination booklet and your child's vaccination record after the birth. The booklet contains a precise schedule of when further screening examinations and vaccinations should take place for your child (U2-U9). The early detection examinations are intended to detect possible diseases or abnormalities in the development of your child at an early stage. The paediatrician enters the results of the examinations in the booklet. The examination booklet is very important and must be stored carefully. You must bring the U-booklet and the child's vaccination record to every appointment at the paediatrician's office.

### TIMING

You should look for a paediatrician during pregnancy.

### ADDRESSES/LINKS

Paediatrician offices can be found at [www.arztauskunft-niedersachsen.de](http://www.arztauskunft-niedersachsen.de)  
Search term "paediatric and adolescent medicine"

### DOCUMENTS

Yellow U-booklet, vaccination card, electronic health ID card of the child

**U1**  
**Neugeborenen-Erstuntersuchung**

# MIDWIVES



Midwives are specialists in pregnancy, childbirth, and the postpartum period. They can also diagnose pregnancy and carry out preventive examinations during pregnancy. All women are entitled to the services of a midwife during pregnancy, childbirth, the postpartum period, and while nursing. These services are covered by the health insurance fund. The shortage of midwives, can make it difficult to find a midwife. It is therefore important that you take care of this early.

### TIMING

During pregnancy, during childbirth, in the postpartum period and during nursing

### ADDRESSES/LINKS

When looking for a midwife, the the Midwife Centre (Hebammenzentrale) of the Hannover region can help you  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

### DOCUMENTS

Electronic health ID card, maternity passport





## CHILDBIRTH PREPARATION

Childbirth preparation courses prepare you for birth and life with your baby. They are usually conducted by a midwife. Childbirth preparation courses are offered in different forms. Pregnant women can take the course alone or with another person. Courses can be held over several weeks or on a weekend. Courses over several weeks should be started in the 28th-30th week of pregnancy. Weekend courses should be taken between the 34th-37th week of pregnancy. The cost of a childbirth preparation course is covered by the health insurance fund.

### TIMING

Register for the course as early as possible during pregnancy

### ADDRESSES/LINKS

A midwife practice near you or search for a course via the Midwife Centre of the Hannover region  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

### DOCUMENTS

Electronic health ID card, loose clothing



## BIRTH CENTRES



You can also have your baby in a birth centre. Birth in a birth centre is only attended by midwives. The midwife will accompany you during pregnancy. As the due date approaches, the midwife is always available for you (on-call service). You will meet in the birth centre when the baby is ready to be born. Birth in a birth centre is covered by the health insurance fund. The on-call flat rate is not covered by all health insurance and women often have to pay part of it themselves.

### TIMING

Registration in the birth centre as early as possible during pregnancy

### ADDRESSES/LINKS

Birth Centre Eilenriede  
Gehägestraße 20a  
30655 Hannover  
Tel.: 0511 713701  
**E-mail: [info@geburtshaus-eilenriede.de](mailto:info@geburtshaus-eilenriede.de)**  
**[www.geburtshaus-eilenriede.de](http://www.geburtshaus-eilenriede.de)**

Geburtshaus & Hebammerei Herrenhausen  
Nienburger Straße 6  
30167 Hannover  
Tel.: 0511 64 69 37 33  
**E-mail: [geburtshaus.herrenhausen@posteo.de](mailto:geburtshaus.herrenhausen@posteo.de)**  
**[www.geburtshaus-herrenhausen.de](http://www.geburtshaus-herrenhausen.de)**

### DOCUMENTS

Maternity passport, electronic health ID card



## HOME BIRTH

You can also have your baby at home. The midwife comes to your home when the birth begins and stays up to a few hours after the birth. The health insurance fund covers the midwife and her work. The midwife is always available for the pregnant woman until the birth. For this the midwife receives a so-called on-call flat rate. Not all health insurance companies cover this on-call flat rate in full, and women have to pay part of it.

### TIMING

Search for a midwife for home birth as early as possible in pregnancy

### ADDRESSES/LINKS

When looking for a suitable midwife for a home birth, the Midwife Centre of the of the Hannover region will gladly help you.  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

### DOCUMENTS

Maternity passport, electronic health ID card



## POSTPARTUM CARE

The postpartum period is the time after the birth. The midwife will visit you and your baby at home. She will examine you and your baby and help you if anything is wrong. The midwife also addresses your questions and concerns. She shows you how to care for a baby and tells you when to take your baby to the doctor. She helps the mother breastfeed and tells her everything important about feeding her baby. The midwife can visit the mother and her child at home up to twelve weeks after the birth. The costs are covered by health insurance.

### TIMING

After the birth

### ADDRESSES/LINKS

When looking for a midwife for postpartum care, the Midwife Centre of the Hannover region will gladly help you.  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

### DOCUMENTS

Maternity passport, electronic health ID card





## POSTNATAL GYMNASTICS

Postnatal gymnastics are exercises designed to strengthen the body after pregnancy and childbirth and to reverse physical changes. It is common to take courses in groups with a midwife. In exceptional cases, for example if there are massive pelvic floor disorders as a result of the birth, the gynaecologist's office can prescribe postnatal gymnastics for the woman. There is no general entitlement to the such a prescription. The costs for the course are settled directly with the health insurance fund via the insurance card. To be covered, the course must be completed by the ninth month after birth.

### TIMING

As a rule, 8 to 10 weeks after birth, individual arrangement with the midwife possible

### ADDRESSES/LINKS

Midwife practice or course search via the Midwife Centre of the Hannover region  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

### DOCUMENTS

Electronic health ID card



## FAMILY MIDWIVES AND FAMILY HEALTH PAEDIATRIC NURSES

A family midwife or family health paediatric nurse (FamKi) can accompany you if you are pregnant or have a child under the age of one and you:

- feel inexperienced or overwhelmed
- are a single parent
- are new to the city or country
- feel psychologically or physically stressed
- are affected or threatened by domestic violence
- have many questions and uncertainties about your child's development
- are parents of a child born prematurely or not healthy
- feel that you are not up to the task of pregnancy or parenthood

Family midwives and FamKis come to your home and answer questions about parenting. They give you confidence in dealing with your child and, if necessary, accompany you to appointments with authorities or medical practices. This program is free of charge.

### TIMING

When needed starting with pregnancy until the child turns 1

### ADDRESSES/LINKS

For the City of Hannover:  
Familienhebammenzentrum Hannover (FHZ)  
Tel.: 0511 123148-10/11  
**E-mail: [info@fhz-hannover.de](mailto:info@fhz-hannover.de)**  
**[www.fhz-hannover.de](http://www.fhz-hannover.de)**





## FAMILY MIDWIVES AND FAMILY HEALTH PAEDIATRIC NURSES

Coordinator for Burgdorf:  
Familienservicebüro Burgdorf  
Tel.: 05136 898 301  
**E-mail: [familienservicebuero@burgdorf.de](mailto:familienservicebuero@burgdorf.de)**

Coordinator for Laatzen:  
Maria Jakob  
Tel.: 0511 8205 5408  
**E-mail: [maria.jakob@laatzen.de](mailto:maria.jakob@laatzen.de)**

Coordinator for Langenhagen:  
Kerstin Mesch  
Tel.: 0511 7307 9863  
**E-mail: [kerstin.mesch@langenhagen.de](mailto:kerstin.mesch@langenhagen.de)**

Coordinator for Lehrte:  
Silvia Müller  
Tel.: 05132 505 3245  
**E-mail: [silvia.mueller@lehrte.de](mailto:silvia.mueller@lehrte.de)**

For all other municipalities of the Hannover region:  
Midwife Centre of the Hannover region  
Tel.: 0511 616 227 65  
**E-mail: [koordination-familienhebammen@region-hannover.de](mailto:koordination-familienhebammen@region-hannover.de)**

None

DOCUMENTS



## BREASTFEEDING COUNSELLING

Breastfeeding is the natural and healthy way to feed an infant. But sometimes breastfeeding is difficult and problems occur. Then a midwife or a breastfeeding consultant can help you. She can visit the mother and her baby at home and work with her to find a solution to the problem. Throughout the nursing period, mothers are entitled to help from a midwife - no matter how long it lasts. During this time, health insurance pays for up to eight appointments for visits or phone calls with the midwife. If there are major problems, the gynaecologist's or paediatrician's office can prescribe additional appointments.

Breastfeeding consultants also help in special situations. They are specially trained women who are very knowledgeable about breastfeeding. Health insurance does not cover the cost of their assistance. In addition, there are breastfeeding counselling sessions conducted by volunteers.

Attending a nursing group can also be good for the mother. Breastfeeding mothers meet there on a regular basis and exchange ideas.

### TIMING

During nursing

### ADDRESSES/LINKS

When looking for a suitable midwife for breastfeeding counselling, the "Midwife Centre of the Hannover region" can help:  
Tel.: 0511 616 10101  
**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**  
**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

Breastfeeding groups can be found at  
**[www.bdl-stillen.de](http://www.bdl-stillen.de)**

Volunteer breastfeeding counselling can be found at  
**[www.afs-stillen.de](http://www.afs-stillen.de)**

### DOCUMENTS

Maternity passport, electronic health ID card



# PRENATAL DIAGNOSTICS

The term prenatal diagnostics (PND) covers various methods that can be used to examine the unborn child in the pregnant woman's womb. The examinations are performed in the gynaecologist's office or in a practice specially equipped for this purpose. Examples of PND include ultrasound, fine ultrasound, nuchal fold measurement, blood tests, or amniocentesis. This involves a targeted search for possible malformations and diseases in the child.

PND enables targeted and prepared treatment during pregnancy and immediately after the birth of the child. If abnormalities are discovered, further examinations usually follow. The results of PND may present you with the difficult question of continuing or terminating the pregnancy.

Each pregnant woman and couple decides for themselves whether they want PND examinations for their unborn child. You have to pay for some of the examinations yourself. Counselling centres provide support and guidance in case of abnormalities in the unborn child or in case of the question which prenatal examinations are wanted.

## TIMING

During pregnancy

## ADDRESSES/LINKS

Pregnancy and pregnancy conflict counselling centres:  
[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)

Diakovere Annastift  
Beratungsstelle Menschenkind  
An der Weidenkirche 10  
30539 Hannover  
Tel.: 0511 8603 413  
[www.diakovere.de/menschen-mit-behinderung/elternberatung](http://www.diakovere.de/menschen-mit-behinderung/elternberatung)

## DOCUMENTS

None



## COUNSELLING

During pregnancy and in the early days after birth you may have many questions. It can sometimes be helpful to seek advice so that you are not alone with a problem. Professionals in counselling centres can help and support you with all your concerns.



# PREGNANCY AND PREGNANCY CONFLICT COUNSELLING

Expectant parents can get free counselling at the pregnancy counselling centre on all issues related to pregnancy and birth before, during, and after the birth of their child. Possible topics are:

- Financial assistance, especially from foundations (see pages 47-48)
- Psychological problems during pregnancy and also after birth
- Prenatal diagnostic examinations and findings
- Questions about confidential / anonymous births
- Partnership and family conflicts
- Reinvention phase as mother/father/parents
- Contraception
- Grief after miscarriage or the death of the child
- Desire to have a child

The counsellors can also help you if you are uncertain and are thinking about terminating the pregnancy. Counselling can also take place anonymously.

<b>TIMING</b>	Before pregnancy, at any time during pregnancy, and after birth
<b>ADDRESSES/LINKS</b>	Pregnancy and pregnancy conflict counselling centres: <a href="http://www.schwangerschaftsberatung-hannover.de/beratungsstellen">www.schwangerschaftsberatung-hannover.de/beratungsstellen</a>
<b>DOCUMENTS</b>	None



# FAMILY AND EDUCATIONAL COUNSELLING

A child changes your life. As parents, you experience many wonderful moments with your child. But sometimes, there may also be difficult situations in everyday life when you are uncertain and have a lot of questions. This is completely normal. The employees of the counselling centres can support you in finding a loving way to interact with your child, even in difficult moments. They will discuss ideas with you on how to understand your child and his or her needs. Questions such as:

- What does my child want to tell me?
- How can I soothe my child when he or she cries?
- How can I, as a mother or father, manage everyday life with a child?
- How do I help my child fall asleep?
- Is it normal that I feel so sad since the birth?

<b>TIMING</b>	Before pregnancy, any time during pregnancy, and after birth
<b>ADDRESSES/LINKS</b>	Family and educational counselling centres: <a href="http://www.hannover.de/netzwerkfamilienberatung">www.hannover.de/netzwerkfamilienberatung</a>
<b>DOCUMENTS</b>	None



## CRYING CLINIC

Not all babies are alike. Some are calm. Others seem unsettled and cry a lot. Some are difficult to soothe, are light sleepers, and prefer to be in your arms. There may be problems with feeding or breastfeeding. Often parents are at a loss and have the feeling that "Nothing works!!" over and over. Many parents are unsure at the beginning. If you feel overwhelmed, professionals at the counselling centres can help. Counselling is free of charge and can also be anonymous. Parents who are not fluent in German have the possibility to consult an interpreter free of charge.

### TIMING

When needed

### ADDRESSES/LINKS

You can find a crying clinic near you at:  
[www.elternsein.info/suche-schreiambulanzen](http://www.elternsein.info/suche-schreiambulanzen)

### DOCUMENTS

None



## FAMILY SERVICES OFFICE

The family services office is the place to go for all questions about family. The main focus is on childcare in day-care centres or after-school care but also advice on day-care providers who come to you. The family services office also provides information about leisure activities in your community. If you have questions about financial assistance, the staff can help you with your application or refer you to authorities or counselling centres.

### TIMING

When needed

### ADDRESSES/LINKS

For information about your local contact point see pages 75-76.

### DOCUMENTS

None



## SINGLE PREGNANT WOMEN AND SINGLE PARENTS

Although single-parent families have become commonplace, many of them face special challenges - whether in balancing family and work or in financially securing their livelihood.

In the Hannover Region, these families are not alone. Many assistance programs are aimed specifically at single parents. In counselling centres you can get advice on all questions that concern you as a single parent.

### TIMING

Before and after the birth

### ADDRESSES/LINKS

VAMV Verband Alleinerziehender Mütter und Väter  
(VAMV Association of Single Mothers and Fathers)  
Ortsverband Hannover e.V.  
Philipsbornstr. 28  
30165 Hannover  
Tel.: 0511 39 11 29  
**E-mail: [vamv@vamv-hannover.de](mailto:vamv@vamv-hannover.de)**

Sozialdienst katholischer Frauen e.V.  
Minister-Stüve-Str. 18  
30449 Hannover  
Tel.: 0511 700 235 20  
**E-mail: [info@skf-hannover.de](mailto:info@skf-hannover.de)**

### DOCUMENTS

None

## CHILD IMPAIRMENT



If your doctor finds out during your pregnancy that something is wrong with your baby, nothing will ever be the same again. You are surprised or shocked by the news and unsure how to proceed. Many questions arise. They may be medical questions about your baby's diagnosis or treatment. Perhaps you are thinking about what life would be like with a child who has a disability. Or you may need counselling about whether to terminate or continue the pregnancy?

Professionals can help you with all of these questions. They will listen to your concerns and work with you to find a solution.

### TIMING

When needed

### ADDRESSES/LINKS

Advice on a possible impairment of the child during pregnancy and reliable support after birth until the child is 3 years old.

Diakovere Annastift  
Beratungsstelle Menschenskind  
An der Weidenkirche 10  
30539 Hannover  
Tel.: 0511 8603 413  
**[www.diakovere.de/menschen-mit-behinderung/elternberatung](http://www.diakovere.de/menschen-mit-behinderung/elternberatung)**

Pregnancy and pregnancy conflict counselling centres:  
**[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)**



## CHILD IMPAIRMENT

Counselling after the birth of an impaired child:  
Mittendrin Hannover e.V.-Verein für Inklusion  
Herrenstraße 8a  
30159 Hannover  
Tel.: 0511 590 9460  
**E-mail: [info@mittendrin-hannover.de](mailto:info@mittendrin-hannover.de)**

Vermittlung zu Selbsthilfegruppen:  
Kibis  
Gartenstraße 18  
30161 Hannover  
Tel.: 0511 666 567  
**[www.kibis-hannover.de](http://www.kibis-hannover.de)**

### DOCUMENTS

None



## DOMESTIC VIOLENCE

Domestic violence can take many forms - not only physical or sexual assault. For example, if your partner, husband or ex-partner insults you, threatens you or your children, forbids you to leave the house or continues to harass you after a separation, this is also domestic violence. If you are experiencing violence at home, you can seek help from a counselling centre. If you no longer feel safe, you can turn to a women's shelter. There you (and your children) can live in safety and receive help.

### TIMING

In case of violence in the partnership or in the environment

### ADDRESSES/LINKS

Counselling centres for domestic violence:  
**[www.hannover.de/rh202009091](http://www.hannover.de/rh202009091)**

#### Women's shelters:

Frauenhaus der AWO Region Hannover e.V.  
Tel.: 0511 2211 02  
**E-mail: [frauenhaus@awo-hannover.de](mailto:frauenhaus@awo-hannover.de)**

Frauenhaus Hannover (Frauen helfen Frauen e.V.)  
Tel.: 051166 44 77  
**E-mail: [info@frauenhaus-hannover.org](mailto:info@frauenhaus-hannover.org)**

Frauen- und Kinderschutzhaus  
Tel.: 0511 698646  
**E-mail: [info@frauenschutzhaus-hannover.de](mailto:info@frauenschutzhaus-hannover.de)**

Frauenhaus24 - Immediate admission for women affected by violence and their children  
Tel.: 0511 26 004 608  
**E-mail: [info@frauenhaus24hannover.de](mailto:info@frauenhaus24hannover.de)**

### DOCUMENTS

None





## ADDICTION COUNSELLING FOR PREGNANT WOMEN

Most addictive substances - alcohol, nicotine, cocaine, crack, ecstasy, speed, crystal, heroin or drugs - can harm your unborn baby. Of course, it would be best for the baby if no drugs were used during pregnancy. But quitting overnight is not so easy with addiction and, with some substances, immediate withdrawal can even be life-threatening for mother and baby. It is possible to receive substitutes or medication during pregnancy. Drug addiction does not have to be a reason to terminate your pregnancy. Please get help at a drug counselling centre! Some drug counselling centres offer special addiction counselling for women and support during and after pregnancy. They usually cooperate with other social services and refer and accompany you to social / medical facilities and addiction physicians.

### TIMING

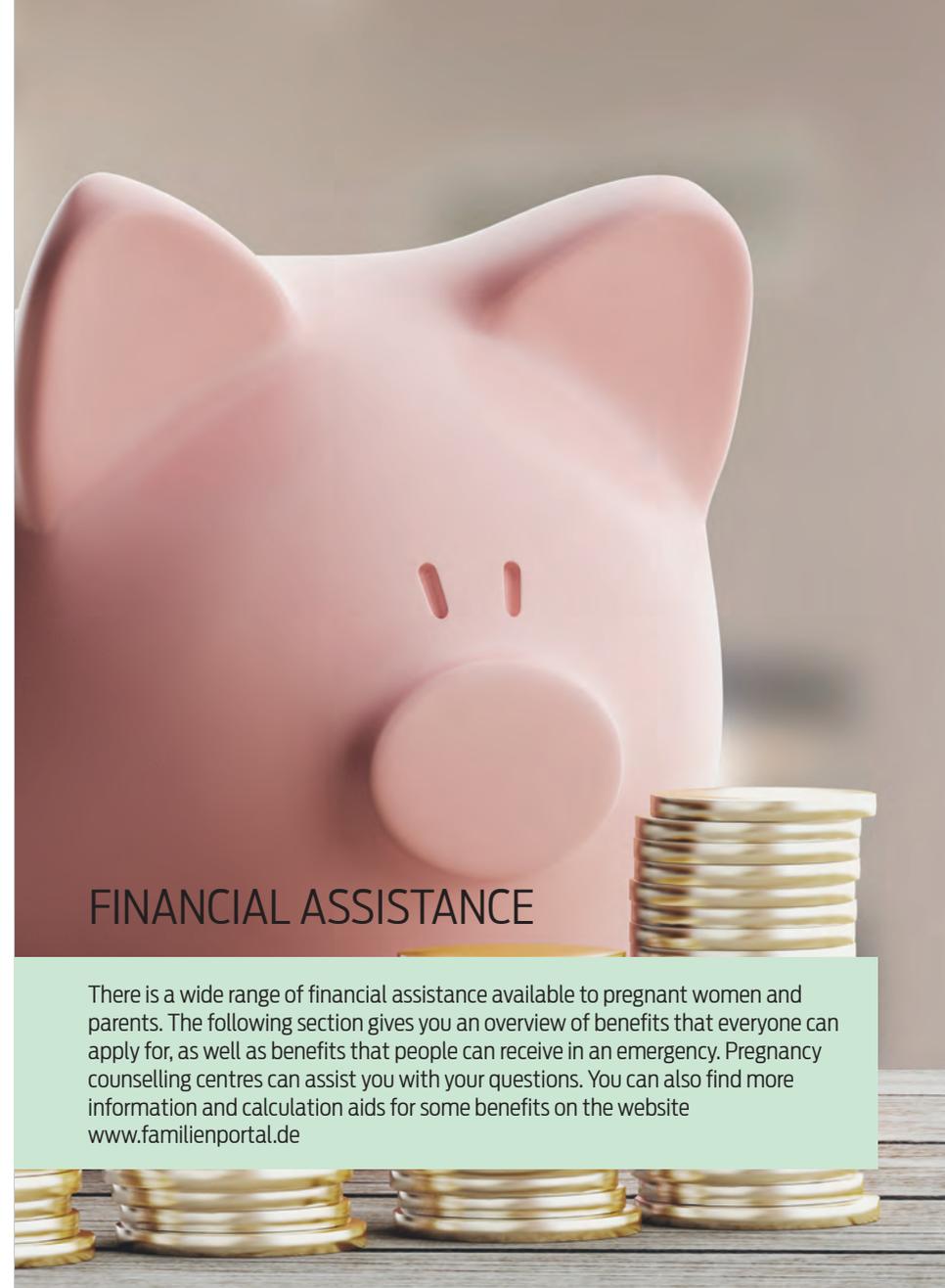
As needed during pregnancy and after birth

### ADDRESSES/LINKS

[www.hannover.de/Leben-in-der-Region-Hannover/Gesundheit/Beratungsstellen/Sucht-und-Drogen](http://www.hannover.de/Leben-in-der-Region-Hannover/Gesundheit/Beratungsstellen/Sucht-und-Drogen)

### DOCUMENTS

None



## FINANCIAL ASSISTANCE

There is a wide range of financial assistance available to pregnant women and parents. The following section gives you an overview of benefits that everyone can apply for, as well as benefits that people can receive in an emergency. Pregnancy counselling centres can assist you with your questions. You can also find more information and calculation aids for some benefits on the website [www.familienportal.de](http://www.familienportal.de)



## MATERNITY BENEFITS

If women are employed, they need special protection around the time of the birth. Maternity benefits secure your income if you are not allowed to work during your pregnancy or after the birth of your child. This applies, for example, during the maternity protection period six weeks before to eight weeks after the birth.

Women who are not working may also be eligible for maternity benefits.

<b>TIMING</b>	At least 7 weeks before the expected date of birth
<b>ADDRESSES/LINKS</b>	Your health insurance fund  <b>www.familienportal.de</b> Search term "maternity benefits"
<b>DOCUMENTS</b>	Form of the health insurance fund, medical certificate of the estimated date of birth



## CHILD BENEFITS

All parents receive child benefits at least until their child reaches the age of 18. The amount of child benefit depends on the number of children.

<b>TIMING</b>	Within the first 6 months after birth
<b>ADDRESSES/LINKS</b>	Family Welfare Office Lower Saxony-Bremen Vahrenwalder Straße 269 a-d 30179 Hannover Tel.: 0800 4 5555 30 <b>E-mail: Familienkasse-Niedersachsen-Bremen@arbeitsagentur.de</b>
<b>DOCUMENTS</b>	Application for child benefits (see <b>www.familienkasse.de</b> )



## CHILD SUPPLEMENT

Families with low incomes receive the child supplement as a supplement to child benefits.

<b>TIMING</b>	Promptly after birth
<b>ADDRESSES/LINKS</b>	Family Welfare Office Lower Saxony-Bremen Vahrenwalder Straße 269 a-d 30179 Hannover Tel.: 0800 4 5555 30 <b>E-mail: Familienkasse-Niedersachsen-Bremen@arbeitsagentur.de</b>
<b>DOCUMENTS</b>	Application for child supplement (see <a href="http://www.familienkasse.de">www.familienkasse.de</a> )



## PARENTAL ALLOWANCE / PARENTAL ALLOWANCE PLUS

Parental allowance is paid to all parents who take care of their baby themselves during the infant period. The amount of the parental allowance depends on your income. You also receive parental allowance if you did not work. Your partner can also apply for parental allowance. Depending on the type of parental allowance, you can receive parental allowance for up to 24 months.

<b>TIMING</b>	Within the first three months after birth
<b>ADDRESSES/LINKS</b>	Parental allowance office in respective municipality Information on your local contact point can be found on pages 75-76  <b><a href="http://www.familienportal.de">www.familienportal.de</a></b> <b>Search term "parental allowance"</b>
<b>DOCUMENTS</b>	Application form, birth certificate, proof of income, and certificates for maternity benefits





## UNEMPLOYMENT BENEFIT II (HARTZ IV)

If you do not have a job, you can apply for unemployment benefit II.  
If you are working and the money is still not enough to cover your living expenses, you can also apply for unemployment benefit II as a supplement.

<b>TIMING</b>	When needed
<b>ADDRESSES/LINKS</b>	The job centre has 19 locations in the Hannover region. All locations can be found at: <a href="http://www.jobcenter-region-hannover.de/standorte">www.jobcenter-region-hannover.de/standorte</a>
<b>DOCUMENTS</b>	Valid identification document. Further details will be discussed in the initial interview at the job centre.



## SOCIAL ASSISTANCE/ BASIC INCOME

If you receive social assistance / basic income, the social welfare office will cover the costs of medical treatment, midwives, and other necessary expenses. The birth must be reported to the social welfare office. Your child's claims may then be examined.

<b>TIMING</b>	During pregnancy and after birth
<b>ADDRESSES/LINKS</b>	For information about your local contact point can be found on pages 75-76
<b>DOCUMENTS</b>	Birth certificate of the child





## ADDITIONAL NEEDS AND INITIAL EQUIPMENT (FOR ALG II AND SOCIAL ASSISTANCE)

If you receive unemployment benefit II or social assistance, you can apply for additional needs amounting to 17% of your standard benefits each month. You can also apply for one-time benefits, such as pregnancy clothing, baby equipment, baby carriages or furniture.

<b>TIMING</b>	Starting at week 13 of pregnancy
<b>ADDRESSES/LINKS</b>	Information about your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Certificate from the gynaecological practice, maternity passport

## EDUCATION AND PARTICIPATION PACKAGE (BUT)



All children should have the same opportunities for a healthy upbringing. That is why parents with low incomes can apply for subsidies for baby classes, such as PEKiP courses, baby massage, or baby swimming.

Families who receive unemployment benefit II, housing benefit and child supplement, social assistance or asylum seeker benefits are eligible.

Those who do not receive any of these benefits can have their entitlement to education and participation benefits checked. The benefit entitlement applies to children and young people up to the age of 25.

<b>TIMING</b>	When needed
<b>ADDRESSES/LINKS</b>	The job centre has 19 locations in the Hannover region. All locations can be found at: <a href="http://www.jobcenter-region-hannover.de/standorte">www.jobcenter-region-hannover.de/standorte</a>  <a href="http://www.hannover.de/but">www.hannover.de/but</a>
<b>DOCUMENTS</b>	Informally or per application form ( <a href="http://www.hannover.de/but">www.hannover.de/but</a> )





## ASYLUM SEEKERS' BENEFITS (ASYLBLG)

If you receive benefits under the Asylum Seekers' Benefits Act, your child may also receive benefits after birth. To find out, contact the relevant social welfare office!

<b>TIMING</b>	Shortly after the birth
<b>ADDRESSES/LINKS</b>	Responsible social welfare office in respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Application form, birth certificate,



## ASYLUM SEEKERS' BENEFITS ADDITIONAL NEEDS FOR EXPECTANT MOTHERS

If you receive benefits under the Asylum Seekers' Benefits Act, you can apply for additional needs during your pregnancy. You will then receive more money until the birth of your child. During pregnancy and after the birth, medical examinations and midwifery services are covered.

<b>TIMING</b>	Starting at week 13 of pregnancy
<b>ADDRESSES/LINKS</b>	Responsible social welfare office in respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Maternity passport



## ADVANCE ON CHILD SUPPORT

Single parents who do not receive child support from the other parent, or do not receive it regularly, can apply for a child support advance from the responsible youth welfare office.

### TIMING

As needed after the birth

### ADDRESSES/LINKS

Responsible youth welfare office in respective municipality  
Information on your local contact point can be found on pages 75-76.

**[www.familienportal.de](http://www.familienportal.de)**  
Search term "child support advance"

### DOCUMENTS

The application with information sheet as well as the following documents:  
Birth certificate of the child, identity card (or passport / residence permit), registration certificate, divorce decree, if applicable, written confirmation of separation by a lawyer, if applicable, paternity acknowledgement certificate or judgement concerning paternity, if applicable, official determination of the amount of the child support obligation (child support title), proof of income, e.g. child benefit, semi-orphan's stipend, alimony payments



## FEDERAL "MOTHER AND CHILD" FOUNDATION

Pregnant women in a financial emergency can receive one-time financial support through the "Mother and Child" foundation. The application can only be made at a pregnancy counselling centre.

### TIMING

The application can be submitted from the 16th. week of pregnancy and must be submitted to the foundation by the time of birth.

### ADDRESSES/LINKS

Pregnancy counselling centres:  
**[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)**

**[www.bundesstiftung-mutter-und-kind.de](http://www.bundesstiftung-mutter-und-kind.de)**

### DOCUMENTS

Identity card, maternity passport, proof of income (e.g. housing subsidy, social welfare, etc.) and proof of assets, possibly a rental contract





## “FAMILIES IN NEED” FOUNDATION

Families in an emergency situation or families who have been thrown off course by a stroke of fate can receive financial assistance from the foundation. The application can only be submitted at a pregnancy counselling centre. Support from the counselling centre is intended to help you overcome difficult life situations.

### TIMING

Personal emergency or stroke of fate

### ADDRESSES/LINKS

Pregnancy counselling centre  
[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)

### DOCUMENTS

Proof of income for the last 3 months, proof of the serious event, that led to distress (if documents are available)



## HOUSING ALLOWANCE

If you are receiving a housing allowance, your baby will also be included in the calculation. If you were not previously eligible for a housing allowance, the baby may make you eligible for a housing allowance.

### TIMING

As needed after the birth

### ADDRESSES/LINKS

Responsible housing allowance office in the respective municipality  
Information on your local contact point can be found on pages 75-76.

### DOCUMENTS

Application from the housing allowance office, proof of income, proof of rent or burden



## CHILD ALLOWANCE

Parents in Germany have to pay less tax than couples without children. The child allowance is taken into account in the income tax of both parents, each one half. An application is only required if you would like to change this.

### TIMING

After the birth

### ADDRESSES/LINKS

Responsible tax office

### DOCUMENTS

You can find approval for the transfer of child allowances at [www.lstn.niedersachsen.de](http://www.lstn.niedersachsen.de)



## CARE ALLOWANCE

If a baby is diagnosed with an impairment or illness, you may be able to apply for a care allowance under certain circumstances. This is possible if it is foreseeable that caring for the child will mean a permanently increased burden for the parents for at least six months. This can mean, for instance, numerous doctor's appointments and therapy sessions or if feeding is difficult.

Some children need a lot of medical support and care at home. Home care / outpatient care can also be paid with the care allowance. Applications for the care allowance are usually submitted to nursing care insurance fund. It is often useful to get advice from the nursing care insurance fund beforehand. Assistance is available for the application process.

### TIMING

If the child is impaired

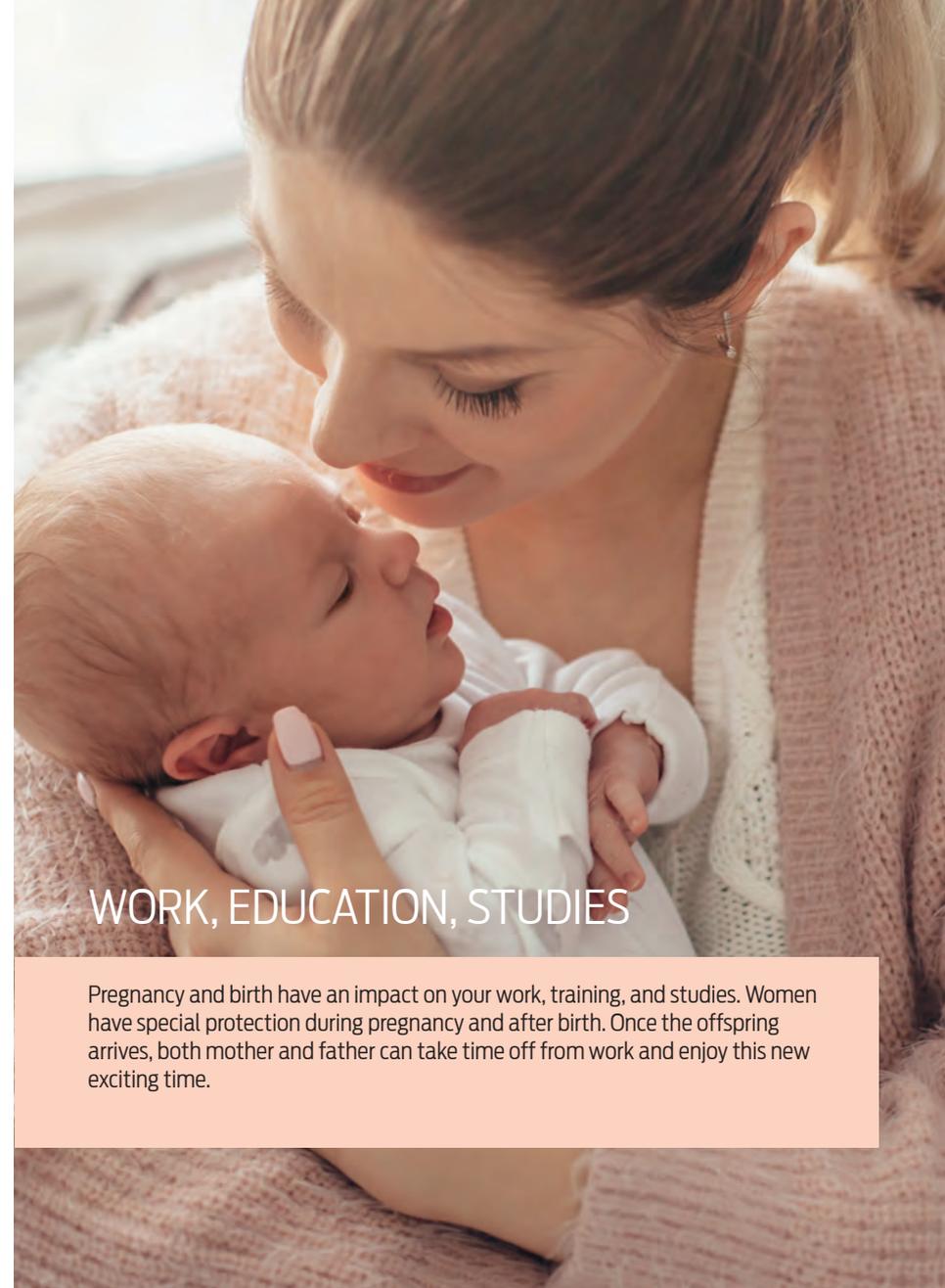
### ADDRESSES/LINKS

Care counselling of the health or nursing care insurance funds

Beratungsstelle Menschengrund  
Diakovere Annastift Leben und Lernen gGmbH  
An der Weidenkirche 10  
30539 Hannover  
Tel.: 0511 8603 413  
Mobile: 0152 58800529  
E-mail: [menschengrund@diakovere.de](mailto:menschengrund@diakovere.de)  
[www.menschengrund-onlineberatung.de](http://www.menschengrund-onlineberatung.de)

### DOCUMENTS

None



## WORK, EDUCATION, STUDIES

Pregnancy and birth have an impact on your work, training, and studies. Women have special protection during pregnancy and after birth. Once the offspring arrives, both mother and father can take time off from work and enjoy this new exciting time.



## PARENTAL LEAVE

Parental leave is an unpaid break from working life for parents who care for and raise their child themselves. As an employee, you can request parental leave from your employer. During parental leave, your employer must release you from work for up to three years per child. During this time, you do not have to work and do not receive a salary. To compensate for this, you can, for instance, apply for parental allowance. Your employment relationship remains in effect.

<b>TIMING</b>	At the latest 7 weeks before the start of the planned parental leave
<b>ADDRESSES/LINKS</b>	Employer  <b>www.familienportal.de</b> Search term "parental leave"
<b>DOCUMENTS</b>	The application for parental leave is submitted informally to the employer. It should contain the expected date of birth, the child's name at birth, and the duration of the desired parental leave. The birth certificate must be submitted after the birth.



## MATERNITY LEAVE

You should inform your employer of your pregnancy as early as possible. In this way, all the rules on maternity protection can be observed. Because maternity protection serves the health of the pregnant and nursing woman and your baby. You are not allowed to work for six weeks before and eight weeks after giving birth. During this time, you will still receive income.

The maternity protection provisions also apply to schoolgirls as well as during studies and professional training. For schoolgirls, longer protection periods before and after childbirth may apply.

<b>TIMING</b>	As soon as possible after finding out about the pregnancy
<b>ADDRESSES/LINKS</b>	Employer (university or school)  <b>www.familienportal.de</b> Search term "Maternity Protection Act"  <b>www.studieren-in-niedersachsen.de/service/beratung-und-ansprechpartner/studienberatungsstellen.html</b>
<b>DOCUMENTS</b>	Certificate from the gynaecological practice or midwife about the estimated date of delivery



# REGISTRATION AT THE REGISTRY OFFICE

You must register the birth of your child at the registry office and submit a name declaration. As a rule, maternity clinics automatically register the birth with the registry office. To be on the safe side ask to make sure. You can then pick up several certified birth certificates at the registry office.

## AUTHORITIES

At the beginning of a new life, there are many formalities to take care of. This starts with naming the child and continues with the registration with the health insurance fund. There may also be a need for clarification regarding paternity or custody. These matters can often be taken care of before the birth.

### TIMING

Within one week of the birth

### ADDRESSES/LINKS

Registry office of your first residence  
Information on your local contact point can be found on page

### DOCUMENTS

Written birth announcement from the birth institution and name declaration, birth / marriage certificate, and ID documents of the parents

If not married: Acknowledgement of paternity and, if applicable, declaration of custody

If child's mother divorced: marriage certificate and divorce decree

If foreign nationals:  
Proof of residence status



## NAMING LAWS

The first name of the child is determined by the parents. If the parents have the same surname, the child automatically receives this surname. If the parents have different surnames, but joint parental care, the parents jointly determine the child's surname. If you have further questions, the registry office will also advise you before the birth.

### TIMING

A few days after the birth

### ADDRESSES/LINKS

Registry office of your first residence  
Information on your local contact point can be found on pages 75-76.

### DOCUMENTS

Name declaration



## HEALTH INSURANCE

After the birth, inform your health insurance fund to insure your child. You will usually receive the electronic health ID card after two weeks. You can still use your own health ID card for the first two U examinations. Please contact your health insurance fund for more information.

### TIMING

After the birth

### ADDRESSES/LINKS

Your health insurance fund

### DOCUMENTS

Health insurance fund form, birth certificate of the child

## LEGAL GUARDIANSHIP



Every parent has a duty to support his or her child. Legal assistance helps single parents to claim child support or to establish paternity.

### TIMING

Before or after the birth

### ADDRESSES/LINKS

Responsible youth welfare office in the respective municipality  
Information on your local contact point can be found on pages 75-76.

### DOCUMENTS

Written application to the youth welfare office



## DECLARATION OF CUSTODY (FOR COUPLES WHO ARE NOT MARRIED)

If parents are married at the birth of a child or have signed a declaration of custody, they have joint custody. The declaration of custody can also be made before the child is born.

If no declaration of custody is made, the mother has sole custody.

<b>TIMING</b>	Before the birth (recommended) or after the birth
<b>ADDRESSES/LINKS</b>	Responsible youth welfare office in the respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Birth certificate of the child, ID cards of the parents



## ACKNOWLEDGEMENT OF PATERNITY (FOR COUPLES WHO ARE NOT MARRIED)

It is important for children to know who their father is. The acknowledgement of paternity must be publicly certified. This can be done even before birth. The mother must agree to the acknowledgement of paternity.

<b>TIMING</b>	Before or after the birth
<b>ADDRESSES/LINKS</b>	Responsible youth welfare office in the respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Identity card or passport  Presenting a birth certificate or an excerpt from the family register can be helpful in individual cases.





## GUARDIANSHIPS (FOR UNDERAGE MOTHERS)

Children of underage mothers are legally assigned an official guardian. The guardianship can also be transferred to a suitable individual guardian (e.g. from the family). The guardian is the legal representative of the child. However, the mother must be included in decisions concerning her child. It is advisable to contact the responsible youth welfare office or local court before birth if a guardian from the family can be considered.

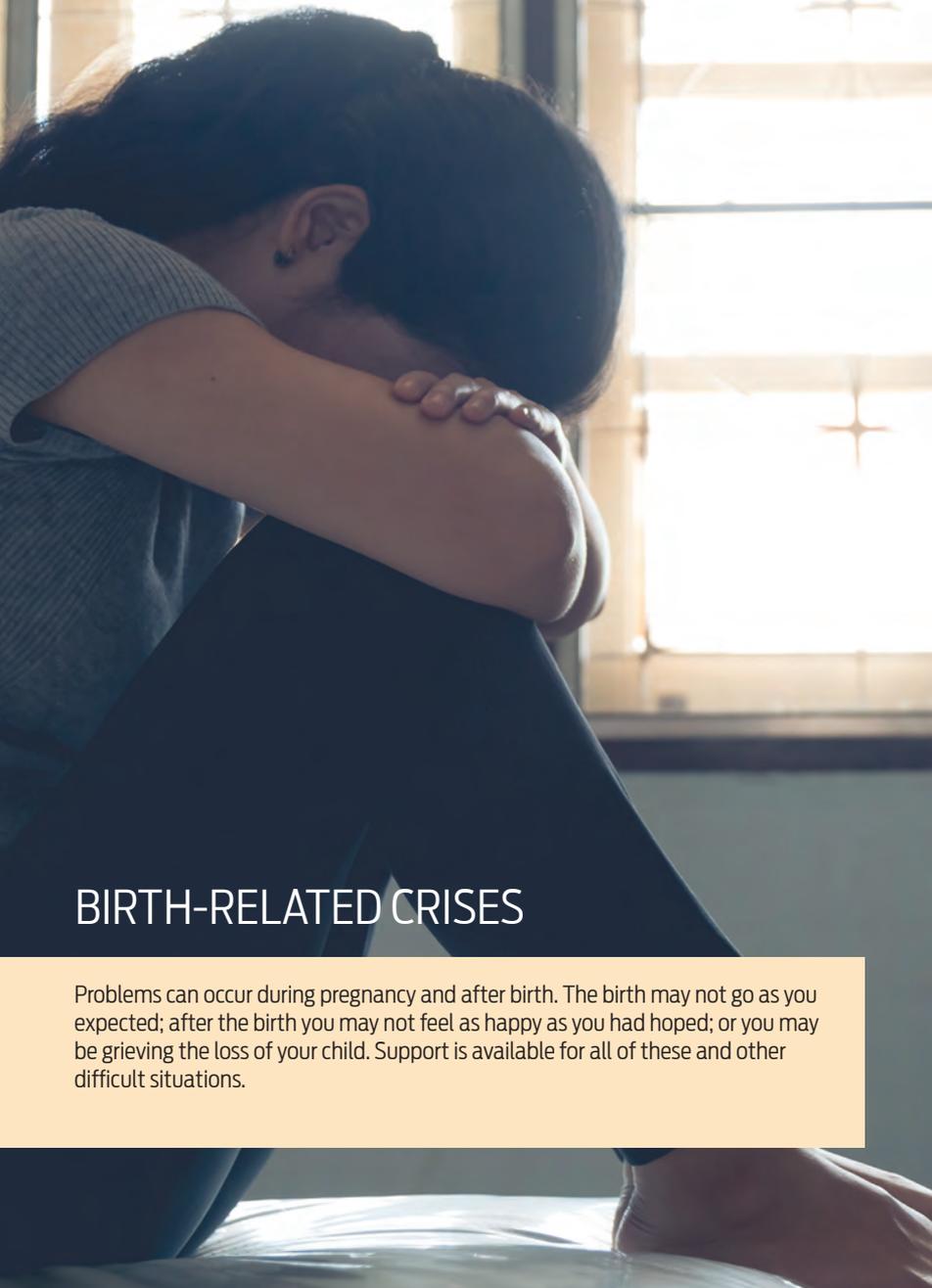
<b>TIMING</b>	Before the birth (recommended) or after the birth
<b>ADDRESSES/LINKS</b>	Responsible youth welfare office in the respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	Maternity passport (before birth) Birth certificate (after the birth)



## GENERAL SOCIAL SERVICES / MUNICIPAL SOCIAL SERVICES

The General Social Services (Allgemeiner Soziale Dienst ASD) or the Municipal Social Services (Kommunaler Sozialdienst KSD) help with problems and conflicts that affect children, adolescents, and families. In crisis situations (domestic violence, social anxiety, etc.), the staff will counsel you and try to resolve the conflict together with you. Applications for educational assistance or admission to a mother-child facility can also be submitted.

<b>TIMING</b>	If necessary, any time before or after the birth
<b>ADDRESSES/LINKS</b>	Responsible youth welfare office in the respective municipality Information on your local contact point can be found on pages 75-76.
<b>DOCUMENTS</b>	None



## BIRTH-RELATED CRISES

Problems can occur during pregnancy and after birth. The birth may not go as you expected; after the birth you may not feel as happy as you had hoped; or you may be grieving the loss of your child. Support is available for all of these and other difficult situations.

## POSTPARTUM DEPRESSION



Most women experience the so-called "baby blues" a few days after the birth. They have rapid mood changes, suffer from exhaustion, lack of energy, and sometimes cry. This is quite normal because the body goes through a hormonal change after the birth. This mood usually disappears after a few days. If these feelings last longer for you, be sure to contact your midwife or gynaecologist's practice. Fathers may also be affected.

### TIMING

If depressed mood persists.

### ADDRESSES/LINKS

Midwife or gynaecology practice

Pregnancy and pregnancy conflict counselling centres:

[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)

Family and parenting counselling centres:

[www.hannover.de/feb](http://www.hannover.de/feb)

### DOCUMENTS

None



## CONFIDENTIAL BIRTH

If you are in a special situation and do not want anyone to know about the birth of your child, you can have your child in a confidential birth. This allows you to give birth under medical supervision without providing your real name. You will only tell your name to the counsellor at the pregnancy counselling centre, who has a duty of confidentiality. After your 16th birthday, your child can know your name and address. You are entitled to counselling before and after the birth.

### TIMING

If you wish to give birth anonymously

### ADDRESSES/LINKS

Pregnancy and pregnancy conflict counselling centres:  
**[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)**

### DOCUMENTS

None



## DIFFICULT BIRTH

About three to five out of ten women describe the birth experience as stressful, difficult, or even traumatic. Despite this, the topic of "difficult birth" is a social taboo. In their own environment, people often react with a lack of understanding when mothers want to talk about it.

During childbirth, women experience a lack of birth support, overcrowded delivery rooms, the loss of self-determination, and feelings of powerlessness, as well as interventions in the birth process as stressful. Mothers also describe separation from the child due to transfer or anaesthesia, as well as their own old traumas, as frightening. As a result of these experiences, there may be stress, breastfeeding problems, difficulty bonding with the child, self-doubt, shame, and postpartum depression.

If any of these issues are affecting you, seek help and support.

### TIMING

After a difficult birth

### ADDRESSES/LINKS

Follow-up midwife in postpartum care or gynaecology practice (follow-up).

Counselling before or after a caesarean section and traumatically experienced birth:

Kaiserschnittstelle e.V.  
Schwarzer Bär 2  
30449 Hannover  
**E-mail: [mail@kaiserschnittstelle.de](mailto:mail@kaiserschnittstelle.de)**  
**[www.kaiserschnittstelle.de](http://www.kaiserschnittstelle.de)**

Netzwerk Krisen rund um die Geburt Hannover  
**E-mail: [krisen.rund.um.die.geburt@gmail.com](mailto:krisen.rund.um.die.geburt@gmail.com)**  
**[www.krise-geburt.de](http://www.krise-geburt.de)**



## DIFFICULT BIRTH

### ADDRESSES/LINKS

All pregnancy and pregnancy conflict counselling centres:  
**[www.schwangerschaftsberatung-hannover.de/beratungsstellen](http://www.schwangerschaftsberatung-hannover.de/beratungsstellen)**

Support hotline Schwierige Geburt  
Tel.: 0228 9295 9970

### DOCUMENTS

None



## PARENTS WHO HAVE LOST A CHILD

When an unborn or new-born child dies, it is very stressful for women and couples.

During this difficult time, parents do not have to be alone. They can meet in self-help groups or associations with people who have had similar experiences.

Mothers who have lost a child are entitled to the support of a midwife.

### TIMING

In case of loss of the child

### ADDRESSES/LINKS

Midwives who offer special grief counselling can be found at the Midwife Centre of the Hannover region:

**E-mail: [hebammenzentrale@region-hannover.de](mailto:hebammenzentrale@region-hannover.de)**

**[www.hebammenzentrale-hannover.de](http://www.hebammenzentrale-hannover.de)**

Tel.: 0511 616 10101

Leere Wiege Hannover

**E-mail: [kontakt@leere-wiege-hannover.de](mailto:kontakt@leere-wiege-hannover.de)**

### DOCUMENTS

None



## BABY'S FIRST EQUIPMENT

### USEFUL INFORMATION

#### Erstausstattung

- ✓ Jacke
- ✓ Mütze
- ✓ Söckchen
- ✓ Wickelkommode
- Babyfon

#### CLOTHING

- 6-10 swaddling bodysuits size 50-62 (depending on season: long or short sleeves)
- 5-10 trousers or rompers
- 6-10 tops with short and long sleeves
- 5-10 tights
- 2-4 pairs of baby socks
- 2 jackets, one thick and one thin
- 1-2 hats
- 1 snowsuit (depending on the season)
- 1-2 sleeping bags
- if necessary 1 swaddling sack
- 1 baby blanket

#### BABY CARE AND FURNITURE

- 5-10 burp cloths
- 2-10 washcloths
- 1 nappy pail with lid
- 1 baby bath
- 1 bath thermometer
- 1 baby nail scissors
- 1 clinical thermometer

- 2-3 packs of nappies (size "new-born")
- 1 changing pad
- Baby oil or lotions
- Wet wipes / oil wipes
- Cotton pads
- Cribs
- Baby monitor

#### IF YOU ARE NURSING

- 4 nursing bras
- Nursing pads

#### IF YOU ARE NOT NURSING

- 4 size 1 drinking teats
- 1 sterilizer

#### FOR WHEN YOU GO OUT

- Changing bag
- Pram
- if necessary, baby seat for the car



# PACKING A HOSPITAL BAG - WHAT SHOULD I BRING?

## IMPORTANT DOCUMENTS

- Electronic health ID card
- Personal ID
- Maternity passport
- Family genealogy / documents for the registration of the child at the registry office

## CLOTHING FOR THE MOTHER

- Several loose T-shirts and trousers
- Loose nightgowns, which can be opened for nursing
- Bathrobe
- Warm socks
- Slippers
- Nursing bra and nursing pads

## OTHER

- Toiletries
- If necessary, change of clothes for the father
- Packed lunch / snacks for the parents-to-be
- Smartphone and charging cable

## IMPORTANT THINGS FOR THE BABY

- Nappies
- 1-2 bodysuits
- Trousers or rompers
- Jacket
- Socks and cap
- Burp cloths
- Carrycot and blanket/car seat



# EASY LANGUAGE



Dear Parents and Expecting Parents,

When a baby arrives, many things change. You have many questions. You have to think about many things. And you have a lot of things to take care of.

This booklet gives you answers to many questions. Here you will find information and help on many different topics. For example:

## Topic: Health

What is important for my health?

And for the health of my baby.

During pregnancy. During birth.

And when I'm home with the baby.

## Topic: Advice

Where can I get advice when I have problems?

With pregnancy, for example.

In the partnership. Or when I have to take care of my baby alone.



## EASY LANGUAGE

### **Topic: Money**

Where can I get maternity benefits, child benefits, parent benefits? What help can I get if I don't have a lot of money? Where can I get advice about money?

### **Topic: Work and vocational training**

Where can I get information about parental leave and maternity leave?

### **Topic: Offices and authorities**

What do I need to know about registering with the registry office? Which authority is responsible for what?

For example, if I am not married.

When do I have to register my child with the health insurance fund?

### **Topic: Difficulties to do with the birth**

Who will help me if the birth was difficult?

Or if my baby died.

## EASY LANGUAGE



### **Topic: What else I need to know**

Hospital bag: What do I need to pack?

Initial baby equipment: What do I need for my baby?

In the booklet you will find everything you need to know.

With addresses, telephone numbers, and e-mail addresses.

We wish you a wonderful time.

# INTERNET ADDRESSES OF MUNICIPALITIES

## BARSINGHAUSEN

<https://www.barsinghausen.de/stadt/kinder/fruehe-hilfen/>



## BURGDORF

<https://www.burgdorf.de/familie-soziales/kinder-familien/familienservicebuero/familienservicebuero-infobroschueren/>

## BURGWEDDEL

<https://www.burgwedel.de/buerger/familien-und-kinderservicebuero/schwangerschaftswegweiser/>



## GARBSEN

[www.garbsen.de/schwangerschaftswegweiser](http://www.garbsen.de/schwangerschaftswegweiser)

## GEHRDEN

[www.gehrden.de/schwangerschaftswegweiser](http://www.gehrden.de/schwangerschaftswegweiser)



## HANNOVER

[www.hannover.de/schwangerschaftswegweiser](http://www.hannover.de/schwangerschaftswegweiser)

# INTERNET ADDRESSES OF MUNICIPALITIES

## HEMMINGEN

[www.stadthemmingen.de/schwangerschaftswegweiser](http://www.stadthemmingen.de/schwangerschaftswegweiser)



## ISERNHAGEN

[www.isernhagen.de/schwangerschaftswegweiser](http://www.isernhagen.de/schwangerschaftswegweiser)

## LAATZEN

[www.laatzten.de/de/fruehe-hilfen-2.html](http://www.laatzten.de/de/fruehe-hilfen-2.html)



## LANGENHAGEN

[www.langenhagen.de/schwangerschaftsfahrplan](http://www.langenhagen.de/schwangerschaftsfahrplan)

## LEHRTE

<https://www.lehrte.de/de/netzwerkkoordination-fruehe-hilfen/schwangerschaftswegweiser.html>



## NEUSTADT AM RÜBENBERGE

[www.neustadt-a-rbge.de/fruehehilfen](http://www.neustadt-a-rbge.de/fruehehilfen)

## INTERNET ADDRESSES OF MUNICIPALITIES

### PATTENSEN

[www.mobile-pattensen.de/fruehehilfen](http://www.mobile-pattensen.de/fruehehilfen)  
[www.pattensen.de/Bürger-Familie/Frühe-Hilfen](http://www.pattensen.de/Bürger-Familie/Frühe-Hilfen)



### RONNENBERG

[www.ronnenberg.de/schwangerschaftswegweiser](http://www.ronnenberg.de/schwangerschaftswegweiser)

### SEELZE

<https://www.seelze.de/lebenswert/familien-soziales/familienservice>



### SEHNDE

[www.sehnde.de/schwangerschaftswegweiser](http://www.sehnde.de/schwangerschaftswegweiser)

### SPRINGE

<https://www.springe.de/rathausinspringe/familie-kinder/fruehe-hilfen/>



## INTERNET ADDRESSES OF MUNICIPALITIES

### UETZE

<https://www.uetze.de/portal/seiten/familienhaus-uetze-917000086-21300.html?rubrik=917000005>



### WEDEMARK

[www.wedemark.de/schwangerschaft](http://www.wedemark.de/schwangerschaft)

### WENNIGSEN

[www.wennigsen.de/fruehe-hilfen](http://www.wennigsen.de/fruehe-hilfen)



### WUNSTORF

[www.wunstorf.de/schwangerschaftskalender](http://www.wunstorf.de/schwangerschaftskalender)

# EMERGENCY NUMBERS



Help hotline Schwangere in Not  
(pregnant women in distress)



Parent hotline



Support hotline Schwierige Geburt



Emergency number Mirjam



Support hotline Gewalt gegen Frauen

# SPECIAL THANKS

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# DEAR EXPECTING PARENTS,

Having a child is something wonderful for the vast majority of women and couples. Pregnancy and birth are an exciting and very special time that now lies ahead of you.

The body of pregnant women is usually naturally equipped for this phase of life with everything that is necessary for the unborn child. Have faith in your body and in your own strengths and let them guide you through this time. Nothing has to be perfect and not everything has to go well - life is often not like that. Serenity, calm, and time are the most important "ingredients" for this unique time in your life.

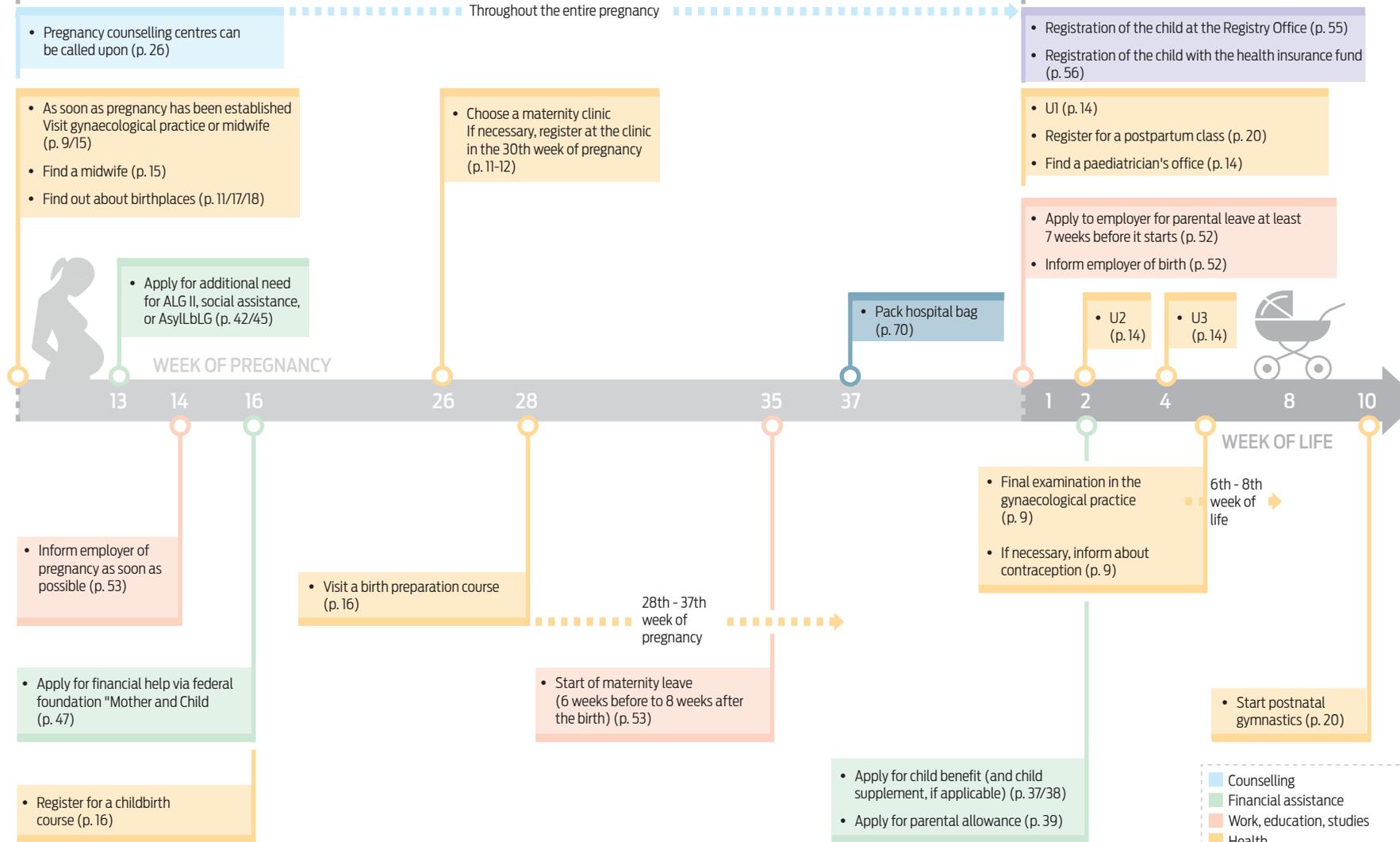
And if something doesn't go quite so smoothly, there are experts there to support you and whose help you can call on.



# PREGNANCY TIMETABLE WHAT TO DO WHEN?

## DETERMINATION OF PREGNANCY

## BIRTH



- Counselling
- Financial assistance
- Work, education, studies
- Health
- Useful information
- Agencies