



KINDER-UND JUGEND-  
GESUNDHEITSDIENST

*Haus des Säuglings* Charlottenburg-Wilmersdorf

# ALL ABOUT CHILDBIRTH

## PRE AND POST CHILDBIRTH ROAD MAP





**Y**ou are an expecting mother or father or have had a child recently? You probably have a lot to take care of and prepare for.

There will be a lot of paperwork and administrative tasks to tend to, both before and after childbirth. Numerous forms have to be filled, a midwife and a paediatrician will have to be tasked with the prenatal screenings, birth preparation courses have to be attended, potentially the paternity has to be certified, the local Administrative Office and the health insurance company has to be informed, parental leave has to be applied for, as well as for child and parental benefits, a day-care or nanny has to be organised and so on.

The many applications that have to be filled, administrative offices that have to be attended are going to be particularly laborious and time-consuming.

This Road Map "All About Childbirth" will summarise what you need to consider and do during and after the pregnancy. It will inform you on when and where to apply for financial and nonfinancial assistance, as well as the required documentation for these applications. For a better overview and orientation, you will be provided with a table listing the important pre and postnatal care screenings, as well as a vaccination calendar.



THE ROAD MAP WAS PRESENTED BY:

Ms/Mr: \_\_\_\_\_

Contact information: \_\_\_\_\_

What?	What for?	When?	Where?	Requirements?	✓
<b>Health</b>					
<b>Pregnancy counselling</b>	Questions regarding the pregnancy, family planning and partnership. Social pedagogues from the centre provide counselling on the above-mentioned topics and, if necessary, mediation in regards to further support services.	As needed	<b>Centre for Sexual Health and Family Planning – Health Department</b> Hohenzollerndamm 174, 10713 Berlin Tel. No.: 030-9029-16880  <b>Caritas Pregnancy Counselling Wilmersdorf</b> Pfalzburger Straße 18, 10719 Berlin Tel. No.: 030-66633-965/-966 Fax: 030-66633-961		<input type="checkbox"/>
<b>Finding a Midwife</b>	Every woman is entitled to the assistance of a midwife. The costs are covered by the health insurance provider. Services of midwives include (partial) prenatal care, issuing of the maternity card, counselling, birth preparation, delivery (only for midwives with hospital affiliation or home births), postpartum care and information on postpartum regression.	From the beginning of the pregnancy	<b>Midwife Association</b> www.berliner-hebammenverband.de  <b>Central Midwife Hotline Berlin</b> Tel. No.: 030-214 27 71  <b>GeburtsHaus Charlottenburg</b> Spandauer Damm 130, 14050 Berlin Tel. No.: 030-325 68 09 Office Hours: Mon.–Fri. 10:00–13:00	• Health Insurance Card	<input type="checkbox"/>
<b>Finding a Gynaecologist</b>	Various examinations and tests (ultrasound, diabetes screening, etc.) are carried out on a regular basis as a part of prenatal care. Occurring costs are covered by the health insurance provider. You will also receive your maternity card (Mutterpass) at the doctor's office. If you receive benefits in accordance with the Social Security Code XII (SGB XII), the social welfare office will cover the costs. Uninsured women can be examined free of charge at the "Centre for Sexual Health and Family Planning" (Zentrum für sexuelle Gesundheit und Familienplanung).	From the beginning of the pregnancy	www.aerzte-berlin.de  For uninsured women <b>Centre for Sexual Health and Family Planning – Health Department</b> Hohenzollerndamm 174 10713 Berlin Tel. No.: 030-9029-16880	• Health Insurance Card	<input type="checkbox"/>
<b>Finding a Paediatrician</b>	After delivery, the check-up's U1 and U2 are carried out in the maternity ward; all further check-up's and examinations (U3-U11) should be carried out in a paediatrician practice of your choice.	During the pregnancy	www.aerzte-berlin.de  (See page 5)	Health Insurance Card <b>or</b> Certificate from the social welfare office <b>or</b> LaGeSo (State Office for Health and Social Affairs)	<input type="checkbox"/>
<b>Applying for Domestic Help &amp; Family Care</b>	Should you find yourself restricted or unable to continue with the keeping of the household due to the pregnancy (e.g., premature labour, preterm birth) and are in need of support, a doctor can prescribe domestic help or family care in accordance with section 24h of the Social Security Code V (SGB V).	During the pregnancy	<ul style="list-style-type: none"> <li>You can receive a doctor's prescription form a <b>gynaecological practice</b>.</li> <li>You can apply for domestic and family assistance from your <b>health insurance provider</b>.</li> </ul>	• Medical Prescription • Health Insurance Card	<input type="checkbox"/>
<b>Birth Preparation Course</b>	In a birth preparation course, relevant information about the birthing process is conveyed to expecting parents, in order to prepare them for the childbirth.	3 to 4 weeks before the due date	<b>GeburtsHaus Charlottenburg</b> Spandauer Damm 130, 14050 Berlin Tel. No.: 030-325 68 09  <b>DRK Kliniken Berlin   Westend</b> Spandauer Damm 130, 14050 Berlin Tel. No.: 030-30 35 44 12  <b>Martin-Luther-Krankenhaus</b> Caspar-Theyß-Straße 27–31 14193 Berlin Tel. No.: 030-89 55 33 41		<input type="checkbox"/>
<b>Work &amp; Employment</b>					
<b>Informing Employer of the Pregnancy</b>	In accordance with the Maternity Protection Act, pregnant employees enjoy special protections and rights. In order to be able to comply with these protections and rights, employers must be informed about the pregnancy in a timely manner.	As early as possible	<b>Employer</b>	Certification from gynaecologist or midwife	<input type="checkbox"/>
<b>Apply for Parental Leave</b>	For all employed parents. Parental leave can be taken until the child's third birthday.	7 weeks before the start of the parental leave, at the latest.	The employer must confirm your parental leave in writing.		<input type="checkbox"/>

What?	What for?	When?	Where?	Requirements?	✓
<b>Public Authorities</b>					
<b>Declaring Acknowledgement of Paternity (for unmarried couples)</b>	The acknowledgement of paternity is a prerequisite for the affirmation of familial relation between the father and the child.	Before or after childbirth	<b>Youth Welfare Office</b> Central Specialist Service Counselling on parental law Hohenzollerndamm 174–177 10713 Berlin  Office Hours: Tue. 09:00–12:00 Thu. 15:00–18:00, Only by phone appointment	<ul style="list-style-type: none"> <li>• Identification Cards and birth certificates of parents</li> <li>• Child's birth certificate or maternity card</li> <li>• Residence title</li> </ul>	<input type="checkbox"/>
<b>Submitting a custody declaration (for unmarried couples)</b>	Parents have the option of joint custody, by getting a declaration certified by the youth welfare office or a notary.  If the parents are not married, the mother has sole custody. The parents can obtain joint custody through a declaration of custody. The certification can be done at the youth welfare office or by a notary. If the mother does not agree to joint parental custody, the father can petition the family court.  (See page 6)	Before or after childbirth	<b>Youth Welfare Office</b> Counselling on parental law Hohenzollerndamm 174–177 10713 Berlin Office Hours: Tue. 09:00–12:00 Thu. 15:00–18:00, Only by phone appointment  Case worker is determined on the basis of the child's or the mother-to-be's surname. See: <a href="https://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugenda mt/kinder/artikel.188490.php">https://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugenda mt/kinder/artikel.188490.php</a>	<ul style="list-style-type: none"> <li>• Acknowledgment of paternity</li> <li>• Identification Card and birth certificate of the parents</li> <li>• Child's birth certificate or maternity card</li> <li>• Residence title</li> </ul>	<input type="checkbox"/>
<b>Finances</b>					
<b>Applying for Maternity Benefits</b>	Working women, with compulsory health insurance coverage, are entitled to maternity benefits. These benefits are paid proportionally by the health insurance provider and the employer during the maternity leave period (6 weeks before due date and 8 weeks after childbirth).	Apply 7 weeks before the due date	<b>Health Insurance Provider</b> (The application can be requested by mail or downloaded from the website of your health insurance provider)	<ul style="list-style-type: none"> <li>• Certification from a gynaecologist</li> </ul>	<input type="checkbox"/>
<b>Additional Benefits for Non-Working Pregnant Women and Students</b>	Additional benefits can be applied for by students, recipients of unemployment benefits (ALG II) and asylum seekers. These benefits are intended to cover the additional costs that may arise during pregnancy (personal hygiene and travel costs). These benefits amount to 17% of the standard benefits and will be received from the 13th week of pregnancy.	When the due date it set	<b>Jobcenter Berlin Charlottenburg-Wilmersdorf</b> Goslarer Ufer 37, 10589 Berlin Tel. No.: 030-555532-2222 Office Hours: Mon., Tue., Fri. 08:00–12:30 Thu. 08:00–18:00	<ul style="list-style-type: none"> <li>• Maternity card</li> <li>• Residence title</li> </ul>	<input type="checkbox"/>
<b>Applying for basic essentials allowance (Unemployment recipients)</b>	Recipients of unemployment benefits (ALG II) are entitled to pregnancy clothing and basic essentials for the infant.  This will be paid as a lump-sum.	<ul style="list-style-type: none"> <li>• Clothing: When the due date was set</li> <li>• Infant essentials: 6 – 8 weeks ahead of due date</li> </ul>	<b>Jobcenter Berlin Charlottenburg-Wilmersdorf/LAF/Sozialamt</b> Goslarer Ufer 37, 10589 Berlin Tel. No.: 030-555532-2222 Office Hours: Mon., Tue., Fri. 08:00–12:30 Thu. 08:00–18:00	<ul style="list-style-type: none"> <li>• Informal written request</li> <li>• Residence title</li> </ul>	<input type="checkbox"/>
<b>Applying for foundation endowments (unemployment recipients and students)</b>	The foundation of the State of Berlin "Help for the Family" grants a one-off payment to pregnant women or families in need. This fund can be requested from the Jobcenter in addition to the infant essentials, if the latter is insufficient for your needs.	Ahead of childbirth. Only through a counselling centre.	<b>Any pregnancy counselling centre</b>  <b>Help for the Family Foundation</b> Oranienburger Straße 13–14 10178 Berlin Tel. No.: 030-20 08 91 11 Office Hours: Tue. 12:00–15:00 Thu. 09:00–12:00 <a href="http://www.stiftungshilfe.de">www.stiftungshilfe.de</a>	<ul style="list-style-type: none"> <li>• Identification card or passport</li> <li>• Maternity card</li> <li>• Complete proof of assets and income</li> <li>• Possibly: Proof of basic essentials allowance from Jobcenter</li> <li>• Residence title</li> </ul>	<input type="checkbox"/>



Find further information about early aid offers at:

- [fruehehilfen-charlottenburg-wilmersdorf.de](http://fruehehilfen-charlottenburg-wilmersdorf.de)
- [berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/gesundheitsamt/haus-des-saeuglings](http://berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/gesundheitsamt/haus-des-saeuglings)



PAEDIATRICIANS IN THE DISTRICT OF CHARLOTTENBURG-WILMERSDORF (as of October 2015)				
Paediatrician	Post Code	Street	Phone Number	Website/E-Mail
Christian-Olaf Bader /Alexa von Winterfeld	14052	Reichsstraße 108	33 00 87 50	<a href="http://www.kinderarztpraxis-am-theo.de">www.kinderarztpraxis-am-theo.de</a> , <a href="mailto:kontakt@kinderarztpraxis-am-theo.de">kontakt@kinderarztpraxis-am-theo.de</a>
Dr. Blank-Knaut /Dr. Knaut	14059	Klausener Platz 19	325 51 41	
Dr. Koehne/Dr. Malerczyk-Aktas/ Dr. Kerkmann	13627	Reichweindamm 31	345 20 71	
Dr. Frank	14057	Kaiserdamm 26	34 50 04 56	<a href="http://www.doctolib.de/kinderheilkunde-kinder-und-jugendmedizin/berlin/stephanie-frank">www.doctolib.de/kinderheilkunde-kinder-und-jugendmedizin/berlin/stephanie-frank</a> , <a href="mailto:dr.stehanie.frank@gmx.de">dr.stehanie.frank@gmx.de</a>
Dr. Großhennig (only Private patient)	10713	Aachener Straße 38	802 73 74	
Dr. Heicking	10717	Umlandstraße 114	873 14 44	<a href="http://www.kinderarzt-wilmersdorf.com">www.kinderarzt-wilmersdorf.com</a> , <a href="mailto:praxis@kinderarzt-wilmersdorf.com">praxis@kinderarzt-wilmersdorf.com</a>
Dr. Hubermann	14199	Helgolandstraße 1	636 18 88	<a href="http://www.kinderarzt-hubermann.de">www.kinderarzt-hubermann.de</a>
Dr. Hundt /Dr. Kaethner	14199	Breite Straße 13	823 10 21	<a href="http://www.kinderarzt-hundt.de">www.kinderarzt-hundt.de</a>
Dr. Karsten /Dr. Rugo /Dr. Wagner	14197	Aßmannshäuser Straße 11 a	821 51 61	<a href="http://www.kinderarzt-wilmersdorf.de">www.kinderarzt-wilmersdorf.de</a>
Dr. Kleindienst /Dr. Panzer-Heinig	10627	Bismarckstraße 62	341 55 34	<a href="http://www.kinderarzt-berlin.net">www.kinderarzt-berlin.net</a>
Dr. Krusche /Dr. Boeckel	10779	Prager Straße 10	218 28 82	<a href="http://www.kinderkardiologie-berlin-wilmersdorf.de">www.kinderkardiologie-berlin-wilmersdorf.de</a>
Dr. Laufs	10585	Gierkezeile 34	341 30 07	<a href="http://www.kinderarztpraxis-laufs.de">www.kinderarztpraxis-laufs.de</a>
Dr. Liebke	10625	Kantstraße 51	315 25 20	<a href="http://www.praxis-liebke.de">www.praxis-liebke.de</a>
Dr. Jobst	10627	Krumme Straße 70	313 20 49	<a href="http://www.praxis-drjobst.de">www.praxis-drjobst.de</a> , <a href="mailto:kinderpneumologie-berlin@gmx.de">kinderpneumologie-berlin@gmx.de</a>
Dr. Planke, Dr. Koch MVZ Charlottenburg	10623	Umlandstraße 19	887 16 36 58	<a href="http://www.mvz-uhlandstrasse.de">www.mvz-uhlandstrasse.de</a> , <a href="mailto:info@mvz-uhlandstrasse.de">info@mvz-uhlandstrasse.de</a>
Dr. Reichert, Dr. Afsar	10719	Emser Straße 39 b	882 77 01	<a href="http://www.kinderaerzte-im-netz.de/aerzte/reichert-afsar">www.kinderaerzte-im-netz.de/aerzte/reichert-afsar</a>
Dr. Laskari-Reitemeyer MVZ Wilmersdorf	10789	Tautenzienstraße 18 a	399 67 71	<a href="http://www.mvz-wilmersdorf.de">www.mvz-wilmersdorf.de</a>
Dr. Riedle	10623	Kantstraße 28	313 60 30	<a href="http://www.kinderaerzte-im-netz.de/aerzte/riedle">www.kinderaerzte-im-netz.de/aerzte/riedle</a> , <a href="mailto:riedle.wr@t-online.de">riedle.wr@t-online.de</a>
Dr. Schöffner	10711	Kurfürstendamm 117	892 54 05	<a href="http://www.kinderaerzte-im-netz.de/aerzte/berlin-wilmersdorf/schoeffner">www.kinderaerzte-im-netz.de/aerzte/berlin-wilmersdorf/schoeffner</a>
Dr. Schründer	14199	Dillenburg Str. 1	22 32 59 79	<a href="http://www.kinderaerztin-schruender.de">www.kinderaerztin-schruender.de</a> , <a href="mailto:info@kinderaerztin-schruender.de">info@kinderaerztin-schruender.de</a>
Dr. Seyyedi	10715	Weimarsche Straße 27	853 36 30	<a href="http://www.kinderarztpraxis-seyyeTue.de">www.kinderarztpraxis-seyyeTue.de</a> , <a href="mailto:info@kinderarztpraxis-seyyeTue.de">info@kinderarztpraxis-seyyeTue.de</a>
Dr. Uhlig	10629	Walter-Benjamin-Platz 5	824 01 73	<a href="http://www.kinderaerzte-im-netz.de/uhlig">www.kinderaerzte-im-netz.de/uhlig</a> , <a href="mailto:kinderarzt.rolf.uhlig@docpost.de">kinderarzt.rolf.uhlig@docpost.de</a>
Dr. Vermehren (only Private patient)	14197	Südwestkorso 19	827 92 90	
Dr. Vocks-Hauck	10627	Wilmersdorfer Straße 58	324 54 74	<a href="http://www.kinderaerzte-im-netz.de/aerzte/berlin/vocks-hauck">www.kinderaerzte-im-netz.de/aerzte/berlin/vocks-hauck</a> , <a href="mailto:vocks@bln.de">vocks@bln.de</a>
Dr. Ziethen-Bockhorni	10715	Hildegardstraße 3	854 81 17	
Dr. Ahmad Zia (only Private patient)	10719	Lietzenburger Str. 54	81 30 30 37	<a href="http://www.kinderarzt-berlin-zia.de">www.kinderarzt-berlin-zia.de</a> , <a href="mailto:info@kinderarzt-berlin-zia.de">info@kinderarzt-berlin-zia.de</a>

### IMPORTANT ADDRESSES AND TELEPHONE NUMBERS IN CASE OF EMERGENCY

Address	Phone Number
<b>Paediatric On-Call Service of KV Berlin</b> Drontheimer Straße 39–40 (Wedding), 13359 Berlin, DRK-Krankenhaus Consultation Hours: Wed., Fri. 15:00–22:00; Sat., Sun., Public Holidays 11:00–22:00	31 00 31
<b>DRK-Kliniken Berlin   Westend, Children's Clinic, First Aid</b> Spandauer Damm 130, 14050 Berlin (Charlottenburg)	30 35 44 80
<b>Violence Protection Clinic, Charité-Universitätsmedizin Berlin</b> Turmstraße 21/Haus N, 10559 Berlin	450 57 02 70
<b>Centre for Paediatrics at Virchow Klinikum, First Aid</b> Augustenburger Platz 1, 13353 Berlin (Wedding)	450 56 61 28
<b>Malteser Migrant Medicine</b> For people without health insurance Consultation Hours: Tue., Wed. and Fri. 09:00–15:00, Aachener Straße 12, 10713 Berlin	82 72 21 02
<b>Poison Control Centre Berlin</b> Telephone consultation in the event of poisoning	192 40
<b>State Institute for Tropical Medicine Berlin</b> Head Office: Spandauer Damm 130, Haus 10, 14050 Berlin	30 11 66
Vaccination counselling when traveling to other countries. Counselling on illnesses after stay abroad and animal bites. Office Hours: Mon. 11:00–18:00, Tue., Wed. 12:00–16:00, Thu. 15:00–19:00, Fri. 08:00–12:00	30 11 68 03
<b>Children's Clinic DRK Westend</b> Spandauer Damm 130, 14050 Examinations only by appointment; Mon-Fri.: 08:00–14:00, <a href="mailto:kinderschutzambulanz@charite.de">kinderschutzambulanz@charite.de</a>	30354488

What?	What for?	When?	Where?	Requirements?	✓
<b>Health</b>					
<b>Child's Health Insurance</b>	The child, just like the parents, must have health insurance. The child can be insured on the parents' insurance plan, free of charge (Family Insurance Plan).	After childbirth	<b>Health Insurance Provider</b> The application can be sent to you or downloaded from the website of your health care provider	<ul style="list-style-type: none"> <li>Child's birth certificate</li> <li>Residence title</li> </ul>	<input type="checkbox"/>
<b>Continuation of check-ups (U3 – U11)</b>	The medical check-ups (U3 – U11) of your child should take place at a paediatric practice of your choice.	From childbirth on	<b>Paediatrician</b> (See list on page 5 or <a href="http://www.aerzte-berlin.de">www.aerzte-berlin.de</a> )	Health Insurance Card	<input type="checkbox"/>
<b>First Home Visit by the KJGD</b>	Subsequent to the childbirth, we offer home visits to inform and advise you on questions regarding your infant's nutrition, parent-child activities and offers, day-care applications, etc. The home visitation is voluntary and takes place on your wish. Furthermore, you are also welcome to visit us during our office hours.	Approx. 4 – 6 weeks after childbirth	<b>KJGD Charlottenburg-Wilmersdorf</b> Otto-Suhr-Allee 100, 10585 Berlin (Entrance: Alt-Lietzow 18) Tel. No.: 030-9029-13666 Phone consultation hours: Mon.–Tue. & Fri. 10:00–12:00, Thu. 16:00–18:00  Hohenzollerndamm 174, 10713 Berlin (Entrance: Mansfelder Straße 16) Tel. No.: 030-9029-16248/-16444 Office Hours: Tue., Thu. 14:00–16:00		<input type="checkbox"/>
<b>Gynaecological Examination</b>	Gynaecological examination with ultrasound after delivery, consulting on contraception.	Approx. 6 weeks after childbirth	<b>Centre for Sexual Health and Family Planning</b> (see page 3 for address) and resident gynaecologists		<input type="checkbox"/>
<b>Regression</b>	During pregnancy and childbirth, certain muscles are heavily stressed and stretched. After delivery, it is advisable to strengthen and stabilise these muscles again with the help of postnatal gymnastics. The costs involved are covered by your health insurance provider.	<ul style="list-style-type: none"> <li>Regular delivery: After 8 weeks</li> <li>Caesarean section: After 12 weeks</li> </ul>	<b>Geburtshaus Charlottenburg</b> Spandauer Damm 130, 14050 Berlin Tel. No.: 030-325 68 09 <b>DRK Kliniken Berlin   Westend</b> Spandauer Damm 130, 14050 Berlin Tel. No.: 030-30 35 44 12 <b>Martin-Luther-Krankenhaus</b> Caspar-Theyß-Straße 27–31, 14193 Berlin, Tel. No.: 030-89 55 33 41 <b>KJGD Charlottenburg-Wilmersdorf</b> Otto-Suhr-Allee 100, 10585 Berlin (Entrance: Alt-Lietzow 18) Tel. No.: 030-9029-13666	Health Insurance Card	<input type="checkbox"/>
<b>Applying for Domestic Help &amp; Family Care</b>	Should you find yourself restricted or unable to continue with the keeping of the household post childbirth and are in need of support, a doctor can prescribe domestic help or family care in accordance with section 24h of the Social Security Code V (SGB V).	After childbirth	<ul style="list-style-type: none"> <li>The prescription can be obtained from your gynaecologist or from your general practitioner</li> <li>You can apply for domestic help / family care from your health insurance provider</li> </ul>	<ul style="list-style-type: none"> <li>Prescription</li> <li>Health Insurance Card</li> </ul>	<input type="checkbox"/>
<b>Public Authorities</b>					
<b>Registration of your Child at the Registry Office</b>	The maternity ward of the hospital automatically transmits data about your child to the registry office of the district the child was born in. Subsequently, the registry office will send you documents and certificates.  In the event of a delivery in a birthing centre or at home, an in-person registration at the registry office is necessary within 7 days of the birth.	Within a week of delivery	<b>Registry Office Charlottenburg-Wilmersdorf</b> Birth Register Alt-Lietzow 28, 10587 Berlin Mailing Address: 10617 Berlin Tel. No.: 030-9029-12354 Office Hours: Mon.–Tue. & Fri. 08:30–12:00, Thu. 15:00–18:00 (Here you will receive three certificates and the birth certificate, free of charge).  <b>Certificate Office</b> , Otto-Suhr-Allee 96, Business Hours: Mon., Tue., Fri. 08:30–12:00, Thu. 15:00–18:00 Tel. No.: 9029 13388	<ul style="list-style-type: none"> <li>Birth certificate from the birth facility</li> <li>Certification by doctor or midwife (home delivery)</li> <li>Birth certificates of parents</li> <li>Identification Cards or passports of parents</li> <li>Parents' marriage certificate</li> <li>Declaration of acknowledgment of paternity or declaration of custody (unmarried parents)</li> <li>Residence title</li> </ul>	<input type="checkbox"/>
<b>Declaring Acknowledgement of Paternity (for unmarried couples)</b>	The acknowledgement of paternity is a prerequisite for the affirmation of familial relation between the father and the child.  (See page 4)	Before or after childbirth	<b>Youth Welfare Office</b> Parental law counselling Hohenzollerndamm 174–177 10713 Berlin, Office Hours: Tue. 09:00–11:00 & Thu. 15:00–18:00, and only by appointment by telephone	<ul style="list-style-type: none"> <li>Identification cards and birth certificates of parents</li> <li>Birth certificate of child or maternity card</li> <li>Residence title</li> </ul>	<input type="checkbox"/>
<b>Submitting a custody declaration (for unmarried couples)</b>	The father can apply for custody of his child, otherwise the mother enjoys sole custody of the child.  (See page 4)	Before or after childbirth	<b>Youth Welfare Office</b> Parental law counselling Hohenzollerndamm 174–177, 10713 Berlin, Office Hours: Tue. 09:00–11:00 & Thu. 15:00–18:00, and only by appointment by telephone	<ul style="list-style-type: none"> <li>Acknowledgement of paternity</li> <li>Identification cards and birth certificates of parents</li> <li>Birth certificate of child or maternity card</li> <li>Residence title</li> </ul>	<input type="checkbox"/>

What?	What for?	When?	Where?	Requirements?	✓
<b>Finance</b>					
<b>Applying for Child Benefits</b>	Every child is entitled to child benefits from birth up to the age of 18.  You can obtain the application from the Family Benefits Office or online: <a href="http://www.familienkasse.de">www.familienkasse.de</a>	After childbirth	<b>Family Benefits Office Berlin-Brandenburg</b> Visitation address: Storkower Straße 120, 10407 Berlin Tel. No.: 0800-455 55 30 Office Hours: Mon.–Tue. & Fri. 08:00–12:00, Thu. 08:00–18:00 <b>Mailing address:</b> Familienkasse Berlin-Brandenburg, 14465 Potsdam <b>E-Mail:</b> Familienkasse-Berlin-Brandenburg@arbeitsagentur.de	Birth certificate of the child (marked with "child benefits")	<input type="checkbox"/>
<b>Applying for Children's Allowance</b>	Children's allowance is a supplementary child benefit for parents with low income. This does not apply to recipients of unemployment benefits (ALG II), social benefits, social assistance recipients.  You can obtain the application from the Family Benefits Office or online: <a href="http://www.familienkasse.de">www.familienkasse.de</a>	After childbirth	<b>Family Benefits Office Berlin-Brandenburg</b> Visitation address: Storkower Straße 120, 10407 Berlin Tel. No.: 0800-455 55 30 Office Hours: Mon.–Tue. & Fri. 08:00–12:00, Thu. 08:00–18:00 <b>Mailing address:</b> Familienkasse Berlin-Brandenburg, 14465 Potsdam <b>E-Mail:</b> Familienkasse-Berlin-Brandenburg@arbeitsagentur.de	<ul style="list-style-type: none"> <li>Proof of parents' income</li> <li>Proof of rental (housing) costs</li> </ul>	<input type="checkbox"/>
<b>Applying for Parental Allowance</b>	The parental allowance is intended to support families in securing their livelihood, when the parents are primarily concerned with looking after their children: <a href="http://www.bmfsfj.de/bmfsfj/themen/familie/familienleistungen/das-elterngeld/73752">www.bmfsfj.de/bmfsfj/themen/familie/familienleistungen/das-elterngeld/73752</a>	Within the first 3 months after the childbirth (parental allowance is only paid 3 months retrospectively), you can obtain the application form from the citizen centre	<b>Youth Welfare Office Charlottenburg-Wilmersdorf</b> Parental Allowance Office Hohenzollerndamm 174–177, 10713 Berlin, Tel. No.: 030-9029-15361 (Tue. und Wed. 09:00–12:00) Office Hours: Tue. 09:00–11:00 and only by prior appointment. Parental allowance calculator: <a href="http://www.familien-wegweiser.de/Elterngeldrechner">www.familien-wegweiser.de/Elterngeldrechner</a>	<ul style="list-style-type: none"> <li>Birth certificate of the child (marked "Parental Allowance")</li> <li>Parents' identity card or passport</li> <li>Proof of income</li> <li>Proof of maternity benefits</li> <li>Proof of parental leave from employer</li> </ul>	<input type="checkbox"/>
<b>Housing Benefits</b>	The housing benefits serves to secure and ensure an adequate, family-friendly living environment for renters and owners.	After childbirth	Town Hall Charlottenburg, Tel. No.: 9029-13022	See: <a href="http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/amt-fuer-buergerdienste/wohnungsamt/">www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/amt-fuer-buergerdienste/wohnungsamt/</a>	<input type="checkbox"/>
<b>Applying for Advance Child Support Payments</b>	Single parents are entitled to an advanced payment of child support up to the age of 18, if the child support obligated parent does not pay or only pays irregularly. This advanced child support payment is paid up to the child's 12 <sup>th</sup> birthday at the latest.  <a href="http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/finanzielle-leistungen/">http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/finanzielle-leistungen/</a>	After childbirth	<b>Youth Welfare Office Charlottenburg-Wilmersdorf</b> Child support Hohenzollerndamm 174–177 10713 Berlin, Office Hours: Tue. 09:00–12:00 & Thu. 15:00–18:00, only by prior appointment. E-Mail: <a href="mailto:Unterhaltsvorschuss-b@charlottenburg-wilmersdorf.de">Unterhaltsvorschuss-b@charlottenburg-wilmersdorf.de</a> , Telephone consultation hours: Mon. 09:00–12:00, Tel. No.: 9029-15288	<ul style="list-style-type: none"> <li>Birth certificate of the child</li> <li>Parents' identity card or passport</li> <li>Proof of income</li> <li>Acknowledgement of paternity declaration</li> <li>Decree of divorce (in the case of divorced parents)</li> </ul>	<input type="checkbox"/>
<b>Additional Requirements for Single Parents</b>	Single parent recipients of unemployment benefits (ALG II) receive additional benefits on top of the standard benefits. The application is to be submitted at your Jobcenter jurisdiction.	After childbirth	<b>Jobcenter Berlin Charlottenburg-Wilmersdorf</b> Goslarer Ufer 37, 10589 Berlin Tel. No.: 030-55 55 32 22 Office Hours: Mon.–Tue. & Thu.–Fri. 08:00–12:30	Birth certificate of the child	<input type="checkbox"/>
<b>Regarding the Child</b>					
<b>Search for Child Care</b>	For the care of your child, you may choose between a day-care centre, a childminder, a day nanny, nursery etc. It can be helpful to visit these different facilities on site, in order to make a decision.	From the birth of the child	<b>Youth Welfare Office Charlottenburg-Wilmersdorf</b> Hohenzollerndamm 174–177 10713 Berlin Office Hours: Tue. 09:00–12:00 & Thu. 15:00–18:00, and by prior appointment <b>Nursery:</b> <a href="http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/kinder/artikel.208464.php">http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/kinder/artikel.208464.php</a> <b>Daycare voucher:</b> E-Mail: <a href="mailto:jug-tagesbetreuung@charlottenburg-wilmersdorf.de">jug-tagesbetreuung@charlottenburg-wilmersdorf.de</a> , s. auch <a href="http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/kinder/artikel.208464.php">http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt/kinder/artikel.208464.php</a>	<ul style="list-style-type: none"> <li>Proof of income</li> <li>Verification from Jobcenter (ALG II recipients)</li> <li>confirmation of enrolment for students</li> </ul>	<input type="checkbox"/>
<b>Applying for a Day-Care Voucher</b>	The day-care voucher is an attestation that you will receive after submitting your application. This voucher is a prerequisite for a day-care position.  From August 2018, day-care is free of charge for up to 7 hours for all children one year and older. However, a meal fee (currently 23 Euros per month) is levied.	From 9 months to 2 months at the latest before the start of supervision			<input type="checkbox"/>

# CHILD CHECK-UP'S – AN OPPORTUNITY FOR EVERY CHILD



“Why did I receive a follow-up letter? We already did the check-up a long time ago!”

“We recently moved and forgot the check-up. Whom can we turn to?”

## EARLY CHECK-UP'S AND PREVENTION – FOR A HEALTHY DEVELOPMENT

The early detection check-up's take place at regular intervals from birth to adolescence. The main purpose: early detection of developmental disorders and diseases as well as their prevention. The sooner undesirable developments and diseases are recognised, the better they can be treated. These check-up's and screenings are voluntary in Germany. Nevertheless, it makes sense to attend all check-up's, as certain disorders or diseases are only detected after a certain age. As a parent, you will have the certainty and peace of mind that your child will develop and remain healthy.

## PROTECTING CHILDREN

In the year 2009, Berlin passed the “Law for the Protection and Wellbeing of Children”. This law is intended to facilitate the healthy development and protection of children against neglect and abuse.

The so-called “invitation and feedback system” is part of the Berlin Child Protection Act. It is intended to remind parents to take part in the U4 to U5 screenings. The Charité has set up the “Central Office”, which is responsible for comparing all data and sending out reminders.

## SCREENING-ID AND FOLLOW-UP LETTERS

With the birth of their child, all parents in Berlin receive a yellow booklet, in which all early diagnosis screenings are documented by the paediatrician. Therein you will also find the screening-ID as a barcode sticker. Each baby receives its own screening-ID. When a preventative medical check-up is carried out, the paediatrician sends the corresponding screening-ID to the Central Office of the Charité, informing them that the check-up has taken place.

Sometimes data can overlap. You may have already received a follow-up letter even though you have already carried out a check-up. Understandably, this can lead to displeasure on your part, however, such errors cannot be avoided with such a large amount of data in Berlin. Should you have received such a letter by mistake, call the telephone number 030 – 450 56 60 22 to reach the Central Office of the Charité. This should resolve the mistake quickly.

Such a follow-up letter also provides parents with the opportunity to make up for missed screenings within a specified period of time – preferably by a paediatrician. The KJGD of the respective district is informed about the missed screening, which will then get in contact with the parents and if deemed necessary, will visit the home of the family. The KJGD will advise and support the parents, if there is a need. The doctors of the Child and Adolescent Health Service make appointments to carry out health checks, if these are deemed necessary.

## DATA PRIVACY

All data is anonymised and treated confidentially. No medical information is forwarded or transferred on. To ensure data protection, both a data protection official and a trust centre have been set up.

## Central Office of the CHARITÉ:

Tel. No.: 030-450 56 60 22 (daily: 08:00–12:00 & 13.00–15:00)  
E-Mail: zentralestelle@charite.de

Would you like to make up for a missed check-up? Contact your paediatrician and ask whether the check-up can still be rescheduled. If not, you can have your child examined by the KJGD, free of charge:

- **KJGD in the Charlottenburg district**  
Otto-Suhr-Allee 100  
10585 Berlin  
(Entrance Alt-Lietzow 18)  
Tel. No.: 030-9029-13651/-13671/-13691
- **KJGD in the Wilmersdorf district**  
Hohenzollerndamm 174–177  
10713 Berlin  
(Entrance Mansfelder Straße  
16) Tel. No.: 030-9029-16444

## U1–U11 abridgement

U1 Immediately after Birth	U4 3 <sup>rd</sup> – 4 <sup>th</sup> Month	U7 1 Year, 9 Months – 2 Years	U9 5 Years – 5 Years, 4 Months
<ul style="list-style-type: none"> <li>• Respiration</li> <li>• Cardiovascular system</li> <li>• Reflexes</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Mental development</li> <li>• kinesis behaviour</li> <li>• Grasping reflexes</li> <li>• Nutrition and growth</li> <li>• Sight and hearing</li> <li>• First vaccination</li> </ul>	<ul style="list-style-type: none"> <li>• Sight and hearing</li> <li>• Physical development: Walking, straightening, bending over</li> <li>• Mental development</li> <li>• Linguistic development</li> <li>• Vaccination or verification of vaccination protection</li> </ul>	<ul style="list-style-type: none"> <li>• Internal Organs</li> <li>• Posture</li> <li>• Agility and skill</li> <li>• Linguistic development</li> <li>• Sight and hearing</li> <li>• Social behaviour</li> <li>• Mental development</li> <li>• Vaccination check up</li> </ul>
U2 3 <sup>rd</sup> – 10 <sup>th</sup> Day	U5 6 <sup>th</sup> – 7 <sup>th</sup> Month	U7a 2 Years, 10 Months – 3 Years	U10 7 – 8 Years
<ul style="list-style-type: none"> <li>• Metabolic disorders</li> <li>• Internal Organs</li> <li>• Skeletal system</li> <li>• sensory organ</li> <li>• Sense of hearing</li> <li>• Vitamin K and Vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>• Sight and hearing</li> <li>• Nutrition and teeth</li> <li>• Physical development: turning from back to stomach, reaching for objects</li> <li>• Vaccination check-up</li> </ul>	<ul style="list-style-type: none"> <li>• Internal organs and nervous system</li> <li>• Genital organs</li> <li>• Motor development</li> <li>• Senses</li> <li>• Linguistic development</li> <li>• Sight and hearing</li> <li>• Vaccination check-up</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising developmental disorders</li> <li>• Possibly, initiation of therapy</li> <li>• e.g., difficulties with reading and spelling or behavioural disorders (e.g., ADHD)</li> </ul>
U3 4 <sup>th</sup> – 5 <sup>th</sup> Week	U6 10 <sup>th</sup> – 12 <sup>th</sup> Month	U8 3 Years, 10 Months – 4 Years	U11 9 – 10 Years
<ul style="list-style-type: none"> <li>• Organs</li> <li>• Bodily development</li> <li>• Nutrition and weight</li> <li>• Hip screening</li> <li>• Hearing and sight reactions</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• Behaviour</li> <li>• Linguistic development</li> <li>• Physical development: Crawling, pulling up, first steps</li> <li>• Sight and hearing</li> <li>• Development of genital organs</li> <li>• Vaccination or verification of vaccination protection</li> </ul>	<ul style="list-style-type: none"> <li>• Sight and hearing</li> <li>• Dental health</li> <li>• Gross and fine motor development</li> <li>• Social behaviour</li> <li>• Linguistic development</li> <li>• Vaccination check-up</li> </ul>	<ul style="list-style-type: none"> <li>• Counselling on topics such as difficulties in school, bullying, gender-specific development, healthy nutrition, orthopaedic abnormalities and vaccination status.</li> </ul>



PLAY, EXERCISE AND CONTACT GROUPS FOR INFANTS, TODDLERS AND THEIR PARENTS	
Address	Phone Number/E-Mail
<b>Haus des Säuglings</b> Otto-Suhr-Allee 100 10585 Berlin	9029-136 66
<b>Familienzentrum groß &amp; KLEIN</b> Düsseldorfer Straße 3, 10719 Berlin familienzentrum-guk@web.de	23 46 53 80
<b>Familienzentrum Jungfernheide</b> , Heckerdamm 242, 13627 Berlin (ehemals Halemweg 30)	38 38 65 50
<b>Familienzentrum Kastanienallee</b> Kastanienallee 4, 14050 Berlin	44 72 03 79
<b>Kinder- und Familienzentrum Schillerstraße</b> Schillerstraße 61/62, 10627 Berlin	31 01 23 81
<b>Ev. Familienbildungsstätte Charlottenburg</b> Leibnizstraße 79, 10625 Berlin	31 99 71 53
<b>Geburtshaus Charlottenburg</b> Spandauer Damm 130, 14050 Berlin	325 68 09
<b>Bewegungsstudio „Blaue Wolke“</b> Reichsstraße 7, 14052 Berlin	0151-14 33 43 79
<b>Campus Daniel</b> Brandenburgische Str. 51, 10707 Berlin	863 90 99 18, fb@cw-evangelisch.de
<b>Elternschule DRK – Frauen- und Kinderklinik</b> Spandauer Damm 130 Haus 9 14050 Berlin	3035-44 12
<b>Familien-Café „Emilie &amp; Rudolf“</b> Rudolf-Mosse-Straße 11 14197 Berlin-Schmargendorf	89 72 47 18, familiencafe@schreberjugend-berlin.de
<b>Haus der Familie</b> Schillerstraße 26, 10625 Berlin	30 82 77 11
<b>Stadtteilzentrum Halemweg</b> Halemweg 18 13627 Berlin	9029-252 84

PARENT-CHILD MEETING IN CHURCH COMMUNITIES	
Address	Phone Number
<b>Gemeinde am Lietensee</b> Herbartstraße 4–6, 14057 Berlin	321 10 94 / 32 67 18 03
<b>Luisengemeinde</b> Gierkeplatz 4, Alt-Lietzow 30, 10585 Berlin	341 90 61 348 26 38
<b>Epiphaniengemeinde</b> Knobelsdorffstraße 72/74, 14059 Berlin	301169-0
<b>Evangelische Familienbildung des Kirchenkreises Charlottenburg-Wilmersdorf</b> Evangelischer Campus Daniel Brandenburgische Straße 51, 10707 Berlin	863 90 99 18
<b>Friedensgemeinde</b> Tannenbergallee 6, 14055 Berlin	302 74 67/ 304 49 96
<b>Gustav-Adolf-Gemeinde</b> Herschelstraße 14, 10589 Berlin	344 60 94
<b>Kirchengemeinde Neu-Westend</b> Eichenallee 47–53, 14050 Berlin	304 41 51



FIND MORE INFORMATION AND OFFERS OF EARLY AID HERE:

- [www.fruehehilfen-charlottenburg-wilmersdorf.de](http://www.fruehehilfen-charlottenburg-wilmersdorf.de)
- [www.fruehehilfen.de](http://www.fruehehilfen.de)
- [www.charlottenburg-wilmersdorf/aemter/gesundheitsamt/haus-des-saeuglings](http://www.charlottenburg-wilmersdorf/aemter/gesundheitsamt/haus-des-saeuglings)

Age ...	Infants				Toddlers		Children	
	... in weeks	... in months			... in months		... in years	
	6	2	3	4	11–14	15–23	2–4	5–6
Check-Up's			U4		U6	U7	U7a / 8	U9
Vaccination:								
Tetanus		G1	G2	G3	G4		N	A1
Diphtheria		G1	G2	G3	G4		N	A1
Whooping cough (Pertussis)		G1	G2	G3	G4		N	A1
infantile paralysis (Poliomyelitis)		G1	G2	G3	G4		N	
Hepatitis B		G1	G2	G3	G4		N	
HIB (Haemophilus influenzae Type B)		G1	G2	G3	G4		N	
Pneumococcus		G1		G2	G3		N	
Rotavirus	G1	G2	(G3)					
Meningococcus (Serotype C)					G1 (from 12 months)			
Measles, Mumps, Rubella					G1	G2		
Chickenpox (varicella)					G1	G2		

Key: G = Basic immunisation, A = Booster vaccination, N = Catch-up vaccination  
\* According to the current recommendations of the Standing Committee on Vaccination (STIKO).

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The publisher of this Road Map "All About Childbirth" does not take responsibility for the correctness, timeliness or completeness of this information. The mentioned office hours as well as the legal basis, state services and their entitlement basis may change.

Here you can find the Berlin-wide timetable "what is important in the time around the birth" or directly in the App-Store under "Baby-Berlin-app"

# COUNSELLING AND SUPPORT IN CHARLOTTENBUERG-WILMSERSDORF

Medical and Health Aid	Social Aid / Counselling	Offers for Families	Help in Time of Crisis
<p><b>KJGD Charlottenburg-Wilmersdorf</b> Otto-Suhr-Allee 100, 10585 Berlin (Entrance: Alt-Lietzow 18) Tel. No.: 030-9029-13652 Medical consultation: Mon. &amp; Wed. 14:00–16:00</p> <p>Hohenzollerndamm 174–177 10713 Berlin (Entrance: Mansfelder Straße 16) Tel. No.: 030-9029-16444 Medical consultation: Tue. &amp; Thu. 14:00–16:00</p>	<p><b>KJGD Charlottenburg-Wilmersdorf</b> <b>Sozialpädagogische Beratung</b> <b>Standort Charlottenburg</b> – <b>Haus des Säuglings</b> Otto-Suhr-Allee 100, 10585 Berlin (Eingang: Alt-Lietzow 18) Tel. No.: 030-9029-13660/-13658/-13663/ -13664/-13423/-13424/-13661/-13662/ -13669 <b>Socio-educational consultation</b> <b>hours:</b> Mon. &amp; Wed. 14:00–16:00 <b>Counselling by telephone:</b> Tel. No.: 030-9029-13666 Mon.–Tue. &amp; Fri. 10:00–12:00/ Thu. 16:00–18:00 <i>Information about the group offers</i> <b>Paediatric nurse:</b> Tel. No.: 030-9029-13668 or Tel. No.: 030-9029-16256 <b>Wilmersdorf:</b> Hohenzollerndamm 174–177 10713 Berlin (Entrance: Mansfelder Straße 16) Tel. No.: 030-9029-16250/-16579/-16577/ -16578 <b>Socio-educational consultation</b> <b>hours:</b> Tue. &amp; Thu. 14:00–16:00 <b>Specialist management family</b> <b>midwives:</b> 030-9029-16242</p> <p><b>Debt counselling</b> Brabanter Str. 18-20, 10713 Berlin, Tel. No.: 31507120/30, schuldnerberatung@dwstz.de</p>	<p><b>Haus des Säuglings</b> Otto-Suhr-Allee 100, 10585 Berlin Tel. No.: 9029-13666</p> <p><i>Various group offers for mothers and fathers with babies</i></p> <p><b>Haus der Familie</b> Schillerstraße 26, 10625 Berlin Tel. No.: 030-30 82 77 11</p> <p><i>Parents' café "Krümel", family breakfast, crawl-groups, etc.</i></p> <p><b>Familienzentrum Jungferneide</b> Heckerdamm 242 (ehemals Halemweg 30), 13627 Berlin Tel. No.: 030-38 38 65 50 www.familienzentrum-halemweg.de <i>Café for parents, counselling, regression, play groups</i></p> <p><b>Familienzentrum groß &amp; KleiN</b> Düsseldorfer Straße 3, 10719 Berlin (im Gartenhaus) Tel. No.: 030-23 46 53 80 www.knobellotte.de</p> <p><i>Café for parents, counselling, regression, play groups</i></p> <p><b>Familienzentrum Kastanienallee</b> Kastanienallee 4, 14050 Berlin E-Mail: familienzentrum-kastanienallee@pfh-berlin.de</p> <p><b>Familien-Café „Emilie &amp; Rudolf“</b> Quartier Mosse Rudolf-Mosse-Straße 11, 14197 Berlin Tel. No.: 030-89 72 47 18</p> <p><i>Café for parents, counselling, parent-child-groups, play groups</i></p> <p><b>wellcome</b> <b>Praktische Hilfen nach der Geburt</b> Klausener Platz 19, 14059 Berlin Tel. No.: 030-30 10 97 85</p> <p><i>Support for families through volunteer workers</i></p> <p><b>Känguru – hilft und begleitet</b> Martin-Luther-Krankenhaus Caspar-Theyß-Straße 27–31 14193 Berlin Tel. No.: 030-8955-83623</p> <p><i>Support for families through volunteer workers</i></p>	<p><b>Youth Welfare Office Charlottenburg-Wilmersdorf</b> Tel. No.: 030-9029-15555, Mon.–Fri. 08:00–18:00</p> <p><i>Crisis service in the event of a suspected risk to child welfare</i></p> <p><b>Berliner Notdienst Kinderschutz</b> Hotline Kinderschutz – 24/7: Tel. No.: 030-61 00 66</p> <p><i>In case you are worried about a child.</i></p> <p><b>Kinderschutz-Zentrum Berlin e.V.</b> Tel. No.: 0800-111-0444, Mon.–Fri., 9.00–20.00</p> <p><i>Advice and help during family crises</i></p> <p><b>BIG Hotline</b> Tel. No.: 030-611 03 00, daily 24/7</p> <p><i>In cases of domestic violence</i></p> <p><b>Berliner Crisis Service</b> Horstweg 2, 14059 Berlin Tel. No.: 030-39063-20, during day: 16.00– 00:00 Tel. No.: 030-39063-00, nights 00:00–08:00, weekends and public holidays: 08:00–16:00</p> <p><i>Accompaniment of people in emotional crisis situations</i></p> <p><b>Familienzentrum Kastanienallee</b> Kastanienallee 4, 14050 Berlin Tel. No.: 030-44 72 03 79 <i>Offer for parents with infants with regulatory disorders, frequent crying, development support and crisis intervention</i></p> <p><b>Rückhalt e.V.</b> <b>Nachbarschaftsheim Mittelhof e.V.</b> Königstraße 42, 14163 Berlin Tel. No.: 0157-801975-11</p> <p><i>SchreiBabyAmbulanz</i></p> <p><b>Schatten &amp; Licht e.V</b> <i>Childbirth crisis</i></p> <p>Tel. No.: 08293-96 58 64 (Erstberatung) www.schatten-und-licht.de E-Mail: info@schatten-und-licht.de</p> <p><i>For postpartum depression</i></p> <p><b>Kinderschutzambulanz DRK Kliniken Westend</b> Examination appointments only by appointment and with an assignment. Spandauer Damm 130, 14050 Mon-Fri.: 08:00- 14:00, Tel. No.: 30354488 kinderschutzambulanz@charite.de</p>
<p><b>Zentrum für sexuelle Gesundheit und Familienplanung, Gesundheitsamt</b> Hohenzollerndamm 174–177 10713 Berlin Tel. No.: 030-9029-16880</p> <p><i>Counselling, free gynaecological examination, free contraceptives, pregnancy counselling</i></p>			
<p><b>Ki.D.T.g GmbH</b> <b>Sozialpädiatrisches Zentrum</b> <b>Charlottenburg-Wilmersdorf des Sozialverbands VdK Berlin-Brandenburg e.V.</b> Berliner Straße 40–41, 10715 Berlin Tel. No.: 030-860 08 21 27</p> <p><i>For families with children suffering from developmental disorders or with disabilities</i></p>			
<p><b>Zahnärztlicher Dienst</b> Hohenzollerndamm 174–177 10713 Berlin Tel. No.: 030-9029-16233</p> <p><i>Dental check-up's, counselling</i></p>	<p><b>Youth Welfare Office Charlottenburg-Wilmersdorf - Regional social pedagogical service</b></p> <p><i>Counselling on separation, divorce and family crises; family support, child protection</i> Find your case worker: Tel. No.: 030-9029-14812 or <a href="http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt">http://www.berlin.de/ba-charlottenburg-wilmersdorf/verwaltung/aemter/jugendamt</a></p>		
<p><b>St. Gertrauden Krankenhaus</b> Paretzer Str. 12 10713 Berlin Tel. No.: (030)-3272-0 Fax: (030)-8272-292260 E-Mail: info@sankt-gertrauden.de</p>	<p><b>EFB – Erziehungs- und Familienberatung</b> Haubachstraße 45, 10585 Berlin Tel. No.: 030-9029-18500 Information and Anmeldung: Mon.–Thu. 09:00–15:00, Fri. 09:00–14:00 E-Mail: erziehungsberatung@charlottenburg-wilmersdorf.de</p> <p><i>Counselling, diagnostics, psychotherapeutic support for children, parents and families</i></p>		
<p><b>DRK Kliniken Berlin   Westend</b> <b>Klinik für Gynäkologie und Geburtshilfe</b> Spandauer Damm 130 14050 Berlin Tel. No.: 030-3035-4405 Fax: 030-3035-4409</p>	<p><b>Evangelische Familienbildung</b> Brandenburgische Straße 51, 10707 Berlin Tel. No.: 030-863 90 99 18 www.fbs-wilmersdorf.de</p> <p><i>Counselling, crawling and play groups, music and cooking</i></p>		
<p><b>Martin-Luther-Krankenhaus</b> Caspar-Theyß-Straße 27–31 14193 Berlin Tel. No.: 030-8955-3341 www.geburt.martin-luther@pgdiakonie.de</p> <p><i>Obstetrics / pregnancy counselling</i> <i>The Clinic for Gynaecology and Obstetrics</i></p>			

In the district of Charlottenburg-Wilmersdorf, welcoming-events are offered for young families. Find out more in the family centres mentioned above or on the website of "Haus des Säuglings".