

TIMETABLE: WHAT IS IMPORTANT AROUND THE TIME OF BIRTH?



Information for (expectant) parents
in the Berlin Mitte district

CENTRE
GESUNDBRUNNEN
MOABIT
WEDDING

EARLY SUPPORT SERVICES
PREGNANCY COUNSELLING
BEFORE THE BIRTH
AFTER THE BIRTH
SHAKEN BABY SYNDROME
CHECKLISTS
EMERGENCY NUMBERS

Are you about to become a mother or father or has your child recently been born?

Congratulations - we wish you all the best and your child a good start in life!

The (impending) birth of your child will change your everyday life in so many ways. If you're about to become a mother or father, you have many things to take care of and prepare for: Finding a midwife, attending a childbirth preparation class, having paternity recognised, informing your health insurance provider, applying for parental leave, and so on.

If your child has already been born, there are tasks to be taken care of such as visiting the registry office, attending check-ups, taking care of child benefit and parental benefit, organising a daycare place and much more.

The roadmap "What is important around the time of birth?" outlines what you should consider during pregnancy and after the birth of your child, and what you need to do.

You'll also learn what financial and material assistance you can apply for, when and where, and what documents you'll need.

We'd like to support you during this time and offer services for families around the birth of a child and with children up to the age of three. These are called **EARLY SUPPORT SERVICES**.

Our strong and extensive **EARLY SUPPORT NETWORK** brings together partners who can help you find the right support quickly and easily.

Please find out more about the options available in your area on these topics on the following pages:



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CONTACT



If you have any questions about the **EARLY SUPPORT SERVICES** in the Berlin Mitte district, please contact:

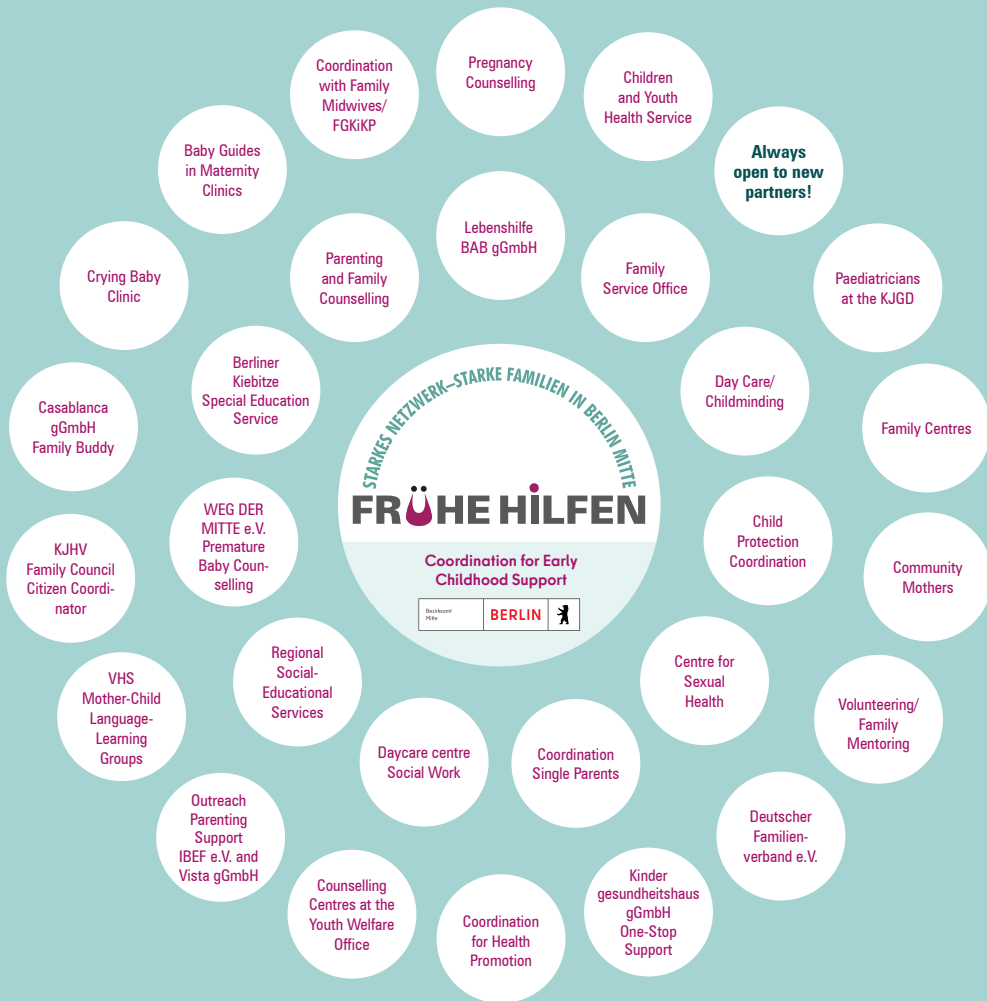
Ms. Konstanze Böhnke

Early Support Coordinator
Mitte City Hall
Karl-Marx-Allee 31
10178 Berlin

☎ 030 / 9018 22 380

✉ k.boehne@ba-mitte.berlin.de

Link to the website for Early Support Services in Berlin Mitte:



■ Family Service Office – The Best for Your Family

The Family Service Office offers free advice on a variety of topics:

DAYCARE CENTRE, AFTER-SCHOOL CARE, AND CHILDCARE

- Information and details on daycare centre vouchers and after-school care
- Acceptance of daycare centre applications and documents

ADVANCE CHILD MAINTENANCE

For single parents, the advance child maintenance fund steps in if the other parent is unable or unable to adequately care for the child. In this case, the state will pay your child an advance.

- Initial consultation on advance child maintenances
- Acceptance of advance child maintenance applications and documents

PARENTAL BENEFIT

Parental benefit is available to all parents who care for their child themselves after the birth and take a career break or work a maximum of 32 hours per week.

- Information on parental benefit (detailed advice is available at the Parental Benefit Office)
- Acceptance of parental benefit applications and documents

In addition:

The Family Service Office offers social-educational counselling:

We provide contacts and information about family-related services and support at the Youth Welfare Office (Jugendamt) and in the district.

Ms. Borostowski: ☎ 030 / 9018 23 659

Ms. Gicir: ☎ 030 / 9018 23 412

✉ FamilienServiceBüro@ba-mitte.berlin.de

Contact:

Family Service Office

Berlin Mitte District Office

Youth Welfare Office (Jugendamt)

Karl-Marx-Allee 31 – 10178 Berlin, 1st Floor

Transportation:

U5 underground railway line, Schillingstraße

☎ 030 / 9018 24 000

✉ familienservicebuero@ba-bitte.berlin.de

Internet: www.berlin-mitte.de/fsb



How can you reach us?

Making an appointment:

☎ 030 / 9018 24 000

✉ familienservicebuero@ba-bitte.berlin.de

Our office hours:

Mon and Tue, 09:00 - 15:00

Thu 14:00 - 18:00

Fri 09:00 - 13:00

● EARLY SUPPORT SERVICES

(KJGD) Child and Youth Health Service

A team of doctors, social workers, and nutritionists provides information, advice, and support to families with infants, children, and adolescents. They offer, among other services:

- Home visits for the birth of a child
- Placement in parent-child groups
- Comprehensive family counselling
- Medical support and advice on all health, developmental, vaccination, and nutritional issues

Contact:

Tiergarten City Hall

Mathilde-Jacob-Platz 1 - 10551 Berlin

☎ (030) 9018-46 131

☎ (030) 9018-45 216

✉ barbara.meissner@ba-mitte.berlin.de

Consultation hours by appointment

Counselling Centre for Child Development

A multidisciplinary team consisting of paediatricians, physiotherapists, occupational therapists, speech therapists, and music therapists advises and supports parents of children with developmental disabilities aged 0-6 years.

Services offered by the counselling centre:

- Paediatric consultations for all questions related to child development
- Therapeutic diagnostics and counselling
- Group programmes (toddler groups, psychomotor groups, language support groups)
- Individual therapy (under special circumstances)
- Collaboration with daycare centres, the Youth Welfare Office and other counselling centres

Contact:

Tiergarten City Hall

Mathilde-Jacob-Platz 1 - 10551 Berlin

☎ (030) 9018-45 183

✉ bke@ba-mitte.berlin.de

Family midwives/FGKiKP (Family Health Paediatric Nurses) provide advice and guidance on:

- Child care, nutrition, development, and support
- Structuring the child's daily routine
- Development of a strong parent-child bond
- Accompaniment to paediatricians
- Accompaniment to other Early Support Services in the district
- Services are available from the end of pregnancy until the child's first or third birthday
- On-site, once a week
- Accident prevention

Contact:

Bettina Gerhardt

✉ b.gerhardt@ba-mitte.berlin.de

☎ (030) 9018-33 334

or

Maria Jahnke

✉ m.jahnke@ba-mitte.berlin.de

☎ (030) 9018-33 251

Volunteering

Volunteer family mentors support parents in their daily lives. They give them time to relax and unwind from everyday tasks. Depending on the family situation and the specific needs of the families, family mentors provide ongoing relief in everyday life and help integrate families into community services.

- Relief in everyday situations, from child care and support to support with administrative matters, etc.
- Transfer to services in the neighbourhood, e.g., family centres or other network partners



Contact:

Sozialdienst Katholischer Frauen e.V.

bärenstark ins Leben®

with volunteer family sponsors

Große Hamburger Str. 18 - 10115 Berlin

☎ 0151 / 29 23 40 07

✉ fruehehilfen@skf-berlin.de

Internet: www.skf-berlin.de

Casablanca gGmbH

“welcome - practical support for families after the birth”

Pankehaus, Soldiner Str. 76 - 13359 Berlin

☎ 0155 / 66 06 37 93

✉ berlin.mitte@wellcome-online.de

Sprechzeiten: Di 10-12 Uhr & Mi 12-14 Uhr

Koepjohann'sche Stiftung -

"Kangaroo - helps and accompanies"

Albrechtstr. 14 B - 10117 Berlin

☎ 030 / 36 44 84 48

✉ kaenguru@koepjohann.de

Internet: www.koepjohann.de

DRK Kreisverband Berlin-Zentrum e.V.

Premature baby sponsorship

Herbartstraße 25 - 14057 Berlin

☎ 030 / 600 300-5139

✉ fruehchen@drk-berlin-zentrum.de

Internet: www.drk-berlin-zentrum.de

Outreach parenting support for pregnant women/parents with addiction problems

During pregnancy up to the child's 6th month

Counselling and support on the following topics:

- Becoming a parent
- Alcohol and drug use during pregnancy
- Couple and family counselling
- Help in crisis situations
- Provision of services in the community
- Visits at the clinic and at home
- Support throughout the pregnancy
- Support in dealing with institutions and authorities

Wigwam Zero - Counselling, information, and prevention relating to alcohol consumption during pregnancy

Telephone and in-person counselling for pregnant women and their families, providing information and support for an alcohol-free pregnancy - anonymously upon request

- Clarification of individual support needs
- Information and referral to help and support services

Wigwam Support - Family counselling and open consultation hours

Our open consultation hours are aimed at anyone seeking support with family issues related to alcohol or other drug use. We also provide information on health-related support and youth welfare services. The focus is on providing support in change processes and potential problem-solving.

You can visit us in person during our open consultation hours, call us, and, if you wish, receive anonymous advice.

Contact:

Vista gGmbH Wigwam Connect

Stromstr. 47 - 10551 Berlin

☎ 030 / 224 451-400 / -411

Office hours: Mon - Fri 10:00 - 16:00

✉ wigwam-connect@vistaberlin.de

Internet: www.vistaberlin.de

Wigwam Connect

at the Charité, Campus Virchow Klinikum
Augustenburger Platz 1 - Mittelweg 9

Consultation hours at the Charité:

Tue 10:00 - 14:00

☎ 030 / 450 564 - 270

Wigwam Zero, Vista gGmbH

Stromstr. 47 - 10551 Berlin

☎ 030 / 224 451-414

✉ wigwam-zero@vistaberlin.de

Internet: www.wigwamzero.de

Wigwam Support, Vista gGmbH

Stromstr. 47 - 10551 Berlin

☎ 030 / 224 451-400

✉ wigwam-support@vistaberlin.de

Office hours:

Mon - Thu 10:00 - 16:00

Fri 10:00 - 14:00

Open family consultation hours
(no appointment required)

Thu 10:30 - 12:00

Outreach parenting support

For pregnant women/expectant parents expecting their first child, from the second half of pregnancy until the child's first year of life.

- Information about changes related to pregnancy and the birth of your first child.
- Practical advice and support for everyday life
- Accompaniment to authorities / support with applications for the baby
- Strengthening the health of children and parents
- Provision of services in the family's residential area

Contact:

IBEF e.V.

Guineastr. 5 - 13351 Berlin

☎ 0178 / 680 73 07

✉ elternhilfe@ibef-berlin.de

Internet: www.ibefev.de

Premature Babies / Multiple Births: “Secured Early”

Practical support and guidance for parents of premature babies

The consultation takes place in your home. Your questions about baby and child care, breastfeeding and nutrition advice, and early intervention can be answered directly and individually.

Contact:

Weg der Mitte gem. e.V.

Ahornstr. 18 - 14163 Berlin

☎ 030 / 814 10 68

✉ fruehgeborgen@wegdermitte.de

Internet: www.wegdermitte.de

Kindergesundheitshaus gGmbH “We accompany you through life”

Outreach services for (young) parents / single mothers / fathers:

- with premature and high-risk babies
- with children and young people with chronic illnesses or disabilities and/or children at risk of developing disabilities
- for whom the birth of a child represents a critical challenge
- with uncertainties about caring for their child
- with their own illnesses and/or disabilities
- with a migration background and/or low social integration

Contact:

Kindergesundheitshaus gGmbH

N. Sonnenschein

☎ 0176 / 76 89 83 67

✉ sph@kghaus.de

Internet: www.kghaus.de

We provide advice and support on parenthood and family life, health issues, psychosocial stress, and administrative matters. We connect you to appropriate services in your area and, if necessary, refer you to further support services.

“Schatten & Licht” Counselling Centre

For postpartum crises, depression, and anxiety

Are you pregnant or have you already given birth? The anticipation and desire to become a parent were immense - and now it feels completely different than expected?

Do you feel guilty, sad, unmotivated, or intense anger, injustice, pressure, or intense anxiety?

The hoped-for feeling of happiness when you look at your baby isn't there... These could be symptoms of a mental health crisis or postpartum depression.

The staff of the Schatten und Licht association provide voluntary counselling and support to those affected. Participation in a self-help group (free of charge) can be very helpful; these meet twice a month at Familienzelt and alternately online.

Mother-Child Language-Learning Groups

Learn German with your baby or child

Mothers learn German together with their children aged 3 months to 3 years.

Two course leaders are always present in the mother-child language-learning groups:

A teacher of German as a second language and a specialist in the field of education.

- Mothers can freely choose their learning locations on our website (see Contact).
- They can join at any time. The courses are free of charge.
- No courses are offered during Berlin school holidays.
- Registration: directly in the courses or at the German Advice Centre at VHS-Mitte
- Learn German with your baby or child!
- Вчи німецьку разом зі своєю дитиною!
- بگیرید یاد المانی خود کودک با و نوزاد با!
- Learn German with your baby or your child!
- طفلك أو رضيعك مع الألمانية اللغة تعلم!
- Apprends l'allemand avec ton bébé ou ton enfant !
- Bebeğiniz yada çocuğunuz ile birlikte Almanca öğrenin!
- Учи немецкий вместе со своим малышом!
- Impara il tedesco con il tuo bambino!
- ילדיכם עם או תינוקכם עם גרמנית למדו!
- ¡Aprende alemán con tu bebé o tu niño!
- Ucz się niemieckiego razem z twoim dzieckiem!

Contact:

“Familienzelt Berlin” Counselling Centre

Schönfließer Str. 17 - 10439 Berlin

☎ 030 / 322 30 71

Mon, Wed and Fri 10:00 - 13:00

Tue 13:00 - 17:00

Application by email:

✉ shg-berlin@schatten-und-licht.de

Internet: www.familienzelt-berlin.de

Contact:

Berlin Mitte VHS

Antonstr. 37 - 13347 Berlin

✉ elternakademie@vhsmitte.de

Internet:

www.berlin.de/

deutsch-lernen-mit-kind-vhs-mitte



Crying Baby Clinic:

- Parents with infants and toddlers who cry a lot, are difficult to calm down, sleep little, or suffer from eating or growth disorders.
- First aid in extreme situations when parents are at their wits' end
- Relief and direct support for parents and children
- Services for expectant parents in high-risk pregnancies, previous miscarriages or stillbirths
- Mothers after a traumatic birth

Registration by phone is required.

Home visits are available.



Contact:

District and Family Centre Fabrik Osloer Straße

Osloer Str. 12 - 13359 Berlin

☎ 030 / 493 90 42

✉ familienzentrum@fabrik-osloer-strasse.de

Internet: www.nachbarschaftsetage.de

Mondays:

Claudia Theil - ☎ 0157 / 39 32 73 49

✉ sba.theil@nachbarschaftsetage.de

Tuesdays:

Theresa Fuchs - ☎ 0176 / 47 31 43 04

✉ post@theresa-fuchs.eu

Wednesdays:

Paula Diederichs - ☎ 0174 / 169 28 41

✉ info@pauladiederichs.de and

Margit Emesz - ☎ 0177 / 69 19 377

✉ emeszm@gmail.com

“SchreiBaby” self-help group

Self-help contact point in Mitte

Perleberger Str. 44 - 10559 Mitte

✉ kontakt@stadtrand.de

☎ 030 / 394 63 64

or via Margit Emesz - ☎ 0177 / 69 19 377

✉ emeszm@gmail.com

Moabit East Family Centre

Rathenower Str. 17 - 10559 Berlin

Fri 09:00 - 12:00

Margit Emesz - ☎ 0177 / 69 19 377

✉ emeszm@gmail.com

Casablanca gGmbH Project “Familienbuddy”

- Counselling for parents in particularly stressful situations with children up to the age of 3
- Advice on parenting issues
- Support with official matters
- Relief for parents
- Insight into services for families in the neighbourhood

Contact:

Casablanca gGmbH - Panke-Haus

Soldiner Str. 76 - 13359 Berlin

☎ 030 / 22 19 436-0

✉ familienbuddy@g-casablanca.de

Internet: www.panke-haus.de/individuelle-hilfen/familienbuddy

Deutscher Familienverband, Landesverband Berlin e.V.

Support for parents such as:

- Parent-child courses
- Relaxation programmes for parents
- Support for the whole family (adventure hikes, craft afternoons, etc.)

Contact:

Deutscher Familienverband, Landesverband Berlin e.V.

Wallenroder Str. 1 - 13435 Berlin

☎ 030 / 45 30 01-0

✉ sekretariat@dfv-berlin.de

Internet: www.dfv-berlin.de

Charité Baby Guides

The Charité's "Baby Guide" programme offers all parents support tailored to their individual needs.

Parents experiencing particularly stressful situations receive direct help when they need it.

The Baby Guides are available upon admission for delivery, during prenatal care before the birth, and also during the hospital stay.

Contact:

CVK Baby Guide

Charité Campus Virchow-Klinikum (CVK) -
Clinic for Obstetrics

Mittelallee 9 - 13353 Berlin

☎ 030 / 450 66-43 87 / -44 07

✉ info-babytse@charite.de

Internet: <https://babylotsen.charite.de/>

CCM Baby Guide

Campus Charité Mitte (CCM) - Clinic for Obstetrics
Charitéplatz 1 - 10117 Berlin

☎ 030 / 450 66 46 60

✉ info-babytse@charite.de



Educational and family counselling centres of the Youth Welfare Office (EFB)

Psychological and psychotherapeutic counselling, etc.

- for (future) parents during pregnancy
- for (future) parents transitioning to parenthood
- to support the parental partnership
- for questions about child development
- specifically for young mothers and fathers
- for parenting insecurities and questions about daycare
- for problems dealing with infants/toddlers
- for infant/toddler regulatory disorders (sleep, feeding, and growth disorders, defiant behaviour, clinginess, anxiety, reluctance to play, chronic restlessness)
- for problems within the family system (sibling conflicts, patchwork families, separation, divorce, etc.)
- for parents with personal trauma experiences
- for parents with addictions
- for parents with mental illnesses
- intensive educational and therapeutic work with families in cases of allegations of abuse
- for parents who feel burdened
- for curious parents

Contact:

EFB Gesundbrunnen

Grüntaler Str. 21 - 13357 Berlin

☎ (030) 9018-45 350

✉ efb.gesundbrunnen@ba-mitte.berlin.de

EFB Tiergarten

Turmstr. 75 - 10551 Berlin

☎ (030) 9018-34 614

✉ efb.moabit@ba-mitte.berlin.de

EFB Centre / Wedding

Schulstr. 101 - 13347 Berlin

☎ (030) 9018-45 400

✉ efb.zentrum-wedding@ba-mitte.berlin.de

Open consultation hours at all three locations every Tuesday from 09:00 to 11:00 and every Thursday from 16:00 - 18:00

Coordination Centre for Single Parents in Berlin Mitte

SINGLE PARENTS:

Being a single parent is a completely normal family structure. However, it can also be much more stressful for mothers and fathers than is the case with other family structures. Single parents are often faced with many challenges at once.

At the coordination office of the Single Parents Network, you can subscribe to an email newsletter that details many types of support available in the district and receive information about counselling, leisure, and meeting centres in our district.

Contact:

AWO Kreisverband Berlin-Mitte e.V.

“Coordination Office of the Single Parents Network in Berlin-Mitte”

Wattstraße 9 - 13355 Berlin

☎ 030 / 49 30 14 28

☎ 0151 / 46 73 59 74

✉ alleinerziehend@awo-mitte.de

Internet: www.awo-mitte.de/alleinerziehende/

Family centres / multi-generational centres / neighbourhood centres

Support for (expectant) parents, such as:

- Pregnancy meeting - opportunities for exchange and counselling
- Services for parents experiencing mental health problems
- Services for single and separated families
- Parent training - Joy and security with my child
- Early childhood development
- Toddler groups, parent meetings, baby massage, and more
- Mother-child language-learning groups
- FuN parenting courses / FuN baby
- Strong parents from the start - strengthening parenting skills
- Multiples and twins meeting in Gesundbrunnen / Wedding
- Midwife consultations
- Parent-child gymnastics, etc.
- "Activity picnic"
- Baby hand signals
- Activities for fathers



CENTRAL REGION

FiPP e.V. - Fischerinsel Family Centre

in the district centre KREATIVHAUS

Fischerinsel 3 - 10179 Berlin

☎ 0163 / 51 71 885

✉ familienzentrum-fischerinsel@fippev.de

Internet: www.kreativhaus-berlin.de/bereiche/familienzentrum-fischerinsel

KIDZ e.V. - Villa Lützow Family Centre

Lützowstr. 28 - 10785 Berlin

☎ 030 / 25 73 38 16

✉ kidz@familienzentrum-villaluetzow.de

Internet: www.familienzentrum-villaluetzow.de

KIDZ e.V. - Schwedter Straße Family Centre

Swedter Straße 234 - 10435 Berlin

☎ 030 / 50 95 50 30

✉ kidz@familienzentrum-schwedterstrasse.de

Internet: www.familienzentrum-schwedterstrasse.de

Family centres / multi-generational centres / neighbourhood centres

GESUNDBRUNNEN REGION

Pfefferwerk Stadtkultur gGmbH

Wattstraße Family Centre

Wattstr. 16 - 13355 Berlin

☎ 030 / 44 38 33 45

✉ fz-wattstrasse@pfefferwerk.de

Internet: <https://fz-wattstrasse.pfefferwerk.de>

Panke-Haus Familienförderzentrum

Soldiner Straße 76 - 13359 Berlin

☎ 030 / 221 94 36-0

Fax: 030 / 221 94 36-111

✉ info@panke-haus.de

Internet: www.panke-haus.de

DRK-Kiezzentrum Humboldthain

Neue Hochstr. 21 - 13347 Berlin

☎ 030 / 600 300-5530

✉ kiezzentrum-humboldthain@drk-wedpre.de

Internet: www.kiezzentrum-humboldthain.de

“District and Family Centre

Fabrik Osloer Straße”

Osloer Str. 12 - 13359 Berlin

☎ 030 / 49 90 23 35

✉ familienzentrum@fabrik-osloer-strasse.de

Internet: www.familienzentrum-fabrik.de

MOABIT REGION

Frecher Spatz e.V.

Family Activity Centre

Agricolastr. 28 - 10555 Berlin

☎ 030 / 76 21 37 50

✉ faz@frecherspatz.de

Internet: www.frecherspatz.de

SOS-Kinderdorf Berlin

Family Centre /

Multi-Generational Building

Waldstr. 23/24 - 10551 Berlin

☎ 030 / 330 99 30

✉ kd-berlin@sos-kinderdorf.de

Internet: www.sos-berlin.de

Moabit East Family Centre

Rathenower Str. 17 - 10559 Berlin

☎ 030 / 922 57 499

☎ 0163 / 63 111 24

☎ Community Mothers:

0176 / 471 44 102

Internet: www.familienzentrum-moabit.de

WEDDING REGION

Zukunftshaus Wedding / Family Centre

Müllerstraße 56-58 - 13349 Berlin

☎ 030 / 450 05-131

✉ familienzentrum@pgssoziales.de

Internet: www.pgssoziales.de

Family Centre on Nauener Platz

Schulstr. 101 - 13347 Berlin

☎ 030 / 46 06 61 41

✉ familienzentrum-mitte@lvs.stiftung-spi.de

Internet: www.familienzentrum-nauener-platz.de



COMMUNITY MOTHERS IN MITTE

Practical support and guidance for mothers/parents on the following topics:

- Family, parenting, language support, education and integration, health and leisure activities in the neighbourhood
- Advice on parenting and health issues, midwife consultations on pregnancy, birth, and babies
- Home visits and accompanying and supporting children at daycare centre or school appointments as language and cultural mediators

We are networked and cooperate with many daycare centres, schools, child and youth welfare institutions, and family support organisations.
We speak many languages.

A Bethania Diakonie gGmbH project

Moabit contact:

Youth Centre B8

Berlichingenstr. 8-11 - 10553 Berlin,

☎ 030 / 39 74 09 07

Project Manager: Shiva Saber Fattahy,

☎ 0151 / 18 00 17 92

✉ s.saber-fattahy@bethania.de

Wedding contact:

c/o Family Centre on Nauener Platz

Schulstr. 101 - 13347 Berlin

Project Manager: Hatice Kanal,

☎ 0151 / 18 00 17 96 oder 0176 / 44 45 73 26

✉ h.kanal@bethania.de

Gesundbrunnen contact:

c/o Language Support Centre Mitte

Badstraße 10 - 13357 Berlin

Project Manager: Edda Börner, ☎ 0151 / 1800 1794

✉ e.boerner@bethania.de

FAMILY COUNSELLING

Worried about your child? Stress in your relationship?

Are you at a loss and looking for relief?

We can help you resolve a problem or conflict in your family.

We organise a meeting with all the people important to you. You can then discuss a solution to the problem/conflict together.

Through family counselling...

- families find solutions that work for them.
- families strengthen their relationships.
- those affected realise that they are not alone!

Contact:

Berlin Mitte Family Counselling Office (KHJV)

Osloer Straße 12

(Staircase A, 3rd floor)

☎ 0162 / 211 34 79

✉ familienrat@kjhv.de

Internet:

<https://kjhv-bb.de/hilfsangebote/>

familienratsbuero-mitte/



We support people with disabilities of all ages on their individual path to an independent and self-determined life.

Lebenshilfe BAB gGmbH offers various services for young children with disabilities (or suspected disabilities) and their parents:

Parenting support group for parents of children with disabilities aged 0-3:

Up to ten mothers/fathers and their children meet at Ramlerstraße 13 once a week for ten mornings to get to know other parents, exchange ideas, and receive playful suggestions for child development, as well as advice and support.

Family support/carer group:

The carers provide flexible support, care, and guidance for children with disabilities, helping to relieve the burden on families for a few hours. The childcare services provided under Section 45b of the Social Code (SGB XI) are recognised as a benefit by the long-term care insurance fund.

Outpatient care (under SGB VIII and SGB IX):

- Counselling and support for parents within the framework of family support, especially with regard to the child's impairment(s) and possible ways of dealing with any barriers and challenges that may arise.
- Outreach support for impairment-specific individual support for young children.

Focus areas:

Autism spectrum disorder, Down syndrome (Trisomy 21), hearing impairment, FASD, and complex disabilities. Support can be requested from the responsible youth welfare office (Jugendamt).

Contact:

Centre/Alt-Mitte Site

Innsbrucker Straße 37 - 10825 Berlin

Gesundbrunnen Site

Ramlerstr. 13 - 13355 Berlin

☎ 030 / 590 031 711

Fax: 030 / 590 031 716

✉ info@lebenshilfe-bab.de

Instagram: [lebenshilfe.bab](https://www.instagram.com/lebenshilfe.bab)

Internet:

www.lebenshilfe-berlin.de/de/ueber-uns/organisation/lebenshilfe-bab-ggmbh.php



Special Education Service "Berliner Kiebitze"

Are you worried about whether your child is developing appropriately for their age?

Are you unsure how to handle and support them?

We are happy to advise you – even anonymously.

Our services include:

- Counselling for parents of children aged 0-7 (until school entry)
- Home visits & observation of the child in the home environment and/or childcare
- Consultations with caregivers in childcare
- Accompanying parents during consultations at daycare centers and day care
- Advice on support and development options in the community

You can contact us directly. Our consultations are open and free of charge.

Childminders and daycare professionals can also receive advice from the HPPD.



Contact:

Centre/Alt-Mitte Site

Special Education Service "Berliner Kiebitze"
Integral e.V.

Rathausstr. 13 - 10178 Berlin

☎ 0151 / 19 53 63 81

✉ hpfd.friedrichshain-mitte@integral-kja.berlin

Wedding/ Reinickendorf Site

Special Education Service "Berliner Kiebitze"
Ki.D.T. gGmbH

Nazarethkirchstr. 52 - 13347 Berlin

☎ 0162 / 2 15 42 71 oder 0152 / 55 47 90 82

✉ hpfd.reinickendorf-wedding@kidt.berlin

Tiergarten/Schöneberg Site

Special Education Service "Berliner Kiebitze"
Ki.D.T. gGmbH

Karl-Schrader-Str. 6 - 10781 Berlin

☎ 0152 / 09 00 71 45 oder 0152 / 08 99 75 67

✉ hpfd.schoeneberg-tiergarten@kidt.berlin

Internet: www.kiebitze.berlin

ElternMail Berlin

ElternMail Berlin - Making Parenting Easier

ElternMail Berlin accompanies mothers and fathers on the family adventure - from the turbulent beginning to the exciting years of puberty.

In ElternMail Berlin, parents will find...

- Helpful information and tips on your child's developmental stages
- Practical answers to your questions about everyday family life
- Specific information on support services for families in Berlin
- Medical support and advice on all questions regarding health, developmental, status vaccination, and nutritional issues

ElternMail Berlin is available free of charge, in several languages, and always delivered to your email inbox on time, based on your child's developmental milestones.

Register here: www.elternleben.de/elternmail-berlin/

Contact:

ElternMail Berlin

wellcome Regional Coordination Berlin
c/o Stützrad gGmbH

Liselotte-Hermann-Str. 33 - 10407 Berlin

Contact persons:

Katja Brendel / Sabrina Döring

☎ 030 / 29 49 35 83

✉ berlin@wellcome-online.de

✉ berlin2@wellcome-online.de

Internet: www.elternleben.de/elternmail-berlin



Berlin Family Portal and ElternMail Berlin - Two services that make parenting easier

On the Berlin Family Portal, you'll find everything you need to know about parenthood, from applications to immigration. Plus, leisure tips and much more.

Multi-language - available in all languages.

With ElternMail, you'll receive the most important information about every developmental stage of your child. With practical tips and support offers. Currently available in six languages.

Contact:

Berlin Family Portal

Senate Department for Education, Youth and Family

Bernhard-Weiß-Str. 6 - 10178 Berlin

✉ familienportal@senbjf.berlin.de



● PREGNANCY COUNSELLING & OTHER COUNSELLING CENTRES

If you have questions about pregnancy, family planning, or relationships, you can get information and advice from a counselling centre. You can find contact persons at the following facilities:

Centre for Sexual Health and Family Planning - Family Planning and Pregnancy Counselling Centre:

Ruheplatzstr. 13 - 13347 Berlin

☎ 030 / 9018 441 25

✉ Zentrum-Familienplanung@ba-mitte.berlin.de

Internet: www.berlin.de/ba-mitte/politik-und-verwaltung/aemter/gesundheitsamt/zentren/artikel.106172.php



Immanuel Beratung Reginhardstraße

Reginhardstraße 34 - 13409 Berlin

☎ 030 / 447 262-330

✉ beratung.reginhardstrasse@immanuel.de

Internet: www.beratung.immanuel.de

Immanuel Beratung Fischerinsel

Fischerinsel 2 - 10179 Berlin

☎ 030 / 447 262-190

✉ beratung.fischerinsel@immanuel.de

Internet: www.beratung.immanuel.de

BACIM Counselling Center DRK-Kreisverband Wedding / Prenzlauer Berg e. V.

German Red Cross General Social Services

Oldenburger Str. 22 - 10551 Berlin

☎ 030 / 395 30 37

✉ bacim@drk-berlin-zentrum.de

Internet: www.drk-berlin-zentrum.de

Neue Hochstr. 21 - 13347 Berlin

☎ 030 / 600 300-5520

✉ asd@drk-wedpre.de

Internet: www.drk-wedpre.de

● BEFORE THE BIRTH

There is a lot to do before your child is born. Try to get as much done as possible before the birth. Then, when the child is born, you have more time for yourself and your family.

What?	Information	When?	Where?	Documents required
HEALTH				
Find a gynaecologist	Regular check-ups are scheduled during pregnancy. They are covered by health insurance and do not require additional payment. Check-ups can be performed at a gynaecological practice or by a midwife. The maternity record is also issued at this time.	From the beginning of pregnancy	Internet www.kvberlin.de (> Doctor Search > Gynaecology and Obstetrics)	• Health insurance card
Find a midwife • Pregnancy counselling/prenatal care • Birth preparation • Postpartum care • Information on services • Postnatal Classes	Every woman is entitled to the support of a midwife during pregnancy and in the postpartum period. The midwife can perform all prenatal examinations except ultrasounds. She also issues the maternity passport. The costs are covered by health insurance.	From the beginning of pregnancy	Internet www.hebammensuche.de www.kidsgo.de www.ammely.de www.berliner-hebammenvermittlung.de www.berliner-hebammenverband.de	• Health insurance card
Find a birthing facility /register for birth		During pregnancy	Berlin Mitte Maternity Clinics Charité Campus Virchow-Klinikum Augustenburger Platz 1, 13353 Berlin ☎ 030 / 450-50 Campus Charité Mitte Charitéplatz 1, 10117 Berlin ☎ 030 / 450-50	• Health insurance card • Maternity record

What?	Information	When?	Where?	Documents required
Find a paediatrician's clinic for the U-examinations	The U1 and usually also the U2 are performed at the birthing facility. The U3 to U9 examinations are performed at a paediatrician's clinic.	The U-examinations are very important, so you should look for a paediatrician's office that has free appointments during your pregnancy .	Internet www.kvberlin.de (> Doctor Search > Paediatrics)	

WORK

Notify your workplace of your pregnancy		No deadline, but as soon as possible to ensure compliance with maternity regulations	Employer	<ul style="list-style-type: none"> • Maternity record (if applicable) • Certificate from a gynaecologist or midwife
Apply for parental leave	www.bmfsfj.de (> Family > Parental benefit / Parental leave > Everything you need to know about parental leave at a glance)	at least 7 weeks before the start of parental leave	Employer	

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Have a paternity acknowledgement certified	Acknowledgement of paternity is important for parents who are not married.	Recommended before birth, but also possible after birth	Youth Welfare Office (Jugendamt) – free of charge Karl-Marx-Allee 31, 10178 Berlin Consultation hours: by appointment Tue: 09:00 - 12:00 Thu: 14:00 - 18:00 ☎ 030 / 115 ✉ beurkundung.jug@ba-mitte.berlin.de or Registry Office – fee applies Parochialstr. 3, 10179 Berlin ☎ 030 / 115 ✉ neugeburten@ba-mitte.berlin.de	Submit in advance by email, mail, or in person during office hours. <ul style="list-style-type: none"> • ID/passport, birth certificates of both parents • Maternity record (if after birth: child's birth certificate) • Documents can be sent by email. Please provide a telephone number for further inquiries. • ID/passport, birth certificates of both parents
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What?	Information	When?	Where?	Documents required
AUTHORITIES				
<p>Submit a custody declaration</p> <p>(for unmarried couples)</p>	<p>Parents who are not married to each other must make a public custody declaration if they wish to have joint custody of their child.</p>	<p>Before or after birth</p>	<p>Youth Welfare Office (Jugendamt) - free of charge Karl-Marx-Allee 31, 10178 Berlin Consultation hours: Tue: 09:00 - 12:00 Thu: 14:00 - 18:00 ✉ beurkundung.jug@ba-mitte.berlin.de</p>	<p>Submit in advance by email, mail, or in person during office hours.</p> <ul style="list-style-type: none"> • ID/passport, birth certificates of both parents • Maternity record (if after birth: child's birth certificate) • Paternity recognition
FINANCES				
<p>Apply for maternity benefit</p>	<p>Working women who are covered by statutory health insurance receive maternity benefit from their health insurance company from 6 weeks before to 8 weeks after the birth. The employer pays the net wage minus approx. 13 euros per working day. These are paid by the health insurance provider. When receiving ALG I, only the health insurance provider pays.</p>	<p>Submit a certificate of pregnancy 7 weeks before the birth</p>	<p>Health insurance provider</p>	<ul style="list-style-type: none"> • Application from the health insurance company • Certificate from the gynaecologist or midwife
<p>Benefits from the JobCenter: Apply for additional needs for pregnant women / maternity clothing / initial equipment allowance</p>	<p>Recipients of citizen's income have the option of applying for the following one-time benefits:</p> <ul style="list-style-type: none"> • Maternity clothing • Baby essentials • High chair • Pram/pushchair • Crib <p>It is also possible to apply for additional benefits for pregnant women amounting to 17% of the standard benefit.</p>	<p>Additional benefits for pregnant women / maternity clothing: from the 13th week of pregnancy</p> <p>Baby essentials: 2 - 3 months before the expected delivery date</p>	<p>JobCenter - Headquarters: Seydelstr. 2-5, 10117 Berlin Additional sites: Müllerstr. 16, 13353 Berlin Müllerstr. 147, 13353 Berlin Lehrter Str. 46, 10557 Berlin Kapweg 4, 13405 Berlin</p> <p>Telephone availability: Mon and Wed, 08:00 - 16:00 Thu: 08:00 - 18:00 Fri: 08:00 - 14:00 ☎ 030 / 55 55 45 22 22 ✉ Jobcenter-Berlin-Mitte@job-center-ge.de</p>	<ul style="list-style-type: none"> • Written informal application • Maternity record

What?	Information	When?	Where?	Documents required
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FINANCES

Apply for payment from the “Help for the Family - Pregnant Women in Need” foundation

The “Help for the Family - Pregnant Women in Need” foundation provides supplementary benefits once per pregnancy if the initial equipment cannot be purchased from one's own resources, or if the benefits provided by the JobCenter are insufficient.

Any pregnancy counselling centre will support you in applying. This takes the application and forwards it to the foundation. It is important that the application is only submitted to **one** pregnancy advice centre and not to several. If you submit a duplicate application, the application will be rejected.

From the 13th week of pregnancy until before the birth - the application should be submitted as early as possible.

Any pregnancy counselling centre


www.stiftunghilfe.de

- Identity card/passport and registration certificate
- Maternity record
- Documentation of existing personal assets
- Bank statements
- Rental agreement
- Proof of income
- Notices from JobCenter regarding the granting of special benefits
- Proof of debts and instalment payments

● AFTER THE BIRTH

Once the child is born, you probably want to devote yourself solely to your new family member. However, some administrative procedures still have to be completed after the birth.

What?	Information	When?	Where?	Documents required
HEALTH				
Take U-examinations	Important: Make appointments for check-ups at the paediatrician's office chosen before the birth.	From birth	Paediatric practice	<ul style="list-style-type: none"> • Yellow booklet for preventive examinations • Vaccination record
Take out health insurance for the child (family insurance)	After you have received information over the phone, the health insurance provider will send you a form. The child will receive their own insurance card two weeks after registration. Medical treatment is also possible beforehand. There are no additional costs for insuring the child.	Promptly after birth	Health insurance provider	<ul style="list-style-type: none"> • Child's birth certificate • Completed health insurance form • Health insurance card (if already available)
Take advantage of services offered by the Child and Youth Health Service (KJGD)	After the birth of your child, you will receive a welcome letter from the KJGD offering you an initial home visit. During the initial home visit, expert social workers will provide you with information on breastfeeding, nutrition, care, as well as legal, economic, and social issues. Further offers from the KJGD include: <ul style="list-style-type: none"> • Medical examinations for infants and children • Individual counselling and support in crisis and overload situations • Assistance with official procedures • Conducting daycare admission examinations 	First home visit: approx. 4-6 weeks after birth	Children's and Youth Health Service Tiergarten Site Mathilde-Jacob-Platz 1 10551 Berlin Appointments only by telephone ☎ 030 / 9018-46130 ✉ KJGD@ba-mitte.berlin.de Consultation hours: Please inquire by phone.	<ul style="list-style-type: none"> • Yellow booklet for preventive examinations • Vaccination record

What?	Information	When?	Where?	Documents required
AUTHORITIES				
Registration at the Registry Office	<p>The child's birth details are recorded at the birth facility and sent to the registry office (of the district in which the child is born). If you submit the relevant documents and fees to your birthing facility and have already signed the name selection process there, you do not need to go to the Registry Office in person. The Registry Office will send you the certificates and documents by mail.</p> <p>You will receive three free birth certificates and certificates (additional birth certificates can be purchased for a fee).</p>	<p>Within one week of the birth for home births. If the birth takes place in a hospital, registration will be handled by the hospital.</p>	<p>Registry Office Parochialstr. 3, 10179 Berlin ☎ 030 / 9018-243 21 ☎ 030 / 9018-243 34 ☎ 030 / 9018-243 41 ☎ 030 / 9018-243 45</p> <p>✉ neugeburten@ba-mitte.berlin.de</p>	<ul style="list-style-type: none"> • Birth certificate from the birthing facility • Parents' birth certificates • Parents' ID cards/passports • Parents' marriage certificate <p>Additionally, if unmarried:</p> <ul style="list-style-type: none"> • Acknowledgement of paternity (if applicable) and, if applicable, a declaration of custody if the child's mother is divorced • Marriage certificate and divorce decree • If the parents have two children, the children's birth certificates
Find a daycare centre place		<p>We recommend searching for a daycare place as early as possible.</p>	<p>Internet https://kita-navigator.berlin.de</p>	
Apply for a daycare centre voucher	<p>Before your child can be cared for at a daycare centre, you must apply for a daycare voucher. The voucher indicates the amount of care required. With the daycare voucher, you contact a daycare centre of your choice and enter into a contract with the provider. Care is free for all children. A flat fee of €23 for meals is payable.</p> <p>Daycare voucher office: www.berlin.de/ba-mitte/politik-und-verwaltung/aemter/jugendamt/kindertagesbetreuung/artikel.245394.php</p>	<p>Applications for the daycare voucher can be submitted no earlier than nine months and no later than two months before the desired start date. (In special cases, this can also be done at short notice, e.g., if you are moving to Berlin or starting work at short notice.)</p>	<p>Youth Welfare Office Family Service Office Karl-Marx-Allee 31, 10178 Berlin ☎ 030 / 9018-24 000</p> <p>Consultation hours: Tue: 09:00 - 12:00 Thu: 14:00 - 18:00 By appointment only</p> <p>Telephone consultation: Mon, Tue, Fri: 09:00 - 11:00 Thu: 14:00 - 17:00</p>	<ul style="list-style-type: none"> • Completed application form and proof of employment; • All forms available via the QR code or on the website: www.berlin.de/ba-mitte/politik-und-verwaltung/aemter/jugendamt/kindertagesbetreuung 



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<p>If necessary Apply for guardianship</p>	<p>You can apply in writing at any time, free of charge, for a paternity determination to establish paternity and/or assert maintenance claims. The prerequisite is that you have custody (solely or jointly) and the child is in your care.</p> <p>We represent your child in the paternity determination process.</p> <p>We review the personal and financial circumstances of the person liable for maintenance.</p> <p>We calculate and certify the maintenance claim.</p> <p>We assert your child's maintenance claims in court - if necessary - and represent your child in court.</p> <p>We monitor the receipt of maintenance payments and, if necessary, initiate enforcement measures.</p>	<p>From birth</p>	<p>Youth Welfare Office / Guardianship Karl-Marx-Allee 31, 10178 Berlin</p> <p>Consultation hours: Tue: 09:00 - 12:00 Thu: 14:00 - 18:00</p> <p>☎ 030 / 9018-24 000</p> <p>✉ beurkundung.jug@ba-mitte.berlin.de</p>	<ul style="list-style-type: none"> • Identity card • Child's birth certificate • Any debt instruments
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What?	Information	When?	Where?	Documents required
FINANCES				
Applying for child benefit	<p>All children are entitled to child benefit from birth until they reach the age of 18. Child benefit application form (available from the Family Benefits Office): www.arbeitsagentur.de (> Citizens > Family and Children > Child Benefit, Child Benefit Supplement) You can also apply online here. www.arbeitsagentur.de/familie-und-kind-er/infos-rund-um-kindergeld/kin-dergeld-anspruch-hoehe-dauer</p>	Within 6 months of birth	<p>Federal Employment Agency Family fund Charlottenstr. 90, 10969 Berlin ☎ 0800 / 455 55 30</p> <p>Contact by telephone: Mon - Fri: 08:00 - 18:00</p> <p>Consultation hours: Tue, Fri: 09:00 - 12:00 Thu: 09:00 - 12:00 and 15:00 - 18:00</p>	<ul style="list-style-type: none"> • Completed application form • Original birth certificate from the Registry Office for the child benefit application • Parents' ID card/passport
Applying for child benefit	<p>The child supplement supplements child benefit. It is aimed at low-income parents whose income can cover their own living expenses but not those of their children. As a general rule: parents who receive citizen's income, social security benefits, or social assistance and have no other income can receive child benefit but not the child supplement.</p>	From birth until the child reaches the age of 25	<p>Federal Employment Agency Family fund (see above)</p>	<ul style="list-style-type: none"> • Completed application form
Applying for parental benefit	<p>Parental benefit is generally 65% of the average net earnings of the last 12 months.</p> <p>Parental benefit calculator: www.bmfsfj.de (> Service > Online calculator)</p> <p>www.bmfsfj.de/bmfsfj/aktuelles/alle-meldungen/elterngeldrechner-online-99590</p>	<p>Within the first 3 months after birth</p> <p>(Parental benefit is only paid retroactively for 3 months)</p>	<p>Youth Welfare Office (Jugendamt) Parental Benefit Office Karl-Marx-Allee 31, 10178 Berlin Family Service Office ☎ 030 / 9018-24 000</p> <p>Consultation hours: (only by appointment) Mon, Tue: 09:00 - 15:00 Thu: 14:00 - 18:00 Fri: 09:00 - 13:00</p> <p>Telephone consultation: Mon, Wed, Fri: 09.00 - 10:00</p>	<ul style="list-style-type: none"> • Completed application form signed by both parents with attachments • IMPORTANT: Original birth certificate from the Registry Office for the application for parental benefit • Parents' ID cards/passports with residence permits • Proof of income and maternity allowance

What?	Information	When?	Where?	Documents required
FINANCES				
Applying for housing benefit	Housing benefit is intended to ensure financial security for adequate and family-friendly housing. It depends on family income, rent, and the number of household members.	If necessary (not granted if receiving citizen's income, BAföG, or vocational training assistance)	Citizen's Office www.berlin.de/ba-mitte/politik-und-verwaltung/aemter/amt-fuer-buergerdienste/buergeraemter/bereich-wohnen/wohngeld-miet-und-lastenzuschuss/artikel.244046.php or https://service.berlin.de/dienstleistung/120656/ or Citizens' telephone (appointment booking): ☎ 115	<ul style="list-style-type: none"> • Completed application form • Proof of income • Proof of rent
Applying for citizen's income	Citizen's income is a basic social security benefit for employable beneficiaries aged between 15 and 65 or 67 years according to the Second Book of the Social Code (SGB II).	If necessary	Job Centre Headquarters: Seydelstr. 2-5, 10117 Berlin Additional sites: Müllerstr. 16 and 147, 13353 Berlin Lehrter Str. 46, 10557 Berlin Kapweg 4, 13405 Berlin Contact by telephone: Mon - Fri: 08:00 - 18:00 ☎ 030 / 55 55 45 22 22	<ul style="list-style-type: none"> • Completed application form and attachments, ID card/passport • Proof of income and assets, bank statements • Rental agreement • Copy of bank card • Copy of health insurance card
Applying for advance maintenance payment	Children living with a single parent who is single, widowed, divorced, or separated from their spouse and who receive no or no regular maintenance from the other parent are entitled to advance maintenance payments. The following applies: Children up to the age of 12 can receive advance maintenance payments without any time limit.	Starting from the month of application	Youth Welfare Office (Jugendamt) Advance Maintenance Payment Office Karl-Marx-Allee 31, 10178 Berlin ☎ 030 / 9018-24 000 Family Service Office Consultation Hours: Tue: 09:00 - 12:00 Thu: 14:00 - 18:00 Telephone consultation: Mon, Wed, Fri: 09:00 - 10:00	<ul style="list-style-type: none"> • Completed application form • ID card/passport • Child's birth certificate • Paternity recognition • Proof of receipt of benefits under SGB II • Proof of income (from age 12) • For foreign children: Copy of passport with residence permit • For divorced parents: Divorce court order or proof of separation from the tax office • If applicable, proof of maintenance payments from the other parent or half-orphan's pension

What?	Information	When?	Where?	Documents required
<p>Applying for advance maintenance payment</p>	<p>Children between the ages of 12 and 18 must meet certain requirements to continue receiving maintenance advance payments. The prerequisite is that they are not dependent on benefits under Book II of the Social Code (SGB II) or that the single parent receiving benefits under SGB II earns at least €600 gross.</p>	<p>From the month of application</p>	<p>Youth Welfare Office (Jugendamt) Advance Maintenance Payment Office Karl-Marx-Allee 31, 10178 Berlin</p> <p>Family Service Office: ☎ 030 9018-24 000</p> <p>Consultation hours: (only by appointment) Mon, Tue: 09:00 - 15:00 Thu: 14:00 - 18:00 Fri: 09:00 - 13:00</p> <p>Telephone consultation: Mon, Wed, Fri: 09.00 - 10:00</p>	
<p>Applying for household benefit</p>	<p>If it is not possible to continue running the household (e.g. due to health problems) and no other person living in the household can continue to run the household, it is possible to apply for household benefit from the health insurance provider. It must be applied for independently and cannot be prescribed by a doctor or midwife. However, a doctor or midwife can certify the need for household help and support the application process.</p>	<p>If necessary (including during pregnancy)</p>	<p>Your health insurance provider</p>	<ul style="list-style-type: none"> • Maternity record • Certificate from the doctor's office or midwife's certificate stating the need for household benefit
<p>Help from the Youth Welfare Office (Jugendamt): Assistance for the Care and Support of a Child in Emergency Situations (Section 20 SGB VIII)</p>	<p>If the care and support of a child cannot be guaranteed in an emergency situation (e.g., due to health or other compelling reasons), assistance can be requested from the Youth Welfare Office (Jugendamt) if it is necessary for the child's well-being.</p>	<p>If necessary, for parents of children living in the household</p>	<p>Your local Youth Welfare Office (Jugendamt)</p>	<p>Inquire at the Youth Welfare Office (Jugendamt) (depending on the specific emergency situation)</p>

● AT THE END OF YOUR TETHER? - NEVER SHAKE YOUR BABY!

WHY SHAKING IS SO DANGEROUS...

If parents lose control for a few seconds and shake their baby, they can cause lifelong harm. Infants cannot yet hold their heads up on their own. When shaken, the head is thrown back and forth. This can cause serious brain injuries. This is called shaken baby syndrome. Blood vessels and nerve pathways rupture. Seizures and mental and physical disabilities can result. Between 10 and 30 percent of children even die.

Also inform grandparents, neighbours, and babysitters about the dangers of shaking.

If you lose control:

Take your child to the nearest hospital immediately!

HELP IS AVAILABLE HERE...

- ▶ Paediatricians and adolescent doctors
- ▶ General practitioners
- ▶ (Family) midwives
- ▶ Counselling services for parents of babies with so-called regulatory disorders (e.g., crying clinics, children's hospitals, social paediatric centres, family counselling centres)
- ▶ **Parents' hotline 0800 / 111 0 550**
(Nummer gegen Kummer e.V.)
- ▶ **Online counseling for parents: www.bke-elternberatung.de**
- ▶ More information at: www.elternsein.info

Publisher:

National Centre for Early Childhood Support (NZFH) at the Federal Centre for Health Education (BZgA) in cooperation with the German Youth Institute (DJI) - www.bzga.de, www.fruehehilfen.de

● PRENATAL CHECKLIST

What?	When?	Where?	✓
Pregnancy advice	During pregnancy	Pregnancy counselling centre	
Health			
Find a gynaecologist	From the beginning of pregnancy	Internet	<input type="radio"/>
Find a midwife	From the beginning of pregnancy	Internet	<input type="radio"/>
Registration for birth	During pregnancy	Birthing facility	<input type="radio"/>
Find a paediatrician's clinic for preventive examinations	During pregnancy	Internet	<input type="radio"/>
Work			
Notify your workplace of the pregnancy	No deadline	Employer	<input type="radio"/>
Apply for parental leave	At least 7 weeks before the start of parental leave	Employer	<input type="radio"/>
Authorities			
Have acknowledgement of paternity certified	Before or after birth	Youth Welfare Office (Jugendamt) or Registry Office	<input type="radio"/>
Submit a declaration of custody (for unmarried couples)	Before or after birth	Youth Welfare Office (Jugendamt)	<input type="radio"/>
Finances			
Apply for maternity benefit	Submit a pregnancy certificate no later than 7 weeks before the birth	Health insurance provider	<input type="radio"/>
Benefits from the Job Centre: Applying for assistance with additional needs for pregnant women/maternity clothing/initial supplies	Additional requirements for pregnant women/maternity clothing: from the 13th week of pregnancy Baby essentials: 2-3 months before the estimated due date	Job Centre	<input type="radio"/>
Apply for payment from the "Help for the Family - Pregnant Women in Need" foundation	In the first months of pregnancy	Pregnancy counselling centre	<input type="radio"/>

● POSTNATAL CHECKLIST

What?	When?	Where?	✓
Health			
Take U-examinations	From birth	Paediatric practice	<input type="radio"/>
Take out health insurance for the child	Promptly after birth	Health insurance provider	<input type="radio"/>
Take advantage of services offered by the Child and Youth Health Service	After the birth	Child and Youth Health Service	<input type="radio"/>
Authorities			
Registration at the Registry Office	Within a week after birth	Registry Office	<input type="radio"/>
Find a daycare place as early as possible Internet	Before or after birth	Internet	<input type="radio"/>
Apply for a daycare centre voucher	1 - 2 months before the start of care	Youth Welfare Office (Jugendamt)	<input type="radio"/>
Finances			
Apply for child benefit	Within 6 weeks after birth	Family fund	<input type="radio"/>
Apply for child benefit	From birth until the child reaches the age of 25	Family fund	<input type="radio"/>
Apply for parental benefit	Within the first 3 months after birth	Youth Welfare Office (Jugendamt)	<input type="radio"/>
Apply for housing benefit	If necessary	Citizen's Office	<input type="radio"/>
Apply for citizen's income	If necessary	Job Centre	<input type="radio"/>
Apply for a maintenance advance	If necessary	Youth Welfare Office (Jugendamt)	<input type="radio"/>
Apply for household help	If necessary (including during pregnancy)	Health insurance or Youth Welfare Office (Jugendamt)	<input type="radio"/>

● EMERGENCY NUMBERS

NUMMER GEGEN KUMMER

Parents' hotline (free of charge):	0800 /111 0550
Online counselling for parents:	www.bke-elternberatung.de
Pregnant Women in Need	
Anonymous and safe - helpline	0800 / 40 40 020 (available 24 hours)

EMERGENCY CALLS

Police	110
Fire Department	112
Emergency Poison Centre	030 / 19 24 0

EMERGENCY AND ON-CALL SERVICES

Violence against Women	0800 / 011 60 16 or online: www.hilfetelefon.de
Helpline for Women After Traumatic Birth	0228 /9295 9970
Paediatrician/Medical On-Call Service (24 Hours)	11 61 17
Berlin Crisis Service	030 / 39 063 - 00
Telephone Counselling (Free)	0800 / 111 0 111 or 0800 / 111 0 222
Women's Crisis Hotline / Protection for Women and Children	030 / 615 42 43 or 615 75 96 (Migrant Women Counselling)
BIG Hotline - Help with Domestic Violence against Women and Children	030 / 611 03 00
Children's Emergency Service	030 / 61 00 61 or online: www.kindernotdienst.de
Child Protection Hotline (available 24 hours)	030 / 61 00 66
Berlin Mitte Child Protection Hotline	030 / 90182 - 555 55 (Mon - Fri: 08:00 - 18:00)

You can access our services on the district office's website under the "Family Services" section or directly on the Early Support Services page.

- **Link to the Early Support Services page of the Berlin Mitte District Office:**
www.berlin.de/fruehe-hilfen-mitte
- **Homepage of the Mitte District Office:** www.berlin.de/ba-mitte/service/familienangebote
- **National Centre for Early Childhood Intervention:** www.fruehehilfen.de
- **Films of the National Centre for Early Childhood Intervention:**
www.fruehehilfen.de/service/publikationen/filme-fuer-fachkraefte-und-eltern
- **Information sheets and films “Growing up mentally healthy”:**
www.fruehehilfen.de/service/materialien-fuer-eltern-und-familien/merkblaetter-und-filme-seelisch-gesund-aufwachsen/



● LEGAL NOTICE

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As at: October 2024

The timetable “What you need to know around the time of the birth” makes no claim that the information listed is complete, up-to-date or correct. The consultation hours mentioned as well as the legal and government services and their basis for entitlement may change.



Are you pregnant or about to become a father?

Did you recently have a baby?

The (upcoming) birth of your child will bring many exciting changes to your daily life.

Since there is a lot to prepare for the time surrounding the birth, we would like this brochure to help you get off to a good start in your new family life.



Website of "Berlin Mitte
Early Support Services"



Here you can find information
on the "ElternMail" service



Visit the website of the
"Family Portal"

