

Pregnancy & Birth

Information for Spandau



Englisch / English

Dear Parents,



Dilek Kalayci

Welcome to Berlin-Spandau.

We – that is the city of Berlin, the district of Spandau and the Evangelische Waldkrankenhaus Spandau – want to help you with your baby to start a good and healthy life.

In particular, there are many questions that arise if you think or know that you are pregnant, such as: Am I really pregnant? Where can I get help and support?

This brochure aims to explain what support the health system offers you during pregnancy, at birth and afterwards.

Medical examinations during pregnancy, as well as early registration for birth in a hospital, are particularly important, in order to prevent, or to identify and deal with, at-risk situations. Doctors, social workers, midwives and hospital teams help you during the pregnancy so that your health and your child's health can be enhanced with that support.

If you have questions or problems, the Mobile Health Team (Mobiles Lotsenteam) in the district of Spandau is at your disposal (contact at the back of the brochure).



Frank Bewig



PD Dr. med. habil.
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Senatorin für Gesundheit, Pflege und Gleichstellung
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1 | You are Pregnant

If you believe that you are pregnant, take a pregnancy test. You can get the pregnancy testing set in pharmacies, refugee accommodations (for example from the social worker) or in some supermarkets.

If you live in an accommodation for refugees, please inform the social worker or a person in charge of your accommodation immediately that you are pregnant. They will help you for example how you can register with women's doctor. The doctors will look after you during your pregnancy.

Please note the following rules, so that your child stays healthy:



Do not smoke



Do not drink alcohol



Eat lots of fruit and vegetables



Drink sufficient water and unsweetened tea



2 | Women's Medical Examination

During pregnancy, you should be examined regularly by a women's doctor (Gynaecologist). These precautionary examinations are important as they will help to avoid complications in pregnancy and during birth. You will be given your Mother's Health Record Booklet (Mutterpass) by the doctor.

All important examination results, such as your blood group and development of your child in the mother's womb, are recorded in it. Please always keep your Mutterpass with you in a safe place both before and after your baby is born.

To find a doctor who can assist you, search on the website of the Kassenärztliche Vereinigung (KV). Under **www.kvberlin.de** > **Arztsuche** > **Erweiterte Suche** > **Frauenheilkunde und Geburtshilfe**, there is a list of doctors.

With the advanced search „Erweiterten Suche“ you can also search for the language skills of the doctor.

Call your women's doctor, if you have at least one of the following symptoms!

- Pain through urination
- Itching in the vagina
- Unpleasant smelling vaginal discharge
- Fever above 38° Celsius
- Hard belly (more than 10 times per day)

Go to your women's doctor immediately, if any of the following symptoms occur:

- Severe pain
- Bleeding from the vagina
- Liquid from the vagina (more than the normal vaginal discharge)

--> If the doctor is not available: call the emergency number (Telephone 112**) or go to the maternity hospital.**



Financial Support and Advice during Pregnancy

If you are in receipt of unemployment benefit II (Alg II), you can apply for one-off benefits from the Job Center during your pregnancy. These are called „one-time benefits for more needs for pregnant women“ (einmalige Leistung für Mehrbedarf in der Schwangerschaft) such as pregnancy clothes / initial outfitting assistance.

You can also apply for financial aid for initial equipment at the foundation known as Help for the Family – Pregnant in Need „Hilfe für die Familie – Schwangere in Not“. The pregnancy Counselling Centres in Spandau can help you to complete your application.

More Information is available at: www.stiftungshilfe.de

Counselling Services

Pregnancy counselling and help with applications „Help for the Family-Hilfe für die Familie“

**Immanuel Beratung Spandau
Schwangeren- und Schwangerschafts-
konfliktberatung | Pregnancy and
Pregnancy Conflict Counselling**

Burbacher Weg 4, 13583 Berlin

Information and Registration:

Tel: 030 3313021 or 030 33290677

Pregnancy Advice:

Thursday: 9:00 am - 11:00 am

Pregnancy Conflict Advice:

with Appointment

**Zentrum für sexuelle Gesundheit und
Familienplanung | Centre for Sexual
Health and Family Planning Bezirksamt
Charlottenburg-Wilmersdorf**

Hohenzollerndamm 174-177, 3rd Floor
10713 Berlin

Information and Registration:

Tel: 030 902916880

Consultation Hours: Monday, Tuesday,

Friday 9:00 am - 12.30 pm,

Thursday 3:00 pm - 6:30 pm



3 | Sign-Up for the Forthcoming Birth in a Hospital

In Berlin-Spandau there are two hospitals where you can give birth to your baby: the Gemeinschaftskrankenhaus Havelhöhe and the Evangelische Waldkrankenhaus Spandau.



Sign-up between 16th and 20th week of pregnancy
<http://bit.ly/GebHavelhoehe>

Telephone sign-up: from Monday to Friday, 10:00 am - 12:00 pm,
Telephone 030 36501652

For details see homepage: <https://www.havelhoehe.de/geburtshilfe.html>

Babylotse – Free of Charge advice around the birth

Informations about the offers for pregnant women and young families in the district.

Telephone 030 36501-1428

babylotse@havelhoehe.de



Sign-up between 16th and 20th week of pregnancy
<http://bit.ly/GebSpandau>

Part 1 | Online sign-up 16th to 20th week of pregnancy (SSW)

Provide your contact details as well as information on the birth (i.e. expected birth date) via an online form.

You will then receive confirmation by e-mail with your personal registration number and further information. The online form is in German, English and Arabic. Here you can choose a date for registering.

If you have a difficulty to sign up, please ask for example a social worker, your midwife or an employee of Immanuel Beratung.

Part 2 | Personal sign-up 30th to 34th week of pregnancy (SSW)

Please come on your chosen and confirmed registering date with your registration number to the Midwife House (House 13) on the grounds of the Evangelische Waldkrankenhaus Spandau. Bring with you the personal registration number from the confirmation e-mail.

You will be able to speak with a midwife and also ask questions you may have.

Afterwards, you will be given advice by a member of the Health Team (Babylotsin).

Babylotse – Free of Charge advice around the birth

Informations about the offers for pregnant women and young families in the district.

Telephone 030 3702-2209

babylotse.waldkrankenhaus@jsd.de



4 | Organizing and Procuring

These things should be done in preparation for the birth:

- Organise during pregnancy all the necessary documents that will be needed so that your child can be registered at the Registry Office (Standesamt) (see checklist page 12).
- Find a midwife for the post-natal period (see information below).
- Register your child with a paediatrician (Children's Doctor) before birth.
- Pack your bag for the hospital.
- Do you already have children? Make arrangement for someone to look after them once the labour pains begin and whilst you are in the hospital.

Midwife / Hebamme

Midwives look after women during pregnancy and after birth.

Care after the birth (after care) is very important for you and your baby. In the first ten days of life, you should be visited by a midwife at home or in your accommodation. Make contact with a midwife as early as possible – as there is a shortage of midwives in Berlin – during your pregnancy.

You can also visit the internet website www.berliner-hebammenliste.de/suche to search for a midwife.

Need help finding a midwife? Contact the Mobile Health Team (Mobiles Lotsenteam).



5 | Giving Birth in the Hospital

If you have labour pains and there are no complications in your pregnancy, let your relative take you to the hospital or call for a taxi. If complications occur around the birth date, call an ambulance. It will take you quickly to the nearest obstetrics hospital: Telephone 112.

After birth you and your child can stay for 3 to 4 days in the hospital. All necessary examinations of your child will be carried out there.

This includes:

- Initial examination (U1) child precautionary investigations and often also the second examination (U2)
- Hearing Test
- Blood test to exclude congenital metabolic diseases

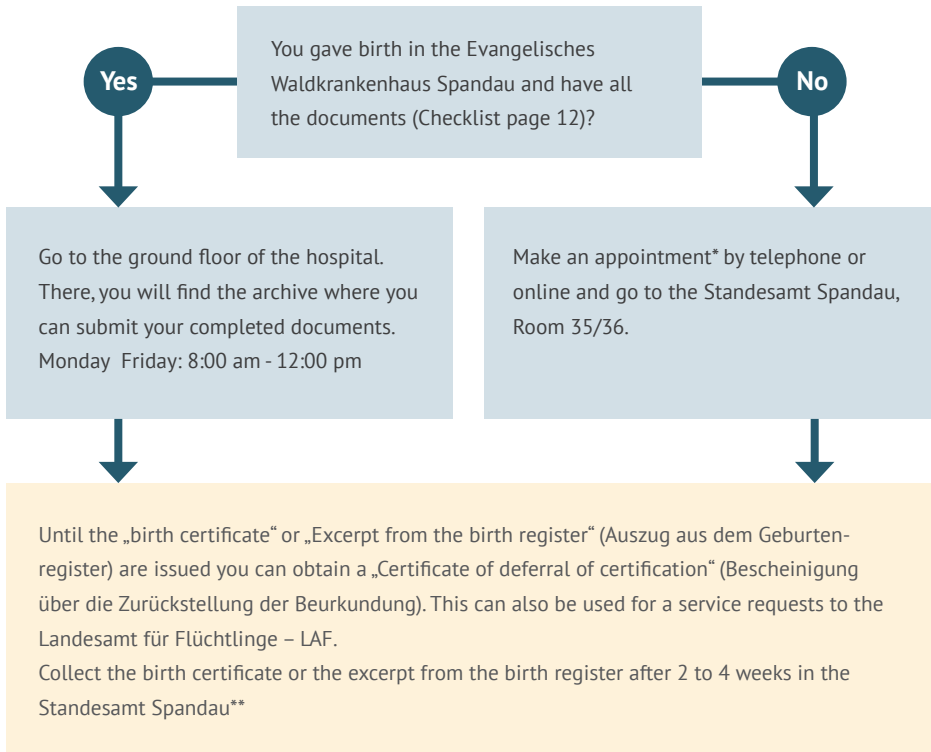
Children's nurses and midwives in the hospital will help you with breast-feeding and baby care. Before you return to your home, a final examination of you and your child (U2) will take place in the hospital.



6 | Return to the Accommodation or Apartment

Please arrange your return to home. If necessary, ask the hospital staff for help.

Registration of Your Child and Birth Certificate



Cost: Three birth certificates for applications of parental allowance (Elterngeld), child allowance (Kindergeld) and healthcare benefits (Krankenkasse) are free of charge; additional copies cost between 6 and 12 Euro.

Standesamt Spandau im Rathaus: Carl-Schurz-Straße 2-6 (Side Entrance), 13578 Berlin, Telephone 030 90279-2508/-2518/-2552/-3619
Phone consultation time Wednesday 9:00 am - 11:00 am, standesamt@ba-spandau.berlin.de

* On Request: Monday 9:00 am - 1:00 pm, Tuesday 9:00 am - 12:00 pm, Thursday 2:00 pm - 4:00 pm (only with appointment)

** Collection of Documents: Tuesday 12:00 pm - 12:45 pm, Thursday 4:00 pm - 5:45 pm (without appointment)

Around the official registration of your child:

To register your newborn child

In Germany every child must be entered in a register immediately after birth. Your child needs a birth certificate or an excerpt from the birth register, so that an application for various entitlements, benefits, identify card, passport etc. is possible.

How do you obtain a birth certificate for your child; and what to do if you do not have all papers required?

If you take with you all the necessary documents for the birth in the hospital (see check list on the back), you can apply for the birth certificate at the archive in the Evangelische Waldkrankenhaus Spandau while you are in hospital (see graphic on the left).

If the documents for the application for a birth certificate are not complete, your child can still get an official document. This is called „Excerpt from the Birth Register – Auszug aus dem Geburtenregister“ or „Certificate of Notification of a Personal Event – Bescheinigung über die Anzeige eines Personenfalls“. This also allows you to apply for benefits from the Landesamt für Flüchtlinge LAF or from the Job Centres. You cannot obtain that document in the hospital. In order to apply for the certificate you have to make an appointment at the Standesamt. In both cases please follow the instructions in the graphic.

Family name of the child

If you do not have your own documents, the child will be given the mother's family name. Changing the name is possible after all necessary documents are available. If you submit a Paternity Recognition (Vaterschaftsanerkennung) and Joint Custody Declaration (gemeinsame Sorgerechtsklärung) at the responsible youth welfare office before the birth, the child can sometimes take the father's surname even if some of the documents are missing.



Check List

Documents that you need in order to apply for a birth certificate.

You must obtain the documents before birth:

Your own birth certificate

- in original +
- Certified translation into German language +
- A final Certification of German public documents for the purpose of legalization / apostille

Proof of identification

- Valid passport +
- Toleration / Registration by the immigration authority

If you are married:

Marriage certificate

- in original +
- Certified translation in the German language +
- Certification of German public documents for the purpose of legalization / apostille +
- Declaration for the name by both parents

Marriage contract

- in original +
- Certified translation into the German language +
- Certification of German public documents for the purpose of legalization / apostille

If you are not married:

- Paternity recognition with joint statement of due diligence and birth certificate of the partner / child's father (the last child) +
- Declaration for the name by both parents

Please bring all papers with you to the hospital for birth.

Child and Youth Health Service

Kinder- und Jugendgesundheitsdienst – KJGD

After the birth of your child, you will receive a welcoming card from the Children and Youth Health Service (KJGD), in which a visit at your home is offered for advising on questions about your child. In addition, the KJGD offers free medical consultation hours concerning the health and the development status of your child.

Contact: Telephone 030 90279-2658



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Klinik für Kinder- und Jugendmedizin, Mobiles Lotsenteam

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e-mail lotsenteam.waldkrankenhaus@jsd.de

web www.jsd.de/mobiles-lotsenteam-ewk

If you have questions or problems concerning pregnancy or applying for signing up with a midwife, a women's or children's doctor will gladly help you!