

Playgroup, paediatrician, day-care facility and family centre ...

- Englisch -



Informed parents have it easier ...

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You can find our family guide on the Internet at:
www.kreis-coesfeld.de



You can find a QR code reader for your smartphone
in the Google Play Store (Android) or the iTunes App Store (Apple).

Welcome!



Dear Parents,

The birth of a child is a special event – I wish you courage, strength as well as tranquillity and above all, joy during this exciting time.

Being parents is wonderful, but can be demanding at times.

In order to cope with the daily challenges with your child, information or a personal talk with specialists is quite valuable.

The Coesfeld District Koordinations-Stelle Frühe Hilfen [Coesfeld District Office of Coordination for Early Support] offers answers to your questions and sets up contacts to specialists because:

Informed parents have it easier!

Your District Administer,

Dr. Christian Schulze Pellengahr





We provide additional information on numerous offers for pregnant women and parents with young children.

Koordinations-Stelle Frühe Hilfen

Coesfeld District, Youth Welfare Office

You can call us. Or send an e-mail.



fruehehilfen@kreis-coesfeld.de

Andrea Menschner / Marion Grams

Telephon: 0049 (0) 25 41 / 18-0





If you do not want to share your name and address - **no problem!** Your telephone number or your e-mail address will also be sufficient. **We will help you anyway.**

You can find our detailed family guide on the Internet at:
www.kreis-coesfeld.de



The consulting services in the district of Coesfeld are open to all families, free-of-charge regardless of nationality and religion. All conversations are private and subject to confidentiality.

This guide answers many questions:

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Who can help me when I am pregnant? Or once the baby is here?

The **obstetrician** assesses your health condition and that of your unborn child during pregnancy.

Every four weeks, you go for a check-up at your obstetrician's office. In the last two months before birth, the check-ups are every two weeks.



You get a **prenatal passport** from the obstetrician. This includes your blood type, ultrasound results and other prenatal records. During the pregnancy, you should always keep the prenatal passport with you and bring it with you to appointments.

The doctor's visit is voluntary and helps the doctor identify any early illnesses your child might have.



You will either need a treatment certificate or an electronic health insurance card – enquire in time at the Town Hall where you live.

You may bring one person of your choice to the check-up appointments. That way you have support during this exciting event and someone with whom you can go over your questions again later.

Here you can find obstetricians:



www.kvwl.de ➡ Arztsuche (physician search)

Information on obstetricians can be obtained from the Health Department.



gesundheit@kreis-coesfeld.de

Who can help me when I am pregnant? Or once the baby is here?

For pregnant women and families with a young child, there is a **pregnancy counselling center**. In case of problems with your partner or within the family, you can receive support from specialists starting from the antepartum period up until your child is three years old. They provide information on antepartum examination methods, in questions regarding sexuality and contraception.

Money for the child:

The specialists will also help you if you do not earn enough money or have no money saved. In this case you will receive money for the initial necessities needed for your baby. This includes a bed and clothes. You will also receive information on additional financial assistance.



www.schwanger-und-viele-fragen.de

Hardly anything changes life as much as a pregnancy does. No matter what questions, doubts or fears you are dealing with, we are here for you. Online, on the phone or in person.

Telephone 08 00 40 40 020

Online consulting in: Turkish, Russian, French, English, Spanish, Portuguese, Italian, Polish, Serbo-Croatian, Chinese, Bulgarian, Romanian, Arabic, Persian and Vietnamese.

You can get information about pregnancy counselling at the Health Department.



stefan.kraus@kreis-coesfeld.de

birgit.deese@kreis-coesfeld.de

Who can help me when I am pregnant? Or once the baby is here?

The midwife is an expert on all questions concerning pregnancy, birth and childcare. And accompanies you during your pregnancy and onwards.
Every woman can make use of the assistance of a midwife.
The health insurance companies cover the costs for midwives.
You do not need to pay for this.



You will either need a treatment certificate or an electronic health insurance card - enquire in time at the Town Hall where you live.



The support of a midwife ensures that your child has the optimal conditions for his start in life.

Do you have friends who have already had a child? Maybe they can recommend a midwife.

You can find midwives here:



www.hebammennetzwerk-muensterland.de

You can get information on midwives at the Health Department.



stefan.kraus@kreis-coesfeld.de
birgit.deese@kreis-coesfeld.de

Where can I get additional support after the baby is born?

A family midwife will help you until your child is 1 year old, sometimes even up to 3 years old. When things become overwhelming. You are afraid of doing something wrong. Or other problems arise. For example, an argument with your partner. Health problems. No work.



A family midwife comes to your home and helps you with many things:

- She shows you how to feed and swaddle the baby.
- She tells you when you need to take the baby to a paediatrician.
- She gives recommendations. For example, what food is good for you and the baby. Or what you should do when the baby cries.
- She will help you with applications and forms. For example, for parental and child benefits.
- She tells you what offers exist for pregnant women and mothers with babies. And introduces you to other mothers.
- She helps you with problems in the family.

A family midwife is here for you. Free-of-charge. So that you can provide for your and your child's well-being.

You can find a family midwife here:

www.kreis-coesfeld.de ➔



Further information can be obtained from the Koordinations-Stelle Frühe Hilfen.



fruehehilfen@kreis-coesfeld.de

Is my child developing appropriately? And what do I do if my child is sick?

For children, there are paediatricians who will examine your child when it is sick. In the first 6 years of your child's life, you can also go to early detection examinations at regular intervals.



This is what the paediatrician does:

- He examines your child and determines if it is developing well.
- He gives important advice.
- He talks to you about vaccinations. Because vaccinations can protect children from many infectious diseases.
- He vaccinates your child.
- He answers your questions.

The paediatrician records the examination results in the **yellow examination booklet**. You take this booklet to each checkup.

He enters the vaccinations into the **vaccination passport**.

The examinations at the paediatrician's office are **free-of-charge**.



You will either need a treatment certificate or an electronic health insurance card - enquire in time at the Town Hall where you live.

Take your child to the check-ups. This is very important for his healthy development. This way you can take good care of your child.

Information regarding the children's examinations and vaccinations can be obtained from the Health Department:



gesundheit@kreis-coesfeld.de

Here you can find a paediatrician:



www.kvwl.de



Arztsuche





How can I better understand my child? Where can I exchange ideas with other parents?

In family centres and family education centres, there are helpful educational opportunities for parents and their children. The activities usually take place in a small group and are accompanied by a specially trained person. Many offers are **free-of-charge**.

Here, mothers and fathers can

- learn to better understand their baby's „language“
- consciously experience and promote the development of their child
- ask questions about managing the baby and its siblings, and get suggestions and pointers for everyday life
- play with their child and have fun.

In the group, you can meet parents of other children.
You can exchange ideas with them.

You can get more information from the Koordinations-Stelle Frühe Hilfen [Office of Coordination for Early Assistance] and the Kommunalen Integrations-Zentrum [Municipal Integration Centre]:



fruehehilfen@kreis-coesfeld.de or ki@kreis-coesfeld.de

Who can I ask for advice if I do not know how to cope? Where can I get help for me and my child?

In the district of Coesfeld there are many professional people who can help you and your child during difficult times. In a face-to-face conversation, they can help look for solutions for your family. In some instances, the consultants of these centers can also come to your home if you want. The counseling is **free-of-charge**.



Who can help me?	With what?
Counselling centre for marriage, family, life and education	Conflicts with your partner, difficulties within the family, with the child
Counselling centre for drug and addiction problems	Excessive consumption of alcohol, cannabis, Wi-Fi
Immigration information centre	Job search, language, assimilation of adult immigrants
Debt counselling	financial debt
Family centres	Search and find activities, parenting courses, childcare

Phone numbers and addresses of experts are available from your Youth Welfare Office, the Town Hall where you live or in the Family Guide.



jugend-und-familie@kreis-coesfeld.de

Who helps me and my child when the problems in the family become too much?

The Youth Welfare Office helps parents or single mothers and fathers when conversations are no longer sufficient.



Help for life with a child:

The Youth Welfare Office helps if you want more support in raising your child. Experts then organize free help to come to your home for a while.

This is called: **Help with child-rearing.**



Money for the child:

The Youth Welfare Office can help if you are a single parent and do not get any money from the other parent. The Youth Welfare Office pays the child support.

This is called: **alimony advance.**



Rules for contact with the child:

The Youth Welfare Office helps when the child predominantly lives with one parent after a separation. Then the Youth Welfare Office discusses the rules for the meeting with your child with you and the other parent.

We call this: **Provisional contact arrangements.**

You can find more information at the Youth Welfare Office:



jugend-und-familie@kreis-coesfeld.de

Where can my child play with other children and be well cared for?

Your child can be cared for in a day-care facility or with childminders. Your child will be able to play in a beautiful environment with other children. They can learn singing and painting and be out in the fresh air. Your child receives breakfast every day.

You can accompany your child to the day-care facility for the first few times. There you will get to know the childcare providers.

§ The law states: As soon as your child is 1 year old, they are entitled to placement in a childcare facility.

Register your child in time for childcare. You can register your child at the daycare facility or at the Youth Welfare Office.

Different languages are most welcome!

The Youth Welfare Offices and family centers can advise and help you to find a childcare facility.



jugend-und-familie@kreis-coesfeld.de

Here you can find childcare facilities:



www.kinderbetreuung.kreis-coesfeld.de



Where can I find activities for families in my area?

In a family centre, there are different offers for children and their parents:

- Recovery after pregnancy
- ‚Weighing hour‘ for parents with their baby
- Parent meetings where you can get to know other Parents
- Parents‘ evenings with themes all around the child
- Activities and excursions for the whole family

The family centre offers personal consulting services. The specialists at the family centre even help you look for a paediatrician or a midwife near you as well as a childcare facility.

Simply visit a family centre in your area and find out about their free offers.

You can find information on offers for families at your Town Hall:



www.ascheberg.de
www.billerbeck.de
www.coesfeld.de
www.duelmen.de
www.havixbeck.de
www.luedinghausen.de
www.nordkirchen.de
www.nottuln.de
www.olfen.de
www.rosendahl.de
www.gemeinde-senden.de



Where can I get financial support for my child before and after birth?

Many people are unemployed or earn little and have no money saved up. In that case, you can make an application for financial support. Find out more at the Town Hall where you live. The telephone numbers and addresses can be found here:



www.jobcenter-kreis-coesfeld.de



Contact



List of contacts of all cities and municipalities in the Coesfeld District



For what?	Where?
When you get money from the government	
Maternity wear	Job Centre or Social Office in your place of residence; Support advance office at the Youth Welfare Office (=> only if you live alone with your child!); Pregnancy counselling centre; thrift store, church parish
Healthy nutrition during pregnancy	
Initial baby supplies (bed and clothes)	
Unemployment money or welfare for the child (for clothing, equipment, food)	
Education and participation <ul style="list-style-type: none"> • Lunch or day trips to childcare facilities; • Playgroups, baby swimming lessons 	Job Centre in your place of residence
Rent for the flat and heating	Housing authority, Job Centre, Social Office in your place of residence
For all parents after birth	
Parental benefits (for clothing, equipment and food)	Parental Benefits Office in the Youth Welfare Office
Child support (for clothing, equipment and food)	Family benefits at Employment Office

Important telephone numbers and websites

Police	110
Medical emergencies/Fire Department/Ambulance	112
Poison Control Centre Bonn	0049 (0) 22 81 92 40
Emergency Medical Services	11 61 17
For emergencies at night, on weekends or holidays	



**Mein Körper
in Wort
und Bild**

www.zanzu.de

My body in words and pictures

The online portal provides information regarding the body and sexuality in 13 languages. The Internet site contains material about body knowledge, family planning and pregnancy, infections, sexuality, relationships and feelings as well as about the rights and laws, such as birth control pills by prescription. If you cannot read, you can listen: All contents are read out loud upon request by clicking on the loudspeaker symbol.

Parent telephone

Available at the nationwide hotline 08 00 11 10 55 0, parents and parents-to-be receive anonymous and free individual counselling starting at the start of the pregnancy to children 3 years of age.



Elterntelefon
0800 1110550
Nummer gegen Kummer

Freecall
Deutsche Telekom – Partner
der Nummer gegen Kummer

anonym und kostenlos erreichbar:
über das deutsche Festnetz und Handy
montags bis freitags
9 – 11 Uhr und
dienstags und donnerstags
17 – 19 Uhr

The Arrival App – A companion for your first weeks in Germany

Information on life in Germany as well as the asylum-seeking procedure and the topics on work and education can be found in the „Ankommen“ app. You can also use the app to start learning German.



The Welcome to NRW – APP

is the official app of North Rhine-Westphalia for refugees. It combines general and basic information, and is intended to help refugees to orient and to navigate through North Rhine-Westphalia.

The helpline „**Violence against women**“ is a nationwide counselling service for women who have experienced or are still experiencing violence. It is available 24/7, 365 days a

year, free-of-charge at the **number 08 00 01 16 016** and online at www.hilfetelefon.de and includes arranged and instant chat services as well as e-mail. The counsellors inform and consult anonymously, in 15 languages as well as in German sign language and easy to understand speech.



Important note for specialists in the Early Support network:

More multilingual information for working with families can be found on the website:

[www.kindergesundheit-info.de/fuer-fachkraefte/
arbeiten-mit-fluechtlingsfamilien](http://www.kindergesundheit-info.de/fuer-fachkraefte/arbeiten-mit-fluechtlingsfamilien)



The district Youth Welfare Office is responsible for all cities and municipalities in the region except the cities of Coesfeld and Dülmen.

Responsible for families who live **in Coesfeld**:

Stadt Coesfeld - Fachbereich 51
Bernhard-von-Galen Str. 10 - 48653 Coesfeld
Telephon: 0049 (0) 25 41 / 939-0

Responsible for families who live **in Dülmen**:

Stadt Dülmen - Fachbereich 51
Markt 1 - 48249 Dülmen
Telephon: 0049 (0) 25 94 / 12-0

Responsible for **family and child health** in the coesfeld district:

Kreis Coesfeld - Health Departement
Schützenwall 16 - 48653 Coesfeld
Telephon: 0049 (0) 25 41 / 18-53 10

The **Kommunale Integrations Zentrum** [Municipal Integration Centre] of the Coesfeld District bundles integration offers on site. Integration is structured as an educational and cross-sectional task. The Kommunale Integrations Zentrum responsible for families from all suburbs of the Coesfeld District.



ki@kreis-coesfeld.de

Telephon: 0049 (0) 25 41 / 18-94 01



This text is based on the rules for easy-to-understand language.

For the sake of readability, the use of male and female forms of speech have been dispensed with. The guide does not claim to be complete, up-to-date or correct. The legal and governmental services mentioned and their legal basis may change.

