



WHO SUPPORTS US ...

**IF WE HAVE QUESTIONS AND
CONCERNS ABOUT PARENTHOOD**

**The most important information, addresses,
and links**



Der Kinderschutzbund
Landesverband
Hamburg


Hamburg

We're waiting for you with advice and help.

You've become parents! How wonderful! Congratulations. Now a new stage of life is beginning for your family. The time right after the birth is filled with moments of happiness and satisfaction, but also surprises and difficulties now and then.

If you're ever unsure of what to do, need support, wish to contact other parents or specialists, or simply have questions about the birth, this brochure can help you with tips, suggestions, and points of contact.

As a child protection agency, it's very important for us that you can develop as a family right from the beginning. We want to encourage you to build a stable social network on which you can rely. This also includes knowing points of contact or meeting places for parents to which you can turn if various issues crop up.

Every path begins with the first step. This brochure will give you the help you need so can feel secure. This is good you and your baby.

We want your baby to develop splendidly and for you and your baby to understand each other.



Your Hamburg child protection agency



Ralf Slüter
Managing Director



Dear mothers, dear fathers, dear parents in Hamburg,

the birth of a child marks the beginning of a new, exciting stage of life.

Great joy, happy moments, and new challenges are waiting for you!

Most parents try to get advice and support during this time or wish for a place where they can meet other families and exchange information.

Hamburg has various services for young families – many of them are free of charge, and there's sure to be one close to you.

With this brochure, we would like to give you a good overview: from parent cafés to advice about all your questions and concerns about being a parent to supporting parents and relieving some of their stress on a day-to-day basis, you'll find helpful tips and addresses.

Surely there's an offer here that will suit you.
Give it a try!



Melanie Schlotzhauer
Senator for labour, health,
social affairs, family, and integration

MULTILINGUAL MATERIAL FOR PARENTS



Multilingual material for parents

In the 'Who supports me ... when I have questions and feel worried about being a parent?' brochure, you will find important information, links and suggestions relating to parenthood in the first year of your child's life. The brochure also provides a list of relevant addresses in Hamburg. The QR code will take you to your desired language.



Ebeveynler için çok dilli materyal

"Ebeveyn olmakla ilgili sorular ve endişelerde bana kim eşlik edecek" broşüründe, Hamburg'daki önemli adresler ile yaşamın ilk yılında ebeveyn olmak hakkında önemli bilgiler, bağlantılar ve öneriler bulabilirsiniz. QR kodu ile istediğiniz dile ulaşabilirsiniz.



Matériel multilingue pour les parents

Vous trouverez dans la brochure « Qui est à mes côtés... pour mes questions et mes soucis en tant que parent » d'importantes informations, liens et suggestions concernant la parentalité au cours de la première année de vie de votre enfant ainsi que les adresses importantes à Hambourg. Vous pouvez via le code QR accéder à la langue de votre choix.



Многоязычный материал для родителей

В брошюре «Кто поможет... при возникновении вопросов или переживаний, связанных с родительством» вы найдете важную информацию, ссылки и предложения для родителей в первый год жизни ребенка с важными адресами в Гамбурге. Используйте QR-код для перехода к нужному языку.



مطالب چندزبانه برای والدین

«در بروشور «کی مرا همراهی می‌کند... پرسش‌ها و نگرانی‌های والدین» اطلاعات با اهمیت، لینک‌ها و پیشنهادات در مورد فرزندپروری از تولد تا یک سالگی را با آدرس‌های مهم در شهر هامبورگ به دست می‌آورید. با اسکن کردن کد کیو آر به زبان دلخواه تان وصل می‌شوید.»



مواد متعددة اللغات للآباء والأمهات

ضمن كُتيب „من يدعمني... عندما يكون لدي أسئلة وأشعر بالقلق كوني أحد الوالدين“ ستجد معلومات وروابط واقتراحات مهمة تتعلق بالأبوة في سنة طفلك الأولى. يوفر الكُتيب أيضاً قائمة بالعناوين ذات الصلة في هامبورغ. سينقلك رمز الإستجابة السريعة (QR) إلى اللغة التي تريدها.



Material multilingüe para los padres

Encontrará información importante, enlaces y sugerencias acerca de cómo ser padres durante el primer año de vida en el folleto „Quién me acompaña... en las dudas y preocupaciones acerca de cómo ser padres“ con las direcciones principales de Hamburgo. Accederá a su idioma deseado con el código QR.



Wielojęzyczne materiały dla rodziców

W broszurze „Kto będzie mnie wspierać... w przypadku pytań i trosk rodziców“ można znaleźć ważne informacje, łącza i inspiracje związane z rodzicielstwem w pierwszym roku życia dziecka wraz z ważnymi adresami w Hamburgu. Za pomocą kodu QR można przejść do wybranego języka.



Багатомовні матеріали для батьків

У брошурі «Хто супроводжуватиме мене... у разі питань чи хвилювань щодо батьківства» ви знайдете важливу інформацію, посилання та поради щодо батьківства в перший рік життя, а також важливі адреси в Гамбурзі. За допомогою QR-коду ви перейдете на потрібну мову.



YOUR ENTIRE ADVENTURE AT A GLANCE:

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The baby is here

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Address book and thanks

WE'RE WAITING FOR YOU WITH ADVICE AND HELP:

The brochure 'Who supports us ...' should give you guidance and support. Here you'll find information, practical tips, and helpful offers for your pregnancy and while your baby is a toddler. If you'd like to know more, scan the QR codes for more information.

The attached address book contains an overview of points of contact in Hamburg: across different districts and sorted by district, so you can quickly find suitable services close to you.

We hope you enjoy reading it.



We're going to be parents

WE'RE GOING TO BE PARENTS

Everything begins with the words **'I'm pregnant'**. These words trigger something different in each and every one of us. And that's totally okay. What's important is that you never have the feeling that you're alone as a parent. A new life is just around the corner. First of all, collect yourself: Where do I stand, and what happens next?



WE PUT OURSELVES IN THE RIGHT HANDS

Many people will tell you what you can and can't do during pregnancy. So it's important to know who you can trust and who can really help you. The first point of contact is always a gynaecological practice. It will not only give you the necessary exams, but also provide many tips for your pregnancy and the time with your baby.

TIP: You can find information on healthy nutrition and sports activities during pregnancy under:

www.gesund-ins-leben.de/fuer-familien/fit-durch-die-schwangerschaft



WE TRUST PROFESSIONALS

Besides gynaecologists, midwives are a great help. They'll support you through your pregnancy and after the birth of your baby.

There are also special offers like the 'Babylotsen Hamburg' [baby guides of Hamburg], who act as a point of contact for brand-new parents or parents-to-be. They know the counselling services and health services in your neighbourhood and will help you find the right one for

your needs. You'll find these services in most maternity clinics and birth centres in Hamburg and in some practices of gynaecologists, paediatricians, and physicians.

In Hamburg's districts, there are **26 family teams** you can turn to during your pregnancy with questions about parenthood who will give you expert support while your baby grows up.

GOOD TO KNOW: HOW CAN I FIND A MIDWIFE?

There are different ways of finding a midwife who can support you at home both before and after the birth. You can search the internet for addresses and contacts of midwives in your area.

For more information on searching for midwives, you can turn to your health insurance company, your gynaecological practice, your maternity clinic, or the midwives association of Hamburg. You can also find a midwife under:

www.hebammenverband-hamburg.de/familien/hebammensuche



We're going to be parents

WE'RE SEEKING PERSONAL COUNSELLING

There are many ways to get help and support during pregnancy – over the phone or personally on site (through pregnancy counselling centres, for example). And the various services of 'Frühe Hilfen' (early help) offer further guidance and assistance.

Friends and family can be a wonderful source of support. Just don't drive yourself crazy with too many opinions from the internet. Trust the professionals.



GOOD TO KNOW: FRÜHE HILFEN [EARLY HELP]

Frühe Hilfen [early help] offers varied services for pregnant women and families with children up to three years. They offer information, counselling, and practical support.

- Maternal counselling of the Hamburg district offices
- Advice in all maternity clinics and some private practices by guiding services (such as 'Babylotsen' [baby guides])
- Family team (consisting of health professionals such as family midwives and family health and childhood healthcare professionals and socio-pedagogical specialists)
- Parent-child meetings in the neighbourhood (in parent-child centres or child-family centres)
- Parental advice in open consultation hours or individual consultation on topics such as crying, sleeping, and eating

All parents have the opportunity to obtain support. You can get additional information under:

www.elternsein.info/fruehe-hilfen/was-sind-fruehe-hilfen



The helpline 'pregnant women in need' offers you support. Here you can get help and advice anonymously over the phone, in a chat, or through email. Information and contact details can be found under:
www.hilfetelefon-schwangere.de



0800 4040020

GOOD TO KNOW: SERIOUS, SAD FEELINGS

Emotional stress during pregnancy and the first times you spend with your baby are normal. But if worries and doubts about being a mother or father take up too much space in your mind, get help early on. This will help make sure that being a parent also brings you joy (again) and isn't overshadowed by great burdens.

You can find additional information under: www.elternsein.info/alltag-mit-kind/schwangerschaft-und-geburt/schwere-gefuehle-in-der-schwangerschaft-und-nach-der-geburt



MONEY PLAYS A ROLE

If you're pregnant and receive a citizen's income, you can also apply for 'increased need due to pregnancy' and one-off grants. You can obtain information on this in pregnancy counselling centres (such as those offered by Christian social services and the Sozialdienst katholischer Frauen e.V.). There you can also apply for financial assistance from the federal foundation 'Mutter und Kind' [mother and child].

You can find more on this at:
www.familienportal.de/familienportal/lebenslagen/schwangerschaft-geburt-staatliche-leistungen



SPACE FOR YOUR THOUGHTS

What are the next steps?

PERSONAL CHECKLIST

You're about to be parents – these are the points that are important before the birth of your child:

- ☐ Look for a gynaecological practice
- ☐ Look for a midwife
- ☐ Look for a birth hospital and register for the birth there
- ☐ Register for a preparatory course for the birth, if applicable
- ☐ Inform your workplace and request parental leave, if applicable
- ☐ Apply for financial services
- ☐ Even at this point, prepare documents for applications you will make after the birth (such as those for the birth certificate, child benefit, and parental allowance) – for more specific information, see the chapter 'The Baby is Here'
- ☐ Look for a paediatric practice
- ☐ For unmarried couples: Obtain an acknowledgment of paternity / custody declaration from the youth welfare office / legal advisership
- ☐ Get baby equipment
- ☐ If you have questions or concerns: Take advantage of advice and support (from the services of Frühe Hilfen [early help] or pregnancy counselling, for example)



More exact information under: www.familienportal.de/checklisten

THE MOST IMPORTANT LINKS

Here we've listed all the important links from this chapter for you:

Family planning:

familienplanung.de
UNABHÄNGIG UND WISSENSCHAFTLICH FUNDIERT



Link: www.familienplanung.de

Federal foundation 'Mutter und Kind' [mother and child]:

**BUNDESSTIFTUNG
MUTTER und KIND**
Schutz des ungeborenen Lebens



Link: www.bundesstiftung-mutter-und-kind.de

Frühe Hilfen [early help] in Hamburg:

**FRÜHE
HILFEN
HAMBURG**



Link: www.hamburg.de/fruehe-hilfen/4267370/guter-start-fuer-hamburgs-kinder

Hospitals and birthing centres:

Hamburg



Link: www.hamburg.de/krankenhaus-verzeichnis/2832780/geburtskliniken

Parenthood:

**Nationales Zentrum
Frühe Hilfen**



Link: www.elternsein.info

Sexual health (multilingual):

zanzu Mein Körper
in Wort
und Bild



Link: www.zanzu.de

The baby is here



WE'RE COMING HOME

The **new stage of life** is beginning, and there is a little one who needs your attention around the clock. You need to get used to this wonderful but challenging change. And this will take patience and time.



WHAT DOES MY BABY NEED?

How can I feed and care for my baby? What can it already do? What should it be able to do? How will it develop? At the beginning, you'll encounter many questions. Many of them will make you uneasy. But don't worry: This happens to all new parents. Take everything slowly.

You'll find a small overview of the milestones in the baby's development under www.kindergesundheit-info.de/themen/entwicklung/0-12-monate



GOOD TO KNOW: 'WHAT'S THE BEST WAY TO FEED MY BABY?'

Breastfeeding has many advantages and is a healthy way to feed your baby. But there can be reasons why you might choose bottle feeding. And that's okay too.

Discuss this topic with your midwife. If you don't have a midwife, you can try to find one quickly through online portals or make an appointment with the maternal counselling in your area. You can also visit open consultation hours of midwives that you find online or can ask about through your family team.

You'll find all the links for this on page 27.

As an initial guide, you can also watch the video of a midwife: www.elternsein.info/alltag-mit-kind/stillen/stillen-passt-das-zu-mir



BABIES LEARN TO SLEEP

We're not born with fixed sleep patterns. By observing constant rituals, you can help you baby learn to sleep at regular intervals: To do this, lay it in its usual sleeping place, preferably in a sleep sack. Make the room dark. Try playing or singing a favourite lullaby. Your baby will learn: **Now it's time to sleep.**

You'll find more information on a **safe sleep for your baby** under: www.hamburg.de/babyschlaf



GOOD TO KNOW: THE 'EMOTIONAL CONNECTION'

Having an emotional connection to its parents makes a child emotionally strong. To form this connection, babies need a lot of reliable body contact and comfort when they cry. This helps them learn: 'I can rely on my parents if I need something'.

Many parents are able to focus on their babies' needs quickly. For others, parenthood pushes them to their limits. What is my baby trying to tell me when it cries, doesn't sleep, or doesn't want to eat? This can be difficult to understand. Don't be shy about seeking help. Parenthood can be learned!

You can learn more about that here:



Letters for parents can support you in your day-to-day life. They'll inform you about typical developments and behaviours of children at this age. In some districts, you can obtain the letters for parents at no charge through the youth welfare office or health office or order them yourself at www.ane.de. There are also bilingual Turkish-German letters for parents.



The baby is here

IS MY BABY DEVELOPING WELL?

You can find maternal counselling services in every district. They can give parents of infants and toddlers advice on questions about their child's health, nutrition, care, and development. Home visits are also possible, and many maternal counselling centres offer baby welcoming visits on request.

You can find more information under:
www.hamburg.de/kindergesundheit



GOOD TO KNOW: THE REGULAR GERMAN PAEDIATRIC EXAMINATIONS AND THE 'YELLOW BOOK'

The regular German paediatric examinations are very important and are paid for by the statutory health insurance company. When you go to exam appointments U1 to U9 and J1, bring along the 'yellow book' you were given when you were released from the clinic. Every detail about your child's development is documented there. This makes it possible to diagnose and treat possible delays or irregularities promptly.

Some paediatricians and statutory health insurance companies will remind you of your next regular German paediatric examination. And the city of Hamburg will invite you to multiple exams to improve children's health and protection.

Here you can learn more about the individual regular German paediatric examinations:

www.seelisch-gesund-aufwachsen.de



The baby is here



WHERE AND HOW CAN WE FIND FINANCIAL SUPPORT?

Most parents are entitled to a child's benefit and parental allowance if certain requirements are met. You can apply for a child's benefit with the family benefits office and for a parental allowance with the parental benefits office of your district. Both benefits will help you cover the incurred costs.

Parents with low income might be able to get a housing allowance, supplementary child allowance, and benefits for education and inclusion. Parents who draw a citizen's income must register their baby with the job centre so it can be included in the dependent household.

You can apply for an advance on maintenance payments if you are a single parent and receive irregular or no maintenance from the other parent. Single parents who draw a citizen's income are entitled to an increased demand.

In many districts, there are social counselling centres that examine your claims and support you with your applications. You can get more information from pregnancy counselling centres.

You'll find an overview of all services here: www.familienportal.de/familienleistungen/staatliche-leistungen-fuer-familien-138196



GOOD TO KNOW: BIRTH CERTIFICATE AND CHILD BENEFIT

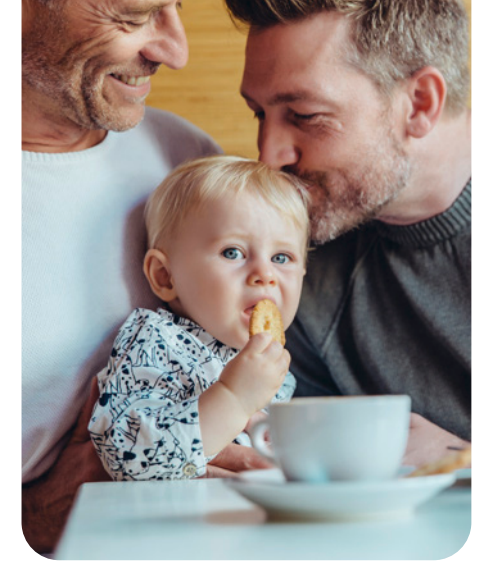
With the online service 'Kinderleicht zum Kindergeld' (Getting a child benefit is child's play), you can specify the name of your child, order a birth certificate, and apply for a child benefit without having to go through the authorities. You can use this service digitally or analogue with a three-page combination form. **You can find more information under the link on page 27.**



GROW TOGETHER AS A FAMILY

You are now parents – the same thing that fills you with joy can also be trying and exhausting: Breastfeeding isn't going as you had planned, and sometimes your baby won't sleep when it's bedtime. It still can't express itself, so it cries, and you're worrying you're doing something wrong.

Take on this daunting task as parents as a team. Learn together how you can support each other. Finding yourselves to be parents and growing together as a family is not always easy and can bring disagreements and arguments – even



thoughts of separation. Counselling services can help with topics about partnerships and stressful conflicts.

GOOD TO KNOW: COUNSELLING

The various institutions of Frühe Hilfen [early help], such as the family team (see page 12), offer expert help when you're feeling uncertain and have questions about your baby's growth and care. In every district, there are also parental advice centres that offer consultation for all questions about child-rearing, conflicts in the partnership, and separation and divorce. You can learn more about that here: www.hamburg.de/erziehung



RAINBOW PARENTS

For families in which at least one parent is lesbian, gay, bisexual, intersexual, or transgender, life is as varied and diverse as in other families. However, they can face special challenges. So there are special counselling services for rainbow parents. You can find more information here: www.hamburg.de/familienwegweiser/10101702/regenbogenfamilien



DAY-TO-DAY HELP

Are you exhausted? Overstretched? It's often hard for us to ask for or accept support. But people to whom you are important – family, friends, and maybe neighbours – would like to help you.

You can also use the following opportunities:

- Domestic workers, paid for by the statutory health insurance company if there is a special need
- Voluntary family facilitators of the Hamburg child protection agency
- wellcome, who will give you a hand during the first months after the birth for a small contribution to the costs
- Seniors of the Oma-Hilfsdienstes [Granny Aid Service], who offer relief in your day-to-day life



GOOD TO KNOW: BEING A SINGLE PARENT

As a single parent, you have to master work, the household, and child-rearing by yourself. This is an enormous achievement, but the constant added strain also increases your stress level.

Take care of yourself, and get help if you need it. By exchanging ideas with other single-parent families, you can gain new ideas and relieve some of that stress.

You'll find more information under:

www.hamburg.de/familienwegweiser/116594/alleinerziehen



I'M AFRAID EVERYTHING WILL COME CRASHING DOWN AROUND ME

Will your baby not stop crying no matter what you try? This can be exasperating, especially if you're lacking sleep yourself. And that's not the only ordeal: Going to sleep and staying asleep simply won't work, your infant is being especially defiant, or the entire situation is putting an

increasing strain on your relationship.

You can find the right points of contact for those challenges as well.

Addresses are on page 27.

GOOD TO KNOW: MY BABY CRIES SO MUCH

Each baby is unique, not least where crying is concerned. Some do it more, some less. But they all have this in common: They don't mean to upset you by doing it. It's just their way of expressing themselves.

Do you feel as though your baby cries more than others? Can you not stand the noise level (any longer)? Very important: Never shake your baby. You could seriously injure them or even kill them.

If you're exasperated, try the following:

1. Lay your baby down on a safe place (such as their crib or the floor),
2. Leave the room,
3. Take a deep breath,
4. Look at your child for a few minutes,
5. Get help if you need it.

Babies' excessive crying usually stops after the third month.

If needed, you can also use the 'crybaby advice' at:

www.schreibabyberatung-hamburg.de



SPACE FOR YOUR THOUGHTS

What are the next steps?

PERSONAL CHECKLIST

Your baby is in the world – here are some important points to consider after the birth of your child:

- ☐ Apply for a birth certificate
- ☐ Apply for a child benefit
- ☐ Apply for a parental allowance
- ☐ Register the baby with the statutory health insurance company
- ☐ Register the baby with the job centre, if applicable
- ☐ Apply for additional financial services, if applicable

More details at: www.familienportal.de/checklisten



THE MOST IMPORTANT LINKS

Here we've listed all the important links from this chapter for you:

Maternal counselling:



Link: www.hamburg.de/behoerdenfinder/suche/muetterberatung

Family team in your district:



Link: www.hamburg.de/fruehe-hilfen/13605996/familienteams

Your baby's development:

kindergesundheit-info.de



Link: www.kindergesundheit-info.de

Everyday help, advice, and conflict resolution:



Link: www.stark-familie.info/de

wellcome:

wellcome



Link: <https://www.wellcome-online.de/hilfe-nach-der-geburt>

'Kinderleicht zum Kindergeld' [getting a child benefit is child's play]:



Link: www.hamburg.de/kinderleicht-zum-kindergeld

We grow

WE GET TO KNOW EACH OTHER BETTER

The first weeks are over. You're getting used to each other and settling into a routine.



CONTACT, COURSES, AND ADVICE

There are many opportunities to experience new things with your baby, get to know other parents, and exchange information. Choose between normal courses and open meeting points.

Parents' schools and family education centres

Here you'll find popular services such as

- Babies' and toddlers' groups

- Baby massage
- Parent-child groups
- Courses, especially for fathers

Or would you like to be supported in the development and rearing of your child, in partnership topics, or questions about parenthood? You can find all of these in the course programs.

PARENTING COURSES

Parenting courses such as 'Strong parents – strong children®' can strengthen your self-confidence as parents and help make family life more joyful and less stressful.

You can learn more about the course 'Strong parents – strong children®' at:

www.kinderschutzbund-hamburg.de/projects-archive/starke-eltern-starke-kinder



CHILD AND FAMILY CENTRES

Many neighbourhoods also have family centres. These offer various services for families with children of all ages, such as

meetings and groups, everyday support, social counselling, and much more.

GOOD TO KNOW: HOW CAN I FIND COURSES AND SERVICES?

The 'Hamburg aktiv' portal offers a comprehensive overview of all educational and leisure opportunities in the Hamburg districts: from Aqua Baby and Babymassage to first aid for children to postnatal gymnastics and yoga.

To the portal: www.hamburg-aktiv.info



PARENT-CHILD CENTRES

Is your child under three years old and still without a spot in a daycare facility? Many daycare centres are connected with parent-child centres that might be a good meeting point for you. Here you could meet with other parents and exchange ideas.

You could also find information and counselling services connected with living with your baby or toddler.

You'll find more information about that at the link on page 38.

If you have questions and concerns about family life, **parent hotlines** and **online counselling** offer quick first aid from home.



GOOD TO KNOW: MEDIA USE

Spend 'quality time' with your baby each day when it's just you and your baby. Put your phone away and just be there for your baby. It will learn: 'I'm important, this is about me'. It needs this experience to develop well.

Do not place your baby in front of digital devices. This overstimulates its young brain. Get more information at www.bildschirmfrei-bis-3.de



We grow



SPOT IN A DAYCARE, HERE WE COME!

Have you already found a spot in a daycare? Many parents do so during pregnancy, and others wait until after the birth. One way or another: Being early has

its rewards, because daycare spots are in great demand. The daycare finder will make the search easier for you.

GOOD TO KNOW: CHILDCARE FREE OF CHARGE

Childcare in the daycare centre, including lunch, is free of charge for five hours in the day. This is also true of childminder agencies – care given by a childminder – for up to 30 hours a week.

Here's how it works: Find a daycare centre and enter into a contract for a childcare spot. Then apply to the district for a daycare centre credit voucher. You'll find more information under:

www.hamburg.de/kitaplatz

Have you not been in Germany long and need support? A few districts have cultural guides ('Kulturlotsinnen') who would be glad to help. You'll find more information under:

www.kita-einstieg-hamburg.de/kitakulturlotsinnen



CHILDPROOF APARTMENT

Is your child already starting to crawl? Is it pulling itself up by the furniture? That means it's time to childproof the apartment.

But no matter how careful you are, things happen – from slight injuries to serious emergencies.

You can find more information about children's health – some of it multilingual – at: www.hamburg.de/kindergesundheit/1131402/fibel-kinderunfaelle



Here are your most important points of contact:

Emergency paediatric service

On weekends and holidays, you can turn to the emergency paediatric service of the Hamburg Association of Statutory Health Insurance Physicians. In cases of emergency, you can also bring your baby to any children's clinic.

Childrens' clinics

The paediatric practice or the emergency medical service will refer your child to a children's clinic if needed. This can be because of an accident or a severe illness.

In the clinic, your child will be cared for around the clock. It can often speed up the healing process if you as a mother or father stay overnight with your child.

You can find all the contact data above the links beginning on page 38.

SELF-CARE

Everyday life with your baby, the new orientation as a family, and the lack of sleep can be pretty stressful. You might be exhausted or even suffer from health problems.

It's important for you to not forget about yourself during your 24-hour-a-day job and to recharge your batteries! Take small timeouts for yourself and do what you liked doing before the birth and what is good for you: Enjoy nature or sports, listen to music, or meet with friends. Schedule small, regular timeouts so you don't get swallowed up by the everyday demands of your family. If you're really exhausted, a mother-father-child cure might be just the thing for you.

You'll find more information about this at: www.elternsein.info/alltag-mit-kind/gesundheits/mutter-kind-kur-oder-vater-kind-kur-damit-sie-gesund-bleiben



GOOD TO KNOW: FIND RELAXATION

Even small activities and short mindfulness exercises can help you reduce stress and relax. A deliberately enjoyed tea, an evening reflection on a beautiful moment from the day, or a brief pause with deliberate breathing are small strategies for increasing your wellbeing.

Carrying your baby, bending over when changing the baby and picking them up, and being permanently 'on call' can make you tense. Make sure to relax your shoulders occasionally and keep your posture upright. Because good posture can also positively influence your mood.

You'll find ideas for small activities and exercises to reduce stress at: www.coreszon.com/de/werkzeugkasten/werkzeug-fur-zuhause



GROW INTO YOUR PARENTAL ROLE

Parenthood takes practice. Many people think it happens all by itself. Sometimes that might be true, but it often takes time for parents to feel at home in their new role. Give yourself that time. In particular, plans you've made must often be put aside for the time being. With children, living is

much more spontaneous, and this has its pros and cons. Try to see the pros. Experiencing new things and approaching things differently can also be a joy for you as parents. This brings growth for you as parents, and especially for your child. You grow as a family (together).



SPACE FOR YOUR THOUGHTS

What are the next steps?

PERSONAL CHECKLIST

The first years with your child – these are the most important points in this chapter:

- | | |
|--|--|
| <input type="checkbox"/> Book courses if necessary | <input type="checkbox"/> Making your apartment child-proof |
| <input type="checkbox"/> Find daycare | <input type="checkbox"/> Self-care / Plan for short breaks |
| <input type="checkbox"/> Apply for a daycare voucher | |

THE MOST IMPORTANT LINKS

Here we've listed all the useful links from this chapter for you:

Family guide:



Link: www.hamburg.de/familienwegweiser/118064/familienbildung

Daycare – information on costs and entitlement:



Link: www.hamburg.de/elternbeitrag

Growing up safely – accident prevention:

kindergesundheit-info.de



Link: www.kindergesundheit-info.de/themen/sicher-aufwachsen

Consultation online and over the phone:

NummergegenKummer



Link: www.nummergegenkummer.de

Daycare finder:



Link: www.hamburg.de/kita-finden

Daycare information:



Link: www.hamburg.de/kita

Association of Statutory Health Insurance Physicians:

KVH Kassenärztliche Vereinigung Hamburg



Link: www.kvhh.net

Doctor call:



Link: www.arztruf-hamburg.de

Parent-child centres:

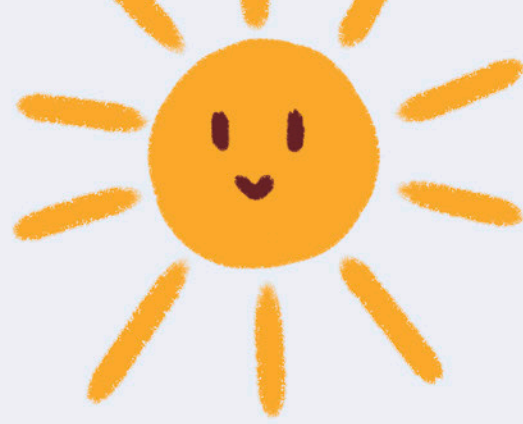


Link: www.hamburg.de/eltern-kind-zentren

Childrens' clinics:

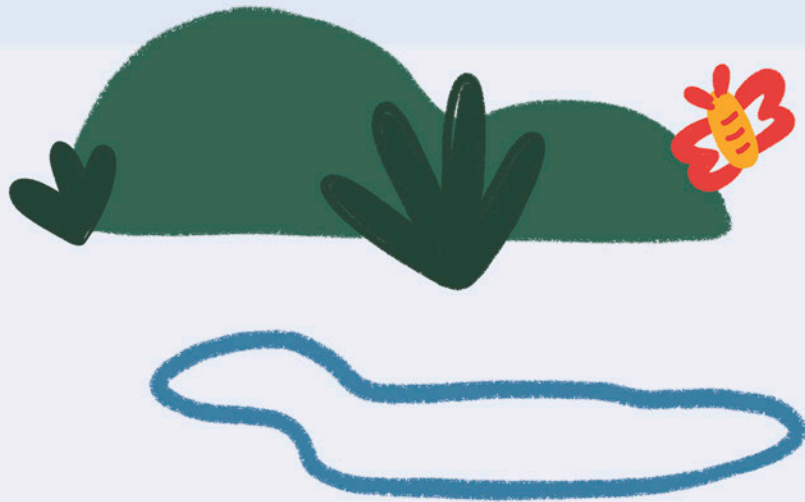


Link: www.hamburg.de/krankenhausverzeichnis/2833184/kinder



MASTERING PARENTHOOD

You've become parents and are reorienting yourself as a family – this is wonderful and fills you with happiness. But there are hurdles, and many families **are faced with special challenges.**



WE NEED FINANCIAL SUPPORT

Many factors make parenthood especially challenging:

- Your baby was born prematurely, is sick, or is developing abnormally
- Your baby is hard to calm down or is a poor eater
- You're a single parent with little-to-no support
- There is conflict, violence, or a separation in the family

- You're at the end of your rope, mentally stressed, or ill
- You are an immigrant or refugee and (still) don't really know the area so well

The good news is: There are always people who can help you, advise you, and support you in your life situation.



PREEMIES AND BABIES WITH ABNORMALITIES

If your baby is born too early or with health problems, many things will be different. Uncertainty, worries, hope, and anxiety will reign. Don't face this challenge alone. Sociomedical aftercare might be able to support you at home.

Learn in the clinic about possible paths to take. And your paediatric practice is there for you and can refer to a sociopaediatric centre for early recognition and treatment or to an early intervention centre.



Exchanging ideas with other parents in similar situations can help alleviate fear and give you confidence.

You can find information about counselling services for parents of children with abnormalities at:
www.hamburg.de/kinder-familie



GOOD TO KNOW: GIVING EMOTIONAL SECURITY AND CONNECTION

Starting family life with a baby born prematurely or with health problems isn't easy. You might not be able to be with your baby during its first days, or it might be receiving treatment or even supported by machines.

Take time to get used to the situation and get to know and accept your baby. Loving kindness and a lot of body contact help build a relationship. Intensive skin contact will give your child emotional security and a connection to you. You can find more information at: www.kindergesundheit-info.de/themen/entwicklung/fruehgeburt

www.kindergesundheit-info.de/themen/entwicklung/behinderung/behindertes-kind





I'M NEW TO GERMANY

Maybe you've only been in Germany a short time and a lot is still new for you. When it comes to babies, a lot in your homeland can be different, but a lot is exactly the same as it is here. It's not always easy to get your bearings, think of everything, and find the correct path for you and your baby.

Many neighbourhoods have parent guides ('Elternlotsinnen') that can support you, mostly of them in your native language. There are also counselling services in which your native language might even be spoken.

There is also support available if you are in Germany without papers or a valid residence permit or have no health insurance. Depending on your needs, you can get this support through social counselling, legal advice, or medical aid – for you and your baby.

You can find parental guides ['Elternlotsinnen'] here:
www.hamburg.de/elternlotsen/11747052/standorte



STRESS AND MENTAL ILLNESS

Sometimes we find ourselves in situations that seem too great to overcome (alone).

When you're having the 'baby blues', you feel defeated and exhausted. Fears about your baby depress you. You might want your old life back.

If you feel permanently fearful and joyless, this can be a sign of postpartum depression. This affects around ten percent of women after they give birth. Seek advice from a physician or gynaecologist, or visit a specialised clinic.

You'll find points of contact in the attached address book.

You'll find a guide to support options at: www.kindergesundheit-info.de/themen/entwicklung/psychische-gesundheit/wegweiser-entwicklungsprobleme



GOOD TO KNOW: CONFLICTS AND VIOLENCE IN THE FAMILY

Everyone has the right to be safe and unharmed. If family conflicts escalate to physical confrontation, take action: Leave the scene, and get yourself and your baby to safety.

Help is available here:

Hamburg Women's Shelters – Coordination and service centre '24/7'

Telephone: 040 800041000

Email: schutz@24-7-frauenhaeuser-hh.de

Helpline for Violence Against Women

Telephone: 116016

Help and counselling for men

www.hamburg.de/hilfen-fuer-opfer/7421580/maenner





FROM 'EASY MAINTENANCE' TO TEMPERAMENTAL

Babies differ in their behaviour and developmental stages. Even during their toddler years, many are perceived as easy to care for, and others as rather challenging. The latter group, for example, especially needs a lot of closeness and attention. They have enormous energy and a strong urge to move, are restless, and find it hard to

sleep. All that can require all the more effort from you as a parent. When you start to feel overwhelmed or helpless (and no later!), it's good to get advice and support.

GOOD TO KNOW: LOOKING AWAY

Does your baby look away from you now and then? That's completely normal. Babies love faces and contact, but all those new impressions can overstimulate their young brains. Your baby might be restless or might cry. Give your baby breaks so it can recuperate.



GET HELP EARLY ON

For a good start in life as a family, use the many services in your immediate vicinity and in all of Hamburg. Don't keep your questions to yourself!

The link to Frühe Hilfen [early help] is on page 15.

And the General Social Services (ASD) of the youth welfare office will support

you with questions about child rearing if day-to-day life with your child is marked by heavy stress.

You can find more on this at:
www.hamburg.de/jugendamt



GOOD TO KNOW: USEFUL WEBSITES

You can find various types of information to supplement this brochure here:

Topics such as

- Family education and counselling
- Work-life balance
- Financial aid for families
- Childminding
- Custody

www.hamburg.de/familienwegweiser



The Federal Ministry for Families will inform you about

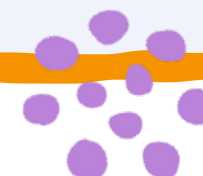
- the most important services
- legal regulations
- counselling services to support parents
- the amount of the parent allowance (parent allowance calculator)

www.bmfsfj.de/bmfsfj/themen/familie



You'll find more information on advice and support for families in Hamburg here:

www.hamburg.de/familie/veroeffentlichungen/3055104/familienberatung-mehrsprachig



SPACE FOR YOUR THOUGHTS

What are the next steps?

PERSONAL CHECKLIST

Parenthood and its challenges – these are the most important points in this chapter:

- ☐ Involve specialists for babies born prematurely or with health problems
- ☐ Use support for language barriers
- ☐ Get help for family conflicts and violence
- ☐ In general: get help early on

THE MOST IMPORTANT LINKS

Here we've listed all the important links and addresses from this chapter for you:

Guides for refugees and migrants:



Link: www.hamburgasyl.de/praktische-hilfen/adresslisten

Help for children with disabilities, multilingual



Link: www.bvkm.de/ratgeber/mein-kind-ist-behindert-diese-hilfen-gibt-es-in-mehreren-sprachen

Parents' initiative for premature and risky births:



Link: www.fruehstart-hamburg.de

YOUR POINTS OF CONTACT IN HAMBURG

The address book contains all important points of contact. Beginning with general addresses that can guide you no matter where you live, you'll also find the special services offered in your Hamburg district, arranged by topic.



THANKS

We'd like to thank all the participants who worked together on the brochure. Special thanks go out to the committed participants, parents, and specialists of the participation workshop from September 2022. This resulted in constructive, trailblazing ideas that give the brochure its new face.

Our sincere thanks to the project group: Susanne Hüttenhain, State Coordinator of Frühe Hilfen Hamburg, social agencies, and our colleagues Birgit Aßmann, Stephanie Ganske and Ralf Slüter of the Hamburg Child Protection Association.



Legal Information

Office for labour, health, and social affairs, family, and integration (social services)
Department for public relations
Hamburger Str. 47, 22083 Hamburg

Der Kinderschutzbund Landesverband Hamburg e.V.
[child protection agency regional association of Hamburg]
Sievekingdamm 3 - Platz der Kinderrechte
20535 Hamburg

☎ 040 4329270
@ info@kinderschutzbund-hamburg.de
🏠 www.kinderschutzbund-hamburg.de

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www.gettyimages.de
www.istockphoto.com

Brochure

The brochure "Who supports us ..." can be ordered by email free of charge at bestellungen@kinderschutzbund-hamburg.de.

The brochure can also be downloaded at www.hamburg.de/fruehe-hilfen.

Status

February 2024

EMERGENCY TELEPHONE NUMBERS

Emergency number for the rescue service, telephone: 112

Rescue and emergency physician vehicles are on the spot within minutes.

Emergency medical service Hamburg, telephone: 116117

Someone is at the phone around the clock to offer advice for medical problems.

Poison control centre, telephone: 0551 19240

This is responsible for Bremen, Hamburg, Niedersachsen and Schleswig-Holstein.

Promoted by:

Bundesstiftung
Frühe Hilfen



Bundesministerium
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