

GUIDE

for Parents-to-Be



Landkreis Oder-Spree

Youth Welfare Office



Dear

**PARENTS-
TO-BE**

As the County Commissioner of Oder-Spree County, it is particularly important to me to provide you support in all your crucial life challenges. Oder-Spree County employs specially trained staff in parental counseling, who can help you with health-related, bureaucratic and everyday matters and who are there for young families with both advice and practical support. If you wish, we of Oder-Spree County would be happy to accompany you in this new phase of your lives and even beyond. You are already holding a little help in your hands, thanks to this brochure.

**Questions?
Suggestions?
Criticisms?**

We are happy to have your feedback!
Write to us at
elternwegweiser@l-os.de

Here you will find answers to your first questions about giving birth and on bureaucratic matters like the parental allowance (*Elterngeld*), custody, the child benefit (*Kindergeld*) and child support, but also on offerings that are available for families with small children in Oder-Spree County. This guide will help you to cope with everyday life with your child right from start. The well-being of children and families is particularly dear to my heart. I also look forward to hearing your suggestions on how we, as the county administration, can further improve our support for our youngest residents and their parents. I wish you and your child much health and happiness and a wonderful time together!

Yours sincerely,


Rolf Lindemann



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PREGNANCY

IT'S SURE – A BABY IS ON THE WAY. WHAT NOW?

An exciting time in your life is starting. You can do a lot for your health and the health of your child by preparing yourself as well as possible for giving birth. Take advantage of this time serenely, joyfully and without much stress.

- Your health insurance provider has a lot of important information and offerings available for you.
- The pregnancy counseling centers can give you advice, help and an overview of social benefits.
- It is important to keep your appointments with your gynecologist.
- Look for a midwife, who can give you support from the first week of your pregnancy until you stop breastfeeding; you will find the contact details of the midwives working in Oder-Spree County starting on page 32.
- Your physician can help you with general health issues.
- Your dentist can also give you tips and suggestions on dental health for you and your child.



 Always see a gynecologist if you experience bleeding and pain.

COUNSELING SERVICES DURING PREGNANCY



PREGNANCY COUNSELING/ PREGNANCY CONFLICT COUNSELING CENTERS

Here you can obtain information and advice on pregnancy, family planning, social benefits (child benefit, parental allowance, housing benefit, etc.), legal issues (custody, name-giving, etc.), checkups, midwives and much more, and you can apply for a grant to help with initial baby equipment from the Federal “Mother & Child” Foundation (page 49).




Demokratischer Frauenbund e.V. *

 Liebknechtstraße 20
15848 Beeskow
 03366 2 26 54



pro familia e.V. *

 Fellertstraße 85
15890 Eisenhüttenstadt
 03364 6 10 60

Schwangerschaftskonfliktberatung des DRK MOHS e.V. *

 Seestraße 37
15537 Erkner
 03362 4 07 13 69
 0162 1 32 10 84

Immanuel Beratung Rüdersdorf *

 Seebad 82/83
15562 Rüdersdorf bei Berlin
 03363 88 31 85

pro familia e.V. *

🏠 Karl-Liebknecht-Straße 20
15517 Fürstenwalde
☎ 03361 34 99 17

Caritasverband Erzbistum Berlin e.V.

🏠 Eisenbahnstraße 16
15517 Fürstenwalde
☎ 03361 7 70 80

* officially recognized pregnancy conflict counseling centers

HAVING A BABY WHEN STILL A MINOR?

...a lot of people are here to help.....

For pregnant teenagers and teen mothers have a special need to be protected by society. It is important to deal openly with all questions from the start. Confide in your parents, acquaintances and friends.

HELP IS AVAILABLE IN ANY CASE:

- at the pregnancy counseling center
- at the Youth Welfare Office
- at doctor's offices
- at school
- from the Health Department
- at the training center

SERVICES FOR PREGNANT WOMEN**PREGNANCY BREAKFASTS**

Meet with other pregnant women during your pregnancy and talk about your experience over a tasty breakfast. In Beeskow, Storkow, Erkner

and Eisenhüttenstadt, pregnancy breakfasts are held at our parent-child and family centers (see page 58).

INFORMATION SERVICES AND DELIVERY ROOM VISIT

STÄDTISCHES KRANKENHAUS EISENHÜTTENSTADT GMBH – PARENT-CHILD CENTER (*ELTERN-KIND-ZENTRUM*)

- Informational meeting for parents-to-be with delivery room tour, the 4th Thursday of each month at 7 pm, no registration required
- Breakfast for pregnant women, every 4th Wednesday of the month from 9-11 am phone 03364 543007

HELIOS KLINIKUM BAD SAAROW

- Informational meeting for parents-to-be with delivery room tour, the 3rd Tuesday of each month at 7 pm, no registration required
- HELIOS “Hebammerei” Parenting School, at the clinic in Bad Saarow phone 033631 72291

KLINIKUM FRANKFURT (ODER)

- Informational meeting for parents-to-be with delivery room tour, the first Thursday of each month at 7 pm, no registration required
 - individual delivery room visits, registration required phone 0335 5482738 or 0335 5482736
 - Swimming for pregnant women and babies, in the Interdisciplinary Therapy Center
- Contact: Ms. Heinze, phone 0178 7 24 89 54

WHAT DO I PACK IN THE BAG FOR THE HOSPITAL? (AROUND 8 WEEKS BEFORE THE EXPECTED DELIVERY DATE)

DOCUMENTS, IMPORTANT PAPERS

- maternity book (*Mutterpass*)
- identity card
- gynecologist's hospital referral
- family register (*Stammbuch*) with one's own birth certificates (mother and father)
- health insurance card

FOR YOU

- comfortable nightgowns (which button in the front for nursing) or loose-fitting, long t-shirts
- toiletries, unscented personal hygiene products, disposable washcloths
- underwear (preferably cotton)
- perhaps your favorite music, a favorite book, camera, video camera
- thick, warm socks
- a small brunch, beverages
- slippers
- nursing bra

FOR YOU - ON THE WAY HOME

- clothes that fit you in about the sixth month of your pregnancy

FOR BABY - ON THE WAY HOME

- shirt/onesie, leggings, jacket, socks, cap (clothing appropriate for the season)
- diapers
- wool blanket, baby blanket
- baby carrier, for the drive home

WHAT SHOULD WE HAVE READY AT HOME?

FOR YOU

- loose-fitting, comfortable t-shirts or nightgowns
- quark for chest compress (feeling of tightness)
- briefs, maternity pads (without plastic coating)
- nursing pads
- a way to take a sitz bath

FOR THE BABY

- baby clothes, bathing and care items
- baby bottle with nipple (as needed)
- gauze burp cloths
- bottle brush
- thermometer
- milk formula (as needed)

IN GENERAL

- have laundry already washed
- bassinet or crib, mattress and mattress cover
- have refrigerator sufficiently full (stock)
- bathtub and small basin, bath thermometer
- prepare a cozy corner for the baby ahead of time
- stroller or baby carrier
- changing station, changing pad
- closable waste bin for diapers

MIDWIVES – FOR GETTING OFF TO A GOOD START IN LIFE

Midwives provide support and advice on all physical and psychological aspects from the beginning of the pregnancy. They can...

- determine if you are pregnant and issue the maternity book (*Mutterpass*)
- perform almost all the examinations specified in the maternity book, as long the pregnancy is not a high-risk pregnancy and the expectant mother is healthy.
- check your weight and blood pressure
- determine the position and size of the child and check whether the heartbeat is okay.
- do regular urinalysis and blood tests
- Please ask your midwife about postpartum recovery classes, postpartum exercises and other offerings.
- offer a variety of preparatory prenatal classes.

Only ultrasound examinations are reserved for doctors. Midwives are also the first person to contact for physical complaints during your pregnancy and pre-labor pains or contractions.

During the delivery, the midwife provides support to the mother as a birth specialist. A midwife has to be present at every birth in Germany – that is the law.

Postpartum care is provided as “outreach” work at the mother’s home. The midwife is the privileged interlocutor here for questions about how to provide for mother and child and also provides medical care for both.

In the postpartum period, midwives promote bonding between mother and child and they also help the mother to breastfeed. They help women to grow into their role as mothers. You can find the midwives working in Oder-Spree County starting on page 32.

For more information about midwifery www.hebammenverband.de

GIVING BIRTH

IS IT STARTING?

The following are possible signs of the onset of labor:

- **contractions (regular tightening in the back, abdomen and/or groin area, every 5 minutes, lasting 1 minute, over a half an hour)**
- **your water breaking**
- **passing of the mucus plug**

These signs may be accompanied by physical restlessness, difficulty sleeping, and fatigue. Moreover, if you experience bleeding, reduced movement of the child, dizziness, headaches, nausea, vomiting or diarrhea, you should go to the hospital immediately to get checked.

MATERNITY WARDS/BIRTH CENTER

HELIOS Klinikum Bad Saarow GmbH

Klinik für Frauenheilkunde und Geburtshilfe, mit Frühgeborenenversorgung (Family-Neonatologie)

🏠 Pieskower Straße 33
15526 Bad Saarow

☺ Delivery room 033631 7-22 91
Department 033631 7-22 84
Emergency room 033631 7-1000
Reception 033631 7-0

📄 www.helios-kliniken.de

Städtisches Krankenhaus Eisenhüttenstadt GmbH

Klinik für Frauenheilkunde und Geburtshilfe/Eltern-Kind-Zentrum

🏠 Friedrich-Engels-Straße 39
15890 Eisenhüttenstadt

☺ Delivery room 03364 54-30 07
Department 03364 54-30 16
Emergency room 03364 54-33 05
Reception 03364 54-50

📄 www.khehst.de

Klinikum Frankfurt (Oder) GmbH

Abteilung für Frauenheilkunde und Geburtshilfe, mit Frühgeborenenversorgung

🏠 Müllroser Chaussee 7
15236 Frankfurt (Oder)

☺ Delivery room 0335 548-27 38
Department 0335 548-27 36
Emergency room 0335 548-24 52
Reception 0335 548-0

📄 www.klinikumffo.de

Immanuel Klinik Rüdersdorf

Abteilung für Frauenheilkunde und Geburtshilfe

🏠 Seebad 82/83
15562 Rüdersdorf

☺ Delivery room 033638 83-3 70
Emergency room 033638 83-3 55
Reception 033638 83-0

📄 www.immanuel.de

“Hebammenhaus am Hafen” Wendisch Rietz

Geburtshaus & Hebammenpraxis

🏠 Am Hafen 20 A
15864 Wendisch Rietz

☺ 033679 75079

📄 www.hebammenhausamhafen.de



YOUR BABY

DIET, CRYING, SLEEP

BREASTFEEDING AND DIETARY QUESTIONS

You are beside yourself, because your baby is not eating properly? You can get advice and help from the gynecologist, the pediatrician, midwives and/or the breastfeeding counselor:



Yvonne Linke

Family and pediatric nurse practitioner

Pediatric nurse, breastfeeding counselor IBCLC

📞 03364 2 8005 10

📠 0151 19 53 38 06



Corinna Erlinger

Midwife and breastfeeding counselor

Helios Klinikum Bad Saarow, Hebammerei

📞 033631 7-22 90

✉️ hebammerei.badsaarow@helios-gesundheit.de



CRYING

Your baby cannot fall asleep, cries more than usual and is not eating properly? You are exhausted, because your baby is crying so much?

Consult with your pediatrician. He or she can give you a referral for a special consultation for babies in the **Social Pediatric Center (Sozialpädiatrische Zentrum)**.

Sozialpädiatrische Zentrum Frankfurt (Oder)

📍 Heilbronner Straße 1
15230 Frankfurt(Oder)

📞 0335 548-4985

✉️ spz@klinikumffo.de

⚠️ Please do not shake your baby! Shaking your baby can put its life in danger.

KEEPING THE BABY SAFE – PREVENTING SUDDEN INFANT DEATH

- an absolute no-smoking environment for the baby
- a wearable blanket (sleep sack) is better than a normal blanket
- sleeps in the parents' bedroom at night, but in its own baby bed
- optimal temperature for sleeping around 18°C
- do not put the baby on its belly to sleep at night
- if possible, breastfeed your child

📍 Please ask your pediatrician for advice and help.

 **INFANTS AND TODDLERS**
(2 – 23 months)

 **Children and teenagers**
(2 – 17 Jahre)

Vaccinations	6 months	2 months	U4 3 months	4 months	U6 11-14 months	U4 15-23 months	2-4 years	U9 5-6 years	J1 9-14 years	15-16 years	17 years
Rotaviruses	G1 ^a	G2	(G3)								
Tetanus		6-in-1 vaccination	G2	G3	6-in-1 vaccination	N	A	A	N		
Diphtheria						N	A	A	N		
Whooping cough (pertussis)						N	A	A	N		
Hib (Haemophilus influenzae type b)						N					
Polio (Poliomyelitis)					N		A	N			
Hepatitis B					N						
Pneumococcus		G1 ^b		G2	G3	N					
Meningococcal C					G (from 12 months)		N				
Measles					3-in-1 vaccination MMR	G1	N				
Mumps							3-in-1 vaccination MMR + Chickenpox	G2	N		
Rubella									N		
Chickenpox (varicella)					G1	G2	N				
HPV (human papillomviruses)								G1+G2 ^c	N ^c		

U Vaccination at early detection screening Children
J Vaccination at early detection screening Adolescents

G Primary immunization (up to four inoculations G1 – G4)
A Booster vaccination

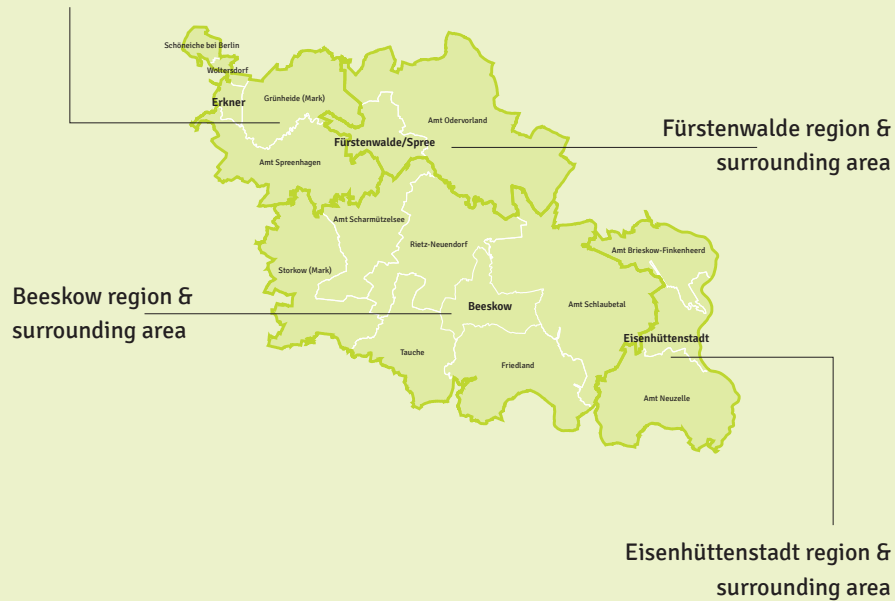
N Catch-up vaccination

^a the 1st vaccine dose preferably from the age of 6 weeks; depending on the vaccine used, 2 or 3 oral vaccine doses (G2/G3) at an interval of at least 4 weeks
^b premature infants receive an additional vaccine dose at the age of 3 months (a total of 4 vaccine doses)
^c 2 vaccine doses (at least 5 months apart) for girls and boys aged 9–14; in the case of a catch-up immunization starting at an age > 14 years old, 3 vaccination doses are required

CONTACTS

We have divided the contact details for **gynecologists, pediatricians and midwives** in Oder-Spree County into 4 regions. Please look for your region.

Erkner region & surrounding area



GYNECOLOGISTS

BEESKOW REGION & SURROUNDING AREA

Dr. med. Ines Endler

🏠 Seestraße 23
15526 Bad Saarow
☎ 033631 8 94 99

Dr. med. Ingo Teichmann

🏠 Pieskower Straße 33
15526 Bad Saarow
☎ 033631 21 47

MVZ für Frauenheilkunde und
Geburtshilfe

🏠 Liebknechtstraße 15
15848 Beeskow
☎ 03366 2 63 82

Dipl.-Med.
Klaus-Dieter Priem

🏠 Am Markt 24
15859 Storkow
☎ 033678 6 22 83



EISENHÜTTENSTADT REGION & SURROUNDING AREA

**Med. Versorgungszentrum
Gerald Vögel**

🏠 Friedrich-Engels-Straße 39
15890 Eisenhüttenstadt
☎ 03364 4 39 91

**Dr. Med .Elke Chesin und
Dipl.-Med. Heidrun Finke**

🏠 Friedrich-Engels-Straße 39
15890 Eisenhüttenstadt
☎ 03364 4 45 59

Dipl.-Med. Sylvia Tiedke

🏠 Neuzeller Straße 24
15890 Eisenhüttenstadt
☎ 03364 6 11 92

FÄ Sabine Niedermeyer

🏠 Fürstenberger Straße 1
15890 Eisenhüttenstadt
☎ 03364 75 10 07

Dipl.-Med. Bettina Hanns

🏠 Fürstenberger Straße 1
15890 Eisenhüttenstadt
☎ 03364 75 10 07



ERKNER REGION & SURROUNDING AREA

**Gemeinschaftspraxis
Starke & Appis**

🏠 Hermannstraße 40
15562 Rüdersdorf
☎ 033638 2475

**FÄ Jana Melcher
Dr. med. Anja Spethmann**

🏠 Seebad 82/83
15562 Rüdersdorf
☎ 033638 8 31 16

Dr. med. Ulrike Schüßler

🏠 Ernst-Thälmann-Straße 12 b
15537 Erkner
☎ 03362 35 55

Dr. med. Anastasia Probst

🏠 Karl-Tietz-Straße 6 b
15537 Erkner
☎ 03362 45 16

Frauenärztin Christore Reincke

🏠 Altlandsberger Chaussee 126
15370 Fredersdorf
☎ 033439 5 92 23

Dr. med. Stefanie Hennicke

🏠 Hohes Feld 1 a
15566 Schöneiche
☎ 030 64 90 30 64

Fachärztin Annette Herzog

🏠 Berliner Straße 6 a
15562 Rüdersdorf
☎ 033638 24 75

**Dr. med. Franka Lenz/
Pränataldiagnostik**

🏠 Seebad 82/83
15562 Rüdersdorf
☎ 033638 8 36 54

Dr.med. Carolin Helbig

🏠 Baltzerstraße 38 A
15569 Woltersdorf
☎ 03362 51 19

FÜRSTENWALDE REGION AND SURROUNDING AREA

Dr. med. Therese Friedersdorff

🏠 Gartenstraße 34
15517 Fürstenwalde
☎ 03361 54 58

MVZ des Klinikums Frankfurt (Oder)

🏠 Bahnhofstraße 20 a
15517 Fürstenwalde
☎ 03361 53 10

Dr. med. Georg Heinrich

🏠 Domgasse 1
15517 Fürstenwalde
☎ 03361 34 32 07

Dr. med. Andreas Langheinrich

🏠 Am Stadtpark 5
15517 Fürstenwalde
☎ 03361 23 61

Dr. med. Margit Reincke

🏠 Karl-Liebnecht-Straße 21
15517 Fürstenwalde
☎ 03361 37 40 33

PEDIATRICIANS

BEESKOW REGION & SURROUNDING AREA

Dipl.-Med. Simone Wunderlich

🏠 MVZ HELIOS Klinikum Bad Saarow
Pieskower Straße 33
15526 Bad Saarow
☎ 033631 7 35 06

Fachärztin Simone Wollenberg

🏠 Brandstraße 54
15848 Beeskow
☎ 03366 2 20 44

Dipl.-Med. Barbara Kowalsky/

Dipl.-Med. Cornelia Kleinke

🏠 Rudolf-Breitscheid-Straße 47 f
15859 Storkow
☎ 033678 7 25 47

EISENHÜTTENSTADT REGION & SURROUNDING AREA

Dipl.-Med. Rainer Noack *

🏠 Friedrich-Engels-Straße 40
15890 Eisenhüttenstadt
☎ 03364 4 45 28

Dr. med. Margitta Schmincke *

🏠 Inselblick 14
15890 Eisenhüttenstadt
☎ 03364 6 21 00

Dipl.-Med. Michaela Schultz *

🏠 Beeskower Straße 114
15890 Eisenhüttenstadt
☎ 03364 41 26 12

Dipl.-Med. Dietmar Ueberschär *

🏠 Friedrich-Engels-Straße 39
15890 Eisenhüttenstadt
☎ 03364 4 45 68

Dipl.-Med. Angelika Koch

🏠 Bahnhofstraße 92
15890 Eisenhüttenstadt
☎ 03364 750298

Dr. med. Alina Cywilko-Obremaska

🏠 MVZ Krankenhaus Ehst
Friedrich-Engels-Straße 39
15890 Eisenhüttenstadt
☎ 03364 41 30 95

ERKNER REGION & SURROUNDING AREA**Dipl.-Med. Jörg Beutel**

🏠 Seestraße 37
15537 Erkner
☎ 03362 50 10 70

Dipl.-Med. Jens-Uwe Köhler

🏠 Friedrichstraße 22 A
15537 Erkner
☎ 03362 34 50

Dr. med. Christa Wolf

🏠 Woltersdorfer Landstraße 19
15537 Erkner
☎ 03362 48 02

FÄ Anja Krämer

🏠 Am Priestersee 1
15537 Grünheide
☎ 03362 63 78

Regine Kreutz *

🏠 Friesenstraße 7
15566 Schöneiche
☎ 030 6 49 62 40

Dipl.-Med. Sabine Kutschan

🏠 Bunzelweg 38
15566 Schöneiche
☎ 030 6 49 30 42

Dr. med. Anke Speth

🏠 Seebad 82/83
15562 Rüdersdorf
☎ 033638 83157

Dipl.-Med. Antje Riebe-Yang *

🏠 Eichendamm 20
15569 Woltersdorf
☎ 03362 58000

FÜRSTENWALDE REGION & SURROUNDING AREA**Dipl.-Med. Martina Albrecht**

🏠 Karl-Liebnecht-Straße 21
15517 Fürstenwalde
☎ 03361 34 76 80

Dipl.-Med. Holger Kischka

🏠 Am Stadtpark 4-5
15517 Fürstenwalde
☎ 03361 25 14

**MVZ Helios-Klinikum
Iryna Dettmann**

🏠 Eisenbahnstraße 170
15517 Fürstenwalde
☎ 03361 27 08

The pediatricians marked with * are registered as practicing physicians or general practitioners.

MIDWIVES

BEESKOW REGION AND SURROUNDING AREA

Angela Aurich

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Amrei Barthel

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Simone Wagner

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✉ simone.wagner60@gmx.de

EISENHÜTTENSTADT REGION AND SURROUNDING AREA

Katharina Liepe

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✉ katharinaliepe@freenet.de

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☎ 03364 2 84 79 90

✉ k.fox@live.de

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✉ hebamme_heikestenzel@web.de

Linda Krüger

☎ 0174 1 66 59 00

✉ Linda.Werner1987@web.de

ERKNER REGION AND SURROUNDING AREA

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✉ info@haus-der-hebamme.de

Avina Bennewitz

☎ 0173 6 93 74 76

✉ Hebamme-Avina-Bennewitz@gmx.de

Victoria Burghold

☎ 0176 20 99 89 11

✉ hebammevictoria@web.de

**Ira Görlitz-Frauenstein**

☎ 0179 2 24 25 51

✉ Ira_frauenstein@yahoo.de

Rebecca Güssow

☎ 0177 2 75 28 03

✉ info@hebamme-rebecca.de

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✉ Hebamme-aline@gmx.de

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✉ ineshenze@web.de

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✉ hebanne.knospe@web.de

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✉ judithluebke@web.de

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✉ alexa.lu@gmx.de

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✉ Hebamme-af@gmx.de

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✉ beate_franzke@web.de

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✉ andrea.janke1@gmx.de

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✉ anke.skrzypczak@gmx.de

Anne Teichmann

✉ anne.teichmann@web.de

FINANCIAL AND LEGAL MATTERS



FINANCIAL MATTERS

page 43

Parental allowance/Parental allowance plus

Child benefit

Child support advance

Grants

Foundation funds for providing financial support to families

PRO Arbeit - municipal job center

DAYCARE

page 53

Where can I find a daycare center or provider?

When should I submit a needs assessment application to the Youth Welfare Office?

CERTIFICATIONS

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Birth certificate/civil registry

Certification of paternity/parental custody/child support

Establishing paternity

CERTIFICATIONS

BIRTH CERTIFICATE/ CIVIL REGISTRY

The first thing to do is to apply for a birth certificate for the newborn. You can obtain this from the civil registry (*Standesamt*) of the place of birth. Here you can also obtain:

- an attestation for applying for the maternity benefit, the child benefit and the parental allowance, as well as an attestation for religious purposes.

Many clinics offer to register the birth for you, and you only have to pick up the birth certificate at the civil registry (the first certificate costs 10.00 euros; each additional one, 5 euros). You should have the following documents with you:

MARRIED PARENTS:

- The clinic's attestation of birth
- Identity card/passport
- Marriage certificate

UNMARRIED PARENTS:

- The clinic's attestation of birth
- Identity card
- Birth certificate of the mother
- Acknowledgment of paternity, if available

i When giving birth at home, you obtain the birth certificate at the civil registry of your place of residence.

Standesamt in Bad Saarow

- 📍** Forsthausstraße 4
15526 Bad Saarow
- 📞** 033631 45 109
- ✉** standesamt@amt-scharmuetzelsee.de

Standesamt in Eisenhüttenstadt

- 📍** Zentraler Platz 1
15890 Eisenhüttenstadt
- 📞** 03364 566 2 39
- ✉** Marion.Schulze@eisenhuettenstadt.de

Standesamt Frankfurt (Oder)

- 📍** Marktplatz 1
15230 Frankfurt (Oder)
- 📞** 0335 552 34 00
- ✉** standesamt@frankfurt-oder.de

Standesamt Rüdersdorf

- 📍** Hans-Striegelski-Straße 5
15562 Rüdersdorf bei Berlin
- 📞** 033638 85 121
- i** www.ruedersdorf.de

CERTIFICATION OF PATERNITY/ PARENTAL CUSTODY/CHILD SUPPORT

Acknowledgments of paternity are certified at the local civil registry (*Standesamt*) or the Youth Welfare Office (*Jugendamt*), in the latter case free of charge.

The mother's declaration of consent to the acknowledgment of paternity and the certification of joint parental custody can be undertaken free of charge at the Youth Welfare Office (*Jugendamt*) upon presentation of the identity documents, the parties' birth certificates and the acknowledgment of paternity.

Here you can also obtain a negative certification (information from the custody registry) upon presentation of the child's birth certificate and acknowledgment of

paternity. This allows you to show that you have sole custody of the child.

Certifications of support obligations can also be undertaken here free of charge upon presentation of the identity document and notification about the support to be certified. You can also have the latter calculated here. First ask the father or the mother yourself to provide information about his or her income for the last 12 months. Give him or her a 2-week deadline to comply.

Make an appointment for a consultation at the Youth Welfare Office (*Jugendamt*) and bring the following documents with you: income documentation, the child's birth certificate, acknowledgment of paternity, and existing support order/calculation, if applicable.

Our staff in the Youth Welfare Office will be happy to provide you information on all paternity and support issues, either in person or by telephone:

Beeskow office

🏠 Breitscheidstraße 7
15848 Beeskow

Michaela Walter

☎ 03366 35-1529

Irina Bär

☎ 03361 35-1569

Fürstenwalde office

🏠 Am Bahnhof 1 e
15517 Fürstenwalde

Beate Pucek

☎ 03361 599-1562

Ramona Schmidt-Driebusch

☎ 03361 599-1567

ESTABLISHING PATERNITY

The Youth Welfare Office will advise and assist you free of charge in establishing the paternity of your child. Contact the staff of the above-mentioned locations.

FINANCIAL MATTERS

PARENTAL ALLOWANCE/ PARENTAL ALLOWANCE PLUS

The parental allowance (*Elterngeld*) normally comes to 65% of your average net earnings during the last 12 months and is paid for 14 months.

📄 Parental allowance calculator www.bmfsfj.de > Service > Onlinerechner

You need to apply for it in the first 3 months following the child's birth (the parental allowance is only paid retroactively for three months)

Your contact persons for parental allowance and parental leave questions are:

A – H	Elke Schulz	☎ 03366 35-1520
I – Q	Carola Klöckner	☎ 03366 35-1519
R – Z	Katrin Weinert	☎ 03366 35-1521

Parental allowance plus (*ElterngeldPlus*) makes it easier for mothers and fathers to combine receipt of parental allowance and part-time work. In addition, you are given more flexibility in how you organize your parental leave. The rules for the parental allowance plus, the partnership bonus and flexible parental leave apply for parents whose children were born on or after July 1, 2015.

It remains possible to claiming the parental allowance in its prior form. Your part-time work may not exceed 30 hours per week. Parents can thus choose now between claiming the parental allowance or the parental allowance plus.

- More information is available at www.familienportal.de

The Youth Welfare Office (*Jugendamt*) can advise you on the matter.



CHILD BENEFIT

...is not paid automatically, but has rather to be applied for. You apply for it at the Family Benefits Office (*Familienkasse*) of the Frankfurt (Oder) employment agency. You need a tax identification number to apply. The tax identification number will be sent to you three months after the child's birth. Tip: www.identifikationsmerkmal.de.

Agentur für Arbeit – Familienkasse

Heinrich-von-Stephan-Straße 2
15230 Frankfurt (Oder)

Address

- Familienkasse Berlin-Brandenburg
14465 Potsdam
- 0800 4 55 55 30
(toll-free)

- The application form can be downloaded on the Internet at: www.familienkasse.de

- Apply for child benefit online at:
www.kindergeld-beantragen.de or www.kindergeld.org

- The current version of the informational brochure on the child benefit is available in German and other languages at: www.arbeitsagentur.de

CHILD SUPPORT ADVANCE

The child support advance (*Unterhaltsvorschuss*) is only granted upon submission of a written application. The application forms can be obtained at the county administration office in Beeskow, Jugendamt, Breitscheidstr. 7, 15848 Beeskow. Request them by phone from the staff members listed below or at www.landkreis-oder-spree.de/unterhaltsvorschuss. (Here you will also find information on the documents you need to bring with you.)

The contact persons for the child custody advance are:

Sa – Sd	Antje Hampe	☎ 03366 35-1539
C, N, Se – Sz	Charleen Pohland	☎ 03366 35-1506
F, M	Sandra Weiß	☎ 03366 35-1525
D, P, X, Y	Nancy Leschke	☎ 03366 35-1573
G – Gn, R, U	Cindy Machnow	☎ 03366 35-1535
B, O	Max Kraatz	☎ 03366 35-1568
T, W	Steffi Bildt	☎ 03366 35-1509
A, I	Katharina Kunger	☎ 03366 35-1568

Go - Gz, Ka - Kl, Z	Maria Mercier	☎ 03366 35-1508
H	Dana Gliese	☎ 03366 35-1508
E, J, L, Q	Katharina Mettke	☎ 03366 35-1564
Km-Kz, V	Lisa Drews	☎ 03366 35-1527

GRANTS

THE SUPPLEMENTARY CHILD ALLOWANCE (*KINDERZUSCHLAG*)

...is a needs-based benefit intended for low-income parents whose income is sufficient to cover their own needs, but not those of their child.

- 📄 Informational brochure on the supplementary child allowance at www.kinderzuschlag.de, apply at the Family Benefits Office of the Federal Employment Agency.

HOUSING BENEFIT

People with low incomes may be able to obtain the housing benefit. It is intended to help cover housing costs. The Housing Benefit Unit of the Oder-Spree County Social Welfare Office is responsible for administering it. You can find the official responsible for handling your claim here: www.landkreis-oder-spree.de or at 03366 35-0 (Housing benefit unit).

MATERNITY BENEFIT

The maternity benefit is paid by the public insurance plans during the statutory maternity leave periods before and after delivery (normally 6 weeks before delivery and 8 weeks after delivery; for premature births or the birth of multiple children, 12 weeks after delivery), as well as for the day of delivery. You may apply for the maternity benefit seven weeks before the expected date of birth at the earliest, since the doctor may only issue the required medical attestation one week before the start of the statutory maternity leave period at the earliest.

Only women who have either voluntary or mandatory coverage from one of the public health insurance providers and who are entitled to sick pay may receive the maternity benefit from one of the public health insurance providers (*gesetzliche Krankenkassen*).

MATERNITY BENEFIT FROM THE FEDERAL OFFICE FOR SOCIAL SECURITY

Women who are not themselves members of a public health insurance plan (for example, who have private insurance or who are covered by the public health insurance of a family member) receive maternity benefits of, at most, 210 euros in total from:

Bundesversicherungsamt – Mutterschaftsgeldstelle

📍 Friedrich-Ebert-Allee 38
53113 Bonn

☎ 0228 6 19 18 88

✉ mutterschaftsgeldstelle@bva.de

🌐 www.mutterschaftsgeld.de

EMPLOYER CONTRIBUTION TO MATERNITY BENEFIT

If the mother's average calendar-day net wage exceeds 13 euros (monthly net wage of 390 euros), the employer is required to pay the difference as a contribution to the maternity benefit. This also applies to those who are marginally employed to the extent that their net wage is greater than 390 euros.

FOUNDATION FUNDS FOR PROVIDING FINANCIAL SUPPORT TO FAMILIES

Pregnancy and the birth of a child can lead to financial difficulties. The Federal Mother and Child Foundation for the Protection of Unborn Life provides funds to pregnant women in need of financial assistance. Application has to be made before the child's birth via one of the following pregnancy counseling centers.

📄 More information is available at www.bundesstiftung-mutter-und-kind.de

pro familia e.V.

📍 Fellertstraße 85
15890 Eisenhüttenstadt

☎ 03364 6 10 60

pro familia e.V.

📍 Karl-Liebknecht-Straße 21
15517 Fürstenwalde

☎ 03361 34 99 17

Demokratischer Frauenbund e.V.

🏠 Liebknechtstraße 20
15848 Beeskow
☎ 03366 2 26 54

Caritasverband Erzbistum Berlin e.V.

🏠 Eisenbahnstraße 16
15517 Fürstenwalde
☎ 03361 77080

**Schwangerschaftskonfliktberatung
des DRK MOHS e.V.**

🏠 Seestraße 37
15537 Erkner
☎ 03362 4 07 13 69
📠 0162 1 32 10 84

Immanuel Beratung Rüdersdorf

🏠 Seebad 82/83
15562 Rüdersdorf bei Berlin
☎ 033 63 88 31 85

**PRO ARBEIT – MUNICIPAL JOB CENTER**

Here you can apply for unemployment benefits II (*Arbeitslosengeld II*), social benefits and benefits for education and participation that are based on the needs of those eligible.

Unemployment benefits and social benefits cover standard needs, supplementary needs and the need for lodging and heating: also including, in particular, benefits for the initial equipment and furniture you will need for your child. In addition to standard needs, needs for education and for participation in the social and cultural life of the community are separately taken into account for children, teenagers and young adults. Pregnant beneficiaries of unemployment benefit II are entitled to apply for the following one-time benefits at the municipal Job Center:

- pregnancy clothing
- initial baby equipment, like
- high chair
- stroller
- crib
- initial furniture for the child's room

depending on the individual case. There is the possibility, moreover, to apply for an **additional benefit for pregnant women** that is normally 17% of the standard rate.

**PRO Arbeit – kommunales Jobcenter
Regionalstelle Beeskow**

🏠 Breitscheidstraße 7
15848 Beeskow
🕒 Di./Do. 09:00–12:00 and 13:00–18:00
☎ 03366 35-45 99 (local call)

**PRO Arbeit – kommunales Jobcenter
Regionalstelle Eisenhüttenstadt**

🏠 Karl-Marx-Straße 35 c
15890 Eisenhüttenstadt
🕒 Di./Do. 09:00–12:00 and 13:00–18:00
☎ 03364 505-47 99 (local call)

PRO Arbeit – kommunales Jobcenter Regionalstelle Erkner

🏠 Ladestraße 1
15537 Erkner

🕒 Di./Do. 09:00–12:00 and 13:00–18:00

☎️ 03362 2999-4899 (local call)

PRO Arbeit – kommunales Jobcenter Regionalstelle Fürstenwalde

🏠 Am Bahnhof 1e
15517 Fürstenwalde

🕒 Di./Do. 09:00–12:00 and 13:00–18:00

☎️ 03361 599-4699 (local call)



DAYCARE

Daycare ensures the compatibility of family and work and promotes the well-being and the development of children. Children from the age of one until entering the fifth grade have a legal right to instruction, education, care and support in a daycare facility.

WHERE CAN I FIND A DAYCARE CENTER OR PROVIDER?

📍 Daycare providers in Oder-Spree County at www.landkreis-oder-spree.de

WHERE CAN I GET INFORMATION?

- from the daycare centers or providers
- from government agencies and municipalities
- from the Youth Welfare Office

WHEN SHOULD I SUBMIT A NEEDS ASSESSMENT APPLICATION TO THE YOUTH WELFARE OFFICE?

Children from the age of one until entering the fifth grade have a legal right to instruction, education, care and support in a daycare facility. When parents need more than the stipulated number of hours in daycare, because they are working or studying, then a needs assessment application should be submitted to the Youth Welfare Office.

CHILDREN UP TO 1 YEAR OF AGE

- An application is always required

CHILDREN FROM THE AGE OF 1 UNTIL STARTING SCHOOL

- for up to 30 hours of daycare, no application is required
- for more than 30 hours, an application is required

CHILDREN FROM 1ST TO 4TH GRADE

- for up to 20 hours of daycare, no application is required
- for more than 20 hours, an application is required

CHILDREN FROM 5TH TO 6TH GRADE

- An application is always required





You can obtain applications, required documentation and further information on the website of Oder-Spree County and from the below contact persons.

 All applications at www.landkreis-oder-spree.de/Kindertagesbetreuung

The contact persons for daycare claim assessment applications are:





Ursula Scholz

Responsible for the city of Beeskow, Brieskow-Finkenheerd office, city of Eisenhüttenstadt, city of Friedland, Schlaubetal office, Neuzelle office

 Breitscheidstraße 7
15848 Beeskow
 03366 35-25 15
 03366 35-15 99
 ursula.scholz@l-os.de

Sandra Raddatz

Responsible for the city of Erkner, Grünheide municipality, Schöneiche municipality, Spreenhagen office, city of Storkow, Woltersdorf municipality

 Breitscheidstraße 7
15848 Beeskow
 03366 35-25 13
 03366 35-15 99
 sandra.raddatz@l-os.de





Kerstin Heisig

Responsible for the city of Fürstenwalde, Odervorland office, Rietz-Neuendorf municipality, Scharmützelsee office, Steinhöfel municipality, Tauche municipality

 Breitscheidstraße 7
15848 Beeskow
 03366 35-15 24
 03366 35-15 99
 kerstin.heisig@l-os.de

Anne Weinert

Responsible for daycare outside of Oder-Spree County

 Breitscheidstraße 7
15848 Beeskow
 03366 35-25 18
 03366 35-15 99
 anne.weinert@l-os.de



PARENT-CHILD OFFERINGS

PARENT-CHILD CENTERS

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Parent-Child-Centers or
Family Centers near you

Parent-Child Groups

Getting Off to a
Good Start in Life

Parental KNOWLEDGE

Mother-Father-Child Service

SUPPORT OFFERINGS

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Child-raising Counseling Centers

Support from the Youth Welfare Office

Questions on Breastfeeding, Crying, Sleep?

The Social Pediatric Center

The “Healthy Kids Oder-Spree” Network

Pregnancy Counseling/
Pregnancy Conflict Counseling

HELPFUL PUBLICATIONS

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Parent Letters

Useful links

Important phone numbers

Important addresses

PARENT-CHILD CENTERS

Get together with other parents? Exchange views and ideas? Take advantage of offerings like parent-infant playgroups (*Krabbelgruppen*), baby massage, gymnastics for kids, baby swim, nutritional counseling and much more.

...for example, in parent-child centers or family centers near you:

DRK – Familienzentrum

- 🏠 Kiefernweg 67
15848 Beeskow
- ☎ 03366 15 30 19
- ✉ anja.kess@drk-mohs.de
- 🌐 drk-familienzentrum.blogspot.com

Familienzentrum Integrationskita »Pustelblume«

- 🏠 Fröbelring 1
15890 Eisenhüttenstadt
- ☎ 03364 77 33 80
- ✉ familienzentrum.ehst@gmail.com

DRK Kurt-Kattaneck-Haus

- 🏠 Seestrasse 38
15537 Erkner
- ☎ 0159 01 73 63 82
- ✉ katrin.elsner@drk-mohs.de

Mobiles Eltern-Kind-Zentrum Friedland

- 🏠 Lindenstraße 13
15848 Friedland
- ☎ 033676 6 09 16
- ✉ ekz@friedland-nl.de
- 🌐 www.friedland-nl.de

Eltern-Kind-Zentrum Storkow

- 🏠 Am Markt 13
15859 Storkow
- ☎ 033678 4 05 27
- 🌐 www.elkize-storkow.de

Mehrgenerationenhaus/ Familienzentrum Erkner

- 🏠 Fichtenauer Weg 53
15537 Erkner
- ☎ 03362 50 08 12

Eltern-Kind-Zentrum

- 🏠 An der Löcknitz 8
15537 Grünheide
- ☎ 03362 88 60 480
- 📞 0152 53 23 81 48
- ✉ ekz@gemeinde-gruenheide.de

Eltern-Kind-Zentrum der Gemeinde Steinhöfel

- 🏠 Kirchgasse 1
15518 Steinhöfel
- ☎ 0152 52 63 24 88

Eltern-Kind-Zentrum Fürstenwalde (heilpäd. gGmbH Lebenshilfe Oder-Spree)

- 🏠 Wladimir-Komarow-Straße 19
15517 Fürstenwalde
- ☎ 0176 76 86 76 70
- ✉ ekz@lebenshilfe-oder-spree.de

Eltern-Kind-Zentrum in der Bürgelschule

- 🏠 Prager Straße 31 a
15566 Schöneiche
- ☎ 030 22 17 11 67
- ✉ elkiz@schoeneiche-bei-berlin.de

Eltern-Kind-Zentrum AWO Kita »Kinderrabatz«

- 🏠 Petershagener Straße 23
15518 Briesen
- ☎ 033607 5 97 13
- ✉ eltern-kind-zentrum-briesen@awo-fuerstenwalde.de

MehrgenerationenhausFürstenwalde

- 🏠 Wladimir-Komarow-Straße 42 e
15517 Fürstenwalde
- ☎ 03361 74 90 28
- ✉ mehrgenerationenhaus@awo-fuerstenwalde.de

PARENT-INFANT PLAYGROUPS

You are looking for a parent-infant playgroup (*Krabbelgruppe*), in order to exchange views and ideas with other parents, to enable your child to have contact with other children, to get to know a daycare facility?

Please ask about a group in the daycare center near you or look for one on the Internet.

 More information is available at www.los-family.de

SUPPORT SERVICES


CHILD-RAISING COUNSELING CENTERS

Here you can get advice on, for example:

- Questions on raising children and their development
- Family problems and problems in your couple
- Questions on being a young parent

Oder-Spree County

Erziehungs- und Familienberatungsstelle


 Breitscheidstraße 7
15848 Beeskow

 03366 35-15 26

 anita.wesner@l-os.de

Oder-Spree County

Erziehungs- und Familienberatungsstelle


 Friedrich-Engels-Straße 1
15890 Eisenhüttenstadt


 03364 77 14 91

 efb@l-os.de

AWO

Erziehungs- und Familienberatungsstelle


 Eisenbahnstraße 140
15517 Fürstenwalde

 03361 7 47 08 06

 efb.fw@awo-fuewa.de

AWO

Erziehungs- und Familienberatungsstelle

 Hessenwinklerstraße 1
15537 Erkner

 03362 47 15

 efb.erkner@awo-fuewa.de

SUPPORT FROM THE YOUTH WELFARE OFFICE

Everyday life with children...is a joy, but often also very stressful. Are family, raising children, school and your children's health challenging for you as parents? You are the experts for the solution, we are the experts for the process. Contact your Youth Welfare Office:

- when children or adolescents exhibit behavioral problems
- for individual and family problems, as well as learning difficulties
- when there are conflicts in school and/or in the family
- for separation and divorce problems
- for question about adoption or becoming a foster parent
- when looking for new solutions
- in crisis situations

Oder-Spree County/Youth Welfare Office

🏠 Breitscheidstraße 7
15848 Beeskow
☎ 03366 35-25 11
☎ 03366 35-15 99
✉ jugendamt@l-os.de

**Oder-Spree County/Youth Welfare Office
Erkner branch office**

🏠 Ladestraße 1
15537 Erkner
☎ 03362 2999-15 36

**EARLY SUPPORT AND
COUNSELING CENTERS**

You have doubts about whether your child is developing properly? It is not walking yet, it has not said “mommy” yet...? First of all, keep calm; every child develops differently. But if you still have questions, they will be happy to advise you at the following early support and counseling centers.

Oder-Spree County/Youth Welfare Office

Eisenhüttenstadt branch office
🏠 Karl-Marx-Straße 35 c
15890 Eisenhüttenstadt
☎ 03364 505-43 30
☎ 03364 505-15 97

**Oder-Spree County/Youth Welfare Office
Fürstenwalde branch office**

🏠 Am Bahnhof 1 e
15517 Fürstenwalde
☎ 03361 599-25 40
☎ 03361 599-15 98

Lebenshilfe Landkreis Oder-Spree e.V.

Frühförder- und Beratungsstelle
🏠 Maxim-Gorki-Straße 25 b
15890 Eisenhüttenstadt
☎ 03364 7695-2 20 oder 7695-2 21
✉ ffb@lebenshilfe-los.de

**Heilpädagogische gGmbH Lebenshilfe
Oder-Spree**

Frühförder- und Beratungsstelle
🏠 Wladimir-Komarow-Straße 19
15517 Fürstenwalde
☎ 03361 7 35 86 19
✉ n.koch@lebenshilfe-oder-spree.de

**QUESTIONS ON BREASTFEEDING, CRYING, SLEEP? -
PEDIATRIC NURSE OFFERINGS**

Our publicly certified pediatric nurses, who, in addition, have a special qualification in early childhood intervention, advise and support families from the transition to parenthood until to the child's 3rd birthday.

They help young parents to cope with their new roles in life and are there to answer their questions on the child's development and health.

This service is based on mutual trust and making use of it is voluntary. It is available free of charge to all families in Oder-Spree County. You can get advice on questions of child development, pregnancy and breastfeeding, diet, sleep, the significance of screening and vaccines, early support for infants and toddlers and many other topics.

Christiane Andres

Western sector

✉ christiane.andres@l-os.de



Yvonne Linke

Eastern sector

✉ yvonne.linke@l-os.de



THE SOCIAL PEDIATRIC CENTER (SPZ)

You are exhausted and at your wits' end, you feel alone and are worried about your child? Your baby cannot fall asleep, cries more than usual and is not eating properly?

This sort of situation gives rise to many questions. The SPZ helps you to find the causes of the problem and to treat it.

The center employs a team of pediatricians, special needs teachers, psychologists and physical therapists.

Sozialpädiatrisches Zentrum
Director Dipl.-Med. Peter Bernt

🏠 Heilbronner Straße 1
15230 Frankfurt (Oder)

☎ 0335 548-49 76

📠 0335 548-49 80

✉ spz@klinikumffo.de

THE "HEALTHY KIDS ODER-SPREE" NETWORK

Families can request a personal "family pilot" from the Healthy Kids Network (*Netzwerk Gesunde Kinder*) The trained and capable ladies and gentlemen come to visit around three times a year during the first three years of your child's life.



How are you doing? What's on your mind? Do you need help? Our pilots answer your questions, help when required, always have a special topic to discuss and even come with a little, age-appropriate gift. The visits are free of charge and confidential.

If you yourself would like to volunteer for helping families, this is also the right place for you!

You can register just by calling the network; ask to speak to our regional coordinators:

Jenny Rostankowski
Network coordinator
Fürstenwalde region



🏠 DRK-Kreisverband MOHS e.V.
Dr. Wilhelm-Külz Straße 37-38
15517 Fürstenwalde

☎ 0152 02 74 53 59

✉ jenny.rostankowski@drk-mohs.de

Interested in our
newsletter?
Write to us!

Anja Keß
Network coordinator
Beeskow region &
surrounding area



🏠 DRK-Familienzentrum
Kiefernweg 67
15848 Beeskow

☎ 03366 15 30 19

✉ anja.kess@drk-mohs.de

Jacqueline Trenner
Network coordinator
Erkner region &
surrounding area



🏠 DRK-Kita »Knirpsenhausen«
Hohenbinder Weg 5
15537 Erkner

☎ 0173 4 93 20 18

✉ jacqueline.trenner@drk-mohs.de

📍 more information is available at www.netzwerk-gesunde-kinder.de/oder-spree or on Facebook [fb.com/Netzwerk-Gesunde-Kinder-Oder-Spree](https://www.facebook.com/Netzwerk-Gesunde-Kinder-Oder-Spree)

PREGNANCY COUNSELING/ PREGNANCY CONFLICT COUNSELING

Here you can obtain information and advice on pregnancy, family planning, social benefits (child benefit, housing benefit, applying for foundation funds to purchase baby equipment, etc.) Counseling centers can be found on page 9.

PARENT-CHILD GROUPS

A parent-child group is an alternative for parents and children from 0 to 3 years of age that fulfills the legal requirements for daycare. It represents a special form of daycare, in which parents participate in providing care as volunteers and are encouraged to further develop their child-raising skills and their everyday life skills.

Ms. Carolin Arndt
Ms. Josephine Arndt

🏠 Mittelstraße 3
15517 Fürstenwalde

☎ 03361-7 35 96 53

✉ kinderparadies@fw.fawz.de



GETTING OFF TO A GOOD START IN LIFE

You will soon become a mother or are already caring for a child from 0 to 3 years of age?

Maybe you would simply like to exchange views and ideas with other parents sometimes and to make contact with them?

Or you would rather have a one-and-one discussion, since you have questions about raising your child or about your child's health?

**Diakonisches Werk Oderland-Spree
Eileen Czicha**

🏠 Rudolf-Breitscheid-Straße 86
15859 Storkow

☎ 0173 874 5350

✉ jugendhilfe-los@diakonie-ols.de



PARENTAL KNOWLEDGE – ALL THERE IS TO KNOW ABOUT BABIES AND TODDLERS

The Healthy Kids Network (*Netzwerk Gesunde Kinder*) would like to help you to become more confident in caring for and raising your child and hosts interesting events on topics like: baby's sleep, potty seminar, first aid for toddlers, making your own baby food, and much more! You are cordially invited!

📍 More information is available at www.los-family.de/eltern-familienangebote

MOTHER-FATHER-CHILD SERVICE

Everyday family life with and despite mental illness.

Our mother-father-child service offers parents (and parents-to-be) who suffer from mental illnesses extensive possibilities for promoting the parent-child relationship, for raising awareness about possible disturbances in the interactions within the family, and for prevention or early detection of mental disturbances in early childhood.

Tagesklinik/PIA

Dipl.-Med. Cornelia van Stigt

🏠 Heinrich-Heine-Straße 43
15517 Fürstenwalde

☎ 03361 369 70

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HELPFUL PUBLICATIONS

PARENT LETTERS

The Parent Letters of the ANE (Working Group on New Child-Raising) are delivered to your home free of charge, on request, and consist of 46 little “child-raising guides”. They are delivered to your home from the birth of your child until his or her 8th birthday. Like a letter in the post! Each letter exactly corresponds to the child’s age. The Parent Letters take up questions precisely when the parents are posing them.



i More information is available at www.ane.de



USEFUL LINKS

Here you will find information on benefits for families, on the healthy development of your child, on legal provisions and tips from the consumer center.

www.familienwegweiser.de	www.bundesstiftung-mutter-und-kind.de
www.familien-in-not.de	www.kindergesundheit-info.de
www.gesund-ins-leben.de	www.impfen-info.de
www.bzga.de	www.bmfsfj.de
www.kinderumweltgesundheit.de	www.vzb.de

CONFIDENTIAL BIRTH LAW

No pregnant woman has to give birth to her child alone and in secret in Germany; find out more at: www.bmfsfj.de

ASSOCIATION OF SINGLE MOTHERS AND FATHERS

Information on support offerings for single parents, like therapeutic spa visits, counseling, etc., can be found at: www.vamv.de

CONTINUING EDUCATION

From “baby swim” to “How much Internet is good for my child?” - continuing education course offerings at www.vhs-los.de.

IMPORTANT PHONE NUMBERS

Poison emergency	☎ 030 192 40
Fire department/medical emergency	☎ 112
Police	☎ 110
Domestic violence	☎ 0331 29 12 73 (Weißer Ring e.V.) ☎ 01520 3 76 63 61 (outreach counseling)
Helpline	☎ 0800 1 11 01 11 or 0800 1 11 02 22
Children’s Helpline	☎ 0800 1 11 03 33
Eisenhüttenstadt women’s shelter	☎ 03364 4 37 86
Fürstenwalde women’s shelter	☎ 03361 5 74 81
Frankfurt (Oder) women’s shelter	☎ 0335 684 00 00
Violence against women	☎ 0800 11 60 16
Child and Adolescent Emergency Services	☎ 03364 7 71 80 73
Confidential birth	☎ 0800 4 04 00 20
Mother line	☎ 0800 3 33 21 11

IMPORTANT ADDRESSES

Child and Adolescent Emergency Services

Eisenhüttenstadt

🏠 Brunnenring 4
15890 Eisenhüttenstadt
☎ 03364 40 52 14 / 7 71 80 73

Eisenhüttenstadt Local Court

🏠 Diehloer Straße 62
15890 Eisenhüttenstadt
☎ 03364 405-00

Krankenhaus Eisenhüttenstadt

🏠 Friedrich-Engels-Str. 39
15890 Eisenhüttenstadt
☎ 03364 54-50

Immanuel-Klinik Rüdersdorf

🏠 Seebad 82/83
15562 Rüdersdorf
☎ 033638 83-0

Fürstenwalde Local Court

🏠 Eisenbahnstraße 8
15517 Fürstenwalde
☎ 03361 509-6

Klinikum Frankfurt (Oder)

🏠 Müllroser Chaussee 7
15236 Frankfurt (Oder)
☎ 0335 548-0

Helios Klinikum Bad Saarow

🏠 Pieskower Straße 33
15526 Bad Saarow
☎ 033631 7-0

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