



Welcome to the Family

Dear mothers and fathers, dear parents,

Congratulations on the birth of your child! Children bring a lot of joy and add variety to our lives. Witnessing their development is a little miracle every day. Enjoy your child's first smile, their first attempts to walk, their first words!

On this PDF, you will find information about:

- family-friendly places and facilities near you
- what important formalities and applications (still) need to be done,
- where you can find support and advice for particular situations,
- what is important for parents during the first six months with a baby and
- what you can do in Bremen with children.

This will help you as mother, father and parents to have a good start to your (new) family life!

Here, you will find information about organisations and institutions for all your important questions – ranging from a digital application for child benefit to appropriate courses or the online registration for childcare facilities or day nursery. A list of paediatricians will make it easy for you to find a suitable one in your neighbourhood.

The PDF will also provide you with information about healthcare in Bremen and where to get help if you feel you need it – in everyday family life not everything always goes according to plan, that's why it is very normal to need help.

My tip: Gather the information you need at one of the facilities close to your location, these are great places to get advice from experts or for actively sharing views and information with other parents. The services provided are confidential and mostly free of charge.

As a service guide for the city of Bremen the **familiennetz bremen** informs you on all matters relating to your family life.

I wish you and your child all the best for the future.

Kind regards,

Anja Stahmann
Senator for Social Affairs, Youth, Integration and Sport

Welcome to the Family

IMPORTANT ADDRESSES

Places and facilities in our city

Midwife care

Midwives support you as a mother (and also as a father) not only before birth, but also during the first eight weeks afterwards. If it is medically necessary or you are in a difficult life situation, the care can be extended beyond the end of breastfeeding.

If required in a particular case, family midwives in Bremen will support you for up to three years after birth. The costs for your midwife will be covered by the statutory health insurance funds. For more information, contact your health insurance fund.

The addresses listed below will provide you with support, advice and assistance:

- **Local midwife search for Bremen and Bremerhaven (English)**
www.hebammensuche-bremen.de/en/index.html
- **Family midwives | Gesundheitsamt Bremen (German)**
www.gesundheitsamt.bremen.de/familien-hebammen-1643
- **Family midwives | ProKind, DRK Kreisverband Bremen e.V. (German)**
www.drk-bremen.de/angebote/familien/prokind
- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents

Parenting schools

All maternity clinics in Bremen have parenting schools. Parenting schools provide a wide variety of information for young families:

- informative events on subjects such as baby care, nutrition, breastfeeding, vaccinations and the first year of the child's life
- courses and group programmes: postnatal exercises, antenatal classes, baby massage, baby swimming, development support, etc.
- midwife consultation, first aid courses, parent and child café, etc.

The addresses listed below will provide you with support, advice and assistance:

- **Parenting centre North Bremen Clinic | Vegesack**
www.gesundheitnord.de/kbn/diagnostische-und-therapeutische-bereiche/kurse-und-veranstaltungen.html
- **Parenting school Mid Bremen Clinic | Östliche Vorstadt**
elternschule-bremen-mitte.de
- **Parenting school Links der Weser Clinic | Kattenturm**
www.gesundheitnord.de/ldw-gynaekologie/elternschule.html
- **Parenting school Diako | Gröpelingen**
www.diakobremen.de/gesundheitsimpulse/elterngarten
- **Parenting school & physicum proFamily | Schwachhausen**
www.sjs-bremen.de/neuigkeiten/schulungszentrum-physicum/physicum-profamilie-die-elternschule/physicum-profamilie-die-elternschule.html

Early childhood centres

If you are wondering whether your baby is OK and developing normally, if you want someone to talk to and share ideas with, or you need support for your everyday family life, to which you may still be adjusting, then register with one of the six city-wide early childhood centres.

Arrange an appointment or get in touch with one of the available centres! The advice is confidential and free of charge.

The addresses listed below will provide you with support, advice and assistance:

- **Early childhood centre Gröpelingen | Caritas Erziehungshilfe gGmbH | Gröpelingen**
www.caritas-bremen.de/beratung-hilfe/caritas-erziehungshilfe/fruehberatungsstelle/fruehberatungsstelle
- **Early childhood centre Hemelingen | Amt für Soziale Dienste | Hemelingen**
familienzentrum-mobile-mgh.de/2020/03/04/fruehberatungsstelle-fuer-eltern
- **Early childhood centre Mitte | DRK Bremen | Mitte**
www.drk-bremen.de/angebote/familien/fruehberatungsstelle-mitte
- **Early childhood centre Nord | EPSYMO e.V. – Haus der Zukunft | Blumenthal**
haus-der-zukunft-bremen.de/beratung/frueh
- **Early childhood centre Ost | St. Petri Kinder und Jugendhilfe gGmbH | Schwachhausen**
www.petriundeichen.de/angebote/ambulant/fruehberatungsstelle-ost.html
- **Early childhood centre Süd | SOS Kinderdorf | Amt für Soziale Dienste | Neustadt**
www.sos-kinderdorf.de/kinderdorf-bremen/angebote/fruehe-hilfen-fruehfoerderung/fruehberatungsstelle-sued

Interdisciplinary early intervention centres (IFF)

If your child is not developing in the same way as its peers or has a disability, it is important that they receive comprehensive support as early as possible. First, you should speak to a paediatrician or take advantage of the consultations offered by the early intervention centres. In this way, your child can be fully supported from birth until they start school. Call and arrange an appointment! You can also ask your questions at the walk-in advice centre. The advice is free of charge.

The addresses listed below will provide you with support, advice and assistance:

- **Early intervention centre | Bremische Ev. Kirche | Vahr**
www.kirche-bremen.de/institution/fruehfoerderzentrum-zentrale
- **Interdisciplinary early intervention centre | DRK KV Bremen e.V. | Schwachhausen**
www.drk-bremen.de/angebote/familien/interdisziplinaere-fruehfoerderstelle
- **Interdisciplinary early intervention centre | DRK KV Bremen e.V. | Obervieland**
www.drk-bremen.de/angebote/familien/interdisziplinaere-fruehfoerderstelle
- **Interdisciplinary early intervention centre | Hans-Wendt-Stiftung | Vegesack**
www.hans-wendt-stiftung.de/hilfen/fruehfoerderung
- **Interdisciplinary early intervention centre | Lebenshilfe Bremen e.V. | Walle**
lebenshilfe-bremen.de/angebote/kinder-jugendliche-familien/fruehfoerderung
- **Interdisciplinary early intervention centre | Conpart e.V. | Hemelingen**
www.conpart-bremen.de/fruehfoerderung.html
- **Interdisciplinary early intervention centre | AWO Bremen | Mitte**
awo-bremen.de/kinder-jugend-familie-frauen/kinder-familie/interdisziplinaere-fruehfoerderstelle-iff
- **Curative early intervention | Autism therapy centre Bremen e.V. | Schönebeck + Östliche Vorstadt**
www.autismus-bremen.de/heilpaedagogische-fruehfoerderung

Häuser der Familie (HdF)

The eleven "Häuser der Familie" in Bremen provide a fantastic range of services for parents, mothers, fathers and children – regardless of your family structure. Here, the focus is on family life and the role of the parents, on marriage and partnership, on questions relating to raising children and child development, and on everyday life with children.

There are services offered specifically for single parents. In some cases, childcare is provided. Many of the services offered are near you and free of charge. They include a variety of events and meetings, such as information events, courses and group programmes, parent counselling, parent and child groups or playgroups – just stop by and take a look!

The addresses listed below will provide you with support, advice and assistance:

- **Haus der Familie Hemelingen | Family centre MOBILE multigenerational house**
familiennetz-bremen.de/einrichtungen/haus-der-familie-hemelingen
- **Haus der Familie Horn-Lehe**
familiennetz-bremen.de/einrichtungen/haus-der-familie-horn-lehe
- **Haus der Familie Huchting**
familiennetz-bremen.de/einrichtungen/haus-der-familie-huchting
- **Haus der Familie Lüssum**
familiennetz-bremen.de/einrichtungen/haus-der-familie-luessum
- **Haus der Familie Mitte**
familiennetz-bremen.de/einrichtungen/haus-der-familie-mitte
- **Haus der Familie Obervieland**
familiennetz-bremen.de/einrichtungen/haus-der-familie-obervieland
- **Haus der Familie Tenever**
familiennetz-bremen.de/einrichtungen/haus-der-familie-tenever
- **Haus der Familie Vahr**
familiennetz-bremen.de/einrichtungen/haus-der-familie-vahr
- **Haus der Familie Vegesack**
familiennetz-bremen.de/einrichtungen/haus-der-familie-vegesack
- **Haus der Familie Walle**
familiennetz-bremen.de/einrichtungen/haus-der-familie-walle

Mothers' centres and family centres

Mothers' centres and family centres are places where you can get to know other families in your neighbourhood. There, you can share ideas and get advice or attend events – with or without your kids. There are specific services, for example for women and single parents that focus on topics like career orientation.

The addresses listed below will provide you with support, advice and assistance:

- **Mothers' and family centre Huchting e.V. | Huchting**
www.muetterzentrum-huchting.de
- **Mothers' centre Osterholz-Tenever e.V. | Osterholz**
muetterzentrum-tenever.de
- **Mothers' centre Vahr e.V. | Vahr**
www.muetterzentrum-vahr.de
- **District and family centre SOS-Kinderdorf-Zentrum Bremen | Neustadt**
www.sos-kinderdorf.de/kinderdorf-bremen/angebote/sos-kinderdorf-zentrum/uebersicht
- **Mothers' centre Blockdiek | Osterholz**
muetterzentrum-blockdiek.de
- **Family centre MOBILE & multigenerational house | Hemelingen**
familienzentrum-mobile-mgh.de

Educational counselling centres

Raising a child can be very difficult and is often a time of uncertainty. The four educational counselling centres in Bremen are there if you have questions about parenting, if you want support as a mother or father or if you are worried about your child's development. If you are often in conflict with your partner or you are considering separating, you can get advice here as well. These centres also provide tips and support for day-to-day parenting for single mothers or single fathers. The consultation is free of charge. You can make an appointment.

The addresses listed below will provide you with support, advice and assistance:

- **Educational counselling centre North Sozialzentrum 1 | Blumenthal, Burglesum, Vegesack**
www.amtfuersozialedienste.bremen.de/beratung/erziehungsberatung/beratungsstelle-nord-14665
- **Educational counselling centre Mid/West Sozialzentrum 2 | Gröpelingen, Walle, Findorff, Mitte, Östliche Vorstadt, Blockland**
www.amtfuersozialedienste.bremen.de/beratung/erziehungsberatung/beratungsstelle-mitte-und-west-14663

- **Educational counselling centre South Sozialzentrum 4 | Neustadt, Obervieland, Woltmershausen, Huchting, Strom, Seehausen**
www.amtfuersozialedienste.bremen.de/beratung/erziehungsberatung/beratungsstelle-sued-14662
- **Educational counselling centre East Sozialzentrum 5 | Vahr, Schwachhausen, Horn-Lehe, Oberneuland, Borgfeld, Hemelingen, Osterholz**
www.amtfuersozialedienste.bremen.de/beratung/erziehungsberatung/beratungsstelle-ost-14661

Child and family services

At the six social service centres, the office of social services (Amt für Soziale Dienste, AfSD) offers advice, specialised support and assistance in all life situations. At the social service centres, you will find help with questions relating to parenting, custody, guardianship, acknowledgement of paternity, maintenance claims, etc.

The addresses listed here will provide you with support, advice and assistance:

- **Social Service Centre (AfSD), Social centre 1 | Blumenthal, Burglesum, Vegesack**
www.service.bremen.de/sixcms/detail.php?gsid=5bremen02.c.343344.de&asl=bremen2014_sp.c.13091.de
- **Social Service Centre (AfSD), Social centre 2 | Gröpelingen, Walle, Häfen, Blockland**
www.service.bremen.de/sixcms/detail.php?gsid=5bremen02.c.343346.de&asl=bremen2014_sp.c.13091.de
- **Social Service Centre (AfSD), Social centre 3 | Mitte, Östliche Vorstadt, Findorff**
www.service.bremen.de/dl__amt_fuer_soziale_dienste_sozialzentrum_3___mitte_oestliche_vorstadt_findorff_9237-9237
- **Social Service Centre (AfSD), Social centre 4 | Neustadt, Obervieland, Woltmershausen, Huchting, Strom, Seehausen**
www.service.bremen.de/sixcms/detail.php?gsid=5bremen02.c.341545.de&asl=
- **Social Service Centre (AfSD), Social centre 5 | Vahr, Schwachhausen, Horn-Lehe, Borgfeld, Oberneuland**
www.service.bremen.de/de/dienststelle/5bremen02.c.341547.de
- **Social Service Centre (AfSD), Social centre 6 | Hemelingen, Osterholz**
www.service.bremen.de/dl__amt_fuer_soziale_dienste_sozialzentrum_6___hemelingen__osterholz_10167-10167
- **Social Service Centre (AfSD), Special service refugees, integration and families**
www.service.bremen.de/sixcms/detail.php?gsid=bremen128.c.1148723.de&asl=bremen2014_sp.c.13091.de
- **Social Service Centre (AfSD), Special service participation for people with disabilities**
www.amtfuersozialedienste.bremen.de/teilhabe-15008

Immigration counselling

You and your family are new to Germany? Immigration counselling services help migrants to get settled in Bremen and to integrate and participate in society, whilst preserving their cultural and religious identity.

In a foreign country and an unfamiliar environment, many challenges arise in everyday (family) life. The "Ankommen im Quartier" (Arrival in the Neighbourhood) counselling centres look after and support refugees who are already living in their own home.

The addresses listed below will provide you with support, advice and assistance:

- **Immigration counselling AWO Bremen Social services gGmbH | Mitte, Gröpelingen, Vahr, Blumenthal**
awo-bremen.de/zugewanderte-gefluechtete/beratung-begleitung-orientierung/migrationsberatung-erwachsene
- **Immigration counselling DRK Kreisverband Bremen e.V. | Östliche Vorstadt**
www.zsb-drk-bremen.de/migrationsberatung
- **Immigration counselling DRK Kreisverband Bremen e.V. | Burglesum**
www.zsb-drk-bremen.de/migrationsberatung
- **Immigration counselling Innere Mission | Tenever**
www.inneremission-bremen.de/das-leisten-wir/flucht-migration/beraten/#migrationsberatung
- **Immigration counselling Caritas Bremen | Mitte**
www.caritas-bremen.de/beratung-hilfe/migration-und-flucht/migration
- **Counselling „Arrival in the Neighbourhood“**
familiennetz-bremen.de/einrichtungen/ankommen-im-quartier-aiq

Health

Paediatricians

Your baby needs a paediatrician very soon. The list of practices will help you to find a practice near you. At the Kassenärztlichen Vereinigung Bremen (Bremen Association of Statutory Health Insurance Physicians), you can filter paediatric practices by district, practices with disabled access, foreign languages and specific consultation times.

Please arrange an appointment for the next medical check-up well in advance.

- **Overview of all paediatricians in Bremen (German)**
familiennetz-bremen.de/einrichtungen/uebersicht-kinderaerzte-und-kinderaerztinnen-in-bremen
- **Paediatricians in Bremen | Kassenärztliche Vereinigung (KV) Bremen (German)**
www.kvhb.de/praxen/arztsuche
- **Paediatricians search | Professional association of of Paediatricians and Adolescent Doctors e.V. (German)**
www.kinderaerzte-im-netz.de/aerzte/suche.html

Emergency list

Our emergency list contains the most important numbers and addresses that you will need if your child suddenly falls ill or if there is an accident. You can also get an overview of the advice and support that is available in crisis situations – over the telephone and online. You can also find the emergency list in the “Welcome to the Family” folder. You can attach it to the fridge or put it up in the hall. This will allow everyone to see it – including grandparents, babysitters or housemates.

- **Emergency list (pdf, 191 KB) (German)**
familiennetz-bremen.de/wp-content/uploads/2021/10/familiennetz_Notrufliste_2021_3.pdf
- **Patient service 116 117 (German)**
www.116117.de/de/index.php

Early medical screening and preventive medical check-ups

The early medical screenings for children up to the age of 6 are special doctor's appointments – they help you, as the mother or father, and your child. In the early medical screening and preventive medical check-ups, also known as U-examinations, your child's development is examined and monitored by a doctor.

During these examinations, illnesses and delays in your child's development can be detected early. The costs will be covered by your health insurance fund if you attend all early medical screenings. The screening schedules are provided by Gesundheitsamt Bremen (Bremen Department of Public Health). You will also receive a letter for each screening from the department of health. On the yellow child screening record, the doctor will confirm that you attended the screenings with your child.

The bodies listed below will provide you with the necessary information:

- **Gesundheitsamt Bremen | Early medical screening and preventive medical check-ups (German)**
www.gesundheitsamt.bremen.de/frueherkennungsuntersuchungen-2745
- **Kindergesundheit-Info (BZgA) (German)**
www.kindergesundheit-info.de/themen/ernaehrung/frueherkennung-u1-u9-und-j1

Vaccination recommendations

Vaccinations are important to help your child build up sufficient protection against serious infections at a young age. Vaccinations prevent the outbreak of serious illnesses, which are frequently associated with complications, some of which still do not have any suitable treatment.

The paediatrician will inform you about vaccinations. You can also ask your questions here. The costs for the recommended vaccinations will be covered by the statutory health insurance funds. In accordance with the German Measles Protection Act and as recommended by the Standing Committee on Vaccination (Ständige Impfkommission, STIKO), parents must provide evidence that their children have been vaccinated against measles before they start nursery school or primary school.

- **Overview vaccination recommendation for children (0 to 12 years) (German)**
www.impfen-info.de/impfempfehlungen/fuer-kinder-0-12-jahre
- **Vaccination calendar (Robert Koch-Institut) (English)**
www.rki.de/DE/Content/Infekt/Impfen/Materialien/Downloads-Impfkalender/Impfkalender_Englisch.pdf?__blob=publicationFile
- **Information on Measles Protection (BZgA) (German)**
www.masernschutz.de

Helpful tips

Postnatal period and postnatal care

As a mother, you should rest as much as possible in the first six to eight weeks (postnatal) after birth and go easy on your body. With a written power of attorney, you can instruct someone to take care of all the important paperwork that needs to be done. Or you can make use of a digital service.

If you still do not have a midwife for postnatal care, you can find one via

- **Hebammensuche Bremen (Bremen midwife search)**
www.hebammensuche-bremen.de/en/index.html

Follow-up examination

The follow-up examination with your gynaecologist is due around six weeks after giving birth. Arrange an appointment in good time!

Postnatal training

Six to eight weeks (or eight to ten weeks in the event of a caesarian section) after giving birth, you can begin your postnatal training. Parenting schools, birthing centres and midwives offer courses in this. The costs will generally be covered by your health insurance fund.

Parent and child courses

Many parenting schools, birthing centres, clinics, family and mothers' centres and midwives, amongst others, offer courses for you and your baby. There are also courses at the early childhood centres and the Häuser der Familie near you. As an example: after six to approx. ten weeks after the birth, you can attend a PEKiP (Prague Parent-Child Programme) course; in the 4th-6th month, you can join a baby swimming class. Book a course in good time because they often fill up quickly.

“First aid on children” courses

Courses for “first aid on children” can provide you with important support and greater security in your everyday life with your baby. There are a variety of providers of these courses – online and in person.

Special situations

Postnatal depression | When your own feelings are unsettling

After giving birth, feelings that you did not expect may arise. You may feel depressed, sad, or uncomfortable being with your baby. This could be a phase called “baby blues”, which starts within the first three to five days after birth and disappears again after a few days. In contrast to the so called “baby blues”, postnatal depression develops over several weeks or even years. Both mothers and fathers can be affected by this. Postnatal depression is indicated by permanent depressive and low moods.

If you notice changes in your mood and state of mind over the course of the first year after the birth, take these seriously and talk to your midwife or your gynaecologist about them! You can also get advice from counselling centres. Since postnatal depression is a common phenomenon, please do not feel alone or ashamed when facing it.

The addresses listed here will provide you with support, advice and assistance:

- **Mental health around birth network (German)**
www.sgg-bremen.de
- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents
- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle&date

Crying | When your nerves are growing thin

Some newborns cry more than others. Perhaps your baby cries a lot and cannot be calmed easily, even though you have already done everything possible to satisfy its needs – such as sleeping, drinking or cuddling. If your baby is crying a lot, handling the situation can become very stressful for you. Parents may feel distressed and even desperate. There can be various reasons why your baby is crying.

Ask your paediatrician for support early on when you are searching for the reasons for your baby’s crying or if the stress is too much for you. Please remember that you should never shake your baby! This can be life-threatening for your baby.

The addresses listed below will provide you with support, advice and assistance:

- **Crying ambulance Bremen (Zentrum für Primäre Prävention und Körperpsychotherapie) (German)**
zepp-bremen.de/schrei-baby-ambulanz
- **Mental health around birth network (German)**
www.sgg-bremen.de

- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents
- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle&date
- **Supporting instead of shaking (English)**
www.staerken-statt-schuettern.de/international.html

Disabled/chronically ill child | When there are other challenges

If your child is disabled or chronically ill, this often leads to anxiety, worry and uncertainty. A diagnosis can trigger disappointment and grief, as you suddenly have to cope with many new challenges. In order to support your child as early as possible, a consultation with the paediatrician is very important.

The interdisciplinary early intervention centres (Interdisziplinäre Frühförderstellen, IFF) also provide assistance with the support for your baby. These also provide integrated support for the family and the opportunity to exchange ideas with other parents and to obtain information about the legal foundations.

Socio-paediatric institute (SPI)/Children's centre

The SPI's tasks include the early detection, diagnosis and treatment of children and teenagers who have anomalies in their physical, mental, emotional and social development. The SPI is only active as an outpatient clinic and works on the basis of referrals from the established paediatrician.

The addresses listed below will provide you with support, advice and assistance:

- **(Interdisciplinary) Early intervention centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühförderstelle&date
- **Socio-paediatric institute (SPI) (German)**
www.gesundheitnord.de/sozialpaediatrischesinstitut.html
- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents
- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle

Sexual identity | When the sex is unclear

After the birth of your child, focus turns to its sex. If your baby cannot be clearly identified as either a girl or a boy due to its genetics or physical characteristics, you, as the parents, do not have to enter a sex in the birth register. The entry can remain blank. However, you can choose female, male or non-binary. To leave the entry blank or to choose “non-binary”, you need a certificate from a doctor confirming that your baby’s sex is unclear.

This gives your baby time to develop and gives you time to get to know it. You can also choose a social gender for your baby. This is helpful in everyday life and can easily be changed. A decision about an entry regarding the baby’s sex can be made later, in peace and possibly together.

The addresses listed below will provide you with support, advice and assistance:

- **Rat & Tat | Centre for queer life e.V. (German)**
www.ratundtat-bremen.de
- **Inter*Counselling Bremen (German)**
interberatung-bremen.de
- **Trans*Recht e.V. (Trans*Counselling) (German)**
transberatung-bremen.de
- **Deutsche Gesellschaft Transidentität und Intersexualität e.V. (German)**
dgti.org

Multiple birth | When things get more hectic

As a mother or father of twins or triplets – or other multiples – you are often under more strain than other parents on both a personal and a financial level. Multiple babies need more attention than a single newborn baby. Cuddling, breastfeeding, bathing, dressing and undressing – it all takes much more time and energy. You also need to buy a lot of different things, such as clothing or nappies.

For parents of multiple babies, it is good to know that there is everyday assistance and additional state benefits available to support your everyday family life. There are special regulations with regard to maternity protection, parental allowance and parental leave. With multiple births, you can also receive support in the form of domestic help.

The addresses listed below will provide you with support, information and assistance:

- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle&date
- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents

Premature birth | When life starts too soon

If your baby is premature, he or she will need time after birth to develop outside the warmth and protection of the womb. The physical and emotional affection of the parents plays an important role in this development. Premature children are often more susceptible to illnesses and infections. This can cause greater uncertainty in handling your baby.

Due to the particular situation, you, as the mother, may not regain your strength so quickly. Get help and support from your (family) midwife! Parents of premature babies often have a lot of concerns. As a mother or father, you can discuss your uncertainties with the maternity clinic/neonatology department, with the hospital's paediatricians and with the midwife.

The addresses listed below will provide you with support, advice and assistance:

- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents
- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle
- **Mental health around birth network (German)**
www.sgg-bremen.de
- **Federation "Prematurely born child" (German)**
www.fruehgeborene.de

Mourning | When your own child dies

There are many reasons for the death of a child; there are miscarriages or stillbirths or complications during birth. It may also be the case that your child was born too early or has died of sudden infant death syndrome. Whatever the cause for your child's death, the loss of one's baby is accompanied by indescribable pain and grief.

Everyone handles grief differently. For many mothers and fathers, communicating and sharing thoughts and emotions with others can provide comfort and initial assistance in this difficult life situation. There are midwives who specialise in supporting grieving parents. There is also support for grieving siblings.

The addresses listed below will provide you with support, advice and assistance:

- **Bremen Association of Midwives (English)**
hebammen-bremen.com/for-parents
- **Early childhood centres in Bremen**
familiennetz-bremen.de/angebote/?term=frühberatungsstelle&date
- **Mental health around birth network (English)**
www.sgg-bremen.de

- **Trauerland e.V. – Centre for grieving children and youth (German)**
www.trauerland.org
- **Sterneneltern Achim e.V. (German)**
www.sternenelternachim.de
- **Trauerbegleitung Bremen (German)**
www.trauerbegleitungbremen.de
- **Midwives for orphaned mothers (German)**
verwaiste-muetter-bremen.jimdofree.com

Things to do in our city

The Hanseatic city of Bremen and its city portal bremen.de

The city portal bremen.de provides a lot of information and ideas for families with small and older children. Whether you are looking for recreational tips, dates of the children's flea markets, family-friendly cafés or places for a child's birthday party, you will find a lot of suggestions and addresses at bremen.de. The portal also provides a lot of information about special topics such as weddings, childcare, single parenthood or death.

- **Stadtportal bremen.de (German)**
www.bremen.de/leben-in-bremen/familie-und-kinder
- **City portal Bremen (English)**
www.bremen.eu

The service centre [familiennetz bremen](http://familiennetz-bremen.de)

On familiennetz-bremen.de, you will find information, places and events for all topics relating to family life in Bremen. There are a lot of events if you want to do something together with your baby (and your other children). In the districts of the city, there are meeting points for parents, breastfeeding cafés or playgroups, and other opportunities for getting to know people and exchanging ideas. There are also services specifically for mothers, fathers, parents or grandparents.

The Häuser der Familie (HdF), the mothers' family and neighbourhood centres, the community centres, etc. offer something for all needs and life situations. The services offered are often open to everybody and free of charge. In our family blog, you will also find a number of interesting stories, for and about Bremen families.

If you have any questions, are looking for something but can't find it or need guidance, contact us:

Telephone 0421 790 89 18 (Mon-Fri, 9:00-14:00)

E-mail: info@familiennetz-bremen.de

Languages: German, English if needed

familiennetz-bremen.de

We can also be found on Facebook and Instagram.

- **www.facebook.com/FamiliennetzBremen**
- **www.instagram.com/familiennetzbremen**

Play areas, community centres, libraries

Play areas

You can explore the play areas near you with your baby early on. Amongst the sand toys and the nest swings, there are good opportunities for getting to know other mothers, fathers and families and for exchanging ideas with them.

- **Play areas and places for families: Bremer Familien-Stadtplan (German)**
www.bremer-familienstadtplan.de
- **Play areas and places for families: SpielLandschaftStadt e.V. (German)**
www.spielandschaft-bremen.de

Community centres

Community centres are social meeting points that have much to offer for families. In addition to group programmes and courses, a variety of interests, such as sport, health, hobbies, entertainment, culture or languages find a space here.

- **Community centre Gustav-Heinemann-Bürgerhaus | Vegesack**
www.kulturbuerobremennord.de
- **Community centre Bürger- und Sozialzentrum Huchting | Huchting**
www.bus-huchting.de
- **Community centre Bürgerhaus Obervieland | Obervieland**
www.bgo-bremen.de
- **Community centre Bürgerhaus Oslebshausen | Gröpelingen**
www.bghosl.de
- **Community centre Bürgerhaus Weserterrassen | Östliche Vorstadt**
www.weserterrassen.com/kinder-jugendliche
- **Community centre Bürgerhaus Hemelingen | Hemelingen**
www.buergerhaus-hemelingen.de
- **Community centre Nachbarschaftshaus Helene Kaisen | Gröpelingen**
www.nachbarschaftshaus-bremen.de (English)
- **Community centre Bürgerzentrum Neue Vahr | Vahr**
www.bzvahr.de
- **Community centre Bürgerhaus Mahndorf | Hemelingen**
www.buergerhaus-mahndorf.de

City libraries

In the Bremen city libraries, you can borrow books and other media and take part in various events for the whole family. There are special offers for very young children, for example the picture book cinema. There are children's libraries in all eight locations. There, you can receive support on all issues relating to reading and reading aloud. There are generally also books in a variety of languages there.

- **City library Bremen (German)**
stabi-hb.de
- **Overview City libraries in Bremen (German)**
stabi-hb.de/standorte

The Bremen family blog

The Bremen family blog is there to support all the families in Bremen. The blog deals with topics that concern parents and families in their everyday lives. Here, you can read exciting stories and find out a lot about the places and facilities that are there for families in Bremen. You will get insights into their work and into the services that are offered locally. There are also a number of tips and ideas that will make your everyday family life better.

In the blog, there are three categories: "Becoming a family!", "It's all family – for sure!" and "Fun, games and excitement". The good thing: in the family blog, there is no (hidden) advertising for brands or products. Do you have an idea for a topic? Write to us and let us know what is important to you: blog@familiennetz-bremen.de

- **Bremer Familien-Blog (German)**
familiennetz-bremen.de/familien-blog

Kinderzeit Bremen

The free magazine "Kinderzeit Bremen" appears every two months and is available in more than 500 family-friendly places. Here, you will find articles on being a parent and the varied lives of families, as well as tips, ideas and regular focus topics. There is an events calendar and a regular newsletter.

- **Kinderzeit Bremen (German)**
kinderzeit-bremen.de

Important deadlines and applications

Deadlines for the first half year – What must and should I remember

The time before and after the birth of a child is very exciting. There are a lot of things that you, as the mother or father, have to take care of. You may have already done some of them, whilst others are still pending. We will provide you with a brief overview of what is important during this time.

What you must remember:

- postnatal care from your midwife
- Follow-up examination with the gynaecologist
- Early medical screenings and preventive medical check-ups for your baby
- To register the child/apply for a birth certificate
- Health insurance for your baby/family insurance
- To apply for child benefit

What you should remember if it is relevant to your particular situation:

- To inform your employer
- To apply for parental allowance
- To submit an application for parental leave to your employer
- Joint custody/custody declaration and acknowledgement of paternity for unmarried couples
- Sole custody, maintenance, advance on maintenance payments and guardianship for single parents
- To change your income tax characteristics (tax class, tax-free child allowance, etc.)

You can find the competent bodies, applications and online services for the city of Bremen under >> Applications and online services

- “When the baby is here”
- “If you are not married and/or are a single parent”
- “If the money is not sufficient”

The addresses listed below will provide you with support, advice and assistance:

- **Serviceportal Bremen (German, English)**
www.service.bremen.de
- **Infotool Familie (German)**
infotool-familie.de
- **Family portal (BMFSFJ) (English)**
familienportal.de/familienportal/meta/languages/family-benefits

Checklist after the birth

The birth of a child leads to a lot of formalities for you, as the parents: birth certificate, child benefit, custody declaration and much more. You can get an overview here. You can find everything that is important in the first weeks and months after the birth in our deadline checklist. You can print out the list and check off everything that you have already taken care of. This will enable you to stay on top of things in this exciting time.

- **Deadlines, deadlines, deadlines – the “Welcome to the Family” checklist for expectant parents (German, pdf, 37 kB)**
familiennetz-bremen.de/wp-content/uploads/2021/11/Termine-Termine-Termine-Die-WiF-Checkliste-fuer-werdende-Eltern.pdf

Parent letters | Arbeitskreis Neue Erziehung e.V.

The Working Group for Modern Parenting (Arbeitskreis Neue Erziehung e.V., ANE) has been issuing its parent letters for a long time. In the 46 fee-based ANE parent letters, young parents receive everyday practical information about issues relating to parenting.

In each edition, you will find information that is important according to the age of the child, from birth to their eighth birthday. The letters are sent by post to your home exactly according to your child's age. You can order the ANE parent letters for a fee as a subscription or individually in German or German/Turkish.

- **ANE parents letters | Arbeitskreis Neue Erziehung e.V. (German)**
www.ane.de/elternbriefe

Applications and online services

When the baby is here

The time before and after the birth of a child is very exciting. There are a lot of things that you, as the mother or father, have to take care of. You may have already done some of them, whilst others are still pending.

Here is a brief overview of what is important during this time:

- Prenatal care from your midwife and the follow-up examination with the gynaecologist
- Early medical screenings and preventive medical check-ups for your baby
- Registering the child/applying for a birth certificate
- Health insurance for your baby/family insurance
- Applying for child benefit
- Informing your employer

The addresses listed below will provide you with support, advice and assistance:

- **Serviceportal Bremen | Birth (English information)**
www.service.bremen.de/buerger/geburt-155492
- **Puerperium care (English and other languages)**
www.hebammensuche-bremen.de
- **Family portal (BMFSFJ) (English and other languages)**
familienportal.de/familienportal/meta/languages/family-benefits

If you are not married and/or are a single parent

If you, as the mother or father, are not married and/or are a single parent, the Bremen service portal will provide you with all the important information about procedures, the competent bodies, deadlines, and costs if applicable – also in English.

For unmarried couples, the acknowledgement of paternity and joint custody or the custody declaration are important. For single parents, it is important to apply for sole custody. In this situation, you can also apply for a guardianship, if applicable make a claim for maintenance, apply for an advance on the maintenance and change your tax class.

- **Serviceportal Bremen | Partnership & family (English information)**
www.service.bremen.de/buerger/partnerschaft-und-familie-155495

If the money is not sufficient

A baby changes a lot of things, often including your financial situation. If you need help, you can receive various discounts and subsidies. You can use this information tool for families, which is provided by the German Federal Ministry for Families, Senior Citizens, Women and Youth, to check to which family benefits you and your family are probably entitled.

- **Serviceportal Bremen | Social benefits (English information)**
www.service.bremen.de/buerger/sozialleistungen-155550
- **Infotool Familie | Benefits and support for families (German)**
infotool-familie.de
- **Family portal (BMFSFJ) (English and other languages)**
familienportal.de/familienportal/meta/languages/family-benefits
- **Job-Center | Increased demand and Equipment für the baby (German)**
www.jobcenter-bremen.de/service/antraege-formulare
- **Child benefit, child supplement und child bonus (German)**
www.arbeitsagentur.de/familie-und-kinder
- **Family allowance/family recreation allowance (English information)**
www.service.bremen.de/dienstleistungen/familienzuschuss-familienerholungszuschuss-11437?reg=verfahren

Service portal, citizens' hotline, family portal and ELFE

Bremen Service portal

The Bremen service portal will provide you with basic information about the procedure, the competent bodies, the deadlines, and if applicable the costs for all the administrative aspects and formalities – the information are also provided in English, often in other languages too.

- **Bremen Service portal (German)**

www.service.bremen.de

Bremen citizens' hotline 115

The telephone number 115 is the contact number for the Bremen public administration. Here, you can ask questions and obtain information. All matters are taken care of during the initial contact or, if this is not possible, forwarded for processing.

- **Hotline hours: Monday to Friday, 7:00 – 18:00**

- **Bremen citizens' hotline 115**

www.service.bremen.de/sixcms/detail.php?gsid=bremen128.c.224752.de&asl=bremen2014_sp.c.13093.de

Family portal (BMFSFJ)

Which family benefits are there and where can I find the right advice centre locally?

The family portal provided by the German Federal Family Ministry provides reliable and up-to-date information about family benefits, application procedures and the statutory provisions.

- **Family portal (BMFSFJ) (English)**

familienportal.de/familienportal/meta/languages/family-benefits

Einfach Leistungen für Eltern (ELFE)

With this online service, parents in Bremen and Bremerhaven can currently do the following digitally ...

- provide details about your child's birth,
- name your child,
- apply for child benefit,
- apply for a child supplement,
- apply for the parental allowance and
- order birth certificates.

The address below will provide you with support, advice and assistance:

- **Online Service ELFE (German)**

onlinedienste.bremen.de/Onlinedienste/Service/Entry/ELFE

Individual steps: child benefit

You will receive child benefit for your child until they complete their 18th year, provided that ...

- you are regularly looking after your child.
- you and your child have your home or usual residence in Germany.

Special regulations apply to EU employees, to Germans living abroad and to foreigners, to people with a refugee background and asylum seekers living in Germany. Important: only one person receives the child benefit for a child! This means that the child benefit is only paid to one parent. The period for the backdated payment of child benefit is six months. Therefore, you should apply for the child benefit as soon as possible!

Under certain conditions, there may also be child benefit for children over 18, for example if the child is still at school or in a vocational training programme. You can apply for the child benefit from your family benefits office (Bremen/Bremerhaven Employment Agency) or digitally.

- **Serviceportal Bremen | Apply child benefit (German and English)**
www.service.bremen.de/kindergeld-beantragen-11369
- **Family portal (BMFSFJ) | Family and Child benefit (English)**
familienportal.de/familienportal/meta/languages/family-benefits

Individual steps: parental allowance and parental allowance plus

As a mother or father, you receive parental allowance, provided that you ...

- look after and raise your child(ren) yourself after the birth.
- live in the same household as your child(ren).
- have your home or usual residence in Germany.
- are employed for no more than 32 hours a week.

The aim of the parental allowance is to enable you to raise and look after your child. It compensates you if you have less income because you temporarily work fewer hours after the birth or stop working altogether. Therefore, the parental allowance helps to secure families' financial livelihood. You also get parental allowance if you did not have any income before the birth, e.g. as a student.

Parental allowance is available in three forms:

- basic parental allowance
- parental allowance plus
- partnership bonus

Important: the body responsible for the parental allowance must be informed immediately of changes that affect your entitlement to benefits, e.g. a new job. Backdated parental allowance will be paid for a maximum of the last three months before the month of the application. So apply for the parental allowance as early as possible!

- **Serviceportal Bremen | Apply for parental allowance (German)**
www.service.bremen.de/sixcms/detail.php?gsid=bremen128.c.9168.de&asl=
- **Family portal (BMFSFJ)| Parental allowance (English)**
familienportal.de/familienportal/meta/languages/family-benefits
- **Parental allowance digital (German)**
www.elterngeld-digital.de/ams/Elterngeld

Individual steps: childcare

When your child is at least one year old, it has a legal entitlement to early childhood education. Younger children may also have an entitlement to this if you are not able to look after your child yourself because you are working.

- Places providing early childhood education are:
- Home-based daycare centres
- Home-based daycare providers are also referred to as childminders
- Daycare facilities

These include KiTa Bremen (Bremen daycare centre), church communities, welfare associations, parents' associations and other independent institutions. The Bremen daycare portal will provide you with all the important information for registering for a childcare place and an overview of all the daycare facilities in the city of Bremen.

For the registration, you need your child's ID. You can use this to register your child at a daycare facility. The information in the daycare portal is available in many languages, including English, French, Bulgarian, Polish, Russian, Turkish and Arabic.

- **Kita-Portal Bremen (English)**
kitaportal.bremen.de/en
- **Child care provision (German, English and other languages)**
www.bildung.bremen.de/tagesbetreuung-von-kindern-164521
- **Federation of children's group in Bremen (German)**
www.verbundbremerkindergruppen.de
- **PiB | Foster childs in Bremen/Child day care (English)**
www.pib-bremen.de/en/child-day-care

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On behalf of

Die Senatorin für Soziales,
Jugend, Integration und Sport



Senator for Social Affairs, Youth, Integration and Sport

Dept. Youth and Family

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