

donum vitae Regionalverband Stuttgart e. V.

Stuttgart guide for (young) pregnant women (Wegweiser für Schwangere)



donum  vitae

Provide advice - protect - offer help



Legal notice

Publisher:

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All names of the interviewed women have been changed.



Dear pregnant women,

Dear future parents,

donum vitae Stuttgart congratulates you on your pregnancy. We share your joy about this 'gift of life'!

There are exciting times ahead of you. Maybe a time of ambivalent emotions: you feel a lot of anticipation, but might also be some other emotions besides. You ask yourself if you are really up to this new situation and how you will cope with this far-reaching change in your everyday life.

Based on the experience of our advisers, we know that (young) pregnant women are not only faced with these concerns, but with new questions that arise as well. What do I do when there is not enough money and my flat becomes too small? Where can I get help when I am just overwhelmed by everyday life? Where can I find other families to talk to who are in a situation similar to mine? Is my unborn child healthy?

Our guide for (young) pregnant women in Stuttgart wants to help you to find the right point of contact for these and similar questions and to get answers quickly. Apart from short reports by young mothers, a list of important addresses and municipal offices, you will also find a whole range of information on financial support, childcare options, projects for pregnant women, (young) mothers and fathers, and much more.

We wish you all the best for the future with your child.

Thomas Fetscher
Chair
donum vitae Regional-
verband Stuttgart e.V.

Elke Merkle
Deputy Chair
donum vitae Regional-
verband Stuttgart e.V.

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Dear expectant mother,
Dear expectant father,
As parents to be, you surely have lots of questions concerning your future and your life with a child. For underage or very young mothers-to-be, it is important to know: What am I entitled to? What about custody as an (underage) mother and father? What about school? Where can I live with my child? As such questions are often asked, we at donum vitae have set up this guide to help you to answer some of these questions. This guide will help you to find your way in this new situation. We have spoken to (young) mothers who discuss their experience and who want to encourage you to live a life as a (young) mother. Our advice centre is a point of contact for all questions regarding pregnancy and life with a child. We are happy to help. As you are holding the English version of our guide in your hands, we assume that you came to Germany only recently or that you are about to settle in Germany. If you do not hold a German

passport, it is important to note that point 2 'financial support' depends on your respective residence permit and always has to be seen case by case. For example, some kinds of support might be available to you only in a limited way or you might not be entitled to it at all. There might also be some differences regarding the living situation in point 8 or potentially regarding your apprenticeship in point 9. Make an appointment with us; the child's father and/or grandparents is/are by all means welcome. We are happy to help you!

The advice centre team



donum vitae Regionalverband Stuttgart e.V.
Friedrichstraße 37
70174 Stuttgart
Tel.: 0711/30 00 035
Fax: 0711/30 00 037
info@donum-vitae-stuttgart.de
www.donum-vitae-stuttgart.de

Appointment and information:
Mon to Fri 9.00 a.m. - 12.00 noon
Mon to Thu 2.00 p.m. - 5.00 p.m.
Appointments outside these times are also possible.

1. Legal

Becoming a mother also entails legal issues. For minors in particular, there are a few things to know and keep in mind:

1.1 Paternity

From a legal perspective, the father of a child is either the person who

1. is married to the mother at the time of birth,
2. has acknowledged paternity, or
3. whose paternity was determined by a court.

For unmarried couples, it is prudent to undertake a so-called acknowledgement of paternity during pregnancy. This can be applied for at the youth welfare office, thus the child gets an official father. This is important

so that the child still has a parent should anything happen to the mother. If you apply for acknowledgement of paternity, this has consequences for the life of the parents and the life of the child. These are: the father has the right and obligation to see his child, and a maintenance claim can be asserted for the child if he/she does not live with the father, and the mother can assert a maintenance claim for the first 3 years after giving birth. An unmarried couple can have the paternity acknowledged with the youth welfare office even before birth. After birth, the acknowledgement of paternity is confirmed at the registry office in the town hall. In any case, it is important for the child to know who his/her father is. It is equally important for the mother to clarify the paternity in order to assert maintenance claims against the father.

Jugendamt (Youth welfare office)
Wilhelmstraße 3
70182 Stuttgart
Tel. 0711/216-55 807
(Acknowledgement of paternity)

*“The acknowledgement of paternity was difficult, not because of the father, but because of all the public authorities and deadlines. I think it took 4 months until we had him on the birth certificate.”
Maïke (16 years) with Jannis (7 months)*



1.2 Custody/Parental care

If the mother is not married to the father at the time of birth, she holds sole custody. Joint custody can be applied for at the youth welfare office. The father of the child can also apply for divided custody with the family court, even against the will of the mother. This can only be denied if it violates the best interests of the child. Married couples automatically obtain joint custody for the child. The basic principle applies: If there is joint custody, custody of one parent can only be revoked by the family court if there is due cause. The parent's separation is not due cause! You should therefore think carefully about which avenue to take. Parental care, which means custody, entails 3 areas:

- ▶ Personal custody refers to care and upbringing of the child and all decisions that need to be taken in everyday life (e.g. naming, choosing a religion, medical decisions). The assertion of legal claims of the child also fall into this category (e.g. asserting maintenance claims).
- ▶ Care for the child's property entails all decisions regarding the child's assets. As only very few minors own assets, this part usually does not play a major role.
- ▶ Then there is the legal representation of the child, involving all 'official matters' such as signing of contracts, the application for youth welfare or social benefits or the registration/deregistration at school. If you are an underage mother, you cannot hold all 3 areas of parental care because you only have limited legal

capacity according to the law. Therefore, the legal representation and the care for the property of the child have to be assumed by someone 18 years or older. For this reason, the guardianship court will appoint a guardian for underage mothers or fathers.

Jugendamt (Youth welfare office)
Wilhelmstraße 3
70182 Stuttgart
Tel. 0711/216-55 807
(Custody)

Amtsgericht Stuttgart (Local Court)
Hauffstraße 5
70190 Stuttgart
Tel. 0711/921-0 (switchboard)

"I hold sole custody at the moment, I get this automatically because we are not married. We will just wait and see how we are going to do it; we want him to have custody, too. I do understand that he wants to have it."
Nadine (18 years) with Sophie (3 1/2 months)

1.3 Guardianship

As an underage mother, you do not obtain sole custody. Until your 18th birthday, the youth welfare office appoints a guardian for the child. The guardian can either be the biological father (if he is of full age), the grandmother or the grandfather of the baby, a conservator or the youth welfare office. The guardian's decisions have to be agreed upon with the parents of the child. The personal custody described in point 1.2, also called the 'real custody', remains with the mother and the father of the child or rather with the raising parent.

Jugendamt (Youth welfare office)

Wilhelmstraße 3

70182 Stuttgart

Tel. 0711/216-55 826

(Guardianship)

"My mum holds custody for Jannis; that was very clear to me. We had to go to the guardianship court to apply for that. This takes a bit of time, but it is absolutely worthwhile. The people from the youth welfare office did not come and visit us, we had to go to the youth welfare office just once and they checked whether the mother - meaning the grandmother - would be a good guardian. Regarding custody, I would do it the same way again. If you have a good relationship with your mother, you should do it this way. If you do not have a good relationship, you should not do it because of the money and so on, that is usually the big controversy."
Maike (16 years) with Jannis (7 months)

"It was important to me that a neutral, nice social worker assumes the guardianship. I did not want the youth welfare office to assume guardianship; I did not

like this idea, and I am not on very good terms with my mother.

It worked really well with Mrs B. because she had a lot of time for me and she handled all the financial things."
K. (17 years)

"As I was not 18 yet at the time of birth, the youth welfare office had the guardianship for Luca. It was better this way because if someone from my family had assumed guardianship, it would have taken very long for the court to process it, and by then I would already have turned 18. The people from the youth welfare office came to us once and talked to my parents, and if they are satisfied they do not come back again. We did not have any bad experience with the youth welfare office, my parents were also in favour. We also had more help with all the paperwork."
Jessica (18 years) with Luca (6 months)

1.4 Right of access

The child and both parents have a right of access to each other. If paternity has been acknowledged, the father is duty bound as well as obliged to have access to his child. This also applies if he does not have custody of the child. Limitation of access to one parent is possible (via the family court) only if the child's welfare is endangered. Other close family members such as siblings, grandparents or important attachment figures could then demand access if this is conducive to the welfare of the child.

1.5 Legal adviser

If single parents encounter problems regarding determining paternity or the assertion of maintenance, they can contact the youth welfare office. They can file an application for a legal adviser there. The legal adviser calculates, for example, the amount of maintenance and tries to come to an agreement. If necessary, the legal adviser represents the claims of the child in court. The assistance of a legal adviser is free of charge and does not affect the parental care!

Jugendamt (Youth welfare office)

Wilhelmstraße 3

70182 Stuttgart

Tel. 0711/216-55 807

(Legal adviser)

1.6 Naming law

There is of course the question whose last name the child is going to take. If the parents are married, the child automatically receives the last name that both parents have. Double-barrelled names are excluded. If you are married and both of you have kept your own last names, you have to decide upon the birth of your 1st child which family name you want to have for the children. If you are not married to the father of the child, you decide together on the last name of the child if you hold joint custody. If the mother of the child holds sole custody, she can make the decision on the last name of the child. If custody is converted from sole into joint custody in the first 3 months after birth, a new decision on the last name can be made.


1.7 Rights of the child

Even a newborn child has rights. The most important ones are:

- ▶ The right to a non-violent upbringing. This includes corporal punishment as well as emotional injury and humiliation. Children need boundaries, but violence must not be used.
- ▶ The right of access to both parents. The most important points are already listed under 'right of access'. If you do not know what to do regarding the upbringing of the child, you can contact the youth welfare office or another child guidance centre of your choice to get help. (Addresses can be found on www.bke.de)

1.8 Maternity protection

The Maternity Protection Act protects the health of the woman and her child at work, at her apprenticeship and at university during the pregnancy and after delivery. At work, the following maternity protection periods apply in general: the employer must not allow the pregnant woman to work in the last 6 weeks before giving birth and 8 weeks (12 weeks for multiple or premature births or for children with disabilities) after the delivery. During this time, the pregnant women receive maternity benefit and an employer's contribution together amounting to the same as the net pay. The Stuttgart Regional Council has an expert group on maternity protection in the workplace. This can help you if you have any concerns that you or your child are being endangered, placed under excess demand or may be risking your or your child's health. If there is imminent danger before the start of the maternity protection



period, the expectant mother can claim for prohibition of employment and for receiving a maternity pay amounting to the net pay for this period. It is also good to know that a termination by the employer is inadmissible with only few exceptions after announcing the pregnancy.

**Regierungspräsidium Stuttgart
(Regional Council)
Expert group on maternity protection
Ruppmannstraße 21
70565 Stuttgart
Tel. 0711/904-15 499
Email: mutterschutz@rps.bwl.de**

More information:
[www.rp.baden-wuerttemberg.de/Themen/
Wirtschaft/Seiten/Mutterschutz.aspx](http://www.rp.baden-wuerttemberg.de/Themen/Wirtschaft/Seiten/Mutterschutz.aspx)

1.9 Parental leave

Parental leave is a time out from working life for parents who care for and raise their children mainly themselves. A claim to parental leave exists at the latest until the child reaches the age of 3. With the employer's approval, 2 years of parental leave can be carried over to the period between the child's 3rd and 8th birthday. During parental leave, you can work up to 30 hours per week or be released from working. Upon completion, you can go back to your former or an equivalent position. 7 weeks before the start of parental leave, you have to apply for the parental leave informally with your employer. You are protected against dismissal during parental leave! You may take parental leave independent from receiving parental allowance; you can take care of your child and at the same time stay in contact with your job. Pregnant women should start their parental leave after the maternity protection

period because otherwise they might not be entitled to the employer's contribution to the maternity benefit.

2. Financial support

Depending on the residence permit (refer to Page 6/7!)


There are various ways to get financial aid to pay for your child's essentials (layette), and to fund your life with child.

On the federal ministry portal **www.infotool-familie.de**, you can see which family benefits you can claim with just a few clicks. **All applications can also be downloaded there!**

2.1 Unemployment benefit I/ Unemployment benefit II (Hartz IV)

Anyone who has contributed to public unemployment insurance for at least a year and has registered as unemployed on time (3 months before the end of the employment contract) is entitled to **unemployment benefit I (ALG I)**. All formalities are handled by the respective Employment Agency. The amount of the paid benefit depends on the previous income and cannot be reduced. Unemployed persons with child receive 67% of their last net pay, unemployed persons without children receive only 60%.

**Agentur für Arbeit (Employment Agency)
Nordbahnhofstraße 30-34
70191 Stuttgart
Tel. 0711/920 0**



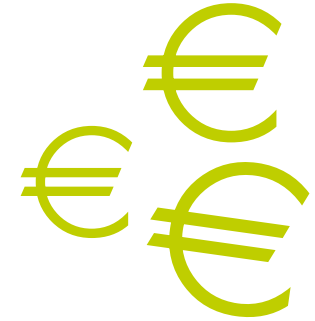
The **supplementary unemployment benefit II (ALG II)** - also called Hartz IV - is a state benefit to secure one's livelihood. You are entitled to supplementary unemployment benefit II if you are fit for work and older than 15 years of age, live in Germany and are 'in need of assistance'. You are perceived as fit for work if you are generally able to work for a minimum of 3

hours per day. You are perceived as in need of assistance if you cannot secure your livelihood with your own income. You are also perceived as fit for work if you raise a child below the age of 3 (alone). Gainful employment is unconscionable for a parent during the first 3 years of the child; you do not have to work.

"If you have to hand in something at the employment office, e.g. important documents, I find it really important to either go there yourself and ask for a receipt as proof that you handed them in or you should send it by registered mail to the employment office. It is important that all the documents are there on time because otherwise you could miss deadlines. It just takes some time, it is quite tedious until everything is sorted out. It is important to be well informed and to be persistent no matter how often they reject something - and in my case they often rejected something. Eventually, you manage to get the applications approved. It just takes time."

Nadine (18 years) with Lea Sophie (3 1/2 months)

**Jobcenter und Fachstelle
für junge Menschen U 25
(Job centre and specialised office
for young people U 25)
Rosensteinstraße 11
70191 Stuttgart
Tel. 0711/216- 700 (switchboard)
Tel. 0711/216- 97172 (U25)**



"It is really important to know what kind of claims you have as an expectant mother. If I had not been to the advice centre, I would never have received all of this financial support. I did not know to what I was entitled and what kinds of claims I have as an expectant mother."
Nadine (18 years) with Sophie (3 1/2 months)

"During pregnancy, I lived on Hartz IV, you also get some extra money for maternity clothes and for the layette for the baby a few weeks before birth. I have also received money from the foundation, which was enough."
Julia (22 years) with Laura (4 weeks)

2.2 Housing benefit

Housing benefit is a state subsidy helping households with a low income to bear their housing costs and paid as a rent allowance. Different factors determine whether you can claim housing benefit. Rent allowance is only paid if you do not receive Hartz IV. Applications can be filed in writing and can be handed in at any housing benefit office (Bürgerbüro) and social welfare office (Sozialamt). An alternative is the Stuttgart city website <https://www.stuttgart.de/wohngeld>

2.3 Maternity benefit

The maternity benefit is paid by the health insurance if you have insurable employment. It amounts to € 13 per day. It is paid 6 weeks before and 8 weeks after birth. The application for maternity benefit has to be filed with the health insurance 7 weeks before birth at the latest, attaching a medical certificate. Mini-jobbers who are not a member of a statutory

health insurance (e.g. covered by dependent insurance) and privately insured people receive the maternity benefit from the German Federal Social Insurance Authority as a maximum one-off payment of € 210. In addition to the maternity benefit, the employer pays a subsidy if the monthly net income is higher than the maternity benefit.

Please contact your health insurance; privately insured people and mini-jobbers with dependent insurance please contact the following address:

**Bundesversicherungsamt
(Federal social insurance authority)
Mutterschaftsgeldstelle
(Maternity benefit office)
Friedrich-Ebert-Allee 38
53113 Bonn
Tel. 0228/619-18 88**

More information on: <https://www.bundesversicherungsamt.de/mutterschaftsgeld.html>

2.4 Child benefit

If you live together with your child, you will currently receive € 204 child benefit per month. If you receive Hartz IV, child benefit is counted as income. You can get the application for child benefit at the Family Benefits Office.

**Bundesagentur für Arbeit
(Federal Employment Agency)
Familienkasse Stuttgart
(Family Benefits Office)
Neckarstraße 84
70190 Stuttgart
Tel. 0800/45 55 530**


More information and application at:
<https://www.arbeitsagentur.de/familie-und-kinder/infos-rund-um-kindergeld>

2.5 Child supplement

If your income is insufficient despite having a job, you can receive a child supplement currently amounting to € 185 per child if you do not receive Hartz IV. Please contact the Family Benefits Office (address see 2.4 Child benefit).

2.6 Parental allowance

Single parents as well as couples are entitled to a maximum of 14 months of basic parental allowance right after birth. The parents have to look after their child themselves and the working time has to be less than 30 hours per week if you are working. If you have no previous income, you will receive the minimum amount of € 300 per month. For earners, the general rule is that the basic parental allowance amounts to 65% of the net annual income before birth. The lower the net income (lower than € 1,240), the higher the basic parental allowance. Since 2011, parental



allowance is offset against Hartz IV. More variants do exist, e.g. parental allowance plus and the partnership bonus; it is recommended to get advice from an advice centre. You can get the forms for parental allowance at the citizens' centre in the districts or directly on the website of L-Bank.

L-Bank
(State Bank for Baden-Württemberg)
Schlossplatz 10
76113 Karlsruhe
Tel. 0800/66 45 471
(free-of-charge hotline)
www.l-bank.de

"Applying for parental allowance worked like a charm, but filling in the forms was a bit difficult, I had to ask for help. But it can be done."

Maike (16 years) with Jannis (7 months)

2.7 Maintenance

There are different types of maintenance: maintenance for children, childcare maintenance and advance maintenance payment:

► Maintenance for children

The parents are mainly responsible for maintenance regarding the child. Maintenance can be provided in the form of money and goods but also in the form of education, childcare, care and personal affection. When parents split up, the parent with whom the child lives usually makes his/her contribution in the form of care, childcare and education. The other parent makes his/her contribution in the form of the so-called maintenance for children. The maintenance amount is based on the 'Düsseldorf table', special circumstances of each individual case are always taken into account in the calculation.

► Childcare maintenance

When one parent lives apart from the family, he/she often also has to pay maintenance to the other parent (childcare maintenance) in addition to maintenance for children. Mothers or fathers are entitled to childcare maintenance in the first 3 years of the child's life. During this time, the parent with whom the child lives can freely decide whether he/she wants to take up a job or care for the child him-/herself. The mother is entitled to maintenance paid by the father as early as 6 weeks before birth!

► Advance maintenance payment

If you raise your child alone and the father/mother of the child cannot pay for maintenance, the state steps in and makes an advance maintenance payment. You are entitled to advance maintenance payments until the child turns 12 without any constraints. This applies until the

child's 18th birthday only if the child does not receive Hartz IV benefits or if you earn a minimum of € 600 gross per month as a single parent. The application for advance maintenance payment is to be filed with the youth welfare office.

The youth welfare office supports you regarding all questions on maintenance, childcare maintenance and advance maintenance payment.

Jugendamt (Youth welfare office)
Wilhelmstraße 3
70182 Stuttgart
Tel. 0711/ 216 - 55806
(Maintenance)
Tel. 0711/ 216 - 55388
(Advance maintenance payment office)



2.8 ‚Mother and Child‘ Federal Foundation and ‚Family in Need‘ State Foundation

Expectant mothers in financial distress can get support from the federal and state foundation. If your income is below a certain threshold, you can get money for maternity clothes, layette and children's furniture. You can only apply for money from the foundations via the advice centres for expectant mothers.

2.9 Tips for a limited budget

The city of Stuttgart offers benefits for families with a limited budget:

The Bonus Card, Family Card and State Family Pass. There are discounts for various social facilities, sports and culture. You can get further information in the respective citizens' centres or the social welfare office or online at www.stuttgart.de/item/show/287642.

You can get a Bonus Card only if you receive other social benefits (such as Hartz IV, housing benefit or child supplement).

There are many second-hand shops and clothing markets for children in Stuttgart. You can find the addresses in the free-of-charge ‚Luftballon‘ parenting magazine, available in our advice centre.

3. Medical check-up and birth

The regular medical check-ups during pregnancy help to monitor and check the development of the child and the health of the mother. They offer the opportunity to act in time should problems become apparent

3.1 Medical check-ups

During pregnancy, you have the right to go to medical check-ups every 4 weeks and every 14 days in the last 2 months of pregnancy. Medical check-ups during pregnancy help to detect dangers for the mother and the child early on and to start any necessary measures. If you are working, the employer is obligated to release the pregnant woman from work to go to the medical check-ups. Every expectant mother can decide whether she wants to go to a doctor or a midwife or to both alternately for the medical check-ups.

These antenatal diagnostics are optional and you should carefully consider which aspects you would like to use (c.f. Point 3.3): (Antenatal examination).

When a doctor or a midwife detects a pregnancy, he/she will issue a maternity record. It contains personal data, blood group, results of the ultrasound scans, results of the HIV test and other test results. It is important to keep your maternity record with you at all times!

3.2 Antenatal classes

You can prepare in the antenatal classes with your partner for the delivery. In the antenatal class, you will for example learn about conduct during pregnancy and breastfeeding, how to handle a newborn child or you will learn breathing and postural exercises. In addition, you will get to know other expectant mothers and fathers. It is

also possible to have a midwife come to your home and do the antenatal class with you. You find information on the antenatal classes in birthing houses, midwife practices, House of Families or advice centre. **The health insurance will cover the costs for insured pregnant women.**

"During a normal medical check-up, you have to provide a urine sample first which is then examined for protein, sugar and so on. Then, your blood pressure is taken and you are weighed every time. I have dreaded the scales. And then, of course, there is the ultrasound scan and later also a CTG is performed. And, of course, any normal examinations are also carried out. Well, the medical check-ups were also quite exciting. I liked the ultrasound scan best, the doctor always showed everything on the monitor to me. I was always looking forward to this, especially if I got a photo to take home with me."
Julia (22 years) with Lara (4 weeks)

3.3 Antenatal diagnostics

During the medical check-up, the doctor might also offer a series of examinations that help to identify disorders and abnormalities of the unborn child. The medical expression for this is prenatal diagnostics. Of course, you hope that your child is healthy and you experience good medical care during the pregnancy. It might therefore seem natural to use all of these possibilities. When looking for abnormalities of the unborn child, you should carefully consider which possibilities you would really like to use and which rather not. Ultrasound is mainly used to monitor the development of the baby during pregnancy. You should always keep in mind that regarding medical check-ups, you have a right to know, but also a right not to know.



No matter which path you choose for yourself, it is important to listen to your intuition and your feelings. Some antenatal examinations cannot be carried out until the 13th week onwards. You should ask yourself before an antenatal examination what the reasons for and against the examination are. This also means to clarify for yourself what kind of consequence a noticeable finding would have for you. In any

case, you should seek professional support in an advice centre. Then you are not alone with all your questions and can decide calmly how to proceed.

The advice centres provide information before an antenatal examination regarding questions on prenatal diagnostics. You can also contact our advice centre after receiving a medical diagnosis.

3.4 During pregnancy

During pregnancy, there are a few things to keep in mind. You should be aware that the unborn child is connected to you via the umbilical cord through which he/she absorbs the necessary nutrients. Basically, during pregnancy you should focus on a healthy and balanced diet as this is an important precondition for an unproblematic course of pregnancy and for the child to develop normally. Keep in mind that the child notices a lot of his/her surroundings while still in the womb. He/she can notice sounds and light stimuli. By all accounts, the following applies during pregnancy and the ensuing breastfeeding:



► No alcohol: Drinking alcohol during pregnancy can lead to prenatal damage of the child. If the unborn child is exposed to alcohol, he/she is inhibited in his/her development and physical and mental development damage might occur (short stature, microcephaly, developmental delay, behavioural disorders). The alcohol you drink reaches the child via the umbilical cord quickly and results in the same alcohol level, but the child can only metabolize it much more slowly. This is very harmful to the unborn child!

► Do not smoke: With each cigarette that you smoke during pregnancy, you harm your child. The absorbed nicotine leads to a diminished blood circulation of the placenta and thus to an undersupply of the foetus with oxygen and nutrients. The consequence might be a low birth weight of the child, an increased risk of sudden infant death syndrome, hyperactivity and perceptual disorders. The doctor or midwife can give you advice on what is best for you and your child. Some health insurances cover the costs for smoking cessation of pregnant women. The advice centre can help you or you can contact your health insurance.

"I breast fed in the beginning but because I smoke I could not do that very long. I breast-fed in the beginning because I think it is important, incredible and you can establish a great bond with the child. But because of my smoking, which is of course harmful for the child, I weaned the child off after 3 months."
Nadine (18 years) with Lea Sophie (3 1/2 months)



3.5 Accompanied pregnancy ,Mirjam – Good start into life‘

In the event of particular distressing situations in life during pregnancy, the ,Mirjam‘ project offers support for those seeking help. You will get practical help in everyday life. In addition, you will be provided with suggestions for the first year of the child and you can share experiences with other mothers. This programme has a duration of 2 years. It includes two-week group work with childcare and complementary regular home visits and advisory services.

Sozialdienst katholischer Frauen e.V.
(Catholic Women’s Welfare Service)
Mirjam Mother-child-group
Stöckachstraße 55
70190 Stuttgart
Tel. 0711/ 92 562-0
Email: mirjam@skf-drs.de

3.6 Birth

You can choose between delivery at home, in a hospital, birthing house or an outpatient birth. It is best to discuss that in depth with the doctor or midwife. You should carefully choose the location and type of delivery, a decision that you feel comfortable with! Hospitals regularly organise information evenings so that you can really get to know the hospital. An overview can be found in the ,Luftballon‘ magazine.
Go to www.krankenhaeuser-stuttgart.de to find the addresses of the hospitals in Stuttgart.

Go to www.hebammensuche-bw.de to find a midwife.

4. After the delivery

After the delivery, childbed (recovery phase for the body) takes about 6 to 8 weeks. Following this, the first medical aftercare check-up should take place. The most important medical data is entered into the maternity record. Likewise, the baby’s initial health data, recorded by the paediatrician during the vitality test in the delivery room, is also entered.

4.1 Aftercare

After birth, every woman with a statutory health insurance is entitled to 12 weeks of support from a midwife, and until the end of the breastfeeding period if required. The midwife visits you at home, helps and advises during childbed on all questions regarding both your health and your child’s health. It is important to start looking for a midwife early on during the pregnancy. Go to www.hebammensuche-bw.de to find a midwife.

4.2 Support for the first period at home - Family Support team

In particular during the first few weeks after birth, new mothers and fathers have a lot of questions and are unsure on how to organise their everyday life. The Family Support team can help you if you have just moved to Stuttgart and do not know your way around yet. The multi-professional team visits you in hospital, makes free-of-charge home visits and assists all parents.

4.3 Post-partum exercise

In the last phase of birth, the child’s head increasingly dilates the pelvic floor. It is therefore advisable to start training the muscles of the pelvic floor a few weeks after giving birth. Usually, you begin post-partum exercise/pelvic floor exercise within 4 months of giving birth. The approximately 10 units take place with or without child and are covered by the health insurance. Birthing houses and midwives offer such post-partum exercises.

5. Assistance for the first period

After birth, everything is different and there are many challenges. But you are not alone, asking for help is not a sign of weakness but a sign of handling the new tasks as parents responsibly! The youth welfare office will provide new parents with a Guiding Book for Parents right after birth. It provides a lot of information and addresses for families with children. In addition, there are experts from the 'Youth and Family Advisory Centre' available to help you in every district. They can give you information on any assistance in the district and help you to answer questions and resolve problems.

The respective addresses can be found here:
<https://www.stuttgart.de/buergerbueros>.

5.1 Family sponsorships A voluntary offer to help families

„Wellcome - practical assistance after birth“

Wellcome is offered to families who would like to have some support in the first time after birth or are in a challenging situation. Once or twice a week, a voluntary 'angel' helper comes to you for 2-3 hours, watches the baby while he/she is sleeping or takes care of the sibling so that the parent can rest, for example.

There is a maximum one-off fee for placing the voluntary helper of € 10, and the fee for the care they provide is up to € 5 per hour.

Haus der Familie (House of Families)

„Wellcome“

Elwertstraße 4

70372 Stuttgart

Tel. 0711/ 22 07 09-320

Email: stuttgart.suedwest@wellcome-online.de

Tel. 0711/ 22 07 09-321

Email: stuttgart.nordost@wellcome-online.de

„Initiative Z - Sponsors assist families“

This is an offer for all parents with children aged 0-3 years and helps families that have just moved here and do not have any support from relatives, friends or acquaintances with voluntary assistance. This can also be used by families with a migrant background and limited knowledge of German.

Dienststelle Elternseminar/Initiative Z (Parent seminar office/Initiative Z)

Hauptstätter Straße 68

70178 Stuttgart

Tel. 0711/ 216-80 335

Email: elternseminar@stuttgart.de

„Familienpatin - Unterstützung auf Zeit“ („Family sponsor - temporary assistance“)

This enables families to be accompanied by volunteers in difficult situations after the birth of the child over a longer period (up to a year). This is open to all mothers and fathers with children aged 0-3 years. Family sponsors help to cope with everyday life with a baby and a toddler.

Sozialdienst katholischer Frauen e.V. (Catholic Women's Welfare Service)

Familienpatenschaften

(family sponsorships)

Stöckachstraße 55

70190 Stuttgart

Tel. 0711/ 92 562-20

Email: familienpatenschaften@skf-drs.de



5.2 Family care/Household help

If the mother/father falls ill, in highly challenging times (e.g. high-risk pregnancies, chronic illness/disability of a child, or separation of the parents), you can get temporary support from a family carer/household help. They come to your home, care and feed the children if needed and do some housework. **The household help is paid for by the statutory health insurance and has to be attested by a medical doctor.** The family care organisations are happy to help you with the application and funding.

Evangelische Haus- und Familienpflege
Stuttgart e.V.

(Protestant Home and Family Care)

Bismarckstraße 57

70197 Stuttgart

Tel. 0711/ 63 46 99

Email: mail@ev-familienpflege.de

www.ev-familienpflege.de

Katholische Familienpflege Stuttgart e.V.

(Catholic Family Care)

Katharinenstraße 2 B

70182 Stuttgart

Tel. 0711/ 28 65 095

Email: info@familienpflege-stuttgart.de

www.familienpflege-stuttgart.de

5.3 Socio-pedagogical family assistance (SpFH)

Should parents feel that they are under too much strain in raising children, handling everyday life or solving conflicts and crises, they can get free-of-charge support and use the help of a socio-pedagogical family assistant. He/she will come to you for a certain period and support and accompany the family intensively. Please file an application for this kind of assistance with the youth welfare office.

Jugendamt (Youth welfare office)

Wilhelmstraße 3

70182 Stuttgart

Tel. 0711/216-5100

6. Offers, courses and meeting places for parents

There is a whole range of possibilities to gain confidence regarding family, everyday life and upbringing issues.

You can find some suggestions for a joyful life with this new small human being by going to parent education programmes or presentations or by sharing experiences with other parents.

6.1 Provision: Miscellaneous

- ▶ All parents are welcome to come to the welcome breakfast in their respective part of town. You can enjoy a free-of-charge brunch, get to know other families in the area without any disturbance thanks to the childcare on offer! The welcome breakfast regularly takes place on Sundays in the district or family centres.

- ▶ If the child is still an infant and is being breast-fed, it might be worthwhile to go to breastfeeding mother's groups/café's where mothers meet and talk about their first experiences with a newborn

6.2 Courses/Presentations for parents

In parent education programmes, you can get to grips with topics such as breastfeeding and carrying, sleeping and feeding, bonding and needs, and the child's first development steps in his/her first year of life. There are many parent education programmes for children up to 3 years: PEKIP, STÄRKE, LEFINO, SAFE, EMMI PIKLER, etc. They all have different areas of focus. The 'family information' (c.f. Point 7.1) gives you an overview on the courses in Stuttgart and helps you to find the right one for you. The youth welfare office is one of the central organisers of family education and their provision is even free of charge! The House of Families also offers many events.

Elternseminar des Jugendamtes
(Parent seminars of the youth welfare office)
Hauptstätter Straße 68
70178 Stuttgart
Tel. 0711/216-80 344
Email: elternseminar@stuttgart.de
www.stuttgart.de/elternseminar

Haus der Familie in Stuttgart e.V.
(House of Families)
Elwertstraße 4
70372 Stuttgart – Bad Cannstatt
Tel. 0711/22 07 09-0
Email: info@hdf-stuttgart.de
www.hdf-stuttgart.de


6.3 Meeting places

Meeting other parents informally and talking with them about your life often leads to new ideas on how to cope with stress. The district and family centres are a good first point of contact. They offer childcare, leisure

events and courses, playgroups, an inexpensive lunch and a café meeting place. Go to <https://stuttgart.de/generationenhaeuser-stadtteil-familienzentren> to find all addresses. Many institutions focus in particular on single parents to provide them with advice and support. They offer, for example, socio-pedagogical assistance regarding access rights for separated parents, legal advice for families, advice on parent-child treatments, baby cafés, language get-togethers with childcare, etc.

These institutions offer the following:

Eltern-Kind-Zentrum Stuttgart West e.V.
(Parent-child centre)
Ludwigstraße 41 - 43
70176 Stuttgart
Tel. 0711/50 53 68-30
Email: ekiz@eltern-kind-zentrum.de
www.eltern-kind-zentrum.de



Müze Süd/Familienzentrum Stuttgart e.V.
(Müze family centre)
Gebrüder-Schmid-Weg 13
70199 Stuttgart
Tel. 07 11 / 6 49 17 56
Email: info@mueze-stuttgart.de
www.mueze-stuttgart.de

Haus der Familie in Stuttgart e.V.
(House of Families)
Elwertstraße 4
70372 Stuttgart
Tel. 0711/22 07 09-0
Email: info@hdf-stuttgart.de
www.hdf-stuttgart.de

7. Childcare

Stuttgart has developed a huge range of childcare provision, ranging from toddlers to school-age children.

7.1 Day care centres

Day nursery care is available for toddlers. However, there is no legal claim to childcare for children under one; there is only a legal claim after their first birthday. From age 3 until they go to school, children can attend a kindergarten/day care centre. There are different types of care (half-day/full day) in the care facilities and different pedagogical approaches; find one to suit your situation. We recommend looking at the different facilities and asking for a free place early on. Go to ‚day care centre finder‘ www.stuttgart.de/kits to take a look at the different care facilities in Stuttgart. You can

send a request for a free place to the selected facilities or complete the registration directly in the facility.

The following rules apply to all day care facilities under Protestant, Catholic and municipal sponsorship (parent-child groups and Waldorf facilities sometimes have different rules): **by 15 February at the latest**, the child has to be registered electronically or/and personally if the child is to have a place in the next day care year (starting in August).

There are different fees (parental contribution) for childcare. The institutions set these fees themselves and can specify that they depend on the parents' income, number of children in the family and duration of childcare. It is good to know that the holders of a Bonus Card can be exempt from the parental contribution completely and holders of a Family Card pay a much lower contribution. All parents can apply for absorption of the costs

with the youth welfare centre (fully or partially), depending on their income. Thanks to the ‚Gute-KITA Gesetz‘ (Good Day Care Act), parents are exempt from day care fees if they receive Hartz IV, child supplement or housing benefit starting from July 2019. In addition, parental contributions are socially adjusted.

The Family Information Centre provides detailed information on childcare:

Landeshauptstadt Stuttgart
(State Capital Stuttgart)
Familieninformation
(Family Information Centre)
Wilhelmstraße 3
70182 Stuttgart
Tel. 0711/ 216-91 020

7.2 Childminders (children's day care)

Children's day care is an alternative to a day care centre. Children's day care means that a child is cared for in the household of a qualified childminder in a small group of up to 5 children. The special feature about this approach is that the care times can be agreed upon flexibly with the caregiver and thus can take into account individual requirements. It is also possible that the youth welfare office covers the costs partially.

For more information contact:

Caritasverband für Stuttgart e.V.
(Caritas Association)
Tagesmütter-Börse (Childminder exchange)
Wagnerstraße 35
70182 Stuttgart
Tel. 0711/21 06 962
Email: tagesmuetter-boerse@caritas-stuttgart.de
www.tagesmuetter-boerse-stuttgart.de

Tagesmütter- und Pflegeeltern Stuttgart e. V.
(Childminders and foster parents)
Johannesstraße 33
70176 Stuttgart
Tel. 0711/41 07 94-0
Email: service@tagesmuetter-stuttgart.de
www.tagesmuetter-stuttgart.de

8. Living with child

Parents often ask themselves how to organise childcare. Maybe your current flat is too small or you would like to move somewhere else with your little family and thus need a flat of your own. There are various options that can help you to find your own flat. Some buildings rent their flats only to single mothers who are in a difficult situation, but who live independently and autonomously. Our advice centre can provide you with the respective addresses.

8.1 Mother-child facilities

Another option for mother and child are so-called mother-child facilities. These facilities focus on women who are pregnant or who are already a mother and who lack supporting social networks and/or have psychological problems and need special assistance. This assistance is organised based on the woman's capabilities and abilities. Some facilities offer childcare for the child while the mother goes to school or makes her apprenticeship. If you are interested in a mother-child facility, you can contact us or the youth welfare office advice centre in the respective districts of town.



"Yes, I do live in a mother-child facility and I like it very much. In the mother-child facility, I can ask someone to take care of her so that I can sleep for a couple of hours, bank sleep in advance so to say. In the facility, your day is well-structured, breakfast for example is at 8. I am still in the maternity protection period, so I was allowed to sleep in. This is taken into account, meaning that I do not have to attend every meal if I am feeding her at that moment. Otherwise, you have to be present during the meals. It was clear to me early on that I would go to a mother-child facility, I applied for that very early already. The application process took quite long. I knew I wanted to keep her, but I also knew I would not be able to do this alone. My first idea was to go to a mother-child facility. It was a good

decision for me. It is helpful that you can go to the office and drink a cup of tea with the stand-by personnel if I reach my limits at night. I think it would be pretty difficult to be alone with her, but in the facility there is always someone around if I have questions, if she does not feel well or if she is ill and I do not know what to do. I am really happy that there is always someone around to turn to. It is called a mother-child facility, but it is more of a shared flat, it feels like a huge shared flat and there is someone who you can go to and make your appointments. These facilities sometimes have a rather bad reputation, but this should not discourage you. It is quite funny when friends come to visit and they act as though I was in a prison. There are rules that we need to adhere to, sure, it would not work

otherwise, but you also have rules in everyday life, and when you live with a partner, too. All of these rules are easy to understand, e.g. that you must not leave things lying around that the children should not come in contact with. Each of us has a room together with her child and a shared bathroom and toilet. We cook together in the communal kitchen. Every day, one or two of us do the cooking, we help each other, because you do not have so much time with such a little fellow. My stay here has been approved for a year initially and after that we will see whether it will be extended. I think it will because I am going to do an apprenticeship. I would like to stay longer, at least until I have finished the apprenticeship, 2 years."
Julia (22 years) with Lara (4 weeks)

8.2 Wohnberechtigungsschein (WBS) (entitlement to social housing)

You need an entitlement to social housing (WBS) if you want to move into a subsidised flat (council flat). There are certain income limits that determine whether you can obtain this entitlement to social housing. With this entitlement to social housing, you can apply for a council flat with SWSG or another housing company.

You find the form on
www.stuttgart.de/hoechstmieten
Or at the:
Amt für Liegenschaften und Wohnen
(office for urban planning and housing)
Kienestraße 31
70174 Stuttgart
Tel. 0711/ 216-91 399

For more information and applications go to:
www.stuttgart.de/item/show/453103/1



8.3 Tips for home owners

Government grant scheme to support families building homes

The Reconstruction Loan Corporation (KfW) and the Federal Ministry of the Interior, Building and Community provide a subsidy to first-time buyers of owner-occupied houses and flats for families with children and single parents. If you have built or bought a home for the family, you can apply for a government grant scheme to support families building homes (Baukindergeld) that you do not have to pay back. This subsidy is linked to an income threshold. The subsidy amounts to € 1,200 per year for each child under 18 years over a maximum period of 10 years. You have to apply for this subsidy online on the KfW subsidy portal 3 months after moving into your home at the latest.

**Kreditanstalt für Wiederaufbau (KfW)
(Reconstruction Loan Corporation)
Tel. 0800/53 99 006 (free-of-charge information centre)**

More information:
www.kfw.de/baukindergeld

State subsidies

Subsidised loans are offered to couples and single parents with at least one child under 18 years, childless couples under 45 years and severely disabled persons.

**L-Bank Staatsbank Baden-Württemberg
(State Bank)
Expertenteam Eigentumsförderung
(team of experts on promoting ownership)
Tel. 0800 150-30 30 (free-of-charge)**

More information:
www.l-bank.de/wohnen

Municipal subsidies

Municipal subsidies are available to couples and single parents with at least one child under the age of 18: You can obtain a building cost subsidy

(new or existing building) from the family building programme. The city uses the Inexpensive Home Ownership programme to organise the new construction of houses and condominiums on municipal property with select developers. You receive the land at a discounted price. The subsidy depends on the income and the number of children living in the household. State subsidies and municipal subsidies can be granted in parallel.

**Amt für Liegenschaften und Wohnen
(office for urban planning and housing)
Postal address Heustraße 1
Visitor entrance Hospitalstraße 8
70174 Stuttgart**

More information:
www.stuttgart.de/wohnbauforderung

9. School, studies, apprenticeship and career

It is possible to obtain or finish a school-leaving qualification or to go to university or do an apprenticeship if you have a child. It is important to know all possibilities.

9.1 School

The ‚school and education‘ department of the Stuttgart Regional Council is part of the school administration of the state of Baden-Württemberg and responsible for all schools in the Stuttgart region. This department is the contact partner for all pupils and parents. You can get information there on continuing school education and on tests that need to be postponed. It is of course important to talk to the school first.

**Regierungspräsidium Stuttgart
(Stuttgart Regional Council)
Abteilung Schule und Bildung
(school and education department)
Ruppmannstraße 21
70565 Stuttgart
Tel. 0711/904-0
Email: poststelle@rps.bwl.de
www.rps.bwl.de**

9.2 Studies

The social counselling department of the association for student affairs in Stuttgart offers orientation counselling to students. Apart from advice, it offers childcare in its day care centres and offers advice on 'studying with child'!

Studierendenwerk Stuttgart
(association for student affairs)
Sozialberatung (social counselling)
Rosenbergstraße 18
70174 Stuttgart
Tel. 0711/95 74 463

More information:
www.studierendenwerk-stuttgart.de/sozialberatung

I do have a school-leaving qualification, but no vocational training. An apprenticeship is really important, and I want to make an apprenticeship; you need an apprenticeship, you want to be able to provide for your child."
Nadine (18 years) with Lea Sophie (3 1/2 years)

"I want to start an apprenticeship. Next year, I want to begin an apprenticeship to become a geriatric nurse."
Julia (22 years) with Lara (4 weeks)

9.3 Apprenticeship and career

The following advice centres enable women to obtain a qualification without or with insufficient school or vocational training. They also help them to embark on new vocational paths:

- ▶ Frauenunternehmen ZORA gGmbH
(Women's enterprise)
Stöckachstraße 16
70190 Stuttgart
Tel. 0711/26 84 35-0
Email:
frauenunternehmen@zora-ggmbh.de
www.zora-ggmbh.de
- ▶ BeFF – Berufliche Förderung von Frauen e.V.
(vocational support of women)
Lange Straße 51
70174 Stuttgart
Tel. 0711/26 34 57-0
Email: info@beff-frauundberuf.de
www.beff-frauundberuf.de
- ▶ FrauenBerufsZentrum
(Women Career Centre)
Heusteigstraße 20
70182 Stuttgart
Tel. 0711/24 89 23-40
Email: Info@skf-drs.de
www.skf-drs.de

- ▶ Cooperation project for women receiving benefits from the job centre
FORUM FRAUEN (Forum Women) is a cooperation project on vocational advice, support and placement of women living in Stuttgart and who are registered with the job centre. You can get support on the path to the apprenticeship and labour market or orientation on job questions during parental leave.

FORUM FRAUEN (Forum Women)
Clearingstelle (Clearing house)
Simone Nitsche
Nordbahnhofstraße 115
70191 Stuttgart
Tel. 0711/33 50 87-67
Email: clearingstelle-forumfrauen@zora-ggmbh.de


10. Timeline - what needs to be done when?

| During pregnancy | |
|---|--|
| 9 th to 13 th week of pregnancy (WoP) | <ul style="list-style-type: none"> ▶ First ultrasound ▶ When receiving ALG II: apply for additional and special demand ▶ Contact midwife as soon as possible regarding prenatal care and after-care |
| As of the 15 th WoP | <ul style="list-style-type: none"> ▶ Inform school/employer about the pregnancy and the expected date of birth |
| 20 th WoP | <ul style="list-style-type: none"> ▶ First foetal movements ▶ Register for an antenatal class |
| 19 th to 22 nd WoP | <ul style="list-style-type: none"> ▶ Second ultrasound |
| 29 th to 32 nd WoP | <ul style="list-style-type: none"> ▶ Third ultrasound |
| 28 th to 38 th WoP | <ul style="list-style-type: none"> ▶ Start of antenatal class |
| As of the 30 th WoP | <ul style="list-style-type: none"> ▶ Apply for acknowledgement of paternity if necessary, arrange custody ▶ Get forms to apply for parental allowance and child benefit and fill in to the extent possible |

| | |
|--------------------------------|--|
| As of the 33 rd WoP | <ul style="list-style-type: none"> ▶ Medical check-up every 2 weeks ▶ Medical doctor fills in a certificate on the date of birth ▶ Send this certificate to the health insurance (for people in a statutory health insurance) or the federal social insurance authority (privately insured people) to apply for maternity benefit and also send it to your employer. ▶ If the father wants to go on parental leave: hand in the written application to your employer |
| As of the 34 th WoP | <ul style="list-style-type: none"> ▶ Begin of maternity protection, up to 8 weeks before birth ▶ the mother has to apply for parental leave no later than 7 weeks before the end of maternity protection in writing to her employer ▶ Put together documents for the birth certificate or ask the registry office which documents are needed for the registration (depends on the nationality) |

| after birth | |
|---|--|
| Right after birth | <ul style="list-style-type: none">▶ Birth announcement is done by the hospital; in the event of a home birth, you have to do it yourself. Collect the birth certificate from the registry office about a week after birth▶ Apply for child benefit with the birth certificate▶ Apply for parental allowance with the birth certificate▶ Inform housing benefit office if you receive housing benefit▶ If applicable, apply for child supplement▶ If applicable, apply for advance maintenance payment▶ Register child with the registration office (with birth certificate)▶ Register child with health insurance▶ Inform employer about the child's date of birth▶ Register child on the www.stuttgart.de/kits portal (place in a kindergarten) |
| 6-8 weeks after birth | <ul style="list-style-type: none">▶ Begin post-partum exercise (also possible later) |
| 8 (if necessary 12) weeks after birth | <ul style="list-style-type: none">▶ End of maternity protection period (absolute prohibition of employment) |
| From return to work until 12 months after birth | <ul style="list-style-type: none">▶ Right to regular breastfeeding breaks on the job |

NOTES



donum vitae Regionalverband Stuttgart e. V.
Friedrichstraße 37
70174 Stuttgart
Fax: 0711/30 00 037
info@donum-vitae-stuttgart.de
www.donum-vitae-stuttgart.de

You can reach us:

Mon to Fri 9:00 a.m. - 12:00 noon

Mon to Thu 2:00 p.m. - 5.00 p.m.

By phone

0711/30 00 035

We are there for you during the pregnancy and up to the child's 3rd birthday.