



You can obtain information by ringing the following phone number: 0341 123-6726

Monday – Thursday 9 am – 16 pm
Friday 9 am – midday

or contact us by e-mail at:
familienhebammen@leipzig.de



We look forward to hearing from you!
The family midwives team



Stadt Leipzig
Gesundheitsamt
Koordinierungsstelle Bundeskinderschutzgesetz/
Familienhebammen
Thomasiusstraße 1
04109 Leipzig

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Stadt Leipzig

Family midwives We are here to help you!



A service for parents-to-be and families with children aged up to three



Federal Initiative entitled “Early Support”

Pregnancy, birth and parenthood

A time when different feelings, thoughts and questions come to the surface.



In your new situation, do you feel

- concerned?
- insecure?
- stressed?
- isolated?

Little things, which were previously a matter of course, may appear much more of a challenge now. It is quite normal if you

- sense that your everyday life with your child is particularly exhausting
- still feel insecure in dealing with your child
- have some questions on nutrition for your baby and care

... or if things do not seem to be working out well at all.

Would you like a personal contact partner to support you for a while and find the relevant services with you?

Family midwives do not replace the care provided by a self-employed midwife, but they provide a service that is more than what is available from health insurance schemes.

Interested families can receive support from the pregnancy until their child is aged three, as family health workers and children's nurses reinforce the expertise available in our team too.

The team of family midwives and family health workers and children's nurses

can support you as you come to terms with your new situation in subject areas like:

- **Pregnancy and information on antenatal services (e.g. preparing for the baby, advice on selecting the right clinic, nutrition issues, support for medical check-ups, if required)**
- **Providing for and caring for the young baby (health and stimulation, the child's physical and emotional development, help with insecurity in handling the child, breast feeding or feeding from a bottle, introducing solids)**
- **Parenthood (everyday planning with your young baby and perhaps other siblings, vocational training, your job and paid maternity leave, financial support and accommodation, developing and enhancing the mother/father-child relationship, opportunities for promoting the development of your child)**

We provide individual and confidential advice in your home environment. If required, we can accompany you to appointments with your paediatrician or government agencies and other institutions.

You are not committing yourself to anything by holding initial discussions with a family midwife and you can then decide together whether our services are relevant for you or not.

The services provided by family midwives are free of charge!

