

Children



**Guide for Expecting and Young Parents
in the Bernkastel-Wittlich District**

From pregnancy up to the first year of life

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Dear Expecting and Young Parents,

Having a child is a great personal joy. When a child arrives, the personal living situation of young parents undergoes a fundamental change. As mother and father, you bear the greatest responsibility for the new arrival. We want to assist and support you in meeting this responsibility.

From obstetric services to child care options to the acknowledgement of paternity – with this current copy of the Guide for Expecting and Young Parents, we want to provide you with information about counselling services, support and help for your family in our Bernkastel-Wittlich district.

Our district launched the child protection network “Guter Start ins Kinderleben – Erziehungskompetenz stärken” (A good start to a child’s life – improving parenting skills) in 2007. Since setting up the network within the scope of the model project “Guter Start ins Kinderleben” (A good start to a child’s life) of the state of Rhineland-Palatinate, cooperation structures have developed and an active interdisciplinary exchange is taking place between the participants in the child protection network.

We want to help parents improve their parenting skills with our child protection network, which is why information for parents is a special focal point of our network activities.



Thus young families in the first three years of their child’s life receive “Elternbriefe” (Parent Newsletters) from the “Arbeitskreis Neue Erziehung” (New Parenting Workgroup) (ANE e. V.) with valuable parenting tips through our “Jugendamt” (Youth Welfare Office). Twice a year, the Kreisverwaltung Bernkastel-Wittlich District Administration publishes the “Familie Aktiv” (Active Family) brochure with family education and child health offerings. This Guide for Expecting and Young Parents is also part of our child protection network’s important parent information efforts.

The guide is available from all gynaecologists, paediatricians, midwives, hospitals and the District Administration.

We hope this brochure serves as a valuable reference and resource for you from the outset, and that it helps you answer any questions you may have. If you require further information, you can put your trust in the employees at our Youth Welfare Office.

Wishing you and your child all the best,

With kind regards,

A handwritten signature in black ink, appearing to read 'G. Eibes', written over a large, faint, stylized green letter 'E' in the background.

(Gregor Eibes)
Landrat (District Administrator)

Important telephone numbers

Police: 110

Emergency: 112

Please provide the following information:

- Telephone number
- Name of the person concerned
- Address and directions
- Medications that are taken regularly
If any: What was taken in the past hour?

*Poison control hotline:
06131 19240*

The “Giftinformationszentrum” (GIZ) (Poison Control Centre) of the state of Rhineland-Palatinate and Hesse at the “Mainz Universitätsmedizin” (Mainz University Hospital) offers professional and medical advice for poisonings of any kind to all callers around the clock under the telephone number 06131 19240 (see www.giftinfo.uni-mainz.de).

Parent hotline: 0800 111 0 550

Consultation hours: Monday – Friday 9:00 am – 11:00 am
and Tuesday, Thursday 5:00 pm – 7:00 pm
www.nummergegenkummer.de

Call the parent hotline to discuss your everyday worries, fears or uncertainties related to dealing with children, and to obtain problem-solving support.

*Notfallambulanz der Kinder- und
Jugendmedizin im Verbundkran-
kenhaus Bernkastel/Wittlich
(Emergency Department of the
Child and Youth Clinic at the Bern-
kastel/Wittlich Hospital)*

Koblenzer Straße 91, 54516 Wittlich
Emergency: 06571 15-35350

*Medical and dental
on-call service*

Contact the on-call service if you need medical assistance outside the office hours of your doctor or dentist when there is no life-threatening emergency. Information about the on-call service for your area is available

- from the answering service of your doctor/dentist or
- local media, such as the municipal newsletters.
- Emergency ophthalmology service: 06531 94477 or tel.: 0180 5798999
- Emergency dental service: 01805 065100

Emergency pharmacy service

The information for the pharmacy that is currently on call is available:

- From the notices posted at all pharmacies
- Through the local media
- By calling 01805 258825 and providing the postal code of the location
- By visiting www.lak-rlp.de

“Schreiambulanz” (Crying Units)

Crying is the only way infants can express their needs and mental state. Massive, frequent and sustained crying places excessive demands on parents and causes uncertainty. This can have many different causes. You should therefore contact your paediatrician or midwife in such cases. Special counselling services are offered by the Crying Units.

- “Kinderambulanz” (Paediatric Emergency Department) at
Verbundkrankenhaus Bernkastel/Wittlich Hospital
Koblenzer Straße 91, 54516 Wittlich
Telephone: 06571 15-32715
E-mail: paediatrie@verbund-krankenhaus.de
- SPZ – Zentrum für Sozialpädiatrie und Frühförderung Trier gGmbH (Centre for Social Paedi-

iatrics and Early Intervention)
Luxemburger Str. 144, 54294 Trier
Telephone: 0651 82861-0
E-mail: kontakt@spz-trier.de
www.spz-trier.de

Bernkastel-Wittlich Branch
Beethovenstr. 1a, 54516 Wittlich
Telephone: 06571 9544-0
E-mail: kontakt@spz-trier.de

Help! I am at the end of my rope with my baby!

Please:

Do not shake your baby! Even slight shaking may be fatal for your baby. Do not lay your baby down in an unsafe location! Please contact your midwife or paediatrician. You are also welcome to contact the employees of the Educational Service at the Youth Welfare Office. The Youth Welfare Office can help you. You will find the telephone numbers starting on page 47. If you urgently need the help of the Youth Welfare Office in the evening, at night or on the weekend, you can reach a Youth Welfare Office employee through the police. Should you find yourself in an exceptional situation, you may bring your baby to the Paediatric Emergency Department at the hospital in Wittlich at any time.



Child

1. pregnancy

1.1 Medical and preventive services

Prenatal care

As a pregnant woman, you are entitled to regular medical examinations during the pregnancy. Prenatal examinations are intended to determine whether the pregnancy and development of the child are proceeding without complications. Your gynaecologist will coordinate any necessary measures with you.

Payer: Your health insurance provider

Medical specialists for gynaecology and obstetrics with health insurance approval

- Peter Haas
Karl-Binz-Weg 12, 54470 Bernkastel-Kues
Telephone: 06531 972424
- Gabriele Niederprüm
Gartenstraße 10, 54470 Bernkastel-Kues
Telephone: 06531 91300
- Dr. med. Michael Schommer

Bernkasteler Straße 21, 54497 Morbach
Telephone: 06533 2152

- Dr. med. Ursula Meiners
Bahnhofstraße 11, 54424 Thalfang
Classic homoeopathy
Telephone: 06504 2110
E-mail: thalfangnaturheilpraxis@onlinemed.de
- Dr. med. Birga Lauer
Im Plantert 17, 56841 Traben-Trarbach
Telephone: 06541 2091
E-mail: Gynlauer@Telemed.de
- Dipl. med. Aldo Weise
Dr. med. Anja Klasen
Am Bahnhof 58, 56841 Traben-Trarbach
Telephone: 06541 707707
E-mail: info@frauenaerzte-traben-trarbach.de
- Michaela Brasch von Brauchitsch
Kurfürstenstraße 2c, 54516 Wittlich
Telephone: 06571 5377
E-mail: micha.brasch@dgn.de
- Dr. med. Carola Brose
Himmeroder Straße 36, 54516 Wittlich
Telephone: 06571 96553
- Dr. med. Margarete Lautwein
Bachstraße 1a, 54516 Wittlich
Telephone: 06571 28082

Midwives

Midwives are there for parents during the pregnancy, at birth and in the course of aftercare. They maintain the health of mother and child, and support the mother in the time following the birth.

Services during pregnancy:

Personal consultations, prenatal examinations, help with complaints during pregnancy, prenatal classes.

Payer: Your health insurance provider

Important: The services of the midwife are also very helpful during the time after the birth. (See page 23). Each midwife can only assist a certain number of mothers. In order for the midwife of your choice to also support you after the birth, you should make your request as early as possible during the pregnancy.

Midwives in the Bernkastel-Wittlich district:

Midwives on staff at Verbundkrankenhaus Bernkastel/Wittlich hospital:

- Beate Rabeh,
Bernkastel
Telephone: 06531 970127
- Julia Renner
Bernkastel
Telephone: 0174 9167187
- Smehen Dröschel
Burgen
Telephone: 06534 947331
E-mail: smehen@gmx.de
- Katharina Crass
Kinheim-Kindel
0163 3381553
- Susanne Stütz
Wittlich
Telephone: 0173 5178748
- Eva Klaas
Wittlich
Telephone: 0160 94182868
E-mail: hebamme-evaklaas@gmx.de
- Further information:
Telephone: 06571 15-32540
E-mail: info@hebammen-wittlich.de
www.hebammen-wittlich.de

Other midwives:

- Carmen Stölben
Pünderich
Telephone: 0176 61700000
E-mail: carmenfeiden@gmx.de
- Carla Simpson
Altrich
Telephone: 06571 951282 and 0171 8020819
- Ina Heinemann,
midwife practice “Bauchgefühl”
Bernkastel-Kues
Telephone: 06531 972245
E-mail: ina@heinemann-hebamme.de
www.heinemann-hebamme.de
- Heike Schärf
Bernkastel-Kues
Telephone: 06531 9730646
E-mail: info@heike-hebamme.de
- Kornelia Andres
Bullay
Telephone: 06542 22385 and 0178 5082162
E-mail: Kornelia.Andres@gmail.com
- Denise Schneiders
Gillendorf
Telephone: 06573 9526969 and 0162 3936048
E-mail: denise.storchenpost@web.de
- Jacqueline Röhl (appointments starting in December 2018), Reil
Telephone: 0171 2373051
- Ute Krause
Thalfang
Telephone: 06504 950628
E-mail: info@hebammenpraxis-hermeskeil.de
- Angelika Horst
Traben-Trarbach
Telephone: 0151 14306376
E-mail: info@hebamme-angelikahorst.de
- Christine Nummer
Trittenheim
Giving up smoking during pregnancy
Telephone: 06507 2739 and 0171 8070265
E-mail: christine@hebamme-christine.info
www.hebamme-christine.info
- Katja Türr
Ürzig
Telephone: 06532 933203
- Annika Beringhoff
Wintrich
Telephone: 06507 9290925
E-mail: hebamme-a.beringhoff@web.de
- Melanie Wernicke
Wittlich
Telephone: 0179 3296083
- Silke Meisterernst-Fischer
Zell/Mosel
Telephone: 0163 7168996
E-mail: silke-meisterernst@t-online.de

Family midwives/family health and paediatric nurses

Family midwives and family health and paediatric nurses have special training. They advise and assist parents in the care and nurturing of infants in the first year of life. Beyond medical care, the family midwife/family health and paediatric nurse takes the concerns of the entire family into account and is able to arrange additional support when needed.

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When is the support of a family midwife/family health and paediatric nurse available?

- You live in the Bernkastel-Wittlich district and are expecting a baby, or you have just become parents and are uncertain what to do now after the birth.
- Since the birth of your child, you feel like you are in over your head.
- You are worried that you will not manage to make all the arrangements before the birth (a place to live, baby needs, applications etc.).
- There are things you still want to change in your life before becoming parents.
- You are looking for someone you can trust because you have nobody like that.
- You are not that familiar with the German healthcare system.

- The German language is still difficult for you, and you are seeking support for you and your baby.

Give us a call:

- Christa Lotz
Coordinating family health and paediatric nurse
Telephone: 0172 6690772
E-mail: info@mobile-stillberatung.de
- Your contact at the Kreisverwaltung Bernkastel-Wittlich district administration:
Stephan Rother
"Netzwerk Kinderschutz" child protection network coordination:
Kreisverwaltung Bernkastel-Wittlich District Administration
Telephone: 06571 14-2220
E-mail: Stephan.Rother@Bernkastel-Wittlich.de

We can help!

The family midwife/family health and paediatric nurse can advise you by telephone and visit you at home the next day to talk about all your concerns. A decision regarding further steps is made after the initial visit.

The family midwife/family health and paediatric nurse helps you get ready for your baby. Once your child arrives, the family midwife/family health and paediatric nurse takes the time to assist you in learning how to care for your baby. She can give you confidence and let you know what you are doing right! Rather than taking over your responsibilities, she helps you find solutions and ways to live with your child! The offering is confidential and free of charge for you. All you need to do is participate!

Providers:

Family midwives/family health and paediatric nurses in the Bernkastel-Wittlich district

Payer:

Federal initiative “Frühe Hilfen” (early intervention)

Information events and preparatory courses

A variety of information events and courses are offered for expecting parents. Examples:

- Clinic information evenings
- Nursing information evenings
- Midwife consultations
- Prenatal class
- Infant care courses

Providers:

- Caritasverband Mosel-Eifel-Hunsrück e. V., Wittlich branch (addresses see page 15 f)
- Midwives (addresses see pages 8 - 9)
- Hospital (address see page 19)
- Health insurance companies

Payer:

Various. These programmes are either free, covered by your health insurance company, or in part subject to a fee.



We would like to describe two courses in more detail:

Prenatal class

A prenatal class helps build your confidence and prepare you for the birth. You are taught various breathing techniques as well as movement and relaxation exercises in small groups to prepare you for birth and make the birthing process easier. Help and advice on dealing with complaints during pregnancy is provided as well.

Providers:

Midwives (addresses see pages 8 - 9)

Payer:

Your health insurance provider

Infant care course

Many expecting parents are uncertain due to a lack of experience in caring for infants, as well as the broad array of different and in part contradictory information in guides and the like. Infant care courses teach you the most important techniques and provide basic information about the care and health of the newborn.

Providers:

- Midwives (addresses see pages 8 - 9)
- Hospital (address see page 19)

Payer:

Parents

1.2 Pregnancy and employment

Maternity protection

Working expectant mothers are entitled to special protection. For example, your employer cannot ask you to perform tasks that are arduous, dangerous for pregnant women or physically demanding. You should inform your employer about your pregnancy as early as possible so you can benefit from maternity protection.

Six weeks before the expected delivery date, you no longer have to go to work. You cannot return to work for eight weeks after the birth. In case of a premature birth in the medical sense or a multiple birth, you cannot go back to work for twelve weeks. Your employment cannot be terminated during the pregnancy and maternity leave. Detailed information is available from your employer or the "Gewerbeaufsicht" (Industrial Inspectorate) of the "Struktur- und Genehmigungsdirektion Nord" (Structure

and Approval Directorate North), Deworastraße 8, 54290 Trier, telephone: 0651 46010, and on the website of the Federal Ministry of Family Affairs, Senior Citizens, Women and Youth: www.infotool-familie.de and www.familien-wegweiser.de

(Also see the information on maternity benefits, page 33)

Parental leave

Working mothers and fathers are entitled to leave. This applies until the end of the third year of the child's life.

Parents may claim parental leave at the same time. With the consent of the employer, up to twelve months of the parental leave can be transferred to a period up to the end of the 8th year of life. Each parent can divide the parental leave into two periods. Part-time employment up to 30 hours per week is permitted for each parent. In operations with more than fifteen employees, there is a right to part-time employment in the course of parental leave under special conditions.

Important:

A written request for parental leave must be submitted to the employer at least seven weeks before its beginning. Along with the written request, parents have to make a binding commitment regar-

ding the periods within two years in which parental leave will be taken. Parental leave does not require the employer's consent.

An employer is fundamentally prohibited from terminating employment during parental leave. This special protection against termination begins when the parent makes the request for parental leave, but no sooner than eight weeks before the leave starts. Parents should request parental leave for only two years as a rule so the third year remains flexible.

Further information is available from your employer or the "Elterngeldstelle" (parental benefit office). (Also see the information on parental benefits, page 34)

Further information from the Federal Ministry of Family Affairs, Senior Citizens, Women and Youth on the Internet: www.infotool-familie.de und www.familien-wegweiser.de.

1.3 Unwed parents: Official steps you can take

Acknowledgement of paternity

Unwed parents can submit an acknowledgement of paternity even before the birth. The acknowledgement of paternity is a voluntary declaration of intent. It must be witnessed by a notary to be legally effective. This can be done free of charge at the Youth Welfare Office and Civil Registry Office. The acknowledgement of paternity requires the mother's consent.

Important:

The acknowledgement of paternity has numerous consequences for you and the child. It establishes a legal family relationship between the father and child. This is associated with the right to support, rights under social law such as co-insurance of the child by the father's health insurance provider (family insurance), and the right to the orphan's pension and inheritance in case of the father's death.

Custody declaration

Unwed parents can have joint custody of a minor child. A custody declaration can be filed even during pregnancy before the child is born. The parents of the child do not have to maintain a shared household.

A custody declaration requires notarisation. This can be done by any notary public or the notary at a Youth Welfare Office. Notarisation at the Youth Welfare Office is free of charge. The declaration can be issued jointly by both parents or separately by each one.

If one parent passes away, the other assumes sole custody without the need for a court decision.

Your district administration contacts:

Family name of the child begins with the letters	Contact	Telephone: 06571 14	E-mail
A - E	Thomas Metzen	-2266	Thomas.Metzen@Bernkastel-Wittlich.de
F - Kn	Kerstin Conrad	-2443	Kerstin.Conrad@Bernkastel-Wittlich.de
Ko - Le	Marita Valerius	-2306	Marita.Valerius@Bernkastel-Wittlich.de
Lf - Rh	Jürgen Michels	-2230	Juergen.Michels@Bernkastel-Wittlich.de
Ri - Schr	Mathilde Lucas-Schmitz	-2384	Mathilde.Lucas-Schmitz@Bernkastel-Wittlich.de
Schu - Z	Bärbel Esch	-2345	Baerbel.Esch@Bernkastel-Wittlich.de

1.4 Counselling services

Pregnancy counselling centres

Counselling centres can help you with all your questions related to pregnancy, family planning and/or economic and psychosocial problems. They can also advise you regarding available public and private assistance, and help you with applications if desired. The counselling centres arrange financial assistance from the state foundation “Familie in Not” (Family in Need) and the federal foundation “Mutter und Kind – Schutz des ungeborenen Lebens” (Mother and Child – Protection of Unborn Life). Consultations are confidential, free of charge and independent of na-

tionality or religious denomination. The specialists at the counselling centres have time for you, take your worries, questions and problems seriously, and work with you to find possible solutions. The counselling centres in the district also offer **house calls**.

Counselling centres of the Caritasverband Mosel-Eifel-Hunsrück e. V.,

- Bernkastel-Kues branch
Pregnancy counselling
Gartenstr. 20
54470 Bernkastel-Kues
Telephone: 06531 9660-0

Ms Renate Thesen-Dimmig
Dipl. Sozialarbeiterin (Degree in Social Work)
Telephone: 06531 9660-13
E-mail: thesen-dimmig.renate@caritas-wittlich.de

Ms Silke Heiseler
Dipl. Pädagogin (Degree in Education)
Telephone: 06531 9660-13
E-mail: heiseler.silke@caritas-wittlich.de

- Wittlich branch
Pregnancy counselling
Kurfürstenstraße 6
54516 Wittlich
Telephone: 06571 9155-0

Ms Eva-Maria Gobrecht
Dipl. Sozialarbeiterin (Degree in Social Work)
Telephone: 06571 9155-17
E-mail: gobrecht.eva@caritas-wittlich.de

Ms Renate Thesen-Dimmig
Dipl. Sozialarbeiterin (Degree in Social Work)
Telephone: 06571 9155-28
E-mail: thesen-dimmig.renate@caritas-wittlich.de

- www.caritas-wittlich.de

Counselling centres of Diakonisches Werk der Ev. Kirchenkreise Trier und Simmern – Trarbach gGmbH

- Pregnancy counselling
Kirchgasse 5
54424 Thalfang am Erbeskopf
Telephone: 06504 721
E-mail: schwangerenberatung.thalfang@diakoniehilft.de

- Pregnancy counselling
Bachstraße 1
54516 Wittlich
Telephone: 06571 145300
E-mail: schwangerenberatung.wittlich@diakoniehilft.de

The “Pädagogische Dienst” (Educational Service) of the Youth Welfare Office

The Educational Service offers social education counselling and support for problems within and outside the family, and can connect you to available services. The specialists also make **house calls**. You will find contacts for the Educational Service on page 47.

1.5 Help in case of unwanted pregnancy

Not all women are filled with pleasant anticipation on learning they are pregnant. You are not alone in this situation! Contact the pregnancy counselling centres of the Educational Service of the Youth Welfare Office (see pages 15, 16, 47).

Pregnancy conflict counselling

If you are facing a pregnancy conflict, the accredited pregnancy conflict counselling centres can help you make a decision. The pregnancy conflict counselling centres issue you a corresponding certification after the consultation. Consultations are confidential, free of charge and independent of nationality or religious denomination. The counselling centres also offer **house calls**.

Accredited pregnancy conflict counselling centres in the district:

Counselling centres of Diakonisches Werk der Ev. Kirchenkreise Trier und Simmern – Trarbach gGmbH

- Pregnancy counselling
Kirchgasse 5
54424 Thalfang am Erbeskopf
Telephone: 06504 721
E-mail: schwangerenberatung.thalfang@diakoniehilft.de

- Pregnancy counselling
Bachstraße 1
54516 Wittlich
Telephone: 06571 145300
E-mail: schwangerenberatung.wittlich@diakoniehilft.de

Adoption

If you are considering giving the child up for adoption, the “Adoptionsvermittlungsstelle” (Adoption Agency) can help you reach a decision. The Adoption Agency supports you throughout the adoption process and beyond. Part of the Youth Welfare Office of your District Administration, the Adoption Agency also offers **house calls**.

Your contact at the District Administration:

- Hans Brand
Telephone: 06571 14-2282
E-mail: Hans-Joachim.Brand@Bernkastel-Wittlich.de



2. Birth of a child

2.1 Obstetric services

Midwives

Midwives provide obstetric services at the hospital, birthing centre, or at home.

Payer:

Your health insurance provider

Midwives in the

Bernkastel-Wittlich district:

(Addresses see pages 8 - 9)

Obstetrics at the hospital

- Obstetrics at Verbundkrankenhaus Bernkastel/Wittlich Hospital
St. Elisabeth-Krankenhaus Hospital
Koblenzer Straße 91
54516 Wittlich
Telephone: 06571 15-0
Emergency obstetrics:
06571 15-32505 (delivery room)
www.verbund-krankenhaus.de

The hospital also has a paediatric and youth medicine department focusing on premature infant and newborn medicine. Ongoing care is offered for babies starting with the 32nd week of pregnancy.

2.2 Counselling at the hospital

Social services at Verbundkrankenhaus Bernkastel/Wittlich Hospital

The social workers at the hospital provide counselling and support for all matters that arise during the hospital stay. Consultations are confidential and free of charge.

- Verbundkrankenhaus Bernkastel/Wittlich Hospital
St. Elisabeth-Krankenhaus Hospital
Koblenzer Straße 91, 54516 Wittlich
Telephone: 06571 15-0
Room: 46

2.3 Family care and foster families for the support of parents

If you are unable to care for your older children and the household, for example due to childbirth or an extended subsequent stay in hospital, and nobody else living in your household is able to take over, you can obtain family care services. Family care includes maintaining the household and caring for children under the age of twelve. The costs in such cases are covered by health insurance if ordered by a doctor. Further information is available from your health insurance provider.

Providers

- “Sozialstation” (Welfare Centre) of Caritasverband
Mosel-Eifel-Hunsrück e. V.
Zur Schweiz 20, 54516 Wittlich
Telephone: 06571 5005
E-mail: sst-wittlich@sst.caritas-wittlich.de
www.caritas-wittlich.de

If you are not able to care for and raise your children yourself, you can get help from the Youth Welfare Office. The Youth Welfare Office consults with you to determine what help you require. Helping your household and family is the primary objective. Such help can for example also consist of placing the child with a foster family, temporarily or over the

long term. Foster families are trained parents, usually with children of their own, who are able to take another child into their family. You will find contacts for the Educational Service of the Youth Welfare Office on page 47.

2.4 Essential legalities

Unwed parents see point 1.3

Birth registration of the child at the Civil Registry Office

You have to register your child with the Civil Registry Office within one week from birth. The place of birth, usually the hospital, determines the applicable Civil Registry Office. The Verbundkrankenhaus Bernkastel/Wittlich Hospital can forward the documents for you if you like. If you want to have your child baptised, the Civil Registry Office will issue the required certificate of descent for religious purposes. Further information about the required documents, naming and acknowledgement of paternity is available from the Civil Registry Office for your place of residence, the town of Wittlich or the municipality of Morbach.

Health insurance

If you have statutory health insurance, your children are co-insured with you. There is no premium for this family insurance. This also applies for stepchildren and grandchildren supported primarily by the health insurance beneficiary and for foster children, except in case of professional child care. Children are generally covered by family insurance until the end of the 18th year of life. The application is available from your health insurance provider.

Information to the employer

You must notify your employer of the child's birth and submit a copy of the certificate of descent. Your employer requires this documentation in order to stop paying the nursing care insurance allowance for formerly childless employees.

As needed: Information to the Zweckverband Abfallwirtschaftsbetrieb Region Trier (A.R.T.) (Joint Waste Management Authority)

A change in the number of people in your household can affect the size of the waste container. According to Section 28, Paragraph 1 of the A.R.T. Waste Bylaws, containers with a volume of at least 80 litres must be provided for 1 - 2 persons, 120 litres for 3 - 5 persons and 240 litres for 6 - 8 persons. If more than 8 people live on the same property, 30 litres per person are assessed.

Please check if the size of the waste container currently being used by you is adequate. If you need a larger residual waste container, please contact the A.R.T. by telephone (0651 9491 1212) or in writing (e-mail veranlagung@art-trier.de).





3. Being young parents

3.1 Medical and aftercare services for mother and child

Midwives

Midwives also serve as aftercare contacts for the parents. Services after the birth (childbed): Observing the mother's recovery and healing processes, observing the child's development and the infant's general condition, advising the parents regarding navel and infant care, nursing support. Every mother has a right to the support of a midwife in the form of daily house calls during the first 10 days after the birth. Between the 11th day after the birth up to the 84th day of the child's life (12 weeks), you can obtain the support of the midwife for a further maximum of 16 times. After that, the midwife can be contacted up to 8 more times in case of nursing problems. Additional visits beyond that are possible if ordered by a doctor.

Payer: Your health insurance provider

Midwives in the Bernkastel/Wittlich district: (Addresses see pages 8 - 9)

“Mobile Stillberatung” (Mobile Nursing Support)

Nursing support and counselling **in your home** is provided by Mobile Nursing Support.

Payer: Parents

Providers:

- Christa Lotz (Nursing and Lactation Consultant)
Telephone: 06531 915867 and 0172 6690772
E-mail: info@mobile-stillberatung.de
www.mobile-stillberatung.de

Other midwives also offer nursing support. Please discuss the scope individually.

Payer: Health insurance companies

Providers:

Midwives in the Bernkastel-Wittlich district:
(Addresses see pages 8 - 9)

*“Kinder- und Jugendmedizin”
(Child and Youth Clinic) at
Verbundkrankenhaus Bernkastel/
Wittlich Hospital focusing on
premature infant and newborn
medicine,*

- Koblenzer Straße 91, 54516 Wittlich
Telephone: 06571 15-32715

Seizure disorders and nervous diseases, heart diseases, allergies and neurodermatitis, lung problems, kidney diseases and malformations of the urinary tract, chronic inflammatory gastro-intestinal diseases, physiotherapy and chiropractic for movement and posture disturbances

*Medical specialists for
paediatrics and youth medicine
with health insurance approval:*

- Christian Wantzen
Gartenstraße 10, 54470 Bernkastel- Kues
Telephone: 06531 4881
E-mail: paediatricbks@gmx.de
- Dr. med. Berthold Wurzer
Poststraße 10, 56841 Traben-Trarbach
Telephone: 06541 83930
E-mail: b-wurzer@t-online.de

- Filialpraxis Dr. med. Berthold Wurzer:
Breitwiese 5, 54497 Morbach
06533 9599955
E-mail: b-wurzer@t-online.de
- Dr. med. Jürgen Florian
Kurfürstenstr. 23a, 54516 Wittlich
Telephone: 06571 6051
- Dr. Univ. Brüssel Romain Krier
and Simone Scheid
Kalkturmstraße 1, 54516 Wittlich
Telephone: 06571 20011
E-mail: praxis.krier-scheid@t-online.de

Dental health

A child often gets its first teeth in the first six months of life, but sometimes not until one year of age. In any case, dental care is important from the outset, even for the milk teeth. Information about the first teeth, nutrition, soothers, drinking vessels and tooth decay is available from the “Arbeitsgemeinschaft Jugendzahnpflege für den Kreis Bernkastel-Wittlich e. V.” (Youth Dental Care Workgroup for the Bernkastel-Wittlich District). The workgroup provides information about dental health for children and youths at numerous events and on request. Seminars and events for toddler groups are also offered by the workgroup.

- Arbeitsgemeinschaft Jugendzahnpflege Kreis Bernkastel-Wittlich

Schiffweg 13, 54523 Hetzerath
Contact: Ellen Erken-Müller
Telephone: 06508 917948
Fax: 06508 917949
E-mail: Jugendzahnpflege.BKS-WIL@t-online.de

Early detection examinations

Children have a right to early detection examinations (U1 - U9 and J1). The early detection of diseases and developmental disorders is the objective.

Payer: Your health insurance provider

For U4 and up, parents are contacted by the Central Registry Office and asked to make an appointment with their paediatrician. Your paediatrician issues confirmation for you that the examination was carried out.

If you do not have the examination performed after receiving a reminder letter, the “Gesundheitsamt” (Health Office) of the District Administration is informed. The Health Office contacts the parents. A home visit is performed if necessary. The Health Office can assist parents with obtaining the early detection examinations.

If the specialists at the Health Office consider support from the Youth Welfare Office to be necessary, they establish contact with the social workers of the Educational Service.

Your contacts at the Health Office:

- Annette Karl
Telephone: 06571 14-2325
E-mail: Annette.Karl@
Bernkastel-Wittlich.de
- Dr. med. Brigitte Jenniches-Kloht
Telephone: 06571 14-2462
E-mail: Brigitte.Jenniches-Kloht@
Bernkastel-Wittlich.de

3.2 Help for the sick child

Leave

Working parents are entitled to up to 10 working days of leave per calendar year. This applies if your sick child is less than 12 years old and no other person living in the household can care for and look after the child, and if the child and parent or guardian have statutory health insurance coverage. Single parents can get up to 20 days of leave. A doctor’s note is required as a rule. Please contact your health insurance provider for further details.

Child in hospital

At the Verbundkrankenhaus Bernkastel-Wittlich St. Elisabeth Hospital, you can be with your sick child in coordination with the attending doctor. You may

be entitled to household help/family care during this time. Further information is available from your health insurance provider.

Providers:

- “Sozialstation” (Welfare Centre) of Caritasverband
Mosel-Eifel-Hunsrück e. V.
Zur Schweiz 20, 54516 Wittlich
Telephone: 06571 5005
E-mail: [sst-wittlich@sst.caritas-wittlich.de](mailto:ssst-wittlich@sst.caritas-wittlich.de)
www.caritas-wittlich.de

Children with chronic illness and disability

Parents of children with chronic illness and disability can obtain advice from the Rhineland-Palatinate information centre in Trier. Topics include care, children’s hospice work, relief, low-threshold support services, networks, law and finance.

- nestwärme GmbH
Christophstraße 1, 54290 Trier
Telephone: 0651 99201210
E-mail: kinder@nestwaerme.de
www.nestwaerme.de

Also see the information about self-help groups (pages 43-45)

3.3 Early intervention for developmental abnormalities and children with disabilities

The “Zentren für Sozialpädiatrie und Frühförderung” (Centres for Social Paediatrics and Early Intervention) offer assistance for children with illnesses, disabilities and developmental abnormalities as well as premature infants. Early consultation and treatment is important here. They also offer support for children that cry excessively or have particularly conspicuous eating or sleeping difficulties.

The Centres for Social Paediatrics and Early Intervention provide special facilities for integrated support and individual advice for parents, with the involvement of doctors, psychologists, educators, social workers, occupational therapists and speech therapists.

- SPZ – Zentrum für Sozialpädiatrie und Frühförderung (Centre for Social Paediatrics and Early Intervention)
Luxemburger Str. 144, 54294 Trier
Telephone: 0651 82861-0
E-mail: kontakt@spz-trier.de

Bernkastel-Wittlich Branch
Beethovenstr. 1a, 54516 Wittlich
Telephone: 06571 9544-0

Hermeskeil branch
Trierer Str. 44, 54411 Hermeskeil
Telephone: 06503 98185-0

- www.spz-trier.de

Medical Director: Dr. med. Susanne Heicappell, specialist for paediatric and youth medicine, neuroorthopaedics, medical genetics, Sozialpädiatrisches Zentrum Trier

St. Raphael Caritas Alten- und Behindertenhilfe Maria Grünewald (Assistance for Seniors and People with Disabilities)

Maria Grünewald is a facility for people with mental disabilities funded by St. Raphael Caritas Alten- und Behindertenhilfe GmbH. The facility in the Bernkastel-Wittlich district offers a variety of living, support and care services for people with mental disabilities:

- Living for children and youths,
- Maria-Grünewald-Schule, special school focusing on integrated and motor development
- Living for adults
- Living in the municipality of Wittlich
- Day activity centre

The short-term care/holiday group and various recreational offers provide relief and support for pa-

rents and family members.

- St. Raphael Caritas Alten- und Behindertenhilfe Maria Grünewald
Franziskusstrasse, 54516 Wittlich
Telephone: 06571 695-0
E-mail: info.maria-gruenewald@scraeb.de
www.maria-gruenewald.de

The “Ambulante Dienste” (Ambulatory Services) in the districts of Bernkastel-Wittlich, Cochem-Zell, Mayen-Koblenz and Ahrweiler are part of St. Raphael Caritas Alten- und Behindertenhilfe GmbH (St. Raphael CAB) based in Mayen. Direct assistance, education, qualification, support and counselling for people with disabilities and their family members are the key tasks of the Ambulatory Services.

Services include:

- Counselling/parent counselling
- Ambulatory assisted living
- Assistance at school and day care
- Low-threshold support services
- Recreational programmes
- Education and training programmes
- Social education family support

- St. Raphael Caritas Alten- und Behindertenhilfe Ambulante Dienste Kreis Bernkastel-Wittlich
Kurfürstenstr. 59
54516 Wittlich

Telephone: 06571 1456970
E-mail: ambulantedienste.wil@srcab.de
www.st-raphael-cab.de/behindertenhilfe/ambulante-dienste/

Also see “Help for the sick child” (page 25) and the information on self-help groups (page 43)

“Beirat für Menschen mit Behinderungen” (Advisory Board for People with Disabilities) in the district

The Advisory Board for People with Disabilities represents the interests of people with disabilities in the Bernkastel-Wittlich district. It considers itself a link between people with and without disabilities and the District Administration, the responsible district committees and the municipalities in the region. One of the Advisory Board’s tasks is to provide the committees of the Bernkastel-Wittlich district with suggestions and recommendations insofar as district self-administration matters are concerned.

- “Koordinationsstelle in der Kreisverwaltung” (District Administration Coordination Office)
Edith Maus
Telephone: 06571 14-2272
E-mail: Edith.Maus@Bernkastel-Wittlich.de

Chairperson
Artur Greis

Telephone: 06542 22494
E-mail: artur.greis@gmx.de

3.4 Encounters with other parents and other generations

The possibilities for encounters are varied and include courses and groups for parents with infants, for example:

- Postnatal exercises for mothers
- Baby massage and swimming
- Nutrition consulting for mother and child
- PEKiP groups

Information about the offerings and process is available from the providers on request.

Providers:

- Caritasverband Mosel-Eifel-Hunsrück e. V., Wittlich branch (address see page 13)
- Deutscher Kinderschutzbund Bernkastel-Wittlich (address see page 26)
- Midwives (addresses see pages 8 - 9)
- Hospital (address see page 19)
- Health insurance companies

Payer: Part of the cost is covered by the health insurance companies.

Toddler groups and parent-child groups

Providers:

- Deutscher Kinderschutzbund
Bernkastel-Wittlich
Kurfürstenstraße 10
54516 Wittlich
Telephone: 06571 2110
www.kinderschutzbund-bernkastel-wittlich.de
- Churches
- Municipalities
- Private initiatives

Further information is found in the “Familie Aktiv” (Active Family) brochure.

“Mehrgenerationenhaus/Haus der Familie” (Multi-Generation House/Family House)

The Multi-Generation House provides space for informal encounters between people of various ages so they can mutually benefit from the respective competencies of the others. It is an open facility where the exchange between young and old as well as support for families is put into practice. By networking neighbourhood assistance and social services in the region, it serves as a local hub – also for

services related to the household. It is where supply and demand come together. The result is a cross-generational network that anyone can be a part of with their personal skills and abilities.

The “Wunschgroßeltern” (Wish Grandparents) project is a special cross-generational offering. Dedicated and motivated seniors play the role of grandparents for children to a certain extent. Encounters are arranged with you individually. Wish Grandparents want to be responsible caregivers for the child and share their knowledge.

- Mehrgenerationenhaus Wittlich
Deutscher Kinderschutzbund
Bernkastel-Wittlich
Kurfürstenstraße 10
54516 Wittlich
Telephone: 06571 2110
E-mail: info@kinderschutzbund-bernkastel-wittlich.de
www.kinderschutzbund-bernkastel-wittlich.de

3.5 Child care options

Babysitters

Babysitters provide child care for your infant on an hourly basis by fixed appointment. The costs are borne by the parents. Contact with trained babysitters aged 16 years and up is established free of charge anywhere in the district by:

- Deutscher Kinderschutzbund
Bernkastel-Wittlich
Kurfürstenstraße 10, 54516 Wittlich
Telephone: 06571 2110
www.kinderschutzbund-bernkastel-wittlich.de

Nursery and daycare

Daycare is the umbrella term for nursery schools, kindergartens and day nurseries. Some daycare centres also care for children less than one year old. Parents generally pay an income-dependent, monthly contribution up to the end of their child's second year of life. No contribution is payable any more for the month in which the child completes the second year of life.

Aside from these daycare facilities, there are also individual childcare providers who care for children in the own or another household. When the daycare arrangements are made through the Youth Welfare Office, it pays the childcare provider a monthly fee

and collects an income-dependent cost contribution from the parents. The Youth Welfare Office is happy to advise you personally and assist you with the search for suitable care options.

Your contact for daycare at the Kreisverwaltung Bernkastel-Wittlich District Administration:

- Marina Fischer
Telephone: 06571 14-2409
E-mail: Marina.Fischer@Bernkastel-Wittlich.de

If you are unable to cover the cost of childcare, you may be exempted from payment. You can submit a corresponding application to the Youth Welfare Office of the District Administration, describing your income situation.

3.6 Active family – information for parents

Child rearing and the development of relationships define day-to-day family life. New insights are always being gained. Education questions become increasingly varied. For a quick overview of the family education and child health promotion services available in our district, the Bernkastel-Wittlich District Administration publishes the "Familie Aktiv" (Active Family) brochure every six months. You will also find toddler groups in "Familie Aktiv". Education programmes are sorted by topics in a handy format. This lets parents and guardians quickly find

what they are looking for. “Familie Aktiv” is distributed at the turn of the year and after the summer holidays, through daycare centres, primary schools, participating medical specialists and the counselling centres in the district. The Bernkastel-Wittlich District Administration will gladly send you a personal copy. You can always find the current edition on the Bernkastel-Wittlich District Administration website at www.familie.bernkastel-wittlich.de

Ordering:

Kreisverwaltung Bernkastel-Wittlich District Administration
Kinderschutz und Familienbildung
Kurfürstenstr. 16, 54516 Wittlich
E-mail: Stephan.Rother@Bernkastel-Wittlich.de

3.7 Specialist department for family education

Family: What does that mean today? How can it succeed? Who supports and assists me when there are questions, uncertainties or problems? What are some things I can do with my family? Where do I find friends and like-minded people? “Familienbildung im Landkreis Bernkastel-Wittlich” (Family Education in the Bernkastel-Wittlich District) wants to provide answers to these questions. The “Fachstelle Familienbildung” (Specialist Department for Family Education) of the Deutscher Kinderschutzbund Bernkastel-Wittlich is a district project for its families in all circumstances. Exactly where it is needed:

in your community, your toddler group, daycare centre, school or community centre. What the team of educators has to offer:

- **F**amily-related events, presentations and practical seminars
 - **A**ction days, hands-on programmes, open parent cafés
 - **M**ethods, training, organisation and administration of parent-child groups
 - **I**nformational newsletter on the topic of family education
 - **L**earning and teaching skills: contacts with instructors in the network
 - **I**ndividual support – parent counselling on educational pathways for children
 - **E**xpert knowledge, team support for daycare centres and schools
-
- Fachstelle Familienbildung (Specialist Department for Family Education)
Deutscher Kinderschutzbund –
MehrGenerationenHaus
Kurfürstenstr. 10 – 54516 Wittlich
Telephone: 06571 2110 or 999234
E-mail: nathalie.vinzens@dksb-wittlich.de
hannah.bartenstein@dksb-wittlich.de
Monday - Thursday all day, 9:00 am – 12:00 noon and 2:30 pm – 5:00 pm



4. Financial aid and services for pregnancy and the birth of a child

Maternity benefits

Your health insurance company pays you maternity benefits during the maternity protection period (6 weeks before and 8 weeks after the birth). This is currently EUR 13.00 per calendar day. If your average net earnings exceed this amount, your employer is obligated to pay the difference as a benefit. Special provisions apply when you as a mother have received, for example, unemployment benefits (“Arbeitslosengeld” or “Arbeitslosengeld II”) before the protection period. Further information is available from your health insurance provider and your employer.

Additional requirement when drawing “Arbeitslosengeld II”

If you are drawing “Arbeitslosengeld II” unemployment benefits, an additional requirement is awarded to you in case of pregnancy. You can also receive a one-time benefit to cover basic needs for the pregnancy and birth. Further information is available from the Jobcenter Bernkastel-Wittlich and the branches of the “Agentur für Arbeit” (Employment Agency) Trier.

- Bernkastel-Kues branch
Schulstraße 13, 54470 Bernkastel-Kues
Telephone: 0800 4 5555 00 (employees)
Telephone: 0800 4 5555 20 (employers)
- Morbach branch
Reitergasse 2a, 54497 Morbach
Telephone: 0800 4 5555 00 (employees)
Telephone: 0800 4 5555 20 (employers)
- Wittlich branch
Friedrichstraße 22, 54516 Wittlich
Telephone: 0800 4 5555 00 (employees)
Telephone: 0800 4 5555 20 (employers)

Child benefit, children's allowance and exemptions for children

The child benefit provisions apply for biological children, adoptive and foster children, stepchildren and grandchildren living in your household until the end of the 18th year of life, and after that only under certain conditions. Increases have been approved for 2017 and 2018.

Child benefit amounts:	2017	2018
For the first child:	EUR 192	EUR 194
For the second child:	EUR 192	EUR 194
For the third child:	EUR 198	EUR 200
For each additional child:	EUR 223	EUR 225

You apply for the child benefit in writing to the "Familienkasse" (Family Benefits Office) of the Employment Agency for your place of residence. The Family Benefits Office grants a children's allowance on request. Requirement: You can support yourself with your income or assets, but are unable to cover the needs of your minor children.

Family Benefits Office for the Bernkastel-Wittlich district:

- Familienkasse Rheinland-Pfalz - Saarland – Trier Office
Visitor address:
Dasbachstr. 9, 54292 Trier
Telephone: 0800 45 5555 30

E-mail: Familienkasse-Rheinland-Pfalz-Saarland@arbeitsagentur.de
www.familienkasse.de, www.arbeitsagentur.de

The exemptions for children are an alternative to the child benefit. You can only claim them if they are more favourable for you than the child benefit. Your tax office checks this as part of your income tax assessment and lets you know the result in the notice of assessment.

Parental benefit/parental benefit plus

Parents receive the "Elterngeld" (parental benefit) after the birth of their child and up to a maximum of the 14th month of the child's life. The "ElterngeldPlus" (parental benefit plus) is for parents who want to return to work sooner, and can also be claimed beyond the 14th month of your child's life. Parents are free to decide who claims the parental benefit/parental benefit plus for what period. You can claim it alone, alternately or simultaneously, with a total claim for 12 monthly payments. This may be extended by 2 months if the employment income of the parents is reduced. One month of the parental benefit becomes 2 months of the parental benefit plus.

The parental benefit is up to 65 per cent of the average adjusted income for the last 12 months before the birth of your child, but no more than EUR 1,800

per month.

The minimum parental benefit is EUR 300 per month. This also applies for parents who were not employed before the birth of the child. You receive the corresponding application forms automatically about three weeks after registering your child with the registry office. The Rhineland-Palatinate datasheet included with the application takes the place of the birth certificate and confirmation of registration. Proof of income has to be provided in the form of monthly pay slips.

Partnership bonus

The partnership bonus offers parents the opportunity to collect the parental benefit plus for four additional months of their child's life. In order to qualify, the mother and father have to work simultaneously

between 25 and 30 hours per week in four consecutive months. The amount of the parental benefit in the partnership bonus months is calculated the same as in a parental benefit plus month.

Which options among the parental benefit, parental benefit plus, partnership bonus or also the combination of all possibilities are advantageous depends on the respective circumstances of the mother and father.

Further information and a parental benefit calculator are found on the website of the Federal Ministry of Family Affairs, Senior Citizens, Women and Youth: www.infotool-familie.de and www.familienwegweiser.de

Your contacts at the Kreisverwaltung Bernkastel-Wittlich District Administration:

Family name of the child begins with the letters	Contact	06571 14	E-mail
A - Gr	Anja Frenzel	-2318	Anja.Frenzel@Bernkastel-Wittlich.de
Gs - Kle	Sabrina Karkus	-2286	Sabrina.Karkus@Bernkastel-Wittlich.de
Kli – N	Alexandra Gansen	-2249	Alexandra.Gansen@Bernkastel-Wittlich.de
O – Se	Anja Licht-Lautwein	-2493	Anja.Licht-Lautwein@Bernkastel-Wittlich.de
Sf - Z	Christa Kiesgen	-2496	Christa.Kiesgen@Bernkastel-Wittlich.de

Help for single parents with asserting maintenance claims

The employees of the Youth Welfare Office advise and assist single parents with obtaining personal custody, including asserting maintenance claims for the child and personal maintenance claims. They can also provide assistance with applying for the orphan's pension or claiming benefits under the Law on Advance Maintenance Payments.

A consultation is offered to unwed mothers directly after the birth of the child. Information is provided about the significance and possibilities for the determination of paternity, the calculation, verification and realisation of maintenance claims, establishing a voluntary guardianship, and the possibility of establishing joint parental custody.

Your contacts at the Kreisverwaltung Bernkastel-Wittlich District Administration:

Family name of the child begins with the letters	Contact	06571 14	E-mail
A - E	Thomas Metzen	-2266	Thomas.Metzen@Bernkastel-Wittlich.de
F - Kn	Kerstin Conrad	-2443	Kerstin.Conrad@Bernkastel-Wittlich.de
Ko - Le	Marita Valerius	-2306	Marita.Valerius@Bernkastel-Wittlich.de
Lf - Rh	Jürgen Michels	-2230	Juergen.Michels@Bernkastel-Wittlich.de
Ri - Schr	Mathilde Lucas-Schmitz	-2384	Mathilde.Lucas-Schmitz@Bernkastel-Wittlich.de
Schu - Z	Bärbel Esch	-2345	Baerbel.Esch@Bernkastel-Wittlich.de

Advance maintenance for children of single parents

Advance maintenance is a replacement or advance benefit for the child when the parent liable for the payment of maintenance only pays maintenance in part, irregularly, or not at all. Additional requirement: The single parent is unwed, widowed, permanently separated from the spouse or divorced. Advance maintenance is paid until the 18th year of your child's life at most, provided the other requirements of the Law on Advance Maintenance Payments (Section 1) are met. The income of the parent with whom the child lives is not relevant.

A written application has to be submitted for benefits under the Law on Advance Maintenance Payments. Application forms are available from the Bernkastel-Wittlich District Administration, which also grants the benefits. When advance maintenance has been granted, it does not have to be repaid by the benefit recipient.

If you want to determine whether your child is entitled to a higher claim against the other parent and want to assert it, establishing a voluntary guardianship is advisable.

Your contacts at the Kreisverwaltung Bernkastel-Wittlich District Administration:

Family name of the child begins with the letters	Contact	06571 14	E-mail
A - Gi	Manuela Neithöfer	-2489	Manuela.Neithoefer@Bernkastel-Wittlich.de
Gj – Li	Nicole Becker	-2358	Nicole.Becker@Bernkastel-Wittlich.de
Lj – Z	Claudia Teusch	-2380	Claudia.Teusch@Bernkastel-Wittlich.de



Tax relief

You are entitled to a children's allowance. You can also claim childcare costs and extraordinary expenses. Parents of children with disabilities can claim the higher of expenses or the standard amount as a tax deduction. Single parents receive an additional relief amount. Further information and application forms are available from your tax office.

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Health insurance

If you were covered by mandatory insurance before the birth of your child, your coverage continues without the payment of premiums. This applies as long as you are on parental leave or receiving parental benefits. Your health insurance provider can inform you of exceptions and particularities.

Pension insurance

The first three years of the child's life count as part of the pension insurance contribution period for the mother or father raising the child, without having to pay contributions. Further information is available from the

- information centre of
Deutsche Rentenversicherung
Herzogenbuscher Straße 54
54292 Trier
Telephone: 0651 14550-0

Advice is free and can also be obtained in the district from the following public authorities:

- Verbandsgemeindeverwaltung (Municipal Administration)
Bernkastel-Kues
Gestade 18,
54470 Bernkastel-Kues
- Gemeindeverwaltung Morbach (Municipal Administration)
Bahnhof 19 – 23
54497 Morbach

- Verbandsgemeindeverwaltung (Municipal Administration)
Thalfang am Erbeskopf
Saarstraße 7
54424 Thalfang
- Verbandsgemeindeverwaltung (Municipal Administration)
Traben-Trarbach
Am Markt 3
56841 Traben-Trarbach
- Verbandsgemeindeverwaltung (Municipal Administration)
Wittlich-Land
Kurfürstenstraße 1
54516 Wittlich

Important:

To make an appointment, call: 0651 14550-0

drein



5. Family counselling

The counselling centres handle all questions regarding the partnership, family, education and dealing with day-to-day life. They also advise you on public and private assistance, and can help you with the application process if necessary. Consultations are confidential, free of charge and independent of nationality or religious denomination. The specialists at the counselling centres take your worries, questions and problems seriously, and work with you to find possible solutions. In part they also offer **house calls** and consultations at daycare centres or other facilities.

- Counselling centres of the Caritasverband Mosel-Eifel-Hunsrück e. V.,
Gartenstr.20, 54470 Bernkastel-Kues
Telephone: 06531 9660-0
E-mail: arnoldy.stephan@caritas-wittlich.de
Kurfürstenstraße 6, 54516 Wittlich
Telephone: 06571 9155-0
E-mail: schrodt.klaus@caritas-wittlich.de
www.caritas-wittlich.de
- Counselling centres of Diakonisches Werk der Ev. Kirchenkreise Trier und Simmern – Trarbach gGmbH
Pregnancy counselling
Kirchgasse 5, 54424 Thalfang am Erbeskopf
Telephone: 06504 721
E-mail: schwangerenberatung.thalfang@diakoniehilft.de

Pregnancy counselling

Bachstr. 1, 54516 Wittlich

Telephone: 06571 145300

E-mail: schwangerenberatung.wittlich@diakoniehilft.de

- Evangelische Ehe-, Familien- und Lebensberatungsstelle (Evangelical Marriage, Family and Life Counselling Centre)
Maiweg 150, 56841 Traben-Trarbach
Telephone: 06541 6030
E-mail: self.wolf@diakoniehilft.de
- Erziehungs-, Ehe-, Familien- und Lebensberatungsstelle des Bistums Trier (Marriage, Family and Life Counselling Centre of the Trier Diocese)
Kasernenstraße 37, 54516 Wittlich
Telephone: 06571 4061
E-mail: lb.wittlich@bistum-trier.de
www.lebensberatung.info/wittlich
- Online advice: www.online.lebensberatung.info

Educational Service of the Youth Welfare Office

The “Pädagogische Dienst” (Educational Service) offers social education counselling and support for problems within and outside the family, and can connect you to available services. The specialists also offer **house calls**. You will find contacts for the Educational Service on page 47.



6. Self-help groups for parents in the Bernkastel-Wittlich District

You will find the existing self-help groups in the Bernkastel-Wittlich District here. There are also other self-help groups for specific target groups in the Trier region. Examples include groups for children with diabetes, Down syndrome, heart diseases, cleft lip and palate, and neurodermatitis.

Assistance with finding a self-help group:

- Selbsthilfe Kontakt- und Informationsstelle e. V. Trier – SEKIS
Gartenfeldstr. 22, 54295 Trier
Telephone: 0651 141180
E-mail: Kontakt@sekis-trier.de
www.sekis-trier.de

Disability

AG Spina bifida und Hydrocephalus e. V. ASbH Bereichsgruppe Trier-Südeifel

Association for supporting and assisting, among others, expecting and young parents with congenital paraplegia (Spina bifida) and/or cerebral fluid circulation disturbances (hydrocephalus). Meetings: on request

- Renate Gartner
Telephone: 06571 20449
E-mail: Renate.Gartner@gmx.de
www.asbh.de



Elternkreis behinderter Kinder Wittlich e. V.

The “Elternkreis behinderter Kinder Wittlich e. V.” is a self-help group for affected families. Parents of children with disabilities meet regularly and exchange their experiences. Seminars are held regularly on various topics. Experienced experts assist the parents’ group. Numerous recreational and cultural events are organised and financially supported. The Elternkreis behinderter Kinder e. V. also works closely with the Ambulatory Services of the Maria Grünwald facility in Wittlich. (See page 27)

Meetings: Every 2nd Thursday of the month starting at 8:00 pm at the facilities of the Ambulatory Services, Ambulanten Dienste St. Raphael in Wittlich, Kurfürstenstraße 59.

- Maria Klein
Telephone: 06571 6696
E-mail: info@hebammen-wittlich.de
www.ebk-wittlich.de

Verband der Blinden und Sehbehinderten im Regierungsbezirk Trier

The Association of the Blind and Visually Impaired offers counselling and information, for example about early intervention services for children, affirmative action and social law provisions.

- Trier branch
Eurener Straße 6-8, 54294 Trier
Telephone: 0651 44100
E-mail: vbst@vbs-trier.de

Seriously ill children

Förderverein schwerstkranker Kinder – Hunsrück e. V.

Family assistance, for example for dolphin therapy, health resort costs, travel costs and lost income. Meetings are held at irregular intervals.

- Brigitte Stierwald
Kunibertstraße 75, 54497 Morbach
Telephone: 06533 2712
E-mail: b.stierwald@gmx.de
www.verein-schwerstkranker-kinder.de

Grieving

Losing an unborn or born child is an exceptional situation for parents. In addition to the family and life counselling centres (starting on page 41), grieving parents can also turn to the following self-help group:

Self-help group

“Trauernde Eltern” (Grieving Parents)

In the group, you get to know other parents who have lost children. The group members are there for each other. They jointly work through the pain and grief, and learn how to deal with their grief together. Meetings: Every 2nd Monday of the month at 5:00 pm at the parish hall in Morbach, Bahnhofstr. 1, 54497 Morbach.

- Ulrike Schiemann
Telephone: 0160 97369982 or 06533 93290
info@pfarrengemeinschaft-morbach.de

Parents of miscarried children can contact “Aktion Sternenkinder” in Trier for burial questions.

- “Aktion Sternenkinder”
Ulrike Grandjean
Telephone: 0651 9930850
E-mail: mail@trauer-in-trier.de
www.sternenkinder-trier.de
www.trauer-in-trier.de

A “Sternengrabfeld” (Star Cemetery) has been set up in Wittlich, Friedhof Burgstraße. This burial option for children who are stillborn or die during birth, with a birth weight below 500g, is available free of charge to residents of the town of Wittlich and parents who delivered their child at the hospital in Wittlich. The employees of the Wittlich hospital and the local funeral homes can support you.





7. Social workers of the Educational Service in the district

The employees of the “Allgemeiner Sozialer Dienst” (ASD) (General Social Service) are divided into two teams.

The ASD regional team “Eifel” is responsible for the municipalities, towns and districts in the Wittlich-Land association of municipalities, some municipalities in the Traben-Trarbach association of municipalities, and the town of Wittlich.

The ASD regional team “Mosel-Hunsrück” is responsible for the municipalities of Bernkastel-Kues, Morbach, Thalfang am Erbeskopf and Traben-Trarbach.

The team leader of the General Social Service is Willi Schüller (06571 14-2410).

ASD regional team “Eifel”

	06571
Althoff, Rosemarie	14-2292
Fantes, Palina	14-2285
Flesch, Mathias	14-2430
Grimm, Susanne	14-2241
Henzel, Dorothea	14-2330
Meurer, Florian	14-2487
Wirth, Annika	14-2284

ASD regional team “Mosel-Hunsrück”

	06571
Becker, Gisela	14-2283
Herges, Gabriele	14-2312
Licht, Katrin	14-2202
Müller, Martina	14-2281
Schmitz, Bettina	14-2486
Walerius, Jennifer	14-2268

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Child

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We appreciate hearing about your experiences with the brochure and receiving suggestions. Please direct these to the Kreisverwaltung Bernkastel-Wittlich District Administration, Servicestelle Kinderschutz (Child Protection Office), Stephan Rother, Kurfürstenstr. 16, 54516 Wittlich, Telephone: 06571 14-2220, e-mail: Stephan.Rother@Bernkastel-Wittlich.de.

The Kreisverwaltung Bernkastel-Wittlich District Administration regularly reviews and updates the information in this brochure. Data may have changed in the meantime notwithstanding due diligence. Therefore, no liability or guarantee can be assumed or made for the timeliness, accuracy and integrity of the information provided. This applies correspondingly to the websites cited as references. The District Administration is not responsible for the contents of the cited websites. The duplication of information or data and, in particular, the utilisation of texts, text excerpts, or images requires the prior consent of the District Administration.

Note: The term “parents” includes single and partnered fathers and mothers in various family constellations, caregivers and adoptive parents, and grandparents who care for their grandchildren.

Kreisverwaltung Bernkastel-Wittlich District Administration

Servicestelle Kinderschutz (Child Protection Office)

Stephan Rother

Kurfürstenstr. 16, 54516 Wittlich

Telephone: 06571 14-2220

E-mail: Stephan.Rother@Bernkastel-Wittlich.de

Internet: www.familie.bernkastel-wittlich.de