



Congratulations on the birth of your child! Welcome to Bremen!

It is beautiful to be a parent. It is exciting to witness how children grow up. What a wonderful moment when your child smiles for the first time, when she or he speaks their first words, or starts to walk and discover the world!

As with any new stage of life, there are also a lot of questions.

Here we try to respond to some of them, most importantly – covering the time period immediate after the birth.

- Is there an independent information centre in Bremen for parents – to clarify all matters relating to family issues?
- Where to find important tips, information and offers right after birth?
- To whom can we turn when we are worried about our baby?
- What can we do to ensure our child grows up healthy?
- Who can give us advice on parenting?
- To whom can we turn at the youth office if we need advice about, or assistance with education, partnership issues or custody issues?
- How child benefits and other benefits work?
- Where can I find meeting places for young families?
- How do I find a baby sitter, a play group or a crèche for our child?
- How do I find good play facilities in the neighbourhood?
- How do I find leisure activities for the whole family?
- Where can I find feeding and changing facilities in the city?
- Is there a paediatrician close to us?



Is there a parent information centre – to answer all our questions about the family?

Bremen family network

The independent information and placement service offered by the Bremen family network is open and free for all mothers and fathers. Call us! The family network is happy to help you further.

Ph. (0421) 790 89 18

E-Mail: info@familiennetz-bremen.de

www.familiennetz-bremen.de

Where to find tips, information and offers directly after birth?

Parenting schools

All maternity hospitals in Bremen have so-called “schools” for parents. Parenting schools have many different opportunities for young families:

- **Info-Events**

For example, events discussing infant care, nutrition, breastfeeding, vaccination, my child’s first year of life

- **Courses and Group offers**

For example, treatment, baby massage, baby swimming, development support

- **Midwife consultation hour**

- **Parent-Child-Café**

- **and many more.**

- **Parenting school North Bremen Clinic, 228 Hammersbecker Straße**

Ph. (0421) 6606-1553

www.klinikum-bremen-nord.de

- **Parenting school Mid Bremen Clinic, 1 St.-Jürgen-Straße**

Ph. (0421) 497-3925

www.geburtshilfe-bremen.de

- **Parenting school Links der Weser Clinic, 1 Senator-Weßling-Straße**

Ph. (0421) 879-1777

www.klinikum-bremen-ldw.de

- **Parenting school Diako, 406/408 Gröpelinger Heerstraße**

Ph. (0421) 6102-2101

www.diako-bremen.de

- **Parenting school St. Joseph Stift, 54 Schwachhauser Heerstraße**

Ph. (0421) 347-1388 or 347-1385

www.sjs-bremen.de





Midwives

Midwives accompany mothers not only during pregnancy and birth, but also in the first 8 weeks after delivery and – if medically necessary – even after that. Advice on breast-feeding can be given even until the end of lactation.

The cost of the midwife is supported by statutory health insurance. Privately insured persons must request adequate information about their claims for services from their private health insurer.

For more information and a list of local midwives, see:

Hebammen Landesverband Bremen e.V.:

www.hebammenliste-bremen.de

Family midwives, Local Administration Health Offices

Family midwives provided by the local administration health offices support you in the first year of your child's life, answering all your questions about your baby: Nutrition, care, diseases, development support, financial issues, family situation and other support services.

The family midwives may also, on request, come to your home. They may also accompany you to medical or social services. They also perform surgeries in the family homes and through early development counselling centres. The use of family midwives is free of charge.

Health Office Bremen, 60-70 Horner Straße, Ph. (0421) 361-15245

Counselling hours: Monday, Wednesday, Thursday, Friday: 9 – 12 o'clock,

Tuesday: 9 – 10 o'clock

E-mail: hebammen@Gesundheitsamt.Bremen.de

Family midwife support per child (German Red Cross)

If you are in a difficult situation, the family midwives of the German Red Cross will guide you and your child's development from pregnancy until the age of two.



If we are worried about our baby, ...

Early development counselling centres

If you are wondering if everything is okay with your baby, you are worried about whether your child is developing properly, you want to get in contact and share information with other parents, or you just need support on how to make family life less stressful, you can call any of the available early development counselling centres. Make an appointment! The counselling is confidential and free of charge.

- **Bremen-West**

Early development counselling centre Gröpelingen, 209 Gröpelinger Heerstraße

Ph. (0421) 39 09 92 46

E-mail: fruehberatung.groepelingen@caritas-bremen.de

- **Bremen-East**

Early development counselling centre Hemelingen, 1a Hinter den Ellern

Ph. (0421) 361-16603

E-mail: fruehberatung.hemelingen@afsd.bremen.de

- **Bremen-North**

Early development counselling centre Bremen-North, 6 Lüssumer Heide

Ph. (0421) 690 091 46

E-mail: fruehberatung.bremen-nord@web.de

- **Bremen-South**

Early development counselling centre South,

101 Friedrich-Ebert-Straße (cases of SOS can be addressed to Mothers' centre)

E-mail: ulrike.glingener@sos-kinderdorf.de

Ph. 0176 126 061 41

2-18 Große Sortillienstraße (in the Early development counselling centre South)

Ph. (0421) 361-79938

E-mail: gundela.oldenburg@afsd.bremen.de

- **Bremen-Mid city**

Early development counselling centre Mid-city, 32 Bahnhofstraße

Ph. (0421) 960365-15

E-mail: fruehberatung.mitte@drk-bremen.de





Early learning and intervention centre

If your child is underdeveloped compared to other children of the same age, or has a disability, then a proper learning intervention should be encouraged as early and as comprehensively as possible. First, consult your paediatrician.

Or use the counselling office hours of the early intervention centres. There, doctors, physiotherapists, remedial teachers and other professionals work together, in intervention teams. This way, your child can be assisted as much as possible, from birth to school age. Call and make an appointment!

- **Interdisciplinary Early learning and intervention centre of the Brem. Ev. Church**

136 Geschwister-Scholl-Straße (Vahr)

Ph. (0421) 37 68 83-10

- **Interdisciplinary Early learning and intervention centre of the German Red Cross**

9 Wachmannstraße (Schwachhausen)

Ph. (0421) 34 03-207

Branch

Local community centre Obervieland, 4 Alfred-Faust-Straße

Ph. (0421) 3403-207, 696 968 53

- **Interdisciplinary Early learning and intervention centre of the Hans-Wendt-Stiftung**

24 Tidemanstraße (Vegesack)

Ph. (0421) 62 67 09-74

- **Interdisciplinary Early learning and intervention centre of the Lebenshilfe Bremen e.V.**

99 Landwehrstraße (Walle)

Ph. (0421) 22 21 20

- **Interdisciplinary Early learning and intervention centre Föhrenstraße von Conpart e.V.**

45/47 Föhrenstraße (Östliche Vorstadt)

Ph. (0421) 70 74 70

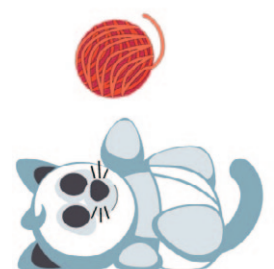
- **Interdisciplinary Early learning and intervention centre of the AWO**

113 Am Wall (Bremen-Mid-city)

Ph. (0421) 33 77 170

Important information for early intervention is also available on the website of the Senator of Social Welfare, Children, Youth and Women, at:

www.soziales.bremen.de -> Youth -> Interdisciplinary Early learning and intervention



When it comes to the health of our babies, ...

Preventive paediatric check-ups

These should not be missed by any parent: Preventive medical check-ups for your child! All children in Germany are entitled to a total of 11 preventive medical screenings.

That means **11 chances to ensure the healthy growth of your child!**

Preventive medical check-ups are **free of charge**. They are carried out by your paediatrician. (Practice addresses of paediatricians in Bremen can be found at the end of this info sheet)

The Health Office in Bremen sends letters to all parents to remind them when the next preventive paediatric check-up is due for their child. This relates to screening tests 4 to 9 (U₄ to U₉). Therefore, your child will not miss anything!

If you have any inquiries, please contact:

Health Office Bremen, 60-70 Horner Straße, Ph. (0421) 361-19 620 or 361-10 054.

E-mail: EinladendeStelle@gesundheitsamt.bremen.de

Emergency list

An emergency call list (e.g. medical paediatrician emergency service, poison control, child and youth emergency services and many other important telephone numbers) can be found on the info cards offered by the Bremen family network (check the small green folder).

The **Child and Youth Emergency Service** is available around the clock, by phone **(0421) 6 99 11 33**

Who can give us parenting advice?

There are four **parenting counselling centres** in the central part of the Bremen. Call and make an appointment.

- **Social centre North**, 7 Am Sedanplatz
Ph. (0421) 361-7800
- **Social centre Gröpelingen/Walle**, 9 Hans-Böckler-Straße
Ph. (0421) 361-8365
- **Social centre South**, 2-18 Große Sortillienstraße
Ph. (0421) 361-79940
- **Social centre Vahr/Schwachhausen/Horn-Lehe**, 27 Wilhelm-Leuschner-Straße
Ph. (0421) 361-3405





To whom can we turn at the youth office, when we need advice or assistance for parenting, partnership issues or custody matters?

- **Social centre North**, 7 Am Sedanplatz
Ph. (0421) 361-79800
- **Social centre Gröpelingen/Walle**, 9 Hans-Böckler-Straße
Ph. (0421) 361-16892
- **Social centre Mid/Östliche Vorstadt/Findorff**, 39 Rembertiring
Ph. (0421) 361-18444
- **Social centre South**, 2-18 Große Sortillienstraße
Ph. (0421) 361-79900
- **Social centre Vahr/Schwachhausen/Horn-Lehe**, 27 Wilhelm-Leuschner-Straße
Ph. (0421) 361-19500
- **Social centre Hemelingen/Osterholz**, 69 a Pfalzburger Straße
Ph. (0421) 361-3976

When it comes to money...

Parental benefit / parental time / care benefit

Please contact the **Parents Benefits Office**, 9 Hans-Böckler-Straße

Ph. (0421) 361-94300 (Mediation by the service centre of the Office of Social Services)

Child support / child financial supplement

Please contact the **Family Fund**, 48-52 Doventorsteinweg

Ph. 0800-455 55 30

Support offered to minors

Social centre North, 7 Am Sedanplatz

Ph. (0421) 361-79800

Social centre Gröpelingen/Walle, 9 Hans-Böckler-Straße

Ph (0421) 361-8430

Social centre South, 2-18 Große Sortillienstraße

Ph. (0421) 361-79958

Sozialzentrum Vahr/Schwachhausen/Horn-Lehe, 27 Wilhelm-Leuschner-Straße

Ph. (0421) 361-19500



Where to find meeting points and offers for us, as parents, or for the whole family?

In Bremen, there are **11 family centres and 6 centres for mothers**, with many offers for parents, mothers, fathers, children, or for the whole family. Many services are free of charge. Some are also accompanied by child care services. Just take a look!

Among services offered, you can find:

- **Info-Events**

for example: My child in the first year of life, development support, what our baby does well

- **Courses and group offers for mothers, fathers or parents**

for example: Courses on educational issues, parent meetings, discussion groups for mothers, fathers or parents, parent training

- **Parent counselling**

for example: Consultation with midwives, advice on obtaining the benefits parents are entitled to, advice on educational issues

- **Parent-Child groups**

for example: Pecip parent-child groups, playgroups, gaming afternoons

- **Parents-Cafés or Parent-Child-Cafés**

There are also **local familial centres, the German Red Cross, Child Protection associations, Life coaching, ProFamilia centres, Folk University** and many other organizations that may provide, in part, similar events or meeting places. Inquire directly at these facilities or look at their websites.

Family Centres

- **Family house – Bockhorn Family Centre, 9 Pürschweg**

Ph. (0421) 60 14 88

- **Family house – Hemelingen – in the MOBILE Family Centre, 1a Hinter den Ellern**

Ph. (0421) 361-16 601

- **Family house – Horn-Lehe, 17 Am Lehester Deich (the blue house)**

Ph. (0421) 257 48 38

- **Family house – Huchting, 12 Robinsbalje**

Ph. (0421) 361-99 22

- **Family house – Lüssum, 6 Lüssumer Heide**

Ph. (0421) 361-79 292

- **Family house – Mitte, 7 Fehrfeld**

Ph. (0421) 70 39 37





- **Family house – Obervieland**, 11 Eichelnkämpe
Ph. (0421) 361-33 85
- **Family house – Tenever**, 24/26 Pirmasenser Straße
Ph. (0421) 42 15 62
- **Family house – Vahr**, 284 August-Bebel-Allee
Ph. (0421) 69 64 87 00
- **Family house – Vegesack**, 89 Aumunder Heerweg
Ph. (0421) 361-77 70
- **Family house – Walle**, 2-4 Dünenstraße
Ph. (0421) 361-82 84, 361-81 98

Mothers' centres

- **Huchting e.V. Mothers' centre**, 8 Amersfoorter Straße
Ph. (0421) 58 92 00
- **Osterholz-Tenever e.V. Mothers' centre**, 17 Neuwieder Straße
Ph. (0421) 40 98 895
- **Vahr e.V. Mothers' centre**, 65 Kurt-Schumacher-Allee
Ph. (0421) 467 38 59
- **SOS-Mothers' centre (Neustadt)**, 101 Friedrich-Ebert-Straße
Ph. (0421) 59 71 230
- **Blockdiek Mothers' centre**, 2 Kölner Straße
Ph. (0421) 69 66 83 00
- **Blumenthal Mothers' centre**, 10 Heidbleek
Ph. (0421) 60 09 559

Where do we find a baby sitter, a play group or a crèche for our baby?

Child Care Compass

On the Internet, at www.kinderbetreuungskompass.de you can find all important information on child care in play groups, on nurseries, day care centres and babysitters.

- Where to find playgroups, nurseries and day care centres in our district?
- Do they accept children under three years old?
- Who can facilitate a fully accredited baby sitter for us?
- How can we make the application?
- Is there information in other languages, as well?



Where to find playgrounds / play facilities in our neighbourhood?

City map for families

Take a look at the city map for families, shown at:
www.bremer-familienstadtplan.de

SpielLandschaftStadt e.V.

Browse the SpielLandschaftStadt e.V. club website:
www.spielandschaft-bremen.de

Where can we find leisure activities for the whole family?

Current events offered

In addition to the event and leisure offerings in the **homes of local family and maternal centres** and many other places in Bremen, you will find **current** deals for the whole family in the following magazines, or on the Internet:

Kinderzeit

This magazine is offered, free of charge, in many places in Bremen.
www.kinderzeit-bremen.de

Kinderpassage





This magazine is offered, free of charge, in many places in Bremen.
www.kinderpassage.de





Where can I find feeding and baby-changing facilities in the city?

If you are travelling with your baby or toddler in the city, you will need either one or the other – and usually unplanned. We have listed some baby-feeding and baby-changing facilities for you.




-  = Baby-changing facilities
-  = Baby-changing space
-  = Baby-changing space, comfortable feeding possibility
-  = Baby-changing and feeding space

-  Babyfachmarkt Babyone (51 Hans-Bredow-Straße)
-  Hospital St. Joseph-Stift
-  Bahnhofsmission Bremen (Rest room)
-  Brebau (12-13 Schlachte)
-  Bremer Geschichtenhaus (10 Wüstestätte)
-  Café Classico (17/18 Am Markt)
-  Café Stecker (14 Knochenhauerstraße)
-  CinemaxX (27 Breitenweg)
-  dm Drogeriemarkt
-  Kaufhof (12-14 Hutfilterstraße)
-  Hilton (2 Böttcherstraße)
-  Kaffeemühle am Wall (212 Am Wall)
-  Karstadt (5-33 Obernstraße)
-  Kiki im Kontorhaus am Markt (6-8 Langenstraße)
-  Konditorei Café Knigge (42-48 Sögestraße)
-  MARITIM Hotel & Congress Centrum Bremen (99 Hollerallee)
-  Pannekoekschip Admiral Nelson (1 Schlachte Anleger)
-  Peek&Cloppenburg (2-12 Obernstraße)
-  Schuhhaus Meineke (5 Sögestraße)
-  Thalia Buchhaus (44-54 Obernstraße)
-  Übersee-Museum Bremen (13 Bahnhofplatz)

for students:

-  University of Bremen: in the room for first aid, and in the toilets for disabled Arts College, 8 Am Speicher XI

Bremen College:

-  Location Neustadtswall, Entrance Building AB/FS, Room FS 15
-  Location Werderstraße, Building A, Room A 211
-  Location Flughafental, Ground Floor, Room 27 (Baby-changing possibilities) and Ground Floor, Room 04 (Baby feeding possibilities)



Is there a paediatrician in our local district?

Bremen-North

- **General Group Practice: Dr Ulrike Mildner, Dr Annette Stern and Dr Birgit Thalacker**
11 Hindenburgstraße, 28717 Bremen
Ph. (0421) 63 30 32
- **Practice: Daniel Krause and Andreas Schweigstill**
28 Reeder-Bischoff-Straße, 28757 Bremen
Ph. (0421) 65 55 44
- **General Group Practice: Dr Christian Steuber and Annegret Kröhn-Wellhausen**
93 Georg-Gleistein-Straße, 28757 Bremen
Ph. (0421) 66 65 67
- **Practice: Christian Wagner**
18 Aumunder Heerweg, 28757 Bremen
Ph. (0421) 66 70 77
- **General Group Practice: Dr Joachim Schlage and Dr Andreas Mühligh-Hofmann**
21-23 Schwaneweder Straße, 28779 Bremen
Ph. (0421) 60 60 25 oder 60 00 48

Bremen Mid/Östliche Vorstadt

- **Practice: Dr Egmont Conradi**
57 Kohlhöckerstraße, 28203 Bremen
Ph. (0421) 9 58 95 80
- **General Group Practice: Dr Katharina Uhlemann and Ulrike Roth**
51 a Am Hulsberg, 28205 Bremen
Ph. (0421) 49 21 61
- **General Group Practice: Dr Nils Kehring and Dr Nina Matthes-Willenbockel**
63 Verdener Straße, 28205 Bremen
Ph. (0421) 49 49 29
- **General Group Practice: Michael Kleppe, Dr Wolfram Roger and Ulrike-Dorothee Svensson**
7 Schubertstraße, 28209 Bremen
Ph. (0421) 34 20 20
- **General Group Practice: Martin Schacht, Andrea Mey and Volker Rongen-Telscher**
63a Schwachhauser Heerstraße, 28211 Bremen
Ph. (0421) 626 59 50
- **Practice: Annette Kaufmann**
20 Klattenweg, 28213 Bremen
Ph. (0421) 23 05 35





Bremen-East

- **General Group Practice: Dr Dagmar Weber and Janina Stritzke**
7 Mahndorfer Heerstraße, 28307 Bremen
Ph. (0421) 4 84 13 30, 45 46 46
- **Practice: Dorota Lamber**
4 Tessiner Straße, 28325 Bremen
Ph. (0421) 42 08 88
- **Practice: Dr Ronald Müller**
21/23 Zermatter Straße, 28325 Bremen
Ph. (0421) 42 31 39
- **General Group Practice: Dr Franz Börschel, Dr Annegret Schellstede-Börschel and Annette Kanngießner**
2a Max-Säume-Straße, 28327 Bremen
Ph. (0421) 47 06 14
- **General Group Practice: Dr Maria Günther, Dr Marco Heuerding and Ulrich Hesse**
1d Berliner Freiheit, 28327 Bremen
Ph. (0421) 46 70 01
- **General Group Practice: Imke Gätjen, Jörg Meyer, Susanna Schmidt**
2a Sonneberger Straße, 28329 Bremen
Ph. (0421) 46 70 28
- **General Group Practice: Dr Christiane Seefeldt-Abraham and Ines Helms**
28a Borgfelder Heerstraße, 28357 Bremen
Ph. (0421) 27 55 01
- **General Group Practice: Dr Gerald Kuboschek, Dr Kirsten Kensy and Annette Heuermann**
6a Wilhelm-Röntgen-Straße, 28357 Bremen
Ph. (0421) 25 39 49
- **Practice: Peer Eike Tjarks**
33 Horner Heerstraße, 28359 Bremen
Ph. (0421) 23 23 93
- **Practice: Dr Torsten Spranger**
26 Leher Heerstraße, 28359 Bremen
Ph. (0421) 25 19 59



Bremen-South

- **Practice: Dr Christian Stier**
93 Pappelstraße, 28199 Bremen
Ph. (0421) 59 21 59
- **Practice: Barbara Raub**
181 Langemarkstraße, 28199 Bremen
Ph. (0421) 50 58 24
- **General Group Practice: Dr Martina Hansen-Crasemann, Jörg Steinbach and Dr Hendrik Crasemann**
104 Friedrich-Ebert-Straße, 28201 Bremen
Ph. (0421) 55 37 47 or 53 02 62
- **General Group Practice: Dr Heike Bachmann-Klotz, Dr Stefan Trapp and Dr Imke & Wiard Hafermann**
26 Huchtinger Heerstraße, 28259 Bremen
Ph. (0421) 57 00 00
- **General Group Practice: Dirk-Hinrich Wahlers and Dr Antje Rühmkopf**
10 Anna-Klara-Fischer-Straße, 28277 Bremen
Ph. (0421) 82 90 04

Bremen-West

- **Practice: Dr Wilhelm Ripke**
41 Leipziger Straße, 28215 Bremen
Ph. (0421) 35 24 24
- **General Group Practice: Dr Wolfgang Soldan and Elke Brecher-Müller**
212 Hemmstraße, 28215 Bremen
Ph. (0421) 3 50 90 50
- **General Group Practice: Dr Melanie Klopsch and Dr Verena Schemmel**
178 Waller Heerstraße, 28219 Bremen
Ph. (0421) 61 40 52
- **General Group Practice: Dr Ute Bowinkelmann and Sylvia Jacobs**
145 Gröpelinger Heerstraße, 28237 Bremen
Ph. (0421) 61 30 61
- **Practice: Dipl. med. Leonardo Duhalde**
406 Gröpelinger Heerstraße, 28239 Bremen
Ph. (0421) 6 16 86 16
- **Practice: Dr Nurettin Kilic**
221 Gröpelinger Heerstraße, 28239 Bremen
Ph. (0421) 61 40 40





Information about “Parent letters”

The following are four **letters to parents**. These are the first four of a total of 46 letters to parents.

You can order the other letters (see order form). These will then come to your house until the child reaches 8 years old, each corresponding to the age of your child.

You can read excerpts of the letters to parents on the homepage of our publisher at the following address: www.ane.de/bestellservice/elternbriefe-einzeln



Publisher

Die Senatorin für Soziales,
Jugend, Frauen, Integration
und Sport



Freie
Hansestadt
Bremen

Dept. Youth and Family
29 Bahnhofspatz
28195 Bremen

www.soziales.bremen.de

Bundesinitiative
Frühe Hilfen 

Funded by:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

Design, illustrations:
© www.machart-bremen.de
Oelgemöller, Heitmann

2016