

Everything Related to Birth

Offers for (expectant) parents and their babies in the Emsland Mitte region



Dear Parents,

Are you expecting a baby or have you just become parents?

We wish you all the best for this exciting, challenging, and memorable time. We – the members of the working group KooKi – Kooperation im Kinderschutz Emsland Mitte (child protection cooperation in the Emsland Mitte region) – would like to give you some information, offers, and contacts on “everything related to birth” in this small brochure. We hope to make this first wonderful time with your child a little easier for you this way.

All the best for you from the working group KooKi and its network partners!



You can find this brochure online in several languages under the following QR code:



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1. Checklist before Birth

Finding a gynaecologist (Medical screening and support before and during pregnancy)	Done
Where? see p. 9 et seq. Overview of local gynaecologists in Emsland Mitte	<input type="checkbox"/>
Finding a midwife/maternity nurse (for prenatal care, birth preparation, postpartum care, and return of the womb to its pre-pregnancy condition)	Done
When? After a positive pregnancy test	<input type="checkbox"/>
Where? Midwifery Centre Emsland or directly with the desired midwife	
How? Phone: +49 5931 44-2181	
Visit the maternity clinic and sign up	Done
When? No later than 7 weeks before the date of delivery	<input type="checkbox"/>

<p>Where? See offers of the maternity clinics in Meppen, Lingen, Sögel, Papenburg</p>	
<p>What to bring? Maternity passport, ID card, health insurance card, referral from the gynaecologist, important documents such as vaccination certificate, etc.,</p>	

<p>Finding a paediatrician for preventive check-ups (check-up for age-appropriate development, early detection, and prevention)</p>	<p>Done <input type="checkbox"/></p>
<p>Where? See p. 15 et seq. Overview of local paediatricians in central Emsland</p>	

<p>Registering for maternity leave</p>		<p>Done <input type="checkbox"/></p>
<p>When? When pregnancy is confirmed</p>		
<p>Where? With the employer</p>		

<p>How? Informal letter with medical certificate indicating the expected date of delivery</p>	
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Applying for maternity benefit	
<p>When? No later than 7 weeks before the date of delivery</p>	<p>Done</p> <input type="checkbox"/>
<p>Where? With the health insurance company or Federal Insurance Office</p>	
<p>What to submit? Certificate of the expected date of delivery</p>	

Applying for parental leave	
<p>When? 7 weeks before the start of the planned parental leave</p>	<p>Done</p> <input type="checkbox"/>
<p>Where? With the employer</p>	
<p>How? Informal written request with details of planning and duration of parental leave</p>	

<p>Acknowledgement of paternity and custody arrangements (for unmarried parents)</p>	
<p>When? Before or after birth</p>	Done
<p>Where? Youth welfare office, registry office, or notary public</p>	<input type="checkbox"/>
<p>What to bring? Birth certificates or certificates of origin of both parents, ID card, maternity passport, or birth certificate of the child</p>	

Checklist after Birth

<p>Registering at the registry office (Issue of birth certificate in at least four copies)</p>	
<p>When? Within one week after birth</p>	Done
<p>Where? At the registry office of the place of birth</p>	<input type="checkbox"/>
<p>What to bring? Certificate from the clinic, birth certificates of both parents, ID card, marriage certificate or acknowledgement of paternity</p>	

Informing the employer	
How? Submission of a copy of the birth certificate	Done <input type="checkbox"/>
Health insurance Registering the child	
When? After birth	
Where? With the respective health insurer	Done <input type="checkbox"/>
What to submit? Health insurance application for insurance, special copy of the birth certificate (see registration with the registry office)	

Requesting child benefits	
When? After birth	
Where? Competent family benefits office, employment agency (Agentur für Arbeit)	Done <input type="checkbox"/>
How? Child benefits application and copy of birth certificate	

<p>Requesting parental benefits</p>	<p>Done <input type="checkbox"/></p>
<p>When? Right after birth or within the first 3 months of the child's life</p>	
<p>Where? Parental benefits office of the district of Emsland: Hermann Suelmann, phone: +49 5931 44-6311 Email: hermann.suelmann@emsland.de Parental benefits office of the town of Meppen (only for parents of the town of Meppen): Nadine Nykamp, phone: +49 5931 153-162 Ingrid Sur, phone: +49 5931 153-314</p>	
<p>What to submit? Application for parental benefits, birth certificate, certificate from the health insurance company and employer for maternity benefits, ID card, wage or salary statement, paternity acknowledgement if applicable</p>	

Further information on the checklist can be found, among other places, in the guide for expectant parents, vereinbar e.V. – Familienfreundliche Unternehmen im Emsland.

Contact:

Ursula Voß, phone: +49 5931 44-4070

Email: ursula.voss@emsland.de

www.vereinbar-ev.de

2. Local Gynaecologists

Dr. med. Dorothea Beck-Lügering

Bahnhofstraße 27 • D-49716 Meppen

Phone: +49 5931 13121

Email: info@frauenarztpraxis-drbeck.de

Website: www.frauenarztpraxis-drbeck.de

Languages: German, English

Dr. med. M. Daguhn

Fasanenweg 39 • D-49716 Meppen

Phone: +49 5931 20000



Joint practice Ms S. Finke and Dr. med. R. Röben

Sophienplatz 25 • D-49716 Meppen

Phone: +49 5931 89400

Languages: German, English, Russian

Dr. med. Angelika Sasse

Kuhstr. 12 • D-49716 Meppen • Phone: +49 5931 13577

Email: frauenarztpraxis-sasse@t-online.de

Website: www.frauenarztpraxis-sasse.de

Languages: German, English

Dr. med. (Russ) Ibrahim Eltayeb

Lange Straße 76-78 • D-49733 Haren

Phone: +49 5932 7323 811

Email: mvz-haren-gyn@gmx.de

Website: www.ludmillenstift.de/medizin/mvz/mvz-haren/gynaekologie/gynaekologie.html

Languages: German, English, Arabic, Russian

Joint practice of Dr. med. Anita Grabbe and Dr. med. Nora Koßlick

Dammstraße 20 • D-49740 Haselünne

Phone: +49 5961 506015 or 05961 5311

Email: praxisgrako@t-online.de

Languages: German, English, French

Emsland gynaecological practices

Contact: Elena Chernov

Phone: +49 5952 880

Email: kontakt@efrap.de

Website: www.efrap.de

Site Meppen: Marienstraße 3

Site Haren: Papenwiese 11

3. Advice and Support

3.1 Kinder- und Eltern Beratungs- und Informationszentrum (Advice and Information Centre for Children and Parents; KiEBIZ)

The Emsland Perinatal Centre offers support for pregnancy, birth, and life with children through a team of midwives, gynaecologists, paediatricians, and paediatric nurses, providing:

- Prenatal diagnostics
- Information evenings for expectant parents
- Consultation hours for high-risk pregnant women
- Midwife/delivery nurse consultation hours
- Birth preparation
- Pregnancy swimming
- Acupuncture
- Postpartum care
- Postnatal gymnastics
- Baby massage and baby swimming
- Breastfeeding café and baby meeting



Ludmillenstift Hospital

Ludmillenstr. 4-6 • 49716 Meppen

Phone: +49 5931 152-1491

Email: geburtshilfe@ludmillenstift.de

www.ludmillenstift.de/aktuell/veranstaltungen/kiebiz

3.2 Pregnancy Advice Offices

Offers:

- Counselling and support for questions on pregnancy, birth, and parenthood
- Advice and information on social and legal entitlements such as maternity protection, parental leave, parental benefits, etc.
- Arrangement of financial aid, e.g. from the Federal “Mutter und Kind” foundation for maternity clothing and initial baby equipment
- Counselling and support before, during, and after prenatal examinations and if the child is expected to be born with a disability
- Counselling after miscarriage and stillbirth
- Anonymous counselling and help with the wish for a confidential birth
- Counselling in pregnancy conflict and support following abortion (obtaining the counselling certificate in accordance with § 218/219 of the German Criminal Code exclusively at the counselling centres marked with *)

Sozialdienst katholischer Frauen e.V. Meppen – Emsland Mitte

Nagelshof 21 b – D-49716 Meppen

Phone: +49 5931 9841-0

www.skf-meppen.de

Contacts:

Kirsten Brackmann/Kerstin Jansing/Melanie Triphaus Heike Veen (counselling & support in prenatal examinations in accordance with §2a SchKG)

donum vitae Emsland e.V. *

Margaretenstr. 25 • D-49716 Meppen

Phone: +49 5931 599324

www.emsland.donumvitae.org

Contacts:

Heike Kramer and Silvia Kolodzey

Diakonisches Werk *

Schützenstraße 16 • 49716 Meppen

Phone: +49 5931 9815-0

www.diakonie-emsland.de

Contacts:

Dagmar Wölk-Eilers and Annette Radies

3.3 Emsland Midwifery Centre

The Emsland Midwifery Centre is a contact point for pregnant women, parents, and midwives. It will help you find a midwife/delivery nurse in your area for free. Please contact us as early as possible to find a midwife.

Our coordinator Iris Oldiges, an experienced midwife, will gladly answer your questions in person.

Emsland Midwifery Centre

District of Emsland

Department of health

Ordeniederung 1 • D-49716 Meppen

Phone: +49 5931 44-2181

Email: hebammenzentrale@emsland.de



Phone operator hours:

Tuesday Noon – 4:00 p.m.

Wednesday 10:00 a.m. – 12:30 p.m.

Thursday 10:00 a.m. – 12:30 p.m.

3.4 Professionals in Early Support

Parents want the best for their babies. Conditions are not always perfect, however.

Are you feeling insecure and highly stressed?

Are you the parent of a premature or sick child?

Are you concerned about your child's extreme crying?

Is your personal situation particularly stressful?

Early-support specialists, including family midwives and family, health, and children's nurses, offer support in all matters and concerns connected to living with a child. They will support you in promoting health and development in your interaction with your child.

Contact us if you would like support or wish to learn more about this early-support service.

The offer is available throughout the Emsland region.

Sozialdienst katholischer Frauen e.V. Lingen

Phone: +49 591 80062-0

Email: fruehehilfen@skf-lingen.de

www.skf-lingen.de

3.5 Women's Hospital and Perinatal Centre Emsland

- Examination and treatment of diseases during pregnancy
- Prenatal diagnostics (usually following referral by the attending gynaecologists): Maternal blood test, nuchal-fold measurement (12th - 14th week of pregnancy), amniocentesis, organ screening to exclude malformations (approx. 20th week of pregnancy), supporting care in cases of suspected deficient development, raised blood pressure, diabetes of the pregnant woman
- Birth planning (approx. 36th - 40th week of pregnancy), also for a “confidentially” planned birth
- Supporting care when exceeding the expected date of delivery and during the postpartum period
- Babytreff meeting: Petra Wotte, midwife practice “Rund-um”, phone: +49 5931 847464
- Information evening for expectant parents with a tour of the delivery room: every 3rd Monday of the month from 6:00 – 8:00 p.m.

Women's Hospital and Perinatal Centre

CA Dr. Joachim Neuerburg

Focus on special obstetrics and perinatal medicine

Obstetrics outpatient clinic:

Phone: +49 5931 152-1491

Outpatient delivery room and midwife:

Phone: +49 5931 152-4627

Delivery room emergency number:

Phone: +49 5931 152-3970

Email: geburtshilfe@ludmillenstift.de



3.6 Clinic for Paediatrics and Adolescent Medicine, Neonatology

- Prenatal counselling of parents in case of expected health risks (e.g. heart defects, malformations) or threatened prematurity
- Care of acutely endangered newborns and very small premature babies in the neonatal intensive care unit (Level I – highest level of care)
- Gentle intensive care of premature and newborn babies with parental involvement (kangaroo method)
- Paediatrician present in the delivery room during all high-risk deliveries and in the operating theatre for deliveries by caesarean section

Clinic for Paediatrics and Adolescent Medicine, Neonatology

CA Dr. Christian Chen

Ludmillenstraße 4-6

D-49716 Meppen

Phone: +49 5931 152-1700

Email: kinderambulanz@ludmillenstift.de



4. BABYMAP – Breastfeeding & Changing Diapers in Meppen

BABYMAP helps you take care of your offspring outside your own four walls. It marks the restaurants, cafés, shops, and other locations in Meppen where mothers are welcome to breastfeed their babies and/or where diaper changing areas are provided.

Just look for the matching stickers on the entrance doors. For further information and the current list of participating institutions, see www.meppen.de/babymap

Contact:

Equal Opportunities Officer E. Mecklenburg

Town of Meppen

Markt 43 – D-49716 Meppen

Phone: +49 5931 153-156

Email: e.mecklenburg@meppen.de

BABYMAP
STILLEN & WICKELN IN MEPPEN



5. Local Paediatricians

Dr. Iris Herbst, Dr. Jutta Emme, and Dr. Anne Zimmermann

Practice for paediatrics and adolescent medicine

Sophienplatz 25

D-49716 Meppen

Phone: +49 5931 1045

Susanne A. Thönnissen and Helga Meiners

Specialists in paediatrics and adolescent medicine

Kleiststraße 1 • D-49716 Meppen

Phone: +49 5931 14611

www.thoennissen-meppen.de

Languages: German, English

Joint practice Wichmann and Staal

Bahnhofstraße 27 • D-49716 Meppen

Phone: +49 5931 3788

Email: praxis@wichmann-staal.de

www.wichmann-staal.de

Languages: German, English, Dutch



Paediatrics and adolescent practice Hendrik Bennink – diabetologic focus practice

Kirchstraße 9 • D-49733 Haren

Phone: +49 5932 4452

Email: praxis.bennink@t-online.de

www.kinderaerzte-im-netz.de/aerzte/haren-bennink/startseite.html

Languages: German, Dutch, English

Paediatrician's practice C. Feller

Meppener Straße 3 • D-49744 Geeste

Phone: +49 5937 7079999

Email: kinderarztpraxis-feller@ewe.net

Languages: German, English, Spanish, Dutch

Paediatrician's practice Jens Koch, Tanja Stumpler, and Karen Wulf

Hammerstraße 9 • D-49740 Haselünne

Phone: +49 5961 1651

Email: info@kinderaerzte-haseluenne.de

www.kinderaerzte-haseluenne.de

The paediatric on-call service is available outside of the doctors' hours:

Meppen • Ludmillenstift • Ludmillenstraße 4

Phone: +49 5931 152-3890

Lingen • St. Bonifatiushospital • Wilhelmstraße 13

Phone: +49 591 910-3336

6. Kindernetz Emsland

The Kindernetz Emsland is a counselling service for expectant parents and families with children aged three and younger.

A team of doctors, midwives, and children's nurses offer advice on a wide range of subjects and services available in the Emsland district. They answer questions on pregnancy, birth, and the time following it.

The advice and assistance offered includes completing applications, nutrition and care issues, and preventive check-ups and vaccinations, allowing every family to get a good start into life and custom support.

Our offer is provided free of charge and confidential. We work across the Emsland and offer home visits.

Kindernetz Emsland

District of Emsland

Department of health

Ordeniederung 1 • D-49716 Meppen

Phone: +49 5931 44-1181

Email: kindernetz@emsland.de

7. Family Centres in Emsland Mitte

The family centres have a diverse support offering for parents and families in a large range of situations. Do you need any support raising your child or do you have any questions on developmental and educational opportunities? Would you like to exchange ideas with other parents?

The specialists at the family centres will gladly answer these and many further questions. A choice of events and courses on special subjects and issues are regularly offered in the family centres. Further information is available on the website www.familienzentrum-emsland.de and in the respective family centre.

Familienzentrum St. Ansgar

Maria Pieper

Rosenstraße 29 • D-49716 Meppen

Phone: +49 5931 13526

Email: kita-ansgar@meppen-west.de

Familienzentrum St. Margareta

Nicole Paus-Eiken

Damaschkering 3 • D-49716 Meppen

Phone: +49 5931 3580

Email: st.margareta-kindergarten@ewetel.net

www.st-margareta-meppen-ost.de

Familienzentrum St. Vitus

Rita Cordes

Kanalstraße 30 • D-49716 Meppen

Phone: +49 5931 8227

Email: st.vitus.kita@ewetel.net

Familienzentrum Haselünne

Waltraut Abeln

Holzbaumweg 3 • D-49740 Haselünne

Phone: +49 5961 262

Email: familienzentrum-haseluenne@web.de



Familienzentrum St. Nikolaus

Sonja Bowen

Heinrich-Kottmann-Straße 2 • D-49770 Herzlake

Phone: +49 5962 1234

Email: kath.kindergarten-herzlake@ewetel.net

www.familienzentrum-herzlake.de

Familienzentrum Geeste

Christina Mainka-Witt and

Susanne Schmidt-Barlage

Huberta-Roggendorf-Straße 12 • D-49744 Geeste

Phone: +49 5937 9189985 and +49 5937 8522

Email: familienzentrum.geeste@web.de

www.kiga-st-bernadette.de

Familienzentrum St. Elisabeth

Claudia Balkenhol

Kirchstraße 29 • D-49733 Haren

Phone: +49 5932 50033440

Email: familienzentrum@martinus-haren.de

www.kita-elisabeth-haren.de

Familienzentrum Twist

Sandra Robbe

Overbergstraße 8 • D-49767 Twist

Phone: +49 5936 919720

Email: familienzentrum-twist@ewetel.net

www.twist-emsland.de

8. Sozial-Pädiatrisches Ambulanz- und Therapiezentrum (Social-Paediatric Ambulance and Therapy Centre; SPATZ) at the Ludmillenstift

- Interdisciplinary help and support in cooperation with the local paediatricians
- Examination and treatment of children with developmental disorders, disabilities, or at risk of disability, as well as children with behavioural or mental disorders by, among other options:
 - Preterm infant consultation with developmental diagnostics

- Spatzen-Nest: Counselling and help for parents of children crying excessively, with sleeping disorders, feeding disorders, or difficulties in the parent-child relationship

Sozial-Pädiatrisches Ambulanz- und Therapiezentrum

Lingener Straße 5

D-49716 Meppen

Dr. med. Dorothee Veer

Phone: +49 5931 152-1730



9. Early Intervention and Developmental Counselling

- Counselling for parents, support and diagnostics for children from birth to the start of school
- Open counselling for parents who have questions on their children's development
- Parent-child meeting for parents with small children with disabilities or significant impairments
- Parent-child-meeting "Miteinander Wachsen – Voneinander lernen" in Haren
- Video-supported interaction counselling for regulatory disorders of infants and toddlers

These offers are free of charge for parents.

Vitalus Gesundheitszentrum

Nödiker Str. 99 • D-49716 Meppen

Phone: +49 5931 937411

Email: fruehfoerderung@vitalus.de

10. Bunter Kreis Emsland/Grafschaft Bentheim

Counselling and support for families with prematurely born, chronically ill, seriously ill children, or children with disabilities in the Emsland region.

Bunter Kreis Emsland/Grafschaft Bentheim at the Ludmillenstift

Kerstin Brand (case manager)

Ludmillenstraße 4-6 • D-49716 Meppen

Phone: +49 5931 152-3828

Email: k.brand@ludmillenstift.de



11. Special Consultation for Pregnant Women and Mothers with Psychological Problems during Pregnancy and the Puerperium

This consultation is a short-term point of contact for pregnant women developing acute mental issues as well as for mothers who have mental problems after the birth of a child. Treatment is offered for conditions such as pregnancy psychosis, postpartum depression, and for women who have suffered miscarriages. It cannot replace longer-term psychotherapeutic treatment.

Niels-Stensen-Kliniken

St.-Vinzenz-Hospital Haselünne GmbH

Senior physician Dr. Silbersdorf

Psychologist Ms Sowma-Konen

Social worker Ms Lammers

Hammerstr. 9 • D-49740 Haselünne

Phone: +49 5961 503-3601

12. Mamma Mia Haselünne and Haren

Open meeting for pregnant women and parents with children in the first year of life.

Haselünne: every Wednesday from 09:30 a.m. - 11:30 a.m., at the Haus der Begegnung
Krummer Dreh 21 • D-49740 Haselünne

Haren: every Tuesday from 09:30 a.m. - 11:30 a.m. at the Bischof-Demann-Haus
Martinusplatz 4 • D-49733 Haren

The meetings will be supported by a SkF specialist and a midwife.

Contact:

Melanie Triphaus | Phone: +49 5931 98410

Email: info@skf-meppen.de | www.skf-meppen.de

13. Wellcome – Practical Help after Birth

The first months after a child is born are a particular challenge for all parents.

They are lucky if their family and friends can offer help. If you have no one to help you, wellcome will step in. A volunteer will come to your home to provide hands-on relief at need.

Donum vitae Emsland e.V.

Pregnancy counselling

Melanie Brake (wellcome coordinator Emsland)

Margaretenstr. 25

D-49716 Meppen – Phone: +49 5931 599326

Email: emsland@wellcome-online.de

14. Family Sponsors

Family sponsors are volunteers who support parents in raising their children, teach practical life skills, or offer help with visits to authorities and doctors. This unbureaucratic offer is targeted at mothers and fathers looking for help without any relatives or acquaintances available to them.

SkF e.V. Meppen – Emsland Mitte

Milena Wilken

(coordinator in the Family Sponsors project)

Nagelshof 21 b

D-49716 Meppen

Phone: +49 5931 9841-22

Email: familienpaten@skf-meppen.de

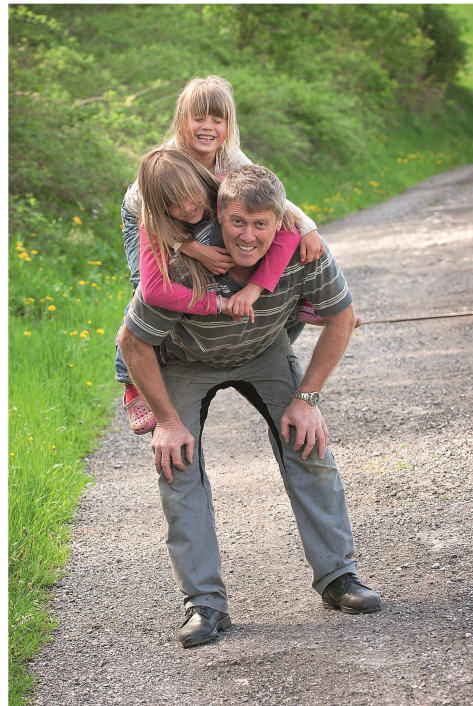
Rita Gödde-Zink

Nagelshof 21 b

D-49716 Meppen

Phone: +49 5931 9841-19

Email: info@skf-meppen.de



15. Counselling Centres

15.1 Psychological Counselling Centre of the Diocese of Osnabrück

Marriage, family, life, and educational counselling

- Support during or after pregnancy
- Free counselling without regard to age, gender, marital status, denomination, or ideology
- Counsellors are bound to professional secrecy

Counselling centre for parents, children, and adolescents

Versener Straße 30 • D-49716 Meppen

Phone: +49 5931 12050 • www.pbs-meppen.de

Email: buero@pbs-meppen.de



15.2 Counselling Centre for Violence against Children and Adolescents, German Child Protection Agency (Deutscher Kinderschutzbund OV Emsland – Mitte e.V.)

We support:

- Expectant parents, families, and single parents after experiencing violence in their own childhood and adolescence
- Families whose children have experienced violence
- Anyone seeking advice due to knowing of expectant parents, families, and children who are affected by violence
- Confidential/anonymous – we are subject to secrecy obligations
- Free of charge

Emsstraße 1-3 • D-49716 Meppen

Phone: +49 5931 876580

info@kinderschutzbund-emsland-mitte.de

www.kinderschutzbund-emsland-mitte.de

15.3 Beratungs- und Interventionsstelle gegen häusliche Gewalt (BISS)

Counselling and Intervention Centre against Domestic Violence.

- We offer advice and support you if you are affected by domestic violence.
- You can talk to us about your experiences.
- We will explain your legal options to you.
- We will help you with taking court action, e.g. to acquire protective orders.
- We will help you develop perspectives for the future.

Counselling is confidential and free of charge.

SkF Meppen – Emsland Mitte

Andrea von Haugwitz

Nagelshof 21b, D-49716 Meppen

Phone: +49 5931 9841 26

Email: Andrea.von.haugwitz@skf-meppen.de

Heike Gertken

Nagelshof 21b • D-49716 Meppen

Phone: +49 151 11875830

Email: heike.gertken@skf-meppen.de

16. Youth Welfare Office of the Emsland District

Supporting families, children, and adolescents with:

- Early support
- Support in establishing paternity, declaration of paternity acknowledgement, assertion of child support or advance child support payments
- Family counselling
- Adoption mediation, guardianship, legal guardianship
- Separation and divorce counselling
- Help with raising children
- Child protection

District of Emsland

Department of youth

Ordeniederung 1 • D-49716 Meppen

Phone: +49 5931 44-0

17. Women's and Children's Shelter

The Women's and Children's Shelter in the catchment area of Emsland Mitte/Emsland Nord offers protection to women, mothers, and children threatened or affected by mental, physical, or sexual violence.

Phone: +49 5931 7737 (available around the clock)

Sozialdienst katholischer Frauen e.V.

Women's and Children's Shelter

SkF office

Nagelshof 21b • D-49716 Meppen

Email: frauen-undkinderschutzhaus@skf-meppen.de

18. Nationwide Counselling

Parent phone: Nummer gegen Kummer

Anonymous counselling free of charge

Mon. – Fri. from 9.00 a.m. – 5.00 p.m.

Tue. & Thu. from 5.00 p.m. – 7.00 p.m.

Phone: +49 800 1110550

Online counselling: Around the clock. Data-secure and web-based mail counselling, one-on-one chat, forum, group, and subject chats.

www.bke-elternberatung.de

