

# Who can I contact?

To avail yourself of this free help,  
please contact the

Early Help Network  
Coordinators  
Silke Cohrs & Susann Muscas in the  
Heide District  
Tel.: 05162 970-489  
05162 970-499  
Vogteistrs. 19  
29683 Bad Fallingbostel  
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- Informationen für jede Lebensphase
- Für Kinder, Jugendliche & Familien
- Angebote suchen, finden & anbieten



[www.familienwegweiser-heidekreis.de](http://www.familienwegweiser-heidekreis.de)

# Early help in the Heide District

Family midwives



Family, health care and paediatric nurses

*I have no idea where and what I can apply for: Who will help me?*

*What help can I claim as a single mother/single parent?*

*My baby is crying so much, I thought it would be easier. I want someone to help me understand my baby.*

*Everyone tells us what to do; they all get involved. As parents, how do we make good decisions for ourselves and our child?*



If you are familiar with these and other questions, ask a family midwife or a family, health care and paediatric nurse.

They are specially trained for your case and will help you during pregnancy and after the statutory midwife care.

You are supported, for example...

- in medical matters,
- in dealing with your own burdens and health problems,
- and with nursing questions.

### **In short:**

Family midwives and family, health care and paediatric nurses help you in your newborn's first year of life.

## **Family midwives and family, health care and paediatric nurses**

are state-certified midwives or paediatric nurses with additional qualifications. This enables them to support parents and families in difficult life situations for up to one year after the birth of a child.

They go to the families and help the parents to adjust to family life with the baby. Among other things, they provide information and guidance on care, nutrition, development and promotion of the child. In doing so, they involve family members.

The family midwives and family, health care and paediatric nurses provide further assistance if necessary. They are important pilots guiding families through the numerous offers of early help.

