



# FRÜHE HILFEN (EARLY SUPPORT) – SUPPORT FOR BIRTH AND THE FIRST THREE YEARS OF LIFE

**MANNHEIM<sup>2</sup>**

## Frühe Hilfen – Contact point

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## DEAR PARENTS,

The time during **pregnancy** and the **first years** with a new child is a very exciting period with new responsibilities and many questions.

- How do I know what my child wants to say to me?
- Is my child healthy and are they making good progress?
- How can we as parents gain strength?

Would you like help and support?

We would be very happy to advise you about our corresponding services in a personal discussion.

## OUR SERVICES

- Advice from a **family children's nurse** about all of the subjects that will concern you in the first year of your baby's life. The advice will be given weekly at your home.
- Information about the various **parent-child programmes** in Mannheim, e.g. toddler groups and open meetings at our Parent-Child Centres.
- Help in arranging the right contacts, if your concerns are **financial or medical questions**, for example.
- Advice on support options for families, e.g. voluntary **godparents**.

## ABOUT US

Our services are open to all (expectant) parents in Mannheim with children between 0 and 3 years old – regardless of their nationality, religion or culture.

Our services are **voluntary** and **free-of-charge**.

All of our employees are of course subject to the **duty of confidentiality**.

Interpreters are available if required.