### **CONTACT**



Early Support - Contact Point (Frühe Hilfen – Anlaufstelle)

Iris Haas, Dipl.-Psych.

Dr. Iris Wollgarten-Hadamek, Dipl.-Psych.



**Early Support** 

# **CONTACT POINT**

Working together through the initial turbulent period as a family















## **DEAR PARENTS,**

Pregnancy and the first few years with a child are a very exciting and turbulent time, full of unfamiliar tasks and questions.

- How can I work out what my child wants to say to me?
- Is my child healthy and developing well?
- How do I manage to keep an eye on my own needs?

Would you like some support and assistance? Our office is open to all Mannheim parents.



#### **OUR SERVICES**

#### We offer you

- Support from a **family midwife**, who will assist you in the first year of your child's life,
- Information about the various parent-child programs in Mannheim, such as mother and toddler groups and open meetings at our parent-child centers,
- Help in arranging the right contacts, if your concerns are financial or medical matters.
- Advice on support options for families, e.g. voluntary godparents or educational assistance.

We look forward to hearing from you – gladly already during the pregnancy, too.



