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Children, Youth, Family

Language centre for children without a daycare place

The Sprachtreff is a free programme offered by the Youth Welfare Office. You can take part if your child does not have a place at a daycare centre.

You must register in advance by email.

📍 [Hauptstraße 373a, 55743 Idar-Oberstein \(entrance downstairs\)](#)

@s ophie.o.berlaender@idar-oberstein.de

📅 Tuesdays and Thursdays

Pregnancy and birth

Are you pregnant? Now you are specially protected in Germany. You are entitled to counselling. You can get help from your doctor and from others.

Have yourself examined regularly by a doctor (gynaecologist). Make an appointment for the examination. Bring your health insurance card with you. Or you can show the certificate from the district administration to the doctor and the pharmacy.

The doctor will carry out examinations (check-ups). He has given you a maternity pass (Mutterpass). This confirms that you are pregnant. It contains important information about your state of health and that of your child. You always have the maternity pass with you in case something happens.

Have you applied for asylum? You must inform the social welfare office of the birth. This is very important.

You can find a birth checklist in many languages [here](#).

You can find lots of information on pregnancy and birth in the family guide "[Baby made in Bir](#)".

Pregnancy counselling

There are three counselling centres for pregnant women in the Birkenfeld district:



Caritasverband Rhein-Hunrück-Nahe - Pregnancy counselling



Marion Veeck-Jung, Silke Henne-Gemmel

📍 [Friedrichstraße 1, 55743 Idar-Oberstein](#)

☎ [06781-5099025](tel:06781-5099025)

@ M.Veeck-Jung@caritas-rhn.de; S.Henne-Gemmel@caritas-rhn.de

👤 [Schwangerschaftsberatung](#)

📅 **Appointments by appointment**

Diakonie 
Obere Nahe

Diakonisches Werk Obere Nahe - Pregnancy counselling



📍 [Wasenstraße 21, 55743 Idar-Oberstein](#)

☎ [06781-5163500](tel:06781-5163500)

@ diakonisches.werk@obere-nahe.de

👤 [Schwangerschaftsberatung](#)

📅 **Appointments by appointment**

pro familia
Beratungsstelle Idar-Oberstein

pro familia counselling centre Idar-Oberstein

📍 [Pappelstraße 1, 55743 Idar-Oberstein](#)

☎ [06781-900480](tel:06781-900480)

@ idar-oberstein@profamilia.de

🌐 <https://www.profamilia.de/angebote-vor-ort/rheinl...>

📅 **Appointments by arrangement**

Delivery and aftercare


The doctor can refer the pregnant woman to a clinic and advise her on finding a midwife for postnatal care. The early help team can also provide support in the search for a midwife.

Confidential birth

For pregnant women who wish to keep their pregnancy and maternity a secret, there is the option of a confidential birth. This requires detailed psychosocial counselling in advance.

Help hotline "Pregnant women in distress"

For women who are suppressing or hiding their pregnancy

 [0800/4040020](tel:0800/4040020)

Free of charge, barrier-free and available 24 hours a day. Counselling is available in various languages

Further information and anonymous counselling is also available online at <https://www.hilfetelefon-schwangere.de/>

Family midwife

Family midwives support parents and families with their children in stressful life situations.

The family midwife comes to the family and helps the parents to adjust their everyday family life to life with a baby.

They provide information, help and guidance on caring for, feeding, developing and supporting the child.

If necessary, they can arrange further help.

You can find more information about family midwives [here](#).

Are you pregnant? Your health insurance or social welfare office will cover many costs:

- for antenatal check-ups
- for the delivery
- For care by a midwife after the birth
- for preventive check-ups and vaccinations for the children

Initial equipment

Do you receive money from the social welfare office or job centre? Then you can receive clothing for pregnant women and initial equipment for your child.

Notification to the registry office

You must register the birth of your child at the registry office. If you have applied for asylum, you must inform the [Immigration Office](#) and the [Social Welfare Office](#). The hospital will register the birth with the registry office. At the hospital, the parents receive a certificate of birth and the

birth certificate for their child.

Image-based support for health issues

The multilingual [web portal ZANZU](#) is available in various languages, including Arabic, Farsi, Turkish, Romanian, Russian and English.

There you will find information on topics such as health, contraception, body knowledge, pregnancy and birth and rights and laws in Germany.

Childcare

Before going to school, from around 1 year of age, children can attend a day care centre (Kita). Here, friendships can be made, the German language learnt and new things discovered. Attending a day care centre is a very important and good preparation for school. Childcare gives parents the opportunity, for example, to attend a German course, go to work or take care of important things.

At the moment there is a waiting list in many day care centres in the Birkenfeld district. Enrol your child in a daycare centre as early as possible!

[Here](#) you will find an overview of the daycare centres in Idar-Oberstein, [here](#) you will find the daycare centres in the Birkenfeld district.

Day care centres in the municipality of Baumholder can be found [here](#), if you live in the municipality of Herrstein-Rhaunen [here](#).

Special needs kindergarten

A special needs kindergarten is a day care centre that is specifically aimed at children with special needs. It is intended for children who cannot receive adequate support and care in a mainstream facility.

Children with physical, mental, social or learning disabilities or developmental delays are cared for in a special needs kindergarten. Children with severe multiple disabilities also have the opportunity to be cared for and supported.

The children are usually picked up from home by a transport service and taken home again.

In the Birkenfeld district, there is the "Mosaik" special needs kindergarten run by Lebenshilfe Idar-Oberstein. Further information can be found [here](#).

Childcare for children from the age of 1: Child day care

In Germany, there are 2 official and state-regulated options for childcare: either with a childminder or in a kindergarten/crèche.

Childcare provided by a childminder is called child day care.

In childminding, parents have the opportunity to have their children looked after by a qualified childminder. The childminders offer this type of care in their private premises, e.g. their own home. Here, children are looked after in small groups of up to 5 children, which is particularly suitable for smaller children.

In kindergartens, the groups are larger.

What does a childminder's daily routine look like?

In the morning, parents bring their children to the childminder. Then they usually have breakfast together. The childminder then plays and sings with the children.

She helps the children to develop their language skills, encourages them to learn and takes them outside. The children learn important things, such as the rules of the road, and observe nature and the environment. They develop their skills while playing indoors.

They get to know the routines of everyday life. They eat with the childminder and have an afternoon nap. The childminder also changes the children's nappies. The children are picked up again in the afternoon. The childminder has the same duties as a kindergarten.

How do you find a childminder?

Childminders are placed by the [youth welfare office](#). This also applies to places in kindergartens. All children in Germany have the right to education, upbringing and care and may attend a childminder or a daycare centre/kindergarten, even if the parents do not work.

What does childcare cost?

Attending a day care centre is free of charge for children from the age of 2. The parental contribution for children before the age of 2 depends on income.

The youth welfare offices (Idar-Oberstein, Birkenfeld district) can answer questions on this.

Information on child day care in various languages:

[' english - english](#)

[' French - français](#)

[' Russian - по-русски](#)

[' Tigrin](#)

[' Arabic](#)

[' Farsi](#)

[' Kurdish - kurmancî](#)

By the way: One of the best-known German children's programmes with explanations of various things in Germany is also available in Arabic, Kurdish and Dari:



[Die Sendung mit der Maus International](#)

Meet-ups and support

Parenting and family counselling centre

Successful parenting can no longer be taken for granted in this day and age. There are many reasons for this, and they are not solely attributable to the child itself or its family. We advise parents when the difficulties in bringing up their children become such a burden that parents can no longer cope with them.

If parents seek counselling and support in raising their children, this is not a sign of "failure" or "weakness", but rather a sign of the parents' willingness to take responsibility and their strength. During counselling, we work together to find solutions that are tailored to their own situation and take their particular circumstances into account.

Advice and help with:

- Parenting issues
- Developmental and behavioural problems
- Mental problems (e.g. anxiety)
- Conflicts in the family
- Problems in daycare, school, education and work
- Crisis situations
- Parental separation and divorce and coping with the consequences for the children
- Difficulties in working with children and young people

We work

- with families
- with individual parents or couples
- with children, adolescents and young adults
- with professionals from social and educational fields of work

What else you should know:

- Counselling is free of charge
- Counselling is voluntary
- We are bound to confidentiality
- The duration of the counselling varies; it can be both one-off and longer-term

Counselling appointments are arranged on an individual basis, by prior telephone appointment. As we do not have a central registration office or secretariat, it is sometimes difficult to reach us immediately in person when we are in counselling appointments. Please leave a message on our answering machine and we will call you back as soon as possible.

Susanne Krist und Anja Post

📍 [Schlossallee 2, 55765 Birkenfeld](#) / Georg-Maus-Straße 2, 55743 Idar-Oberstein
☎ [06782 -15-240](#) , [06782 - 15-251](#)
✉ s.krist@landkreis-birkenfeld.de , a.post@landkreis-birkenfeld.de
📍 [Erziehungs- und Familienberatungsstelle](#)

Education and participation (financial support)

Education and participation package (BuT)

The education and participation package (BuT) supports children, teenagers and young adults from low-income families.

What are benefits for education and participation?

This is money for children and young people. They live in a family with a low income. The parents receive the money for certain services. These benefits help the children and young people. Especially for events at daycare centres and schools.

Assistance from the education package is money or items (in the form of vouchers). You will receive these from your town or municipality.

Who can receive benefits for education and participation?

Parents can apply for benefits for education and participation. They can do this for all children living in the household. To qualify, parents must receive one of the following benefits:

- Housing benefit
- child supplement
- citizen's allowance
- social assistance
- Asylum seeker benefits

You do not receive any of the above benefits? Are you unable to cover your child's specific education and participation needs? Then you may be entitled to benefits from the education package in accordance with SGB II. You can enquire at the relevant [job centre](#).

Pupils in need of assistance up to the age of 25 receive benefits for education. These pupils must attend a general school or vocational school. They should also not receive a training allowance.

Children in need of assistance in day care centres and childminders also receive part of the educational benefits.

Children and young people up to the age of 18 receive benefits for participation. Support for infants is also possible.

What benefits are involved?

Benefits for education

School trips and school excursions

The actual costs of one-day excursions at school or daycare centres.

It is possible to collect statements via schools for one-day trips and the actual costs of trips lasting several days for classes and day-care centres.

For school trips, the money can be paid directly to the children or their parents.

Personal school supplies

Personal school supplies totalling 174 euros in the calendar year 2023 are recognised, namely 116 euros for the first half of the school year and 58 euros for the second half of the school year, up to the 10th school year.

School supplies include, for example, a school bag, sports kit, materials for writing, arithmetic and drawing.

If you have more than one child at school, you will receive the money for each child.

School transport

The actual cost of travelling to school for pupils.

This service is provided as a cash benefit, unless a direct settlement is made with the local transport company.

Learning subsidies

The actual costs of learning support, such as tutoring

However, you should first speak to your child's teacher. They must certify the need for support.

Lunch for school, daycare centre and after-school care

Lunch at all-day schools, after-school care centres or day nurseries at no extra cost to parents.

Benefits for participation

Parents can receive money for their children's participation in cultural, sports and leisure activities; for example, if the children take

- Take music lessons,
- are members of a sports club,
- attend courses at adult education centres,
- go to a museum, theatre or musical.
- Parents can receive 15 euros per month for each child.

Where and how can the benefits for education and participation be applied for?

There are two ways to apply for education and participation benefits:

1. Do you receive social welfare, child supplement or housing benefit? Then you must submit the application to the district administration. You can find your contact person for the application for education and participation [here](#).
2. Do you receive citizen's allowance? Then you must submit the application to the [job centre](#) in your place of residence.
You can obtain **application forms** from your local contact person, at your child's school or [here](#).

Possibility of counselling

If you have any questions about the application process, the "Education and Participation" counselling team will be happy to help.

You can reach the BuT counselling service here:

 [BuT counselling website](#)

 [030 - 577130040](tel:030-577130040)

@i [nfo@but](mailto:nfo@but-beratung.de) -beratung.de

Counselling is free of charge. Counselling is also available in English, Arabic, Russian and Turkish.

Child benefit - child supplement

Child benefit in Germany is a benefit based on family policy. It is part of the equalisation of burdens for families. The Family Benefits Office of the Federal Employment Agency supports you with child benefit. You can also receive a child supplement. And other financial assistance.

Your income is low. You can only use it to pay for your own living expenses. Your income is not enough for your family. Then you can get the child supplement.

You can apply for child supplement and child benefit directly online!

You can find more information here: [Family benefits office](#)

People living with disabilities

Integration support

People with disabilities often need support in different areas of life. This support is to be provided in particular by the services of the integration assistance. The goal is to participate in life in the most self-determining way possible, which makes it possible for those affected to be able to plan and lead their lives in the most self-determining and independent way possible.

People who have physical, mental, intellectual or sensory impairments are eligible for benefits.

The services of integration assistance include:

- Medical rehabilitation services,
- Services for participation in working life,
- Services for participation in education and
- Social participation benefits.

An application for integration assistance must be submitted to the [Social Welfare Office](#) of the [Birkenfeld district administration](#).

More information on integration assistance in the Birkenfeld district can be found [here](#).

Special-needs nursery (Förderkindergarten)

Children with special needs who cannot or cannot sufficiently be supported in regular facilities can attend a special-needs nursery.

In the Birkenfeld district, there is the 'Mosaik' nursery run by Lebenshilfe Idar-Oberstein. You can find more information on the topic [here](#).

Förderschule (special needs school)

Pupils who have been identified by the school authorities as having special educational needs and whose parents have chosen this place of learning attend special-needs schools. You can find more information about special-needs schools [here](#).

Youth welfare office

Youth welfare offices in the district of Birkenfeld

The youth welfare office supports young people and their parents or guardians. It helps with parenting in the family and outside the family.

Children's rights are important. Every child deserves to be respected and loved. Do you have a child? Then bring it up in accordance with children's rights. You can find out more [here](#).


Unaccompanied minor refugees are also subject to youth welfare law. This means: the case goes to the youth welfare office.

Are you a child or young person and have problems? Then you can contact the youth welfare office.

When should you contact the youth welfare office?

- Do you have difficulties with your child that you would like help and support with?
 - Is your ex-partner unwilling to pay maintenance?
 - Do you sometimes feel completely overwhelmed as a single parent and are afraid you won't be able to control yourself? Simply take the first step and ask your local youth welfare office for help. The fear that your children will be taken away from you is almost always unfounded.
-

After all, this is the very last option that youth welfare offices will choose to protect minors.

- If you witness an extreme attack on a child, always call the police at  [110](tel:110)
- In other cases, it may be wiser not to confront the parents or guardian directly and confront them. It can be helpful to report the incident to the youth welfare office, which can also deal with your concerns anonymously if you wish.
- If the child's welfare is jeopardised by neglect, abuse or maltreatment, the family court will intervene if the child's endangerment cannot be averted in any other way.

Services and support on the following topics:

- Adoptions
- Guardianships, notarisations
- Parental allowance
- Family holidays
- Holiday care
- Promotion of extracurricular youth education
- Help with upbringing
- Youth social work
- Youth education centre
- Day care centres
- Child day care
- Child and youth protection
- School social work
- Maintenance, advance maintenance payments
- Guardianships, curatorships

[Here](#) you [will](#) find further information on the services provided by the Youth Welfare Office.

Appointments at the youth welfare offices in the district of Birkenfeld

Depending on where you live, you can contact the youth welfare offices in different ways. You can call, visit in person, send an e-mail or visit the website online.

If you live in Idar-Oberstein, the town's youth welfare office is responsible for you.

Youth welfare office of the town of Idar-Oberstein

 [Auf der Idar 17, 55743 Idar-Oberstein](#)


 [06781-64 0](tel:06781-640)

 [@jugendamt@idar-oberstein.de](mailto:jugendamt@idar-oberstein.de)

 www.idar-oberstein.de

Youth welfare office of the Birkenfeld district administration

 [Schneewiesenstraße 25, 55765 Birkenfeld](#)

 [06782- 150](tel:06782-150)

 [@c.enders@landkreis-birkenfeld.de](mailto:c.enders@landkreis-birkenfeld.de)

 https://www.landkreis-birkenfeld.de/city_info/web...

Senior citizens

In the district of Birkenfeld, the [senior citizens' office of](#) the district administration looks after the needs of senior citizens.

Are you in need of care and require assistance?

The [care support centre](#) will help you with all your care-related questions.