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Family planning, pregnancy, birth and parenthood

Sexuality, contraception and health

Family planning and sexuality

Everyone decides for themselves how they want to live their sexuality and with whom. You also decide for yourself whether you want children, when you want to have children and how many.

This is called the right to family planning and the right to sexual self-determination.

You can find multilingual information on the topic of sexuality here:

■ www.zanzu.de

Sexual counselling

At a sexual counselling session, you can talk about your sexuality calmly and safely. You can ask questions about your body, sexual orientation or your own feelings.

You can also talk about experiences of sexual violence.

You can find important counselling centres here:

Pro familia - Advice centre Grüner Turm Ravensburg

■ [Grüner-Turm-Straße 14, 88212 Ravensburg](https://www.profamilia.de/gruener-turm-strasse-14-88212-ravensburg)

■ [07512/4343](tel:075124343)

■ ravensburg@profamilia.de

Pro familia - Counselling Centre Konstanz

■ [Reichenastr. 5a, 78467 Konstanz](https://www.profamilia.de/reichenastr-5a-78467-konstanz)

■ [07531/26390](tel:0753126390)

■ konstanz@profamilia.de

Questions about sexuality, family planning, pregnancy and parenthood can also be answered by the [pregnancy counselling centres](#).

Contraception

There are various ways to avoid becoming pregnant or to protect yourself from sexually transmitted diseases. For example: barrier methods such as the condom or hormone methods such as the pill.

You can find multilingual information on the subject of contraception at

■ www.zanzu.de

■ www.profamilia.de

■ A condom protects against sexually transmitted diseases, for example HIV.

■ You can find out more about contraceptive methods from a gynaecologist.

AIDS counselling

The AIDS counselling service can help if you have questions about AIDS. For example with HIV infection or AIDS disease, questions about risk groups, questions about new relationships.

Health Department, Lake Constance District Office

Dr Hannah Krüger

■ [Albrechtstr. 75, 88045 Friedrichshafen](#)

■ [07541/204-5860](#)

■ gesundheitsamt@bodenseekreis.de

■ Consultation hours: Thursday, 15:00 - 17:00 (without prior appointment)

■ www.bodenseekreis.de

The [AIDS-Hilfe Konstanz](#) is located in Constance and Singen.

Unwanted pregnancy

If you are pregnant and do not want to have the baby, you have the option of terminating the pregnancy. This is called a termination of pregnancy. This is possible in Germany under certain rules.

Before an abortion is performed, you must first go to a counselling session. During the counselling session, the counsellors will talk to you about all the options. They will answer your questions - about the law and about medicine.

The decision is yours alone. Only you decide whether or not to terminate the pregnancy.

Pregnancy conflict counselling for unwanted pregnancies

Diakonisches Werk at the Friedrichshafen location

■ [Scheffelstraße 37, 88045 Friedrichshafen](#)

■ [07541/32300](#)

■ dbs@diakonie-oab.de

■ www.diakonie-oab.de

Diakonisches Werk in Überlingen

■ [Christophstraße 31, 88662 Überlingen](#)

■ [07551/918990](#)

■ ueberlingen@diakonie-ueberlingen.de

■ www.diakonie-ueberlingen.de

Diakonisches Werk at the Markdorf location

■ [Weinsteig 1, 88677 Markdorf](#)

■ [07544/91172](#)

■ markdorf@diakonie-ueberlingen.de

■ www.diakonie-ueberlingen.de

■ Call and make an appointment for counselling.

Multilingual information on unwanted pregnancy can be found here:

■ www.zanzu.de

Helpline for pregnant women in need

Pregnant and the world is upside down?

Call anonymously and confidentially: ■ [0800/4040020](tel:08004040020)

■ www.schwanger-und-viele-fragen.de

Pregnant and nobody can know?

Call anonymously and confidentially: ■ [0800/4040020](tel:08004040020)

■ www.bodenseekreis.de/vertrauliche-geburt/

Pregnancy and birth

There are many possibilities to get advice and support during pregnancy and upcoming birth. You can find advice centres [on this page here](#).

During pregnancy

If you are pregnant, it is best to go to a gynaecologist. Have the preventive medical checkups done there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy and your and your child's health.

■ You can be cared for by a midwife. As soon as you know that you are pregnant, you should contact a midwife immediately. Ask your gynaecological practice or a counselling centre for support. You can also search for a midwife [here](#).

■ You can attend a birth preparation class that prepares you for the birth. Birth preparation courses are recommended from the 25th week of pregnancy (six to seventh month of pregnancy).

Birth

Your gynaecological practice will refer you to a maternity clinic. For the birth you should register personally in the hospital beforehand. Usually, this is possible from the 34th week of pregnancy (eight month of pregnancy). The hospital also offers information evenings with guided tours of the delivery room.

You will receive a birth certificate from the clinic.

After the birth

- **Registration at the registry office**

Newborn children must be registered with the [registry office](#) and, if applicable, the accommodation management. The maternity clinic takes over the notification of the birth at the registry office. There you will receive the (possibly provisional) birth certificate for your child together with your identity card, the birth certificate of the clinic and, if available, your marriage certificate.

Please submit only original documents. For documents in foreign languages, an officially certified German translation is required.

If you live in shared accommodation for refugees, give a copy of the birth certificate to your accommodation manager so that your child can be registered.

- **Postnatal exercise courses**

In postnatal exercise courses, the pelvic floor is specifically strengthened and the spinal column muscles are trained. This is important to prevent discomfort before you can start with fitness. There are also courses you can take your baby to. Very often midwives offer these kind of courses. You can start about 6-8 weeks after giving birth. Your health insurance will cover a part of the costs of the course! Ask your midwife, gynaecologist or a counselling centre for help in finding a course.

- **Pediatrician**

There are ten screening tests (U1-U9 and J1). Thus, the child is being regularly checked until its sixth year. The U1 (examination after birth) and U2 examinations are usually still carried out at the clinic. For further examinations you must make an appointment with your paediatrician.

- **Early help ("Frühe Hilfen")**

For (expectant) parents or parents with children from 0-3 years there are many support offers. They are called ["Frühe Hilfen"](#).

- **Family get-togethers in the Bodenseekreis**

In the [family get-togethers](#) there are also many offers. There are, for example, baby meetings, family midwifery consultations, toddler groups, parent-child groups and much more.

Advice and support during pregnancy and birth

A child changes lives. A pregnancy and a birth can therefore raise many questions. You can ask your gynaecologist about this or contact a pregnancy advice centre. They provide advice on questions, problems and concerns during pregnancy.

■ Counselling is not only intended for pregnant women; partners or couples also have questions and can find answers there.

Pregnancy advice centres

Caritas Bodensee-Oberschwaben in Friedrichshafen

■ [Katharinenstrasse 16, 88045 Friedrichshafen](#)

■ [07541/30000](#)

■ friedrichshafen@caritas-bodensee-oberschwaben.de

■ www.caritas-bodensee-oberschwaben.de

Caritasverband Dekanat Linzgau in Überlingen

■ [Johann-Kraus-Straße 3, 88662 Überlingen](#)

■ [07551/83030](#)

■ info@caritas-linzgau.de

■ www.caritas-linzgau.de

Diakonisches Werk in Friedrichshafen

■ [Scheffelstraße 37, 88045 Friedrichshafen](#)

■ [07541/32300](tel:0754132300)
■ dbs@diakonie-oab.de
■ www.diakonie-oab.de

Diakonisches Werk in Überlingen

■ [Christophstraße 31, 88662 Überlingen](#)
■ [07551/918990](tel:07551918990)
■ ueberlingen@diakonie-ueberlingen.de
■ www.diakonie-ueberlingen.de

Diakonisches Werk in Markdorf

■ [Weinsteig 1, 88677 Markdorf](#)
■ [07544/91172](tel:0754491172)
■ markdorf@diakonie-ueberlingen.de
■ www.diakonie-ueberlingen.de

Family education department / Fachstelle Familienbildung im Jugendamt, Landratsamt Bodenseekreis

Lucia Beckesch
■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)
■ [07541/2045443](tel:075412045443)
■ lucia.beckesch@bodenseekreis.de
■ www.bodenseekreis.de

The list of **family get-togethers** can be found ■ [here](#). You can find further information ■ [here](#).

Help phone for pregnant women in need

Pregnant and the world is upside down?

Call anonymously and confidentially: ■ [0800/4040020](tel:08004040020)
■ www.schwanger-und-viele-fragen.de

Pregnant and no one should know about it?

Call anonymously and confidentially: ■ [0800/4040020](tel:08004040020)
■ www.bodenseekreis.de/vertrauliche-geburt/

Further information about pregnancy

■ www.profamilia.de
■ www.profamilia.de

Family benefits

Parental leave

In Germany, the state supports you in raising your children. Employees are entitled to parental leave until the child's third birthday.

Parental leave offers you the opportunity to look after your child. You can work up to 30 hours a week during parental leave, but you do not have to. Your job will remain and may not be terminated by the employer.

■ Mothers and fathers can take parental leave alone or together.

You must submit the application for parental leave to your employer no later than seven weeks before the start of parental leave. After parental leave, your employer must usually offer you an equivalent job.

Parental benefits

Parental benefits are a state support for parents who look after their child themselves during the first child's 14 months of life. Since they cannot work, or cannot work full-time, they receive parental benefits.

■ Parents who were not employed before the birth also receive parental benefits.

■ Parents who are separated can also claim the parental benefits.

The amount of the parental benefits depends on the level of income. It amounts to about two thirds of the income before birth - at least 300 euros and 1,800 euros at most.

There are twelve monthly amounts of parental benefits for the parents. If mother and father share the parental allowance and their income is lost, they will receive a maximum of 14 monthly amounts of parental allowance together.

■ You can also claim parental benefits if you have a residence permit or a permanent permit in Germany.

[You can find the application for parental allowance at the L-Bank here.](#)

More detailed information in German, English, Turkish and Russian can be found [here](#).

Child benefits and child supplement

All parents with a settlement or residence permit in Germany are entitled to child benefits.

Child benefit is paid for each child starting from the child's birth reaching until its 18th birthday at least. If your child is in education or studying, the entitlement is extended up to a maximum of its 25th birthday.

For the first two children you will receive about 200 euros per child per month. From the third child onwards, the child benefit increases a little.

You must apply for child benefit yourself at the [Federal Employment Agency](#).

■ The German state also supports **families with low income** through the so-called child allowance ("Kinderzuschlag"). The application for a child supplement can be obtained from the family fund www.familienkasse.de

More detailed information in German, English, Turkish and Russian can be found [here](#).

Do you need advice on family benefits?

The [pregnancy advice centres](#) also provide information on parental leave, parental benefit and child benefit.

Information on all financial benefits can be found in the following flyers:

[Start opportunities for young families](#)

[Becoming a parent without money](#)

Registry office and custody

Registry office

The registry office has several tasks. The birth of a child must be reported to the registry office in person. The registry office is also responsible for registering marriages.

The tasks at a glance

- Conclusion of marriages and civil partnerships
- Recognition of paternity
- Leaving the church
- Name changes
- Issuing certificates (birth certificate, death certificate)

■ Contact the registry office in your [municipality or town](#).

Recognition of paternity

Sometimes the parents of a child are not married at birth. In this case, a legal acknowledgement of paternity is important. By recognising paternity, the father and child are legally related to each other.

■ The child's mother must agree to the acknowledgement of paternity.

Procedure: Recognition of paternity

When?

Before or after the birth of the child.

Where?

At the youth welfare office, registry office, notary or local court.

How?

By public deed on presentation of the identity card/passport of the respective parent.

Registration of paternity

The registry office enters the father on the child's birth certificate.

Youth Welfare Office, Landratsamt Bodenseekreis

■ [Albrechtstraße 75, 88045 Friedrichshafen](https://www.albrechtstrasse75.de)

■ [07541/2045129](tel:075412045129) / [07541/2045124](tel:075412045124) / [07541/2045624](tel:075412045624)

■ jugendamt@bodenseekreis.de

■ www.bodenseekreis.de

Child maintenance

Parents are obliged to support their children. This means that they are also financially responsible for their children.

■ The maintenance obligation applies to each parent and continues to apply even in the event of separation.

You can find more information about maintenance, advance maintenance and childcare maintenance [in this flyer](#).