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## Children, youth and family

### Basic information on children, youth and family

Children, young people and families enjoy special protection in Germany. This protection begins during pregnancy and continues until the child reaches the age of 18.

The Youth Welfare Office supports parents and guardians in the upbringing, care and education of children and young people. It is the point of contact for all related questions, uncertainties and problems.

💡 The following applies: Better too early than too late!

### Pregnancy and birth

Pregnant women are under special protection in Germany. They are allowed to seek counselling. You will be cared for by a doctor. If you are pregnant, you must first go to a gynaecologist (gynaecologist). Have the check-ups carried out there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy. It also contains information about your health. And that of your child. Always take your maternity record with you in case of emergencies.

### Pregnancy counselling

#### Diakonisches Werk

📍 Bahnhofstraße 29, 49716 **Meppen**

☎ [+49 \(0\) 593198150](tel:+49593198150)

@ [dw-meppen@diakonie-emsland.de](mailto:dw-meppen@diakonie-emsland.de)

🌐 [www.diakonie.de](http://www.diakonie.de)

📍 Bögenstraße 7, 49808 **Lingen**

☎ [+49 \(0\) 591800410](tel:+49591800410)

@ [dw-lingen@diakonie-emsland.de](mailto:dw-lingen@diakonie-emsland.de)

📍 Landsbergstraße 9, 26871 Papenburg

☎ [+49 \(0\) 496198880](tel:+49596198880)

@ [dw-papenburg@diakonie-emsland.de](mailto:dw-papenburg@diakonie-emsland.de)

#### Sozialdienst kath. Frauen e.V. Meppen - Emsland Mitte

📍 Nagelshof 21 b, 49716 Meppen

☎ [05931/98410](tel:0593198410)

@ [info@skf-meppen.de](mailto:info@skf-meppen.de)

🌐 [www.skf-meppen.de](http://www.skf-meppen.de)

#### Sozialdienst kath. Frauen e. V. Lingen

📍 Burgstraße 30, 49808 Lingen

☎ [0591/800620](tel:0591800620)

@ [info@skf-lingen.de](mailto:info@skf-lingen.de)

🌐 [www.skf-lingen.de](http://www.skf-lingen.de)

### **Sozialdienst kath. Frauen e. V. Esterwegen**

📍 Hauptstraße 50, 26897 Esterwegen

☎ [05955/2871](tel:059552871)

@ [info@skf-esterwegen.de](mailto:info@skf-esterwegen.de)

### **Caritasverband für den Landkreis Emsland**

Kirchstraße 16, 26871 **Papenburg**

☎ [04961/94410](tel:0496194410)

@ [inoormann@caritas-os.de](mailto:inoormann@caritas-os.de) oder [vbrinker@caritas-os.de](mailto:vbrinker@caritas-os.de)

🌐 [www.caritas-os.de](http://www.caritas-os.de)

📍 Am Markt, 49751 **Sögel**

☎ [05952/93700](tel:0595293700)

@ [mrohjans@caritas-os.de](mailto:mrohjans@caritas-os.de)

Außensprechstunde Werlte

📍 Hauptstraße 73, 49757 **Werlte**

☎ [05952/93700](tel:0595293700) (Terminabsprache über Sögel)

### **pro familia Lingen**

Lookenstraße 26, 49808 Lingen

☎ [0591/12078437](tel:059112078437)

@ [lingen@profamilia.de](mailto:lingen@profamilia.de)

🌐 [www.profamilia.de/lingen](http://www.profamilia.de/lingen)

## **Pregnancy counselling**

### **donum vitae emsland e.V.**

🌐 <https://emsland.donumvitae.org/>

🕒 Monday to Friday from 8.30 - 11.30 a.m. and Monday to Wednesday from 3.00 - 5.00 p.m.

Beratungsstelle Lingen

📍 Am Wall-Süd 21, 49808 **Lingen**

☎ [0591/8079820](tel:05918079820)

@ [lingen@emsland.donumvitae.org](mailto:lingen@emsland.donumvitae.org)

Beratungsstelle Meppen

📍 Margaretenstraße 25, 49716 **Meppen**

☎ [05931/599324](tel:05931599324)

@ [meppen@emsland.donumvitae.org](mailto:meppen@emsland.donumvitae.org)

Beratungsstelle Papenburg

📍 Kirchstraße 29, 26871 **Papenburg**

☎ [04961/779990](tel:04961779990)








@ [papenburg@emsland.donumvitae.org](mailto:papenburg@emsland.donumvitae.org)

Beratungsstelle Werlte

📍 Am Markt 7, 49757 **Werlte**

☎ [04961/779990](tel:04961779990)

@

[werlte@emsland.donumvitae.org](mailto:werlte@emsland.donumvitae.org) Every Monday and Thursday (appointments can be made via Papenburg)**Diakonisches Werk** Bahnhofstraße 29, 49716 **Meppen** [05931/98150](tel:0593198150) [@dw-meppen@diakonie-emsland.de](mailto:@dw-meppen@diakonie-emsland.de) [www.diakonie.de](http://www.diakonie.de) Bögenstraße 7, 49808 **Lingen** [0591/800410](tel:0591800410) [@dw-lingen@diakonie-emsland.de](mailto:@dw-lingen@diakonie-emsland.de) Landsbergstraße 9, 26871 **Papenburg** [04961/98880](tel:0496198880) [@dw-papenburg@diakonie-emsland.de](mailto:@dw-papenburg@diakonie-emsland.de)**The help hotline for pregnant women in need:**  [08004040020](tel:08004040020)**Midwife**

Midwives support women and their families from the beginning of pregnancy to the end of breastfeeding. Midwives provide counselling during pregnancy. They can help with the birth. After the birth, they introduce breastfeeding. They also take care of the woman's physical and psychological recovery. Every woman can call on the help of a midwife. Most services are covered by health insurance.

The [Hebammenzentrale Emsland](#) helps with the search for a midwife. The work of the midwife centre is free of charge.

**Delivery and aftercare**

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there for a midwife or obstetric nurse for aftercare. You will receive a birth certificate from the clinic.

**You can find help after the birth here:** [Welcome - Practical help for families after the birth](#)

**Evangelisches Dorfhelferinnenwerk Niedersachsen e.V.:**

[Village helpers](#) support you in the household and look after your family if you are unable to do so due to health reasons. They provide your children with everything they need: Nappy changing, dressing, feeding, comforting and much more. You will take them to kindergarten and school, pick them up, eat and play with them and supervise their homework.

**Notification to the registry office**

Newborn children must be registered with the [registry office](#). Do you live in accommodation? Then the birth must be reported to the management. The maternity clinic will register the birth

with the registry office. There you will receive the (provisional) birth certificate for your child. Bring your identity card with you. You will also need the birth certificate from the clinic. Are you married? Bring your marriage certificate with you.

💡 Please only present original documents. If your documents are in a foreign language, an officially certified German translation is required.

👨👩👧👦 Do you live in shared accommodation? Give your accommodation manager a copy of your birth certificate. Your child will then be registered.

## Paediatricians

There are ten early detection examinations (U1-U9 and J1). This means that your child will be examined regularly until the age of 6. The paediatrician monitors your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with [your paediatrician](#).

💡 At Kita-Anmeldung you may be asked to provide proof of complete early detection examinations.

## Childcare

### Day care centre

Kita is a term for children's day care centre. Your child can attend a day care centre. Your child must be at least one year old. Your child will be looked after there by nursery teachers. It will learn many important things. Some centres also accept children under the age of one.

Are you looking for a place in a daycare centre? Then contact your local town or municipal administration.

### Child day care

Parents are entitled to a childcare place for children from the age of one. You can choose between child day care and a day care centre for children between one and three years of age. The children are looked after by a permanent carer in a small group. The local family centres are the point of contact for finding a childcare place.

## Costs

Attending a day care centre is generally free of charge for children from the age of three until they start school.

In many cases, the fees for the day care centre or child day care are paid by the city or district. In the case of day care centres, you must submit an application to the municipality; in the case of day care centres, you must submit an application to the [youth welfare office](#).

Crèche, kindergarten and after-school care are different types of daycare centres for different age groups.

💡 Your child can learn the German language and discover new things at the daycare centre. They will also socialise with other children and get to know friends and the German culture. Take

advantage of this opportunity, it is important for your child's future. Attending a day care centre also helps to prepare your child for school.

💡 Unfortunately, there are not always enough places in the immediate vicinity of your home or accommodation. To find a place, ask your local authority, the [youth welfare office](#) or your accommodation service.

## Crèche

The crèche is a facility for children aged 1 to 3 years. In the crèche, children are supported in their development by specially trained staff in small groups. Attention and care from the carers are particularly important here.

## Kindergarten

The kindergarten is a facility for children from the age of 3 until they start school. In the kindergarten, the children can play, paint, do handicrafts and learn with other children. In the last year of kindergarten, the children also have regular pre-school lessons to prepare them for starting school. There are private and public kindergartens. Whether attending kindergarten costs you anything depends on the kindergarten and where you live.

## (Primary) school children up to the age of 13

There are also after-school care options for school children up to the age of 13. There are many different childcare models, such as after-school care, lunchtime care or all-day school. In all models, children are supported in completing their homework. In addition, leisure activities are not neglected. You can find out which childcare model is available for (primary) school children in your town or municipality from your primary school, municipality or youth welfare office.

## Family centres

Families should feel comfortable and valued in the Emsland district. Families sometimes need help, advice or support in their everyday lives. That's what family centers are for. They are found in every city, town and community.

### What is a family center?

A family center is a place for parents and their children. They help and advise if you have any problems or questions. There are various offers for parents and children. Help and offers are combined here.

### What do family centers offer?

- They help if you need care for your child.
- They find solutions for childcare. Especially during the holidays or when the daycare is closed.
- They provide parents with further education, for example about parenting and nutrition.
- They advise on problems in the family, parenting or other questions. If you have problems, they refer you to advice centers.
- There are joint meetings here, such as toddler groups (mothers with babies).
- Here there are volunteers. They provide support and help in the family or daycare center.

## Where can I find a family center near me?

Here:

### **Bawinkel: Familienzentrum der SG Lengerich**

📍 Prinzenweg 2, 49844 Bawinkel

☎ [05969981864](tel:05969981864)

@ [fz-kita-bawinkel@t-online.de](mailto:fz-kita-bawinkel@t-online.de)

### **Dörpen: Familienzentrum der SG Dörpen**

📍 Astrid-Lindgren-Straße 1, 26892 Dörpen

☎ [049639197731](tel:049639197731)

@ [familienzentrum@kita-st-elisabeth-doerpen.de](mailto:familienzentrum@kita-st-elisabeth-doerpen.de)

### **Emsbüren: Familienzentrum Emsbüren**

📍 Papenstraße 15, "Alte Amtsvogtei", 48488 Emsbüren

☎ [059034809864](tel:059034809864) oder [01741717953](tel:01741717953)

@ [info@familienzentrum-emsbueren.de](mailto:info@familienzentrum-emsbueren.de)

### **Esterwegen: Familienzentrum Nordhümmling**

📍 Zum Dorfplatz 15, 26897 Esterwegen

☎ [05955532](tel:05955532)

@ [fz@kita-esterwegen.de](mailto:fz@kita-esterwegen.de)

### **Freren: Familienzentrum der SG Freren**

📍 Markt 1, 49832 Freren

☎ [05902950456](tel:05902950456)

@ [familienzentrum@freren.de](mailto:familienzentrum@freren.de)

### **Geeste: Familienzentrum Geeste**

📍 Huberta-Roggendorf-Straße 12, 49744 Geeste

☎ [059379189985](tel:059379189985)

@ [familienzentrum.geeste@web.de](mailto:familienzentrum.geeste@web.de)

### **Haren: Familienzentrum Sankt Elisabeth**

📍 Kirchstraße 29, 49733 Haren

☎ [0593250033441](tel:0593250033441)

@ [familienzentrum@martinus-haren.de](mailto:familienzentrum@martinus-haren.de)

### **Haselünne: Familienzentrum Sankt Vincentius**

📍 Holzbaumweg 3, 49740 Haselünne

☎ [05961262](tel:05961262) oder [0596112009411](tel:0596112009411)

@ [familienzentrum-haseluenne@web.de](mailto:familienzentrum-haseluenne@web.de)

### **Herzlake: Familienzentrum Sankt Nikolaus**

📍 Heinrich-Kottmann-Straße 2, 49770 Herzlake

☎ [059621234](tel:059621234)

@ [kath.kindergarten-herzlake@ewetel.net](mailto:kath.kindergarten-herzlake@ewetel.net)

### **Lathen: Familienzentrum Purzelbaum**

📍 Wahner Straße 13, 49762 Lathen

☎ [059336468245](tel:059336468245)

@ [familienzentrum.purzelbaum@lathen.de](mailto:familienzentrum.purzelbaum@lathen.de)

**Lingen: Familienzentrum Arche Noah**

📍 Loosstraße 37a, 49809 Lingen

☎ [05913580](tel:05913580)

@[kts.johannes.lingen@evlka.de](mailto:kts.johannes.lingen@evlka.de)

**Lingen: Familienzentrum Sankt Bonifatius**

📍 Burgstraße 21a, 49808 Lingen

☎ [05918227](tel:05918227)

@[kika.bonifatius@ewetel.net](mailto:kika.bonifatius@ewetel.net)

**Lingen: Familienzentrum Christ König**

📍 Am Reinelhof 2, 49809 Lingen

☎ [05912315](tel:05912315)

@[kiga-christ-koenig@web.de](mailto:kiga-christ-koenig@web.de)

**Lingen: Familienzentrum Gebrüder Grimm**

📍 Elsterstraße 1, 49808 Lingen

@[familienzentrum-grimm@mk-lingen.de](mailto:familienzentrum-grimm@mk-lingen.de)

**Lingen: Familienzentrum Sankt Josef**

📍 Josefstraße 19, 49809 Lingen

☎ [05919669152](tel:05919669152)

@[kita.st.josef.laxten@web.de](mailto:kita.st.josef.laxten@web.de)

**Meppen: Familienzentrum Sankt Margareta**

📍 Damaschkering 3, 49716 Meppen

☎ [059313580](tel:059313580)

@[st.margareta-kindergarten@ewetel.net](mailto:st.margareta-kindergarten@ewetel.net)

**Meppen: Familienzentrum Sankt Vitus**

📍 Kanalstraße 30, 49716 Meppen

☎ [059318227](tel:059318227)

@[mail@st.vitus-meppen.de](mailto:mail@st.vitus-meppen.de)

**Meppen: Familienzentrum Sankt Ansgar**

📍 Rosenstraße 29, 49716 Meppen

☎ [05931847395](tel:05931847395)

@[familienzentrum-ansgar@meppen-west.de](mailto:familienzentrum-ansgar@meppen-west.de)

**Papenburg: Familienzentrum David**

📍 Barenbergstraße 28, 26871 Papenburg

☎ [049617088](tel:049617088)

@[alexandra.nee@evlka.de](mailto:alexandra.nee@evlka.de)

**Papenburg: Familienzentrum Sankt Michael**

📍 Spillmannsweg 12, 26871 Papenburg

☎ [0496171339](tel:0496171339) oder [01633452143](tel:01633452143)

@[familienzentrum-st.michael-papenburg@kita-bistum-os.de](mailto:familienzentrum-st.michael-papenburg@kita-bistum-os.de)

**Papenburg: DRK Familienzentrum Regenbogenland**

📍 Am Volkspark 22, 26871 Papenburg

☎ [0496191232040](tel:0496191232040)

@[familienzentrum@drk-emsland.de](mailto:familienzentrum@drk-emsland.de)



### **Papenburg/ Aschendorf: Familienzentrum Sankt Amandus**

📍 Schulstraße 31, 26871 Aschendorf

☎ [04962700](tel:04962700)

@ [familienzentrum-st.amandus-aschendorf@kita-bistum-os.de](mailto:familienzentrum-st.amandus-aschendorf@kita-bistum-os.de)

### **Rhede: Familienzentrum Sankt Nikolaus**

📍 Kolpingstraße 1, 26899 Rhede

☎ [04964958552](tel:04964958552)

@ [familienzentrum.st.nikolaus@ewe.net](mailto:familienzentrum.st.nikolaus@ewe.net)

### **Salzbergen: Familienzentrum Salzbergen**

📍 Bahnhofstraße 3, 48499 Salzbergen

☎ [059767894943](tel:059767894943) oder [01602317160](tel:01602317160)

@ [beckmann@salzbergen.de](mailto:beckmann@salzbergen.de)

### **Spelle: Familienzentrum "Haus der Familie"**

📍 Hauptstraße 43, 48480 Spelle

☎ [05977937190](tel:05977937190)

@ [familienzentrum@spelle.de](mailto:familienzentrum@spelle.de)

### **Sögel: Familienzentrum Sankt Jakobus**

📍 Prinzenkamp 1, 49751 Sögel

☎ [05952969260](tel:05952969260)

@ [grote@kiga-jakobus.de](mailto:grote@kiga-jakobus.de)

### **Twist: Familienzentrum Twist**

📍 Flensbergstraße 7, 49767 Twist

☎ [05936919720](tel:05936919720)

@ [familienzentrum-twist@ewetel.net](mailto:familienzentrum-twist@ewetel.net)

### **Werlte: Familienzentrum Sankt Sixtus**

📍 Marktstraße 23, 49757 Werlte

☎ [059519949640](tel:059519949640)

@ [anna@kiga-werlte.de](mailto:anna@kiga-werlte.de)

## **Language and family education programmes**

Language education starts at home when children talk to their parents. It continues later in the daycare centre. There are programmes such as „**Rucksack KiTa**“, „**Griffbereit**“ und „**griffbereitMINI**“. These are programmes that support children and parents with an international history in language education. These programmes also support the daycare centres in helping the children to learn. It is recognised that it is a great skill when children and families speak several languages.

The programmes are all free! They are presented here:

### **Rucksack KiTa**

The programme **Rucksack KiTa** is aimed at children between the ages of 4 and 6 with an international family history as well as their parents/families and educational institutions. The aim is for children to learn German better in daycare centres, but for their family language to remain important. It is a programme for families in which parents learn how they can best support their

children in their development and in learning German. The programme takes place once a week for two hours.

You can find more information about this programme here:

<https://tinyurl.com/Rucksack-Kita>

You can take advantage of the programme at these locations **Rucksack KiTa** programme at these locations:

#### **Familienzentrum DRK Papenburg**

Kita Homeric

📍 Homerichstraße 8, 26878 Papenburg

☎ [04961-91232040](tel:04961-91232040) oder [0172-4034530](tel:0172-4034530)

@[familienzentrum@drk-emsland.de](mailto:familienzentrum@drk-emsland.de)

#### **Familienzentrum DRK Papenburg**

Kita Regenbogenland

📍 Am Volkspark 22, 26878 Papenburg

☎ [04961-91232040](tel:04961-91232040) oder [0172-4034530](tel:0172-4034530)

@[familienzentrum@drk-emsland.de](mailto:familienzentrum@drk-emsland.de)

#### **Familienzentrum Sankt Michael**

📍 Spillmannsweg 12, 26871 Papenburg

☎ [04961-71339](tel:04961-71339) oder [0163-3452143](tel:0163-3452143)

@[familienzentrum-st.michael-papenburg@kita-bistum-...](mailto:familienzentrum-st.michael-papenburg@kita-bistum-...)

#### **Familienzentrum Purzelbaum**

📍 Heidswiesmoor 5, 49762 Lathen

☎ [05933-6468245](tel:05933-6468245)

@

[familienzentrum.purzelbaum@lathen.de](mailto:familienzentrum.purzelbaum@lathen.de)

#### **Familienzentrum Sankt Ansgar**

Gemeindehaus Maria zum Frieden

📍 Pfarrer-Orgaß-Stiege 19, 49716 Meppen

☎ [05931-847395](tel:05931-847395)

@[familienzentrum-ansgar@meppen-west.de](mailto:familienzentrum-ansgar@meppen-west.de)

#### **Familienzentrum Sankt Margareta**

KiTa St. Josef

📍 Josefstraße 12, 49716 Meppen

☎ [05931-3580](tel:05931-3580)

@[st.margareta-kindergarten@ewetel.net](mailto:st.margareta-kindergarten@ewetel.net)

#### **Familienzentrum Sankt Vitus**

📍 Holzbaumweg 3, 49740 Haselünne

☎ [05961-262](tel:05961-262) oder [05961-12009411](tel:05961-12009411)

@[familienzentrum-haseluenne@web.de](mailto:familienzentrum-haseluenne@web.de)

### Kita Emspiraten

📍 Georgstraße 34, 49733 Haren

☎ [05932-7346011](tel:05932-7346011)

@

[emspiraten-kinderland@vitus.info](mailto:emspiraten-kinderland@vitus.info)

### Griffbereit

This is a programme for families with and without an international history. It is a multilingual and guided playgroup in which mothers and fathers play together with their children aged 1 to 3 years. The aim is to promote the children's development, improve their language skills and strengthen the togetherness of different cultures, which means understanding each other, helping each other and accepting each other for who we are. The playgroup meets once a week for 1.5 to 2 hours.

You can find more information about this programme here: [Griffbereit ANSICHT 2023.pdf](#)

The programme is available at these locations **Griffbereit:**

#### Familienzentrum DRK Papenburg

Kita Homeric

📍 Homerichstraße 8, 26878 Papenburg

☎ [04961-91232040](tel:04961-91232040) oder [0172-4034530](tel:0172-4034530)

@ [familienzentrum@drk-emsland.de](mailto:familienzentrum@drk-emsland.de)

#### Familienzentrum Samtgemeinde Lengerich

Evangelisches PFarrheim

📍 Hermann-Meier-Straße 3, 49838 Lengerich

☎ [05963-981864](tel:05963-981864)

@ [fz-kita-bawinkel@t-online.de](mailto:fz-kita-bawinkel@t-online.de)

#### Familienzentrum Sankt Vitus

📍 Rosenstraße 30, 49716 Meppen

☎ [05931-8227](tel:05931-8227)

@

[mail@st.vitus-meppen.de](mailto:mail@st.vitus-meppen.de)

### griffbereitMINI

The programme **griffbereitMINI** is a programme for parents with small children and babies aged 0-1 years. Expectant parents can also take part in the programme. This programme is a multilingual and guided playgroup for parents with and without an international background. They play together and learn how best to talk to babies and young children. They speak in different languages, both in the language of the parents and in German. The aim is for the babies and young children to hear a lot of language while playing so that they can learn well. The playgroup meets once a week for 1.5 hours.

You can find more information about this programme here: [GriffbereitMINI ANSICHT.pdf](#)

The programme is available at this location **griffbereitMINI:**

### **Familienzentrum DRK Papenburg**

Haus Global

📍 Am Volkspark 22, 26878 Papenburg

☎ [04961-91232040](tel:04961-91232040) oder [0172-4034530](tel:0172-4034530)

@familienzentrum@drk-emsland.de

### **School for children from 6 to 18 years**

School attendance is compulsory in Germany. The duration of compulsory schooling is twelve years. Children must attend school full-time for nine years. Afterwards, they can also attend school part-time for three years. Would your child like to attend school full-time for the whole time? Then they can do so for 12 years.

💡 After 9 years, your child does not [Berufsausbildung](#)? And doesn't attend any other school? Then your child must attend a full-time school for another year. Compulsory schooling ends at the age of 18. Unless there is a training contract.

Your child must attend school regularly. It is your responsibility to ensure this. School attendance at state and municipal schools is free of charge.

There are different types of schools in Germany. Which school your child goes to depends, among other things, on how old they are, but also on their school performance.

💡 Parents often receive written information from the school that their children bring home with them. It is important that you read this information.

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

### **Parental allowance and child benefit**

#### **Parental allowance**

Have you had a child and are looking after it yourself? Then you are entitled to Elterngeld. One parent receives parental allowance for a maximum of 12 months. Both parents together are entitled to a maximum of 14 months.

The Elterngeld is based on the amount of income lost and amounts to a maximum of 1,800.00 euros. Those not in gainful employment (including students) receive the minimum amount of 300.00 euros.

#### **What is required?**

You live in Germany. You live together with your child. You look after and bring up your child yourself. You do not work at all or at most 32 hours per week. And your taxable income in the last calendar year did not exceed 250,000 euros (for couples, the limit is 300,000 euros). This limit will be reduced to 200,000 euros taxable income for births from 1 April 2024 and to 175,000 euros taxable income for births from 1 April 2025 for couples and single parents.

💡 NOTE: You submit the application in the first 3 months after the birth of your child.

## What documents are required?

- Birth certificate of the child (especially for applying for parental allowance)
- Pay slips for the last 12 months before the birth or before the start of the maternity protection period, if you earned income before the birth.
- Certificate of receipt of maternity benefit after the birth (available from the health insurance fund; does not apply to civil servants)
- Certificate of employer's allowance (alternatively: salary/wage slips for the month of the birth)
- Employer confirmation of parental leave and, if applicable, gainful employment while receiving parental allowance
- In the case of part-time employment during the parental allowance period: a corresponding sample statement from the employer
- Residence permit or settlement permit (if you come from a country that is not a member of the European Union)

## What else should I know?

Parents of children born on or after 1 July 2015 have the choice between the previous **Elterngeld** and the new **ElterngeldPlus**. Both benefits can also be combined. As the new ElterngeldPlus offers many different options for organising parental leave, you can obtain information online or seek personal advice before applying.

You can use the online service "ElterngeldDigital" to conveniently create the application online and submit it as a PDF printout to your parental allowance office. Please do not forget to sign the application and, if applicable, the declaration(s) of income and enclose the required supporting documents.

### Contact details

Elterngeldstelle des Landkreises Emsland  
📍 Herzog-Arenberg-Str. 12, 49716 Meppen  
☎ [05931/44-6311](tel:05931446311)  
✉ [info@emsland.de](mailto:info@emsland.de)  
🌐 [Elterngeldstelle Emsland](#)

The towns of [Lingen](#), [Meppen](#) and [Papenburg](#) have their own parental allowance office.

### You can find more information here:

- [Parental allowance calculator](#)
- [Parental allowance, parental allowance plus and parental leave](#)
- [Federal Parental Allowance Act](#)

## Child benefit

All parents with a settlement or residence permit in Germany are entitled to Kindergeld. You must apply for Kindergeld yourself at the Federal Employment Agency. This agency pays the Kindergeld for every child from birth until at least the age of 18. You can find more detailed information in German, English, Turkish and Russian [here](#).


## Requirements for Kindergeld

You can apply for Kindergeld if:

- Your child is under the age of 18 (under certain conditions you can also apply for and receive Kindergeld for adult children),
- you look after your child regularly and they live in your household (this also applies to stepchildren, grandchildren or foster children) and
- your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page Kindergeld for people living in or from abroad.

The payment of Kindergeld is not dependent on your income. As a general rule, you are only entitled to Kindergeld for children who fulfil the requirements.

Kindergeld Only one person, usually a parent, receives the allowance. If there are several children, the individual amounts are paid out as one sum.

 Under certain conditions, Kindergeld can be paid directly to the child on application.  
Payment of child benefit

## Kindergeld from birth

If your child fulfils the requirements, you can complete the [child benefit application online](#).

## Kindergeld Apply online

If you have a federal ID, you no longer need to print out the online application, but can send it directly to the family benefits office online without signing it.

[Further information](#) can be found on the website of the Federal Employment Agency.

## Package for education and participation (BuT)

Leisure activities, the school trip or a club membership. All of this costs money.

It is therefore often difficult for children and young people from low-income families to realise full participation in social life.

## What are benefits for education and participation?

This is money for children and young people from low-income families. The parents receive the money for certain services that help the children and young people. Especially for events at daycare centres and schools.

Benefits from the education package are usually cash benefits or benefits in kind (in the form of vouchers). You receive them from your [town or municipality](#).

## Who can receive the benefits for education and participation?

Parents can apply for the benefits for all children living in the household. The prerequisite is receipt of one or more of the following benefits:

- Housing benefit
- child supplement
- [Citizen's allowance](#)
- social assistance
- [Asylum seeker benefits](#)

Anyone who does not receive any of the above benefits and cannot cover the child's specific educational and participation needs may be entitled to benefits from the education package according to SGB II and can apply to the relevant [job centre](#).

Pupils in need of assistance up to the age of 25 receive benefits for **education** . They 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 (Kitas) and in child day care 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.

The actual costs of multi-day trips for classes and daycare 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 will be recognised in the 2023 calendar year, 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 sports kit, materials for writing, maths and drawing. If you have more than one child at school, you will receive the money for each child.

- **School transport**

The actual costs of travelling to school for pupils.

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

- **Learning support (tutoring)**

The actual costs of tutoring.

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

- **Lunch for school, daycare centres and after-school care**

Lunch at all-day schools, after-school care centres or daycare centres at no additional 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?

Please submit the applications in good time to your [local authority](#), which will forward the applications, or directly to the district of Emsland.

**Application forms** are available [locally](#) or on the Emsland district [website](#).

 **Important:** You will only find general information here. Please contact your local authority for information on your personal situation.

## Leisure activities for children and young people

Children like to play. Children like to learn. Children like to do sports. There are many opportunities for children in playgrounds, libraries and sports clubs. Children can spend time here with their families. They can also meet up with friends here.

In Emsland you can experience a lot for little money. Whether in or on the water, in the theatre or in the museum, in the forest or in the fields - between Salzbergen and Papenburg there are numerous activities waiting for you that cost little or nothing. Here you can find some inspiration for [family excursions](#).

There is also plenty on offer for **young people**. Here they can spend time together with friends. An overview of all **youth centres** in Emsland can be found [here](#).

You can find **sports clubs** in your neighbourhood at [Sportangebotsfinder](#).

 Further **leisure activities** can be found here:

- [Leisure activities for children, young people, adults and senior citizens](#)
- [Cultural facilities and leisure activities](#)