

## Pregnancy and childbirth

Expecting mothers are subject to special protection in Germany and are entitled to advice, medical care and support with new acquisitions for the child. If you are pregnant, please consult a doctor first and have them carry out screenings. You will then receive a maternity passport (Mutterpass), which identifies you as an expectant mother and also contains important information about your health and the health of your child. Please always carry the Mutterpass with you in case of emergencies. Notify your municipal administration about the upcoming birth. They will check whether there is enough space for the child and will order baby goods.

The birth of a child is a special event in the lives of new parents – an event that brings both joy and uncertainty. When you become a parent, you will encounter new, unfamiliar, stressful and sometimes difficult situations. Parents who need or want to access professional advice, guidance and support in this new phase of life can take advantage of the family advisory services provided by the pregnancy advice service in the district.

## Pregnancy advice centres

Pregnant women and expectant parents have the legal right to access advice on any question concerning pregnancy. These might be issues like potential solutions for psychological/social conflicts relating to a pregnancy, social and economic assistance, and family support services and assistance. Advice is available during pregnancy and up to the third month after childbirth. The child's right to education is limited to one year of age.

### **The following pregnancy advice centres are responsible for families living in the District of Alzey-Worms:**

#### **Advice on pregnancy and pregnancy-related conflicts at the Diakonisches Werk Worms-Alzey**

Beratungszentrum Standort Alzey [Alzey Advisory Centre]

📍 [Schlossgasse 14, 55232 Alzey](#)  
☎ [06731 950313](#) or [06731 950316](#)

Beratungszentrum Standort Worms [Worms Advisory Centre]

📍 [Seminariums-gasse 4-6, 67549 Worms](#)  
☎ [06241 9202928](#) or [06241 9202929](#)

#### **Advice for pregnant women and those who find themselves in emergency situations**

Caritaszentrum Alzey

📍 [Obermarkt 13, 55232 Alzey](#)  
☎ [06731941597](#)

#### **Advisory centre for pregnant women who find themselves in emergency and conflict situations**

Caritas Centre St.Vinzenz

📍 [Kriemhildenstraße 6, 67547 Worms, Germany](#)

☎ [06241268123](#)

pro familia Mainz e.V.

📍 [Quintinsstraße 6, 55116 Mainz](#)

☎ [061312876610](#)

In addition to this, Caritasverband Mainz e.V. also offers special services for immigrants living in the district and their families:

### **Advice for pregnant women and those who find themselves in emergency situations**

“.... als (werdende) Mutter NEU in Deutschland” Project [“...(expectant) mothers who are NEWcomers to Germany”]

Caritas-Zentrum St. Elisabeth

📍 [Friedrich-Ebert-Straße 38, 55286 Wörrstadt](#)

☎ [067329336933](#)

### **Medical check-ups for your child starting from day one:**

Medical check-ups screen for any existing diseases or developmental delays the baby might have, making it possible to treat them at an early stage. Your child's physical and mental development will be monitored continuously. During every examination, the physician will give you comprehensive information, remind you of immunisation appointments and offer tips on what you should keep in mind in the coming weeks and months. The Zentrum für Kindervorsorge Homburg [Homburg Centre for Child Insurance] will invite you to the medical check-ups on behalf of the regional authorities. This is also where your doctor will send verification that your child has had the medical check-ups. For this reason, please always bring your response form [Rückmeldebogen] to these appointments. The insurance provider will cover the costs. If you do not have health insurance, the state will cover the costs. If this is the case, you should get in contact with your physician or the Department of Health [Gesundheitsamt]. You can find more information on the process and what happens during the medical check-ups here: (Attached flyer: “All the Best for Your Child”).

[Child Protection Rhineland-Palatinate \(PDF-Download, 575 kb\)](#)

### **Responsible person at the Alzey-Worms Health Department:**

Kerstin Brand

☎ [067314087077](#)

@[brand.kerstin@alzey-worms.de](mailto:brand.kerstin@alzey-worms.de)

### **Delivery and aftercare**

Your gynaecologist will refer you to a maternity hospital. You will receive a birth confirmation letter from the clinic. Ask at the clinic for a midwife to provide at-home aftercare after the delivery. If the hospital or your gynaecologist is not able to refer you to a midwife, please contact

### **Coordination Office for Child Protection, Early Intervention and Family Education**

Doris Meyer-Kamprad

Kreisverwaltung Alzey Worms [Alzey Worms District Administration]

📍 [An der Hexenbleiche 34, 55232 Alzey](#)  
☎ [067314085461](tel:067314085461)  
✉ [@meyer-kamprad.doris@alzey-worms.de](mailto:@meyer-kamprad.doris@alzey-worms.de)  
🌐 [www.alzey-worms.de](http://www.alzey-worms.de)

### **Social Services Office, Youth Welfare Office**

Bertram, Irmtraud

☎ [067314085711](tel:067314085711)  
✉ [@Bertram.Irmtraut@alzey-worms.de](mailto:@Bertram.Irmtraut@alzey-worms.de)

Duties:

- general file management
- Mailing
- Ensuring availability by telephone
- Information on responsibilities and referral to competent specialists
- Scheduling social services
- Competent authority

### **Informative flyer with list of midwives in the District of Alzey-Worms**

[List of](#) midwives working in the District of Alzey-Worms (no claim to completeness).

#### **What do midwives do?**

Midwives advise, guide and support mothers and new-borns during pregnancy, birth, postpartum recovery and nursing. Midwives can help any woman who is pregnant, in childbirth or has just given birth. This assistance includes:

- Advice and information
- Prenatal care
- Support/assistance with pregnancy complications and premonitory pains
- Preparation for giving birth
- Assistance during the birth
- Services after the mother has given birth (postpartum recovery support)
- Postnatal exercise

💡 Every pregnant woman can contact the midwife directly. The insurance provider will cover the costs.

#### **Initial equipment**

Show your Mutterpass to the Social Security Office and they will give you a shopping voucher for maternity wear. From 6 weeks prior to the birth of your child, you will receive a shopping voucher for basic equipment for your child. After your baby is born, on presentation of the confirmation of a birth, you will receive a voucher for purchasing a pram as well as 4 to 6 weeks after the birth, another shopping voucher for baby clothing. A baby cot and nappy-changing pad will be given to you in your accommodation facility. There you will first receive a shopping voucher for maternity clothes, and later a voucher for a pram as well as clothes and utensils for your child.

## **Notifying the registry office**

Newborn children must be reported to the Register Office (Standesamt) and the accommodation management. The maternity clinic reports the birth to the Registry Office. There you will receive the (potentially provisional) birth certificate for your child together with your ID card, the birth certificate from the clinic and, if available, your marriage certificate.