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Children, youth and family

Basic information on children, youth and family

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and lasts until the child reaches the age of 18. In Germany, it is forbidden to hit children. The use of violence in child rearing is prohibited in Germany. There are authorities that ensure that a child is not harmed by its environment (this includes the family). This is done by the [youth welfare office](#).

Every child must go to [school](#).

The family is also legally protected in Germany. It doesn't matter whether the family consists of mum, dad and their children. Or whether there are two mothers. Or whether there are two fathers. Or whether the children are adopted. Single parents with their children are also a family.

Pregnancy and birth

Before the birth

👥 Do you live in shared accommodation? Then notify your [social care](#) centre of the impending birth. They will check whether there is enough space in the accommodation and order a baby cot. Your [support group](#) can also help you.

Maternity protection

Pregnant women in Germany have special protection: if you are working, going to school or studying and are pregnant, you are entitled to maternity leave. You may only be employed six weeks before your due date and up to eight weeks after the birth if you have given your consent. You may not be dismissed during this period. If you are entitled to maternity benefit, your income will not be reduced during this time. Visit a pregnancy advice centre to find out whether you are entitled to maternity benefit and how you can apply for it.

You will find support at the [advice centres](#).

The district administration office Görlitz supports you with

👤 [Health-orientated family support](#)

📖 The "[Guide to maternity protection](#)" provides detailed information on important aspects of maternity protection.

Gynaecologist and gynaecologist

Pregnant women have a legal right to medical care. If you are pregnant or suspect that you are pregnant, you should first go to a gynaecologist. They will carry out check-ups and give you a maternity pass. The maternity record is a document containing important information about your pregnancy and health. It also contains information about your child. Please always carry your maternity record with you.

📄 You can find a sample [maternity pass](#) in English translation here.

 You can find help for emergencies during pregnancy [here](#).

Midwife and birth preparation

Midwives support women and their families from the beginning of pregnancy to the end of the breastfeeding period. 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. Even if you are still insured through the [Immigration Office](#), midwife services are available to you.

You can use these pages to search for a midwife:


 [Midwives Association](#)


 [Search and find a midwife - online](#)

In addition to freelance midwives, the district of Görlitz also offers support from [health-orientated family support](#) services.

Recognition of paternity

Are you not married to the father of the child at the time of birth? Then 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.

 You should recognise paternity before the birth. However, you can also do this after the birth.

Procedure: Recognition of paternity

When? Before the birth or after the birth of the child.

Where? At the [youth welfare office](#), [registry office](#), notary or local court.


 Please make an appointment with the chosen authority well in advance.

These documents are required:

- Valid identity document (passport as an alternative). If the document does not show a residential address, please bring the registration certificate with you.
- Birth certificates of the mother, father and child (if already born). Do you have a birth certificate that was not issued in Germany? Then the certificate must be translated into German.

Right of custody

You are not married to the father of the child? Are you over the age of 18? Then you will receive sole custody. Do you and the child's father both want custody? Then you can apply to the [Youth Welfare Office](#) for joint custody of children born in Germany who are registered with the Residents' Registration Office after birth in Germany.

 Please make an appointment with the Youth Welfare Office before applying. Discuss in advance with the staff at the Youth Welfare Office which documents you need to bring with you.

The Youth Welfare Office will also help you with any other questions you may have.

Initial equipment for pregnancy and birth

Do you receive benefits from the [Immigration Office](#) or the [Job Centre](#)? If so, you can use your maternity passport to apply for additional needs and initial equipment for pregnancy and birth.

💡 In certain cases, you can receive [parental allowance](#) and [child benefit](#).

Are you in financial need? Then you can apply for benefits from the foundation "Hilfe für Familien, Mutter und Kind".

🌐 <https://www.familie.sachsen.de/muki-stiftung.html>

💡 The application for assistance should be submitted to a pregnancy counselling centre by the end of the 20th week of pregnancy. The relevant forms are available there.

You can find more information here:

🌐 There is a [free guide for expectant mothers](#) with health tips for the period of pregnancy. It is available in several languages.

🌐 There is a flyer. It is called "I am expecting a child - information on pregnancy and birth". The flyer is available in these languages: [Czech](#), [Romanian](#), [Russian](#), [Polish](#), [English](#), [German](#). The flyer is provided by the Saxon State Ministry of Social Affairs, Health and Social Cohesion.

Birth

You must register at a hospital in good time before the birth. Your gynaecologist or midwife can help you find a clinic. In the district Görlitz the [clinics](#) in Weißwasser, Görlitz, Ebersbach-Neugerdorf and Zittau a maternity ward.

Think about who can take you to the hospital for the birth early on.
In an emergency, call the emergency number for an ambulance: ☎ 112.

Midwives are available to assist you during the delivery. Doctors will give you medical help if it is necessary. Midwives also help [after the birth](#). Ask at the clinic for a midwife for aftercare.

💡 Do you want an anonymous and confidential birth? You can find more information [here](#).

After the birth

After the birth, the midwives help with breastfeeding and caring for the baby, and they also help you. You are at home with your baby after the birth. Midwives can also visit you at home or in your accommodation for a certain period of time. The ["Good Start"](#) team at the district office Görlitz can support you.

After the birth, there are a few things to clarify with the German authorities so that you and your child are well looked after.

💡 Contact a pregnancy counselling centre before the birth. There you will find out what you need to do. They also receive support there.

Notification to the registry office

Newborn children must be registered with the [registry office](#). The maternity clinic is responsible for registering the birth with the registry office. There you will receive the (provisional) birth certificate for your child. Please bring your ID with you. You will also need the birth certificate from the clinic. Are you married? Please also bring your marriage certificate.

💡 Please only submit original documents. An officially certified German translation is required for foreign-language documents.

👤 Do you live in shared accommodation? Give a copy of the birth certificate to your [social care](#) provider at your accommodation. Your child will then be registered.

Paediatricians

There are ten [early detection examinations](#) (U1-U9 and J1). Until 6. The child is therefore examined regularly from the age of one. The paediatrician will monitor your child's development. The U1 (examination after the birth) and U2 Examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician.

Do children and young people have developmental problems? Movement disorders? Or chronic diseases? They are then treated in special centres. These are the social paediatric centres:

- 🏥 [Municipal Hospital Görlitz](#)
- 🏥 [University Hospital Dresden](#)
- 🏥 [Municipal Hospital Dresden](#)

💡 Proof of complete early detection examinations may be requested when registering for daycare.

Childcare

What is a day care centre?

Kita is the abbreviation for children's day care centre. Your child can attend a day care centre. These include crèches, kindergartens and after-school care centres. These are different types of daycare centres for different age groups. Your child must be at least one year old. Your child can attend a day care centre until the age of 12. There, your child will be looked after by teachers. They will learn many important things. Some centres also accept children under the age of one. Attending a day-care centre/kindergarten/crèche/day-care centre is **voluntary** and **costs money**.

💡 In some cases, the fees for the child day-care centre or day care are covered by the city or district. To do this, you must submit an application to the [youth welfare office](#). You can find this application [here](#).

Why is the daycare centre important?

Your child can learn the German language and discover new things at a 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 the [youth welfare office](#) or your [local authority](#) or your [social care centre](#) in your accommodation.**

💡 **These towns in the district of Görlitz have an online procedure for finding a free place:**

The town of Görlitz uses "Little Bird".

🌐 <https://www.goerlitz.de/Kindertageseinrichtungen-1.html>

The town of Löbau uses "Little Bird".

🌐 <https://www.loebau.de/jugend-und-familie/kitas/>

The city of Weißwasser uses the Kivan parent portal.

🌐 <https://weisswasser.meinkitaplatz.de/app/de/home/...>

What belongs to the daycare centre?

1) Crèche

The crèche is a facility for children **aged 0 to 3 years**. In the crèche, the children are supported in their development by specially trained staff in small groups. Attention and care from the carers are particularly important here.

If required, children from **0 to 3 years of age** can be looked after by a **childminder**. The children are looked after in the childminder's home or in other rooms. The care takes place in small groups. Day care is a family-like form of care.

2) Kindergarten

The kindergarten is a facility for children from the age of 3 until they start school. In kindergarten, 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.

3) (Primary) school children up to the age of 12

There are also after-school childcare options for children aged 6 to 12. 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 from your primary school or from the youth welfare office.

Further information about daycare centres:

🌐 [Here](#) you will find information in various languages on "**Familiarisation with the daycare centre**", "**Registration at the daycare centre**" and "**From daycare centre to school**". The

explanatory videos and related information are provided by Aktion Zivilcourage.

🔗 [Here](#) you can find the brochure "**Welcome to the daycare centre**". This brochure is available in 11 languages. You can read, for example, how a daycare centre works and about the cooperation between daycare centre and parents.

🔗 [Here](#) you can find a **parent information sheet on multilingualism in the family**. Close co-operation between families and professionals is important so that children growing up multilingual can also benefit from the language opportunities offered by early childhood education. The information sheet is an offer from LakoS (Landeskompetenzzentrum zur sprachlichen Bildung und Förderung an Kindertageseinrichtungen in Sachsen).

🔗 Der Paritätische Gesamtverband has [produced](#) a [brochure, "Welcome to our daycare centre"](#) (PDF). The brochure is available in 6 languages.

Communication and understanding in the daycare centre

Picture cards

Do you speak a different language to the nursery teacher? **Pictures and picture cards** can help you to understand each other better.

For example:



In some daycare centers, children must bring their own snacks. You can give your child snacks such as fruits, vegetables, and whole grain products in a lunch box. At school, the snack is given in a lunch box as well. Healthy foods that your child enjoys are recommended for this.

In the nursery and kindergarten, there is a nap at midday. Your child will need pajamas for this. In some daycare centers, there are watch groups (Wachgruppen) for children who no longer sleep at midday.

In the district of Görlitz there are **communication picture cards**. These picture cards are available on various topics such as "eating", "illnesses" and "familiarisation". Do you have questions when you pick up your child from daycare? The picture cards can also help with communication here. Ask your daycare centre if they work with the communication picture cards.

💡 The picture cards have been translated into Arabic, English, Persian, Polish, Russian, Tigrinya and Czech.

Where can the daycare centre request the communication picture cards?

💡 The daycare centre can request the picture cards from the District Office Görlitz at the Integration Department. The picture cards are free of charge.

🌐 You can find information about the communication picture cards on the [website](#) of the Integration Department. Daycare centres can find the order form here. You can also print out the picture cards here.

Language mediators and language mediators

Language mediators can also help with communication in the daycare centre.

There are voluntary language mediators in the district of Görlitz. They translate during initial interviews and development meetings, for example. Ask your daycare centre whether a language mediator can support you during the next long interview.

Where can the daycare centre request language mediators?

The daycare centre can request a language mediator from the district language service at Görlitz.

🌐 Further information can be found on the [website](#) of the Integration Department. Daycare centres can also find the form to request a language mediator here.

💡 You can also become a volunteer language mediator yourself. You can find out how to do this on the page "



[Interpreting and language mediation.](#)

School for children from 6 to 18 years

School attendance is compulsory in Germany. Your child must attend school regularly. It is your job to make sure this happens.

Do you have school-age children? The language of origin is not German?

Then you need to register your child via the following online portal:

<https://www.schulportal.sachsen.de/bildungsberatu...>

There are **different types of school**. Which school your child goes to depends, among other things, on how old they are, but also on their school performance. Attending state and municipal schools is free of charge. In addition to state schools, there are also independent schools of all types. This school attendance is partly subject to a fee.

Further information on schools in the district Görlitz and the Saxon school system:

🌐 [Here](#) you will find **information on the topic of migration and schools for the district of Görlitz**, for example: "Enrolment at a school - how does it work?" (in German, English and Polish).


🌐 [Here](#) you will find the **schools in the district of Görlitz**.



[Here](#) you will find all information about the Saxon school system.




[Here](#) you can find the scheme "Saxon school system".


 [Here](#) you will find the scheme "Ways of integration". It explains which educational pathways are possible for immigrants.



[Here](#) you will find information on "Admission to school".

 [Here](#) you can download the brochure "All children can go to school". This brochure from the Saxon Refugee Council provides information in many languages.



 The "[Welcome to School](#)" brochure is aimed at immigrant parents whose children are new to school in Germany. The brochure is available in 10 languages. Entering a previously unfamiliar school system often raises many questions. The brochure provides answers to the following topics:

- Information about the school system in Germany/Saxony
- School registration
- Educational counseling
- Information about learning German at school
- Transition from primary school to secondary school
- Information about everyday school life and after-school care
- Contact persons at school and after-school care
- Extracurricular support services

Interesting facts about the school

💡 A **school entrance examination** is required for admission to the school. This is a binding investigation. It is carried out by the paediatrician of the public health service. The dates will be communicated by the public health department by post. The presence of a parent is required.

💡 **Children with disabilities** also have compulsory schooling in Germany. People with disabilities have a right to a school education that corresponds to their abilities and performance. In addition to special schools, joint learning for children and young people with and without disabilities is being expanded. This is called inclusion. You can find out more about inclusion [here](#).

💡 In Germany, all children receive a large school cone (also called a **sugar cone / Zuckertüte**) when they start school or on their first day of school. It is filled with sweets and small, useful things for school.



💡 For the journey from home to school and back home, there is a [school transport](#) service. Or you can use the [Saxon education ticket](#).

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

💡 Your child may have to repeat a school year? Parents receive a notification in the mail. It is called a **"blue letter / Blauer Brief"**. This letter serves as a warning signal and makes it clear that the child may not successfully complete the school year if their performance continues to be inadequate. The blue letter is intended to encourage an immediate reaction from the parents and the student to improve the grades.

💡 The **school is closed** on certain days and weeks of the year. You can find more information [here](#).

💡 How is my child at school? Does he or she have problems? You can get information about this from the teachers. This is a private conversation and is called a **parent-teacher meeting (Elterngespräch)**.

💡 **School year = August/September to June/July.**

💡 The children have many subjects at school. **Sports and swimming lessons** are often not separated in primary school: girls and boys do sports together.

💡 Christian religious education is not compulsory. You can also enroll your child in **ethics**.

💡 **Remedial teaching** is a form of support that helps students improve their skills in a specific area.

💡 If your child has problems with a school subject, **tutoring can help**. Tutoring is private lessons. Tutoring usually costs money. It is also possible that students or neighbours offer tutoring for little money. Some schools and youth centres also offer free tutoring in the afternoon. For example, your child can go to [Rabryka \(Görlitz\) for free tutoring](#).

💡 **Once every school year**, the students go on a class trip for two or three days. Sometimes the class also goes on excursions, for example to a museum. Sometimes there are school parties or performances by the children and young people.

What happens after school?

Here, the Federal Employment Agency describes possible paths after leaving school.

🌐 <https://www.arbeitsagentur.de/bildung/schule/wege-nach-schulabschluss>

In some schools in the district of Görlitz there are careers counsellors in charge. Here you will find an overview of the relevant careers advice centres.

🌐 <https://www.arbeitsagentur.de/vor-ort/bautzen/schulen-berufsberater>

Further information on education and work can be found [here](#).

Family benefits and financial aid

There is the parental allowance.

Some parents work less after the birth of a child. Some people no longer want to work so much. Some people can no longer work as much. Then you can receive parental allowance from the state. Parents living separately can also receive parental allowance. You can also apply for parental allowance if you have a settlement permit or a residence permit in Germany.

🌐 Further information can be obtained from [the Parental Allowance Department](#).

🌐 On the [family portal](#) you can read who receives parental allowance and under what conditions.

🌐 [Migrants can find out whether they are eligible for parental allowance](#) on the family portal.

There is child benefit.

Child benefit is a subsidy for parents. You receive 250 euros in child benefit per month per child. It applies: You are only entitled to child benefit for children who fulfil the requirements. All parents who have a settlement permit or residence permit are also entitled to child benefit. You must apply for child benefit yourself at the [Federal Employment Agency](#). Child benefit is paid for each child. Parents receive child benefit from the birth of the child until at least the age of 18. The child's age.

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

🌀 You can find the application for child benefit, information sheets and forms on the [website of the Federal Employment Agency](#). The application for child benefit is available in many languages.

You can also apply for child benefit electronically.

You can find the applications on the website of the Federal Employment Agency. You can also find more information on child benefit here.

🌀 <https://www.arbeitsagentur.de/familie-und-kinder>

There is education and participation.

Children and young people and young adults from families with little money are given special support. You can apply for various benefits for education and participation. Your child can then use these benefits to take advantage of school and leisure activities. You can obtain further information from the [Job Centre](#) or the [Foreigners' Registration Office](#).

🌀 Further information can be found [here](#).

Saxony offers state childcare allowance (Landeserziehungsgeld).

As parents living in the Free State of Saxony, you can receive state childcare allowance during your child's second or third year. With state childcare allowance, the Free State of Saxony particularly supports parents who wish to stay at home longer after the birth of their child and care for and raise their child themselves. In exceptional cases, foreign nationals with certain residence permits are also entitled to state childcare allowance.

🌀 Further information can be found on the website [sachsen.de](https://www.sachsen.de). There you will also find the contact point for the Görlitz district.

You can find information on all family benefits here:

🌀 <https://www.bmfsfj.de/bmfsfj/themen/familie/famil...>

Financial aid

Are you in need? The **“Help for Families, Mothers and Children” foundation** helps. Financial support cannot be applied for by families or single parents. Pregnant women also cannot apply for financial benefits. Would you like to apply for benefits? Then contact a contact point. You can also get the forms here. You can find information about this on the website of the Saxon State Ministry for Social Affairs and Social Cohesion:

🌀 <https://www.familie.sachsen.de/muki-stiftung.html>

Do you have a small or medium income and would like to go on vacation with your family? Then you can apply for financial support from the Free State of Saxony. Offers for family leisure and family recreation are supported. The resort must be in Germany, ideally in one of the BMFSFJ family holiday resorts. Would you like to know more about the offers? Then please ask the educational institution or the family holiday center directly.

🌀 <https://www.familie.sachsen.de/familienurlaub.html>

🌀 <https://bag-familienerholung.de/foerderungen/sach...>

Offers for children, young people and families

Children love to play. Children love to learn. Children like to do sport. In the district Görlitz there are many opportunities for children. Children can spend time here with their families. You can also meet up with friends here.

There are also many offers for young people. Here they can spend time with friends and girlfriends.

Below you will find some offers for children and young people in the district Görlitz.

 [Jugendring Oberlausitz e.V.](#)

 [Esta e.V.](#)

 [Kinder- und Familienzentrum Niesky](#)

 [KulturBrücken Görlitz e.V.](#)

 Rabryka: [Ateam](#), [youth club](#) (Jugendclub KB1), [tutoring](#) and [breakdancing](#)


 [CVJM Görlitz e.V.](#)


 [Tierra- Eine Welt e.V.](#)


 [CVJM Schlesische Oberlausitz](#)

 [Familienbildung Bunte Wege \(DKSB Zittau e.V.\)](#)

 [Family leisure calendar](#) (for the city Görlitz and the regions Löbau-Zittau and Niesky-Weißwasser)

 The [family office](#) is the first point of contact for families in Görlitz. Here you can get an overview of offers for families. You can ask questions and obtain information at the family office.

 [Here](#) you will find information about the family office in Görlitz.

 [Here](#) you will find information about the family office in Zittau.


 You can find more leisure options for families [here](#). For example, there is the family map.

 You can also find tips for leisure activities on the [leisure and culture](#) page.


Do you want to do sport?

Oberlausitzer Kreissportbund e.V.

There are sports programmes for people of all ages. The association supports young people in their development through sports programmes, for example.

 [Here](#) you will find information about the organisation and its offers.

Read, do crafts and puzzle together

 [The Zeit\(ung\)](#) for children and their families is published twice a year. Together with parents, grandparents, siblings or at daycare, children can read exciting stories and make their free time worthwhile.

Unaccompanied refugee minors

Is a refugee under the age of 18? She travelled to Germany unaccompanied? Then she is considered an unaccompanied minor foreigner = umA. These young people are reported to the [youth welfare office](#). The youth welfare office talks to the young people. The youth welfare office determines her age.

- The person is under 18 years old. Then the person is a minor. The youth welfare office takes care of this person. The youth welfare office takes the person to a youth shelter.

- The person is over 18 years old. Then the person is of legal age. She receives a rejection notice. Alternatively, she is treated as an adult.

💡 The Youth Welfare Office will bring an interpreter to the interview.

💡 Are you not yet 18 years old on your proof of arrival? The youth welfare office gives you a rejection notice? The youth welfare office must then enter a new date of birth on the notification. Only then can you have your documents changed at the immigration office.

Some minors (persons under the age of 18) are travelling **with relatives**. This could be an uncle or aunt. They could be cousins or older siblings. Your accommodation provider will report this to the Youth Welfare Office after your arrival. The youth welfare office talks to the minor and the adult relatives. The youth welfare office will check whether the minor can stay there. The youth welfare office also decides whether a guardian is appointed.

💡 The adult relatives can also apply to the family court for guardianship themselves. The guardianship gives the relative full responsibility for the minor instead of the parents.