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## Children, young people and family

### Family planning / contraception and sexual counselling

#### Pregnancy

Pregnant women are under **special protection** in Germany and are entitled to counseling, medical care and support. A **gynaecologist** establishes the pregnancy. This is also called a **gynecologist** (Gynäkologen).

The doctor will carry out a **medical check-up** (Vorsorgeuntersuchung). You will then receive a Mutterpass (Mutterpass). The maternity record book is a document with important information about your pregnancy, your health and the health of your child. Always take your maternity card with you in case of emergencies.

#### Being pregnant

##### How can you tell if you're pregnant?

For example:

- During pregnancy, the body changes drastically. For example, you can experience nausea, fatigue and much more.
- You no longer have a menstrual period.

You can get pregnancy tests from your doctor or pick one up at the pharmacy or drug store.

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

Some women get pregnant very easily, others have to try for a longer time. This is normal. If it takes longer, you or your partner may be less fertile.

Talk to your doctor about it.

#### Unwanted pregnancy

To avoid an unwanted pregnancy, you can use [contraceptive methods](#).

If you have not planned to become pregnant, it is especially important that you get help and advice. You should inform yourself about different possibilities.

[Multilingual information](#)

#### Abortion

You can end the pregnancy with an [abortion](#) (Schwangerschaftsabbruch).

Abortion is possible until the **twelfth week of** pregnancy. Before that, you must go to a **pregnancy counselling for unwanted pregnancies centre** to get a consultation.

You can find **help and advice** here:

- [pro familia Karlsruhe](#)
- [Diakonisches Werk Karlsruhe](#)

- [Diakonisches Werk District of Karlsruhe](#)
- [Karlsruhe District Office \(Landratsamt\) - Health Department \(Gesundheitsamt\)](#)

The **help hotline** "Pregnant women in distress - anonymous and safe" at the number **0800 40 40 020** is available free of charge 24 hours a day. With the help of an interpreter, counselling is possible in many languages.

You can also get information here about a pregnancy counselling centre near you. They will assist you anonymously and free of charge and guide you through all further steps.

## Adoption

You can continue the pregnancy and give the baby up for **adoption**.

In Germany, women can have their baby in the hospital without having to give their name. After the birth, the mother leaves the hospital. The baby is put up for adoption after a certain period of time. You can find helpful information under ["Confidential Counselling and Birth"](#).

## Baby hatch

There is also the possibility to deliver the child to the [Baby hatch](#) drop off.

## Schwangerschaftsberatung (Pregnancy Advice Centre)

There, women and men can get free and also anonymous advice on **all questions, matters and changes concerning pregnancy** and family planning. No matter whether they need **medical** or **legal information**, for example. The advice service is also available for mothers and young families after the birth of a child. In addition, women and men with an unfulfilled desire to have children can get counselling.

Advice on sexuality, partnership and family planning can be found here:

- [Diakonisches Werk Karlsruhe](#)
- [Diakonisches Werk District of Karlsruhe](#)
- [pro familia Karlsruhe](#)
- [Caritas Bruchsal](#)
- [Caritas Ettlingen](#)
- [SkF \(Sozialdienst katholischer Frauen e.V.\)](#)
- [Karlsruhe District Office \(Landratsamt\) - Health Department \(Gesundheitsamt\)](#)
- [Karlsruhe District Office - Early Help \(Frühe Hilfen\)](#)

## Delivery (birth)

### Maternity hospitals

Maternity hospitals are hospitals where your baby can be born.

Clinics near you:

[Fürst Stürum Klinik Bruchsal](#)

[Vidia Kliniken Karlsruhe](#)

[Städtisches Klinikum Karlsruhe](#)

[GRN Sinsheim Klinik](#)

Your gynaecologist will refer you to a maternity hospital. You will receive a **birth confirmation letter** from the hospital.

## Financial support during pregnancy and birth

Advice on financial, social and legal assistance before and after birth, applications for initial baby equipment and support in contact with the public authorities can be found here:

- [Diakonisches Werk Karlsruhe](#)
- [Diakonisches Werk District of Karlsruhe](#)
- [Caritas Bruchsal](#)
- [Caritas Ettlingen](#)
- [SkF \(Sozialdienst katholischer Frauen e.V.\)](#)
- [pro familia Karlsruhe](#)
- [Karlsruhe District Office \(Landratsamt\) - Health Department \(Gesundheitsamt\)](#)

## Initial baby equipment

The initial baby equipment (Babyerstaustattung) is a financial aid for pregnant women. With the initial baby equipment you can buy baby clothes, strollers, additional pregnancy supplies and the like. You can apply for this help if you have no or low income. You must submit an **application to** the responsible case worker (**job center** or **district administration**). In addition, you can apply for benefits for initial baby equipment at the pregnancy counselling centres.

## Child benefit

As a rule, all children in Germany are entitled to [child benefits](#) (Kindergeld) from their birth until their 18th birthday (or even later, in exceptional cases).

## Parental allowance

Lots of parents want to look after their child after his/her birth. They don't work for a certain period of time in order to do this. Or they only work part-time. During this time, there is [parental allowance](#) (Elterngeld).

## Further offers of support

## Caritas Baby Aid

Caritas **Babyhilfe** (Babyhilfe) supports mothers and families who are in an emergency situation. Mothers and families can receive a package of clothes, baby bottles, a bath towel and nappies during pregnancy. This is a free start-up aid.

There are also baby and children's clothes, toys, pushchairs and much more.

Babyhilfe is located in Ettlingen and Rheinstetten.

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

## Caritas midwife consultation hours

Have you not found a midwife? We help with questions, requests and concerns about pregnancy and birth.

You can find more information [here](#)

## wellcome - practical help after the birth

If you have no help from family, friends or neighbours after the birth, you can get voluntary help here for 2-3 months in the first year of your baby's life.

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

## Special examinations for children

### Early detection examination

There are **ten screening tests** (U1bis U9 and J1). Until the age of 6, The child is regularly examined and its development is monitored. The **U1** (examination after birth) and **U2** examinations usually take place in the clinic. You must make an appointment with your **paediatrician** (Kinderarzt) for further examinations.



A proof of complete early detection examinations may be required when applying to the day-care centre.

## School enrolment assessment

For children aged **4 to 6 years**, the Health Department (Gesundheitsamt) offers a **school-preparatory examination** (Einschulungsuntersuchung).

There is an examination with regard to school-relevant abilities and a consultation with the parents, the day care centre and the primary school.

Further information can be found on the [homepage of the District Office \(Landratsamt\)](#) and on the [homepage of the Ministry of Education and Cultural Affairs Baden-Württemberg](#).

## Contraception and sexual counseling

You are the only person who decides whether you want to have children, and how many children to have. Nobody can force you to have children. Put another way: **You have the**

**right to family planning.**

## Contraception

Contraception prevents a woman from becoming pregnant. If you want to have sexual intercourse but do not want to have children (yet), you can use contraception to prevent pregnancy. The responsibility for contraception lies with both partners. Talk to your partner about which **contraceptive method** you want to use as a couple. **Both** should **agree with** this.

Contraception does **not** make a woman **less fertile**. If she goes off birth control, she can have children.

There are several **methods of contraception**. You can choose which method is best for you and your partner. Some contraceptive methods fit a person's lifestyle, age, and physical conditions better than others.

## Contraceptive methods

**Important:** Please consult a **gynecologist** or **counseling center** for advice on contraceptive methods.

Here are just a few examples:

- **Barrier Methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you from HIV. It also lowers the risk of getting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a possibility that you will become pregnant, even if you do not want to. Mistakes can also happen with contraception. Then you get pregnant despite the contraception. For example, the condom may slip off. You may also forget to take the pill or you may have had severe diarrhea and the pill could not work properly.

You can take the "morning after pill" (Pille danach) . You must take it as soon as possible, preferably **in the first twelve hours after sexual intercourse**. You can buy the "morning after pill" without a prescription at a pharmacy. You can get advice on the pill at a pharmacy or from a doctor.

**Important:** Do **not** use the "morning after pill" **as a contraceptive method**.

More information is available [here](#).

## Sexual Counseling

**Sexual self-determination** means choosing how to experience your own sexuality, choosing who to experience it with. Nobody can force you to do anything. In **sexual counselling** you can talk about your sexuality in a safe setting. In sexual counseling, you can ask questions about your body, sexual orientation, and sexual difficulties such as listlessness or erection

problems. But sexual violence experiences can also be a topic.  
The sex counselor does not talk to **anyone else** about what you discuss with them.

More information is available here [www.zanzu.de](http://www.zanzu.de)

## Counselling centres

[pro familia Karlsruhe](#)

## Financial Support

### Child benefit

All children in Germany are entitled to **child benefit** (Kindergeld) **from birth until they reach the age of 18** (in some cases even beyond this **age** ). Your child must **live in your household** and be **cared for by you**.

Child benefit is only ever paid to one person, usually one parent. If there are several children, the individual amounts are paid out as one sum.

### Child benefit since 1 January 2023

- 250 euros per child

### How do I receive child benefit?

You must submit an application to the **Family Benefits Office** (Familienkasse) **of the Federal Employment Agency** (Bundesagentur für Arbeit). Please also contact your benefit provider (job centre or district office) for more information.

**Note for asylum seekers:** You **cannot receive child benefit** during the **asylum procedure**. This is only possible once you have received a favourable decision from the BAMF.

## Contact Familienkasse Baden-Württemberg West


 [Kriegsstr. 100, 76133 Karlsruhe](#)

 Office hours:

Monday: 08:00 to 12:00

Tuesday: 08:00 to 12:00

Thursday: 08:00 to 12:00 and 14:00 to 17:00

 [0800/4555530](tel:0800/4555530) (questions about child benefit and child supplement)

@

[Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...](mailto:Familienkasse-Baden-Wuerttemberg-West@arbeitsagen...)



[Family Benefits Office Baden-Württemberg West - 76133 Karlsruhe](#)

## Parental allowance (Elterngeld)

Lots of parents want to look after their child after **his/her birth**. They don't **work** for a **certain period of time** in order to do this.

Or they only work **part-time**. Part-time means: You work less than 30 hours a week.

If you have applied for **parental allowance** (Elterngeld) , you can get at **least 300 euros every month** . But it can be more. You **normally get parental allowance for 12 months**. But it can also be longer.

You receive parental allowance if you have a **residence** and reside in **Germany**. You need a **residence permit**. You must live with your child.



[L-Bank](#)



[Bundesministerium für Familie, Senioren, Frauen und Jugend](#)



[Elterngeld digital](#)



[0800/6645471](tel:0800/6645471)



08.00 AM to 16.30 PM



[@ familienfoerderung@l-bank.de](mailto:familienfoerderung@l-bank.de)

## Education and Participation Package (BuT)

If you receive **social benefits** , you can get financial help for your child. This help is called **the Education and Participation Package ( Bildungs- und Teilhabepaket )**. The short form is **BuT** .

### For whom can I apply BuT ?

- for children up to 18 years of age
- for young adults up to their 25th birthday if they attend school but do not earn any money through training.



## What can be supported by the BuT ?

- Children and young people (up to their 18th birthday) receive **15 euros per month**. They should **be able to take part in social and cultural life** . The money is given as a **voucher** . The vouchers can be used for **clubs, lessons, courses** or **leisure activities** .
- Costs are paid for **excursions** and **trips lasting several days** with the school or daycare center. For example, travel costs, meals or entry fees.
- The cost of **lunch at school** or **daycare** is paid.
- You can get money for **school materials** . It can also be used to pay **other costs for lessons** . Students receive **130 euros** at the **beginning of the school year** (September) and **65 euros halfway through the school year** (February).
- Pupils can sometimes receive **learning support** ( [tutoring](#) ). The school confirms in which subjects and to what extent the pupils need learning support.
- Some students have to travel to school by **bus or train** . In this case, the **travel costs for the journey to school** can be paid. Please note: This only applies if the **school is more than 3 km from the place of residence** .

## Who can apply for BuT ?

Children and young people from families who receive the following benefits:

- Arbeitslosengeld II / social benefit according to the Social Code ( SGB II )
- Sozialhilfe and Grundsicherung according to the Social Code ( SGB XII )
- Kinderzuschlag
- Wohngeld
- benefits under Asylbewerberleistungsgesetz ( AsylbLG )

Aside from that:

- Families who finance their own living expenses but do not have enough money for the things included in the education and participation package.

## What do I need to apply?

- If you receive social benefits: proof of receipt of the social benefit (current approval notice)
- If you work: detailed evidence of your personal and financial circumstances
- the completed and signed [BuT application](#) and the corresponding attachment ( [attachment costs for school trips/excursions](#) , [attachment school transport costs](#) , [attachment learning support](#) )

## Where can I apply BuT ?

- at **the job center** responsible for you
- with the **person responsible for processing benefits in the Office for Integration**
- to the **person responsible for processing benefits in the Office for Policy and Social Affairs**

 Ask your [social counsellor/integration manager, migration counsellor or youth migration counsellor](#) for help.

Further information can be found [here](#) and on the [flyer](#) .

## Children's pass

**Children and young people up to the age of 18** from low-income families are eligible for the **children's pass** (Kinderpass ).


The children's pass allows you access to a variety of things for free or at a concessionary rate. For example:

- Swimming pools
- Museums
- Zoo
- Music schools

The Karlsruhe Children's Pass is available in the following municipalities:

- Bad Schönborn
- Bruchsal
- Eggenstein-Leopoldshafen
- Forst
- Graben-Neudorf
- Hambrücken
- Karlsruhe
- Linkenheim-Hochstetten
- Pfinztal
- Rheinstetten
- Stutensee
- Waldbronn
- Walzbachtal
- Weingarten

Click [here](#) for more information.

 You can also apply for a children's pass in many other municipalities in the district. Please contact the 'Rathaus' (Town Hall) in your municipality for more information.


## Support and offers for families and couples

### Early help advice centre

Counselling for families with children aged 0-3 and pregnant women:

- Questions about the child's upbringing (sleeping, crying, etc.)

- General information on parenting
- Relief options
- Medical questions

 Counselling is voluntary and confidential. Counselling is free of charge.

We are also happy to offer a visit to your home for a personal consultation.

Our team consists of

- Doctors
- Family midwives
- Family paediatric nurses
- pedagogues

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

A video in [German](#) and [English](#).

 [Counselling for families from Ukraine](#)

### Family sponsors

#### Support for:

- Single parents
- Families with many children
- Families with babies
- Families from other countries/with refugee experience
- Families in special circumstances

#### Family mentors take 2 - 4 hours per week:

- they help in everyday life
- They spend their free time with children and young people
- They go with them to the authorities or doctors
- They talk to parents
- They help in difficult times
- they spend time with children and parents

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

### Psychological counselling

There are psychological counselling centres for children and young people.  
And for adults.

You can find the counselling centres [here](#).

## Family centres

### Meeting place for families

Many offers for all people:

- Counselling and discussions
- Support and guidance in everyday life
- Offers that are helpful in everyday life

Volunteer women and men help.

You can seek contact.

There are **26 family centres** in the district of Karlsruhe.

The services are tailored to people's needs.

The offers are **mostly free of charge**.

Just drop by!

**YOU** are warmly **WELCOME!**

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

### Marriage, Family and Partnership Counselling Centre Karlsruhe e.V.

The Marriage, Family and Partnership Counselling Centre Karlsruhe e.V. **helps adults**.  
It is a **psychological counselling** service.

We help people

- in building relationships
- in solving problems with their partner
- coming to terms with a separation or divorce
- in dealing with problems and life crises
- with reorientation. In other words, we help them to find new opportunities in life.

We offer counselling in **different languages**. We have a special focus on people with a history of migration.

We offer counselling in our offices in **Karlsruhe's Weststadt** district.

**We also offer counselling over the phone or online.**

You can find more information here: <https://www.eheberatung-karlsruhe.de/andere-sprac...>

### Single parents

Are you a single parent?

Then you can find lots of information and offers here:



[Guide for single parents in the district of Karlsruhe](#)

[www.amuvee.de](http://www.amuvee.de)

## Leisure activities

### Youth centres

A **youth centre** (Jugendtreff) is a place for teenagers and young adults. Young people can meet up there.

There are many activities on offer in the youth centres. They usually do not cost any money.

There are youth centres in these [municipalities](#):

- Bad Schönborn
- Bruchsal
- Eggenstein
- Graben-Neudorf
- Kronau
- Malsch
- Oberderdingen
- Östringen
- Waldbronn
- Walzbachtal
- Waghäusel
- Vineyards

### Open meeting places and cafés

An **open meeting place** (offener Treff) or an **open café** (offenes Café) is a place where people meet. It doesn't matter whether they have an appointment or simply come to this place spontaneously. You can socialise with a wide variety of people and exchange ideas.

There are also open cafés in many communities in the district. They have different names: (intercultural) meeting café, café international, women's café.

Ask at your local town hall for an open meeting place or café.