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Children, teenagers and family

Basic information about children, teenagers and families

Children, youth and families are under special protection in Germany. This protection begins during pregnancy and continues until the child is 18 years old (of full age). In Germany, for example, it is forbidden to beat children. Children must be brought up in Germany without using violence. All children must attend school. Special authorities also make sure that children are not harmed by their environment (or even by their family).

Families are also legally protected in Germany. This applies whether the family consists of a mum and dad and their children, if there are two mums or two dads, or if the children are adopted. And single parents with their children are also considered a family.

Pregnancy and childbirth

Pregnancy and birth

Pregnant women are under special protection in Germany. You can get advice. You will be looked after by a doctor. And the state can help with the things you need to buy for your child. You are not sure which benefits you are entitled to, make an appointment at a [social counselling centre](#) in your area.

If you are pregnant, you must first go to the gynaecologist (Frauenärztin) or a gynaecologist (Gynäkologe/Gynäkologin). The gynaecologist will carry out a medical check-up. You will then receive a maternity booklet. The maternity booklet is a document with important information about your pregnancy. It also includes information about your health. And your child's health. Always have your maternity booklet with you in case of emergencies.

Midwife

Midwives are there to support women and their families from the beginning of pregnancy up until the end of breastfeeding. Midwives will give you advice during your pregnancy. They can help you give birth. After the birth, they can help you start breastfeeding. They also focus on your physical and psychological recovery. Every woman is able to get the help of a midwife. Most services are paid for by your health insurance provider.

 [Midwives Association Website](#)

Childbirth and post-natal care

Your gynaecologist will refer you to a maternity hospital. After delivery, ask for a midwife for post-natal care at your accommodation. You will receive a birth confirmation letter from the clinic.

Notification to the registry office

Newborn babies must be registered the Registry Office ([Standesamt](#)). Do you live in a hostel? The you must report the birth to the hostel management. The maternity clinic reports the birth to the Registry Office. They will give you the (temporary) birth certificate for your child. Please

bring your ID card with you. You also need the confirmation of birth from the hospital. Are you married? Then bring your marriage certificate too.

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

👥 Do you live in a shared accommodation facility? Give a copy of the birth certificate to your accommodation facility management. Your child will then be registered.

Paediatricians (children's doctors)

There are ten screening tests (U1-U9 and J1). Until the age of 6, children are regularly examined. The paediatrician will monitor 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. [Here](#) they can find videos and leaflets explaining the screening examinations in German, [Arabic](#), [Turkish](#), [French](#), [English](#) and [Russian](#).

💡 Proof of complete early detection examinations may be required when [applying to the day-care centre](#).

Childcare

Day-care (Kita)

Kita is a term for **children's day-care facility**. Your child can go to a Kita. Your child must be at least 1 year old. Your child can go to a Kita until they are 12 years old. Your child will be supervised by nursery school teachers. They will learn lots of important things. Some schools also accept children under the age of one.

The fees for the Kita or day-care centre are paid for by the city or district in many cases. To get this financial support, you must apply to the Youth Welfare Office ([Jugendamt](#)).

There are different types of day-care centres for different age groups (called a "Krippe" (Babys), "Kindergarten" (3-6 years old) or "Hort" (6-12 years old)).

💡 Day-care (Kita) is a place for your child to learn German and discover new things. They will also have contact with other children, make friends and learn about German culture. Take advantage of this opportunity; it is important for your child's future. Attending a Kita is also good preparation for school.

💡 Unfortunately, there are not always enough spaces at a Kita near your home or accommodation. To find a space for your child, ask the [Youth Welfare Office](#) or your accommodation support staff.

"Krippe"

A Krippe is a day-care centre for children between the ages of 1 and 3. There, specially trained staff will encourage the children's development in small groups. It is particularly important that these staff are attentive and caring.

Kindergarten

A kindergarten is a day-care centre for children over the age of 3 before they reach school age. The kindergarten is a place for kids to play with others, paint, do crafts and learn. During the final year of kindergarten, children regularly attend pre-school lessons preparing them for their transition to primary school. There are both private and public kindergartens. Whether it costs you anything to attend kindergarten depends on the kindergarten and where you live.

Kita Planner Regional Association

[Here](#) you will find all important information for the search and online reservation for a childcare place in the Regionalverband Saarbrücken. The Kita-Planer provides an overview of all day care centres in the towns and municipalities of the Saarbrücken Regional Association.

The Diakonie Foundation's guide "Welcome to the Kita" explains the procedure at the Kita. In the guide, parents learn why children go to daycare centres, how they differ from school, what children learn in daycare centres and why cooperation between daycare centres and parents is so important.

Guide in [Arabic](#)
in [English](#)
in [Bulgarian](#)
in [Turkish](#)
in [Russian](#)
in [Romanian](#)

Child day care

What is day care? Child day care is the term used to describe the care of children by childminders.

If required, children from 0 to 14 years of age can be looked after by a childminder, who can be either a man or a woman. The children are cared for in the day care centre, in their own home or in other facilities. Day care supervision takes place in small groups. Day care is a family-like form of care. It is mainly used by children under 3 years of age. Here your child can be individually supported.

The child care time is flexibly coordinated between parents and day care providers. It can also supplement the care provided in a day care centre.


[Here](#) you can find information on childminders in different languages.


(Primary) school students up to age 12


There are also after-school supervision options for school students between the ages of 6 and 12. There are many different supervision models, such as the "Hort", a "Mittagsbetreuung" or a "Ganztagsschule". All of these formats provide homework support for children. And there's plenty of time for fun and games, too. Your child's primary school or the Youth Welfare Office will tell you which supervision model your city or town offers for (primary) schoolchildren.

ADDRESS AND CONTACT

Childcare Service Centre & Child Day Care

 [Futterstraße 3, 66111 Saarbrücken](#)

 [06818308626](tel:06818308626)

 Monday:

8:30 - 16:30

Tuesday:

8:30 am - 12:30

Wednesday:

12:30 - 16:30


Thursday:

8:30 am - 12:30

[@info@service-kinderbetreuung.de](mailto:info@service-kinderbetreuung.de)


School for children aged 6 to 18

In Germany, attending school is required by law. The duration of compulsory schooling is 12 years. Children must attend school full-time for 9 years. After that, they have the option to attend school part-time for another 3 years. Does your child want to attend school full-time throughout? Then they can do that for 12 years.

 After 9 years, is your child not enrolled in any [vocational training](#)? And are they not in any other school? Then they must attend school full-time for another year. Compulsory education ends when your child reaches the age of 18. Unless they are enrolled in vocational training.

Your child must attend school regularly. It is your responsibility to ensure this. Going to state and municipal schools is free of cost.

In Germany, there are different types of schools. The type of school your child should attend depends on many factors, including the child's age and performance at school.

 The school often gives children written information to take home with them and give to their parents. It is important that you read this information.

What types of school are there in Saarland?

Grundschule (primary school)

Children start primary school at the age of 6 or 7. Primary school lasts 4 years. Each street belongs to a school district. Your child normally goes to the school that is in your school district. You cannot select the primary school. The school sends a letter to the parents of school-age children inviting them to an appointment. At this appointment your child will be officially admitted to the school. They have to fill in a form with information about their child and his or her health. The teachers, the head of the school and sometimes other people are present at this interview. They explain everything you need to know about the school.

Gemeinschaftsschule

At a Gemeinschaftsschule children with different backgrounds learn together at a single school. At community schools, pupils have the opportunity to take all final examinations

(Hauptschulabschluss after the 9th grade, intermediate school leaving certificate after the 10th grade, Abitur after grade 12 or 13). All final examinations are identical to the examinations at the other types of schools.

Gemeinschaftsschulen are well networked with other secondary schools. Thus, for example, after passing the Realschule examination at a Gemeinschaftsschule, the Abitur can be pursued at a vocational Gymnasium. A Gemeinschaftsschule is also always an all-day school.

Gymnasium (grammar school)

In the Gymnasium pupils acquire a broad and in-depth general knowledge. The Gymnasium will primarily prepare pupils for university studies. At a Gymnasium, pupils acquire a certificate after the 13th grade. Called "Abitur".

[Here](#) you will find an overview of all types of schools in Saarland.

Fachoberschule

The Fachoberschule comprises grades 11 and 12. It prepares students for studies at a university of applied sciences and for demanding theory-based training occupations. In grade 11, the students usually work in a company for two and a half days a week as part of a work placement and attend classes in a specialised secondary school in the relevant subject area for two and a half days a week. In grade 12, students acquire in-depth general and vocational knowledge and prepare for the final examination to obtain the Fachhochschulreife in full-time classes.

[Here](#) you will find more information on the topic of vocational schools and specialised secondary schools.

Förderschulen (Special schools)

Special schools are a complementary offer in our school system. According to the different types of special educational needs, there are several forms in Saarland. Förderschulen are intended to remedy the disability or mitigate its consequences, while providing a general education and preparing for vocational training.

[Here](#) you can find more information on the topic of special schools.

School social work

They are trusted persons in the school and offer neutral and confidential counselling. They help to organise project weeks or pedagogical days, occasionally offer after-school clubs, work on improving the class climate, counteract bullying and hold educational events.

Pupils are helped when they:

- Have questions and need advice
- Need someone who listens to them and takes them seriously.
- Need a mediator in case of problems or conflict with people from school or parents.
- Being afraid or threatened (e.g. bullying, violence, blackmail, physical assault).
- Need help in contacting a counselling centre or authorities.
- Desire to be supported in the development of their skills and personality.

Teachers are supported when they:

- Need advice about their class.
- Worrying about pupils or students.
- Would like to conduct parent interviews together with the school social work.

Parents can access counselling if they:

- Need advice on problems with their child.
- Worry about their child.
- Recommendation for the development of their child.
- Are looking for further help and would like to be accompanied in establishing contact.
- Would like to be accompanied in case of problems or conflict with a teacher.

[Here](#) you can find all contacts of the school social work in the schools.

Family benefits

Elterngeld (Parental allowance)

Some parents work less after the birth of their children. For some, it's because they don't want to work as much. For others, it's because they can't work as much anymore. If this is the case for you, you can get money (called Elterngeld) from the state. Even parents who are separated and do not live together can get this parental allowance. They can [apply for parental allowance](#) if they have a settlement or residence permit in Germany. You can find more detailed information in German, English, Turkish and Russian [here](#).

Child benefit

All parents with a "Niederlassungserlaubnis" or an "Aufenthaltserlaubnis" in Germany have the right to receive child benefits (Kindergeld). You must apply for [child benefit](#) yourself at the Federal Employment Agency. The Federal Employment Agency will pay this benefit for every child from birth to (at least) the age of 18. You can find more detailed information in German, English, Turkish and Russian [here](#).

Child supplement

If your income is not sufficient for your family, you can get [child supplement \(KiZ\)](#) under certain conditions. It is also called child benefit supplement. Check with the KiZ pilot whether your family meets the requirements for the KiZ.

Leisure activities for children and teenagers

Children enjoy playing. Children enjoy learning. Children enjoy doing sports. There are many opportunities for children in Saarbrücken. Children and families can spend time together here. They can also meet up with their friends.

There are offers for early childhood support and education in various districts in Saarbrücken. Parents' uncertainties and fears, tips on raising and developing children, can be discussed.

And there are lots of services for teenagers as well. They can spend time here with their friends.

The children's series "[Culture for Kids](#)" on Sundays at 15:00 is very well known. Over 40 events from the fields of theatre, music, clowning and pantomime.

"[Sundays at the Castle](#)" - The kids' series in the afternoon at 15:00 has surprises in store every year: Fairytale classics, participatory theatre, magic shows, puppet theatre & Improvisation theatre.

From April to October, the KidS department has put together a wide range of activities where children can be creative as well as active and sporty. [Here](#) you will find an overview of the entire annual programme, of the Cultural Office, for children. Choose your favourite activities and register yourself or your children via the online form of the respective event.

The [youth centres](#) ' services are aimed at young people between the ages of ten and 27. As different as the interests of the young people are, the individual institutions differ greatly in terms of the focus of their offers. Youth centres can be cosy meeting places. Some centres are counselling centres, others organise games, sports meetings and cooking evenings.

The [youth club](#) offers a wide range of projects in the areas of music, dance, games, theatre, aesthetic education and media, as well as gender-sensitive offers for girls, women and boys, tutoring and German courses, homework help and holiday learning courses.

ADDRESSES AND CONTACT

der jugendclub

[Johannisstraße 13, 66111 Saarbrücken](#)
[068133275](#)
[@hello@derjugendclub.de](mailto:hello@derjugendclub.de)
[der jugendclub](#)

Café Exodus

[Johannisstraße 9, 66111 Saarbrücken](#)
[0681371416](#)
[@treff@cafe-exodus.de](mailto:treff@cafe-exodus.de)
[Café Exodus - Café for Youth Culture](#)

Youth Centre Försterstrasse

[Försterstraße 6-8, 66111 Saarbrücken](#)
[068131180](#)

Youth Centre Burbach

[Bergstraße 51-52, 66115 Saarbrücken](#)
[068176361](#)
[@juz.burbach@rvsbr.de](mailto:juz.burbach@rvsbr.de)

Dudweiler Youth Centre

[Sudstraße 25, 66125 Dudweiler](#)
[0689775585](#)
[@juz.dudweiler@rvsbr.de](mailto:juz.dudweiler@rvsbr.de)

Folsterhöhe Youth Centre

[Hirtenwies 19, 66117 Saarbrücken](#)

☎ [0681581010](tel:0681581010)
 @ juz.folsterhoehe@rvsbr.de

Youth Centre Malstatt

📍 [Frankenstraße 11, 66115 Saarbrücken](#)
 ☎ [068142925](tel:068142925)
 @ juz-malstatt@rvsbr.de

JuZ United

📍 [Blumenstraße 30-32, 66111 Saarbrücken](#)
 ☎ [0681635359](tel:0681635359)
 @ zentrale@juz-united.de
 🌐 www.juz-united.de

Offer of early support and education

PÄDSAK - Pedagogisch-Soziale Aktionsgemeinschaft e.V.

📍 [Rubensstraße 64 - 66119 Saarbrücken](#)

💡 Playgroup for children from 1 to 3 years
 Monday: 10:00 - 11:00

💡 Early musical education for children from 0 to 3 years old
 Tuesday: 10:00 - 11:00

💡 Tumbling for children from 0 - 3 years old
 Thursday: 10:00 - 11:00

💡 Baby massage for babies from 0 - 1 year old
 Friday: 10:00 - 11:00

Community work Burbach

📍 [Bergstr. 6 66115 Saarbrücken](#)

💡 Baby Clubs
 Thursday and Friday: 09:30 - 11:00

💡 Baby Clubs
 Monday: 09:30- 11:00
 📍 [Riesenstraße 7, 66130 Saarbrücken](#)

💡 Playgroup
 Friday: 11:30 - 13:00

Community work in the district of Old Saarbrücken

📍 [Moltkestraße 67 Old Saarbrücken](#)

💡 Baby Club (from 8 weeks)
 Wednesdays: 10:00 - 11:30
 Thursday: 15:00- 16:30

📍 [Goebenstraße 25, 6617 Saarbrücken](#)

💡 Music dwarves (from 8 months)
Tuesday: 10:45 - 11:30
Appointments by appointment only

💡 Tumbling (from 9 months)
Fridays, 11:00 - 12:30

💡 Bookworms (from 3 years)
15:00 - 16:30

Open youth work

💡 Open youth work at Youth Club Brebach (from 7. School year)
📍 [Jakobstraße 12-16 Saarbrücken- Brebach](#)
☎ [01724580395](#)

💡 Open Youth Work Community Work Wackenberg (from 11 years)
📍 [Rubensstr. 64 Saarbrücken](#)
☎ [06818590910](#)

Children's houses

💡 Malstatt Children's House
📍 [Neustrasse 22 66115 Saarbrücken](#)
☎ [0681947134](#)

Unaccompanied Minor Refugees

A refugee is younger than 18 years old? Has travelled to Germany unaccompanied? They are considered unaccompanied foreign minors. These young people are registered with the youth welfare office. The Youth Welfare Office will talk to them, and will find out how old they are.

- If they are under the age of 18, they are considered minors. The Youth Welfare Office will look after them. They will take them to an accommodation centre for young people.
- If they are over the age of 18, they are considered to be of age. They will be given a rejection notice. Or they will be treated as an adult.

💡 The Youth Welfare Office will provide an interpreter for the appointment.

💡 Does your proof of arrival (Ankunftsnachweis) say you are not yet 18 years old? Despite this, has the Youth Welfare Office given you a rejection notice? Then the Youth Welfare Office must enter a new date of birth on the notice. Only then can you have your documents changed by the Immigration Office (Ausländerbehörde) and the Social Welfare Office (Sozialamt).

Some minors (people under the age of 18) enter the country **with relatives**. For example with an uncle or aunt. Or cousins or older siblings. Your accommodation support will register this with the Youth Welfare Office after your arrival. The Youth Welfare Office will talk to the minor and their adult relatives. They will check whether the minors can stay there. In addition, the Youth Welfare Office decides whether to give the young person a guardian. The Youth Welfare Office will provide an interpreter for the appointment.

💡 Adult relatives can also go to the Family Court to apply to be the child's official guardian. If they are given guardianship, the relative(s) take full responsibility for the minor(s) in place of their parents.

Further information on unaccompanied minor refugees can be found [here](#), on the BAMF website.