

Support for parents from pregnancy onwards and family with children up to three



Pregnancy, birth, a baby, toddler change many things and bring new challenges. Sometimes you wonder:

- ▶ Am I doing everything right?
- ▶ How do I manage this?
- ▶ Where do I remain as a person?
- ▶ Is my child developing corresponding to her or his age?

Frühe Hilfen is directed at parents from pregnancy onwards and family with children up to the age of three.

Their aim is:

- ▶ to sustainably improve the developmental opportunities of children and family and within society at an early stage
- ▶ to advise, accompany and support parents
- ▶ to strengthen the parents relationship and also their parenting skills
- ▶ *to make a significant contribution to the healthy upbringing of children and to secure their rights to protection, support and participation*

Where can I get help if I need it?

A wide range of services and support is already available here (e.g. pregnancy counselling, early support/ intervention and much more from the health sector as well as child and youth welfare).

In the Wesermarsch, Frühe Hilfen/child protection are happy to give you an initial overview and refer you to other offices if necessary.

Within the framework of the Frühe Hilfen and different experts, some devices have been developed (e.g. implementing community midwives in the first and second year of a child's life, further training for parents, etc.)

The latest information, a list of offers and contact persons can be found on our homepage at:

<https://landkreis-wesermarsch.de/verwaltung-politik/fachdienste-im-ueberblick/jugend/fruehe-hilfen-kinderschutz.php>

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You are also welcome to use the service of a language mediator/interpreter!