

> Who is behind Frühe Hilfen?

We are a small, flexible team for coordinating support, and are affiliated to Reutlingen Parental Guidance and Counselling Centre. We offer advice and support to pregnant women, to mothers and fathers, and to children aged 0-3 years. This support is available to all residents within the administrative district of Reutlingen, regardless of religion or nationality.

> Support for young and old

Pregnancy, birth, babies and toddlers: what sounds so idyllic is, for many families, a daily struggle with little - and sometimes big - problems. Am I getting it right? How can I cope with everything? What about my own needs? Are my children developing properly? Many parents feel insecure and overwhelmed.

This is where we are there for you. We offer information, clarification, advice, support and referrals from a single source. This support is free of charge and without unnecessary bureaucracy. You can gain information or make an appointment in person, by telephone or by e-mail. For more information, visit the website.

Tel. (07121) 9 0719-82 oder -85
Mail fruehe-hilfen@kreis-reutlingen.de
Web www.fruehehilfen-reutlingen.de



Englisch_4/2019

LANDKREIS
REUTLINGEN



Frühe Hilfen für Familien

Kreisjugendamt
Kaiserpassage 11
72764 Reutlingen, Germany
www.fruehehilfen-reutlingen.de

> Frühe Hilfen Network Coordination Office

Reutlingen region

Tel. (07121) 907 - 19 82 or -19 85
fruehe-hilfen@kreis-reutlingen.de

Echaz-Neckar-Erms region

Tel. (07121) 907 - 19 85
fruehe-hilfen@kreis-reutlingen.de

Swabian Alb region

Tel. (07121) 907 - 19 82
fruehe-hilfen@kreis-reutlingen.de

When contacting us, please always indicate your place of residence!

> Pregnancy advisory service, counselling for unintended or unwanted pregnancies

Tel. (07121) 907 - 1984
schwangerenberatung@kreis-reutlingen.de

> Family support, family education, coordination of the STÄRKE state programme

www.fruehehilfen-reutlingen.de

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Bundesministerium
für Familie, Senioren, Frauen
und Jugend

Bundesstiftung
Frühe Hilfen



Early Support: for little people. And big people.

Support for pregnant women and families with children from 0-3 years





Do you feel overwhelmed, or left alone? Call us now! We're here to help you in this challenging phase of life.



> **A child changes everything...**

It's completely normal for the arrival of a child to turn your world upside down - whether you're a single parent or a family. That's why we're here for you. You can contact us at any time if you need support. For example:

If your baby or toddler

- >> is very restless and cries a lot
- >> sleeps badly, or has problems dropping off to sleep
- >> doesn't drink properly, or refuses to eat
- >> is often fretful
- >> often appears anxious

If you personally

- >> are unable to relax
- >> feel left alone
- >> are no longer able to deal with problems on your own
- >> have conflicts with your partner about upbringing

General questions

- >> on the development of your child
- >> on how to bring up your child
- >> financial or legal advice
- >> counselling on sexuality or partnership
- >> Advice on pregnancy-related issues

> **Early Support makes life easier...**

Frühe Hilfen is open, uncomplicated and close to home. We will help you by talking to you or simply listening to you. You are given tips and information for everyday life. Our services are free of charge and without unnecessary bureaucracy. It goes without saying that we process your data confidentially.

Our tasks and services

- >> Advice, information and referral on matters relating to the development, upbringing and health promotion of your child
- >> Family and parent education through various courses and groups
- >> Provision of family carers, public health nurses and paediatric nurses, and family midwives
- >> Family guide for the district of Reutlingen
- >> Information for professionals in other fields
- >> Networking of the cooperation partners providing family support services



We support pregnant women and families with children from 0-3 years