

EARLY SUPPORT

Family-Midwives, Children's Nurses

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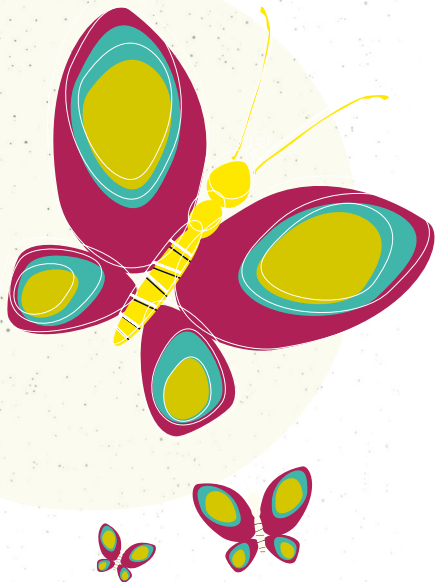
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You are excited about having a baby but you are feeling insecure at the same time?

You have questions?

- When and why do you need an appointment for birth preparation?
- What changes during pregnancy and after birth?
- How do you best prepare for your newborn?
- How do you care for a newborn child and what do you feed?
- How do you secure a living for you and your child?
- How much living space do you need and what kind of equipment and furniture is helpful?
- Which services are available?
- What do you do if your child has special needs, e.g. a chronic illness or developmental delays?

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• You can contact our team directly or through the Office for Family and Children Services

• Our Team supports you and gives you guidance throughout the first 2 years in all areas that are important when caring for an infant

- Our team supports free of charge when:
 - you have a doctor's appointment
 - you need to file papers with a department or an agency
 - you need support with daily tasks
 - you have conflicts with or about your child
 - you need support fostering your relationship with your child or if you experience bonding issues

No matter what it is –
contact us and help is on its way!

