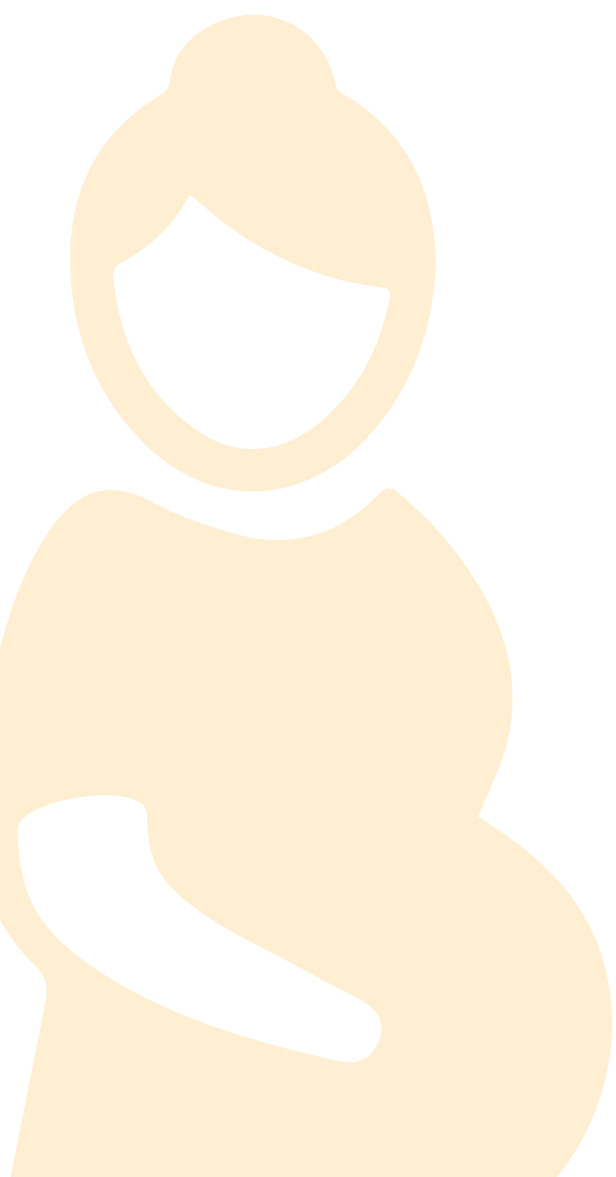


# Pregnancy & Birth

Information for Berlin-Spandau





## Dear Parents,

### Welcome to Berlin-Spandau.

**We – that is the city of Berlin, the district of Spandau and the Evangelische Wald-  
krankenhaus Spandau – want to help you with your baby to start a good and  
healthy life.**

In particular, there are many questions that arise if you think or know that you are pregnant, such as: Am I really pregnant? Where can I get help and support?

This brochure aims to explain what support the health system offers you during pregnancy, at birth and afterwards.

Pregnancy check-ups and early registration for the birth in hospital are particularly important in order to prevent health-endangering situations or to be able to identify and treat them at an early stage. Doctors, social workers, midwives and hospital teams help you during the pregnancy so that your health and your child's health can be enhanced with that support. .



**Oliver Gellert**  
Bezirksstadtrat für Jugend  
und Gesundheit in Spandau



**PD Dr. med. habil. Frank Jochum**  
Chefarzt der Klinik für Kinder-  
und Jugendmedizin  
Chief Physician of the Clinic for  
Paediatric Medicine  
Evangelisches Waldkrankenhaus  
Spandau

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Important note for families with a refugee background!

Please contact the Mobile Health Team if you need assistance with the above-mentioned content.

(Contact on the back of the brochure!)



## 1 | You are Pregnant

If you believe that you are pregnant, take a pregnancy test. You will receive the test e.g. in drugstores, pharmacies or at your midwife.

If you live in accommodation for refugees, please inform the social workers or someone in charge at your accommodation immediately that you are pregnant. You and / or employees of the accommodation can establish contact with the mobile health team and / or the midwife.

These will help you, for example, to find a gynaecologist to look after you during your pregnancy.

**Please observe the following rules so that you and your child stay healthy:**



**Do not smoke**



**Do not drink alcohol**



**Eat lots of fruit and vegetables**



**Drink sufficient water and unsweetened tea**



## 2 | Women's Medical Examination

During pregnancy, you should be examined regularly by a women's doctor (Gynaecologist). Medical check-ups are important to avoid complications during pregnancy and childbirth as much as possible. You will receive a maternity card (Mutterpass) at the doctor's surgery. All important examination results, such as your blood group and development of your child in the mother's womb, are recorded in it. Please always keep your Mutterpass with you in a safe place both before and after your baby is born.

To find a doctor who can assist you, search on the website of the Kassenärztliche Vereinigung (KV). Under [www.kvberlin.de](http://www.kvberlin.de) > **Arztsuche** > **Erweiterte Suche** > **Frauenheilkunde und Geburtshilfe**, there is a list of doctors.

With the advanced search „Erweiterten Suche“ you can also search for language skills of the doctor or ask the mobile health team for support.

**Call your women's doctor, if you have at least one of the following symptoms!**

- Pain through urination
- Itching in the vagina
- Unpleasant smelling vaginal discharge
- Fever above 38° Celsius
- Hard belly (more than 10 times per day)

**Go to your women's doctor immediately, if any of the following symptoms occur:**

- Severe pain
- Bleeding from the vagina
- Liquid from the vagina (more than the normal vaginal discharge)

→ **If the doctor is not available: call the emergency number Telephone 112 or go to the maternity hospital.**



## Financial Support and Advice during Pregnancy

If you receive unemployment benefit II (Alg II) or financial benefits under the Asylum Seekers Benefits Act (AsylbLG), you can apply for "one-off benefits for additional needs for pregnant women / maternity clothing / initial equipment allowance" - "einmalige Leistung für Mehrbedarf in der Schwangerschaft" at the job centre.

You can also apply for financial aid for initial equipment at the foundation known as Help for the Family - Pregnant in Need „Hilfe für die Familie - Schwangere in Not“. The pregnancy counselling service, for example, in your district can help you fill out applications.

**More Information is available at: [www.stiftungshilfe.de](http://www.stiftungshilfe.de)**

## Counselling Services

Pregnancy counselling and help with applications „Help for the Family-Hilfe für die Familie“

**Immanuel Beratung Spandau**  
**Schwangeren- und Schwangerschafts-**  
**konfliktberatung | Pregnancy and Pregnancy**  
**Conflict Counselling**

Achenbachstraße 15  
13585 Berlin  
Consultation Hours:  
Telephon 03033290677

Caritas Beratungszentrum Spandau  
Migrationsdienst  
Galenstraße 39  
13597 Berlin  
Telephon 030 31168 4354

**Zentrum für sexuelle Gesundheit und**  
**Familienplanung | Centre for Sexual Health**  
**and Family Planning Bezirksamt Charlotten-**  
**burg-Wilmersdorf**

Hohenzollerndamm 174-177, 3rd Floor  
10713 Berlin

Information and Registration:  
Telephon 030 902916880  
Consultation Hours: Monday, Tuesday, Friday  
9:00 am - 12:30 pm,  
Thursday 3:00 pm - 6:30 pm



### 3 | Sign-Up for the Forthcoming Birth in a Hospital

In Berlin-Spandau there are two hospitals where you can give birth to your baby: the Gemeinschaftskrankenhaus Havelhöhe and the Evangelische Waldkrankenhaus Spandau.



Registration: <http://bit.ly/GebHavelhoehe>



Office hours for telephone calls from Monday to Friday, 10:00 am - 12:00 pm,

**Telephone 030 36501-1428**

To register for birth, please refer to the latest information on the homepage:

<https://www.havelhoehe.de/geburtshilfe.html>

or via the QR-code

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#### **Babylotsen – Free information and advice around the birth**

Informations about the offers for pregnant women and young families in the district.

**Telephone 030 36501-1428**

[babylotse@havelhoehe.de](mailto:babylotse@havelhoehe.de)



Sign-up between 16th and 20th week of pregnancy  
<http://bit.ly/GebSpandau>

#### **Part 1 | Online sign-up 16th to 20th week of pregnancy (SSW)**

Enter your contact details as well information about the birth (for example, expected due date) via the QR code. You will then receive confirmation by e-mail with your personal registration number and further information. The online form is in German, English and Arabic. Here you can choose a date for your registration.

If you have difficulties registering, please contact your midwife, a counseling centre or the mobile health team.

#### **Part 2 | Personal sign-up 30th to 34th week of pregnancy (SSW)**

Please come on your chosen and confirmed registering date with your registration number to the Midwife House / Hebammenhaus (House 13) on the grounds of the Evangelische Waldkrankenhaus Spandau. Bring with you the personal registration number from the confirmation e-mail.

The registration for the birth is done there by a midwife and a Babylotsin.

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#### **Babylotsen – Free information and advice around the birth**

Informations about the offers for pregnant women and young families in the district.

**Telephone 030 3702-2209**

[babylotse.waldkrankenhaus@jsd.de](mailto:babylotse.waldkrankenhaus@jsd.de)



## 4 | Organizing and Procuring

### These things should be done in preparation for the birth:

- During pregnancy, organise all the necessary documents for the birth certificate / registration of your child at the registry office / standesamt (checklist on page 12).
- Look for a caring midwife at the beginning of your pregnancy (see info box below).
- Find out in good time which paediatrician you would like to see after the birth (check-up U3 and first vaccination at the age of 4-6 weeks of age).
- Pack your bag for the hospital.
- Do you already have children? Clarify how your children will be looked after during your stay in the clinic.

### Midwife / Hebamme

#### Midwives look after women during pregnancy and after birth.

Post-natal care (aftercare / Nachsorge) is also very important for you and your baby. For the first ten days of your newborn baby's life, you should have a midwife visit you at home or in your accommodation. Contact a midwife as early as possible in pregnancy, as the time available is usually very limited.

You can also visit the internet website [www.berliner-hebammenliste.de/suche](http://www.berliner-hebammenliste.de/suche) to search for a midwife.



## 5 | Giving Birth in the Hospital

If you are in labour and there have been no complications in your pregnancy, ask relatives or a taxi to take you to the clinic where you are already registered for the birth. If complications occur around the birth date, call an ambulance. Telephone 112.

It is recommended that you stay in the clinic with your newborn baby for 3 to 4 days after the birth so that important examinations can be carried out on you and your child before your discharge.

This includes:

- Child check-ups U1 and usually U2 (after approx. 72 hours)
- Hearing Test
- Blood test to exclude congenital metabolic diseases

The clinic's health and paediatric nurses and midwives support you with breastfeeding and baby care.

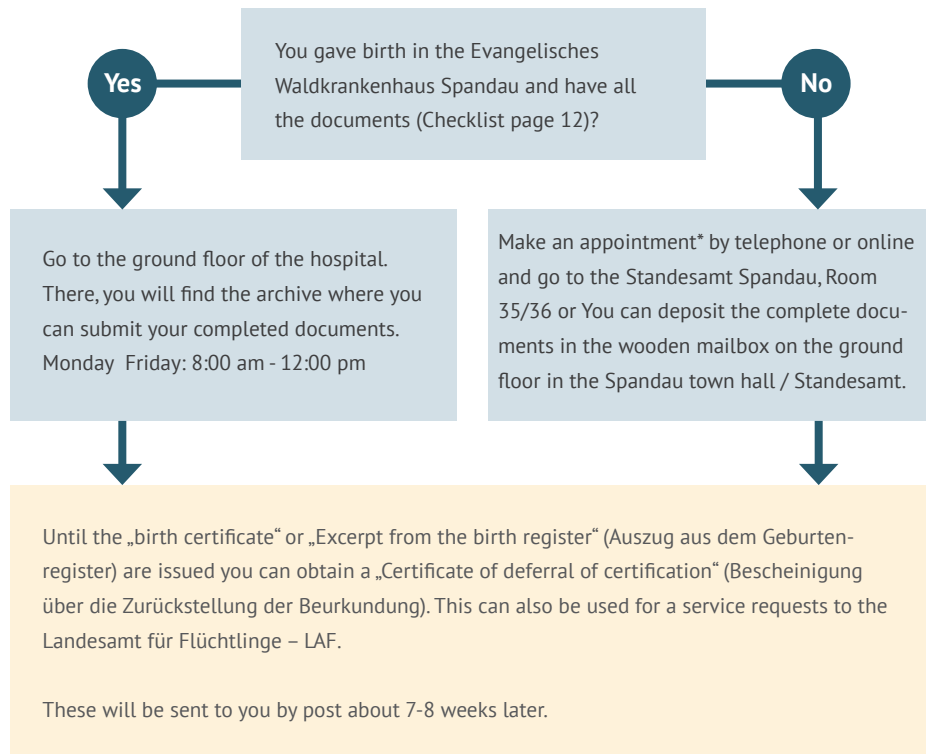
## 6 | Return to the Accommodation or Apartment



Please organise safe transport for your newborn baby (pram or baby car seat).

If necessary, ask a member of staff at the hospital and / or the mobile pilot team for help.

## Registration of Your Child and Birth Certificate



**Cost:** Three birth certificates for applying for parental benefit, child benefit and health insurance services will be sent to you free of charge. Further documents can be requested online after receipt. The first certificate costs 12 euros, each additional certificate issued at the same time costs 6 euros.

**Standesamt Spandau im Rathaus:** Carl-Schurz-Straße 2-6, 13597 Berlin,  
Telephone 030 90279-2508/-2518/-2552/-3619  
Phone consultation time Wednesday 9:00 am - 11:00 am, standesamt@ba-spandau.berlin.de

\* On Request: Monday 9:00 am - 1:00 pm, Tuesday 9:00 am - 12:00 pm,  
Thursday 2:00 pm - 4:00 pm (only with appointment)

\*\* Collection of Documents: Tuesday 12:00 pm - 12:45 pm, Thursday 4:00 pm - 5:45 pm

## Around the official registration of your child:

### To register your newborn child

In Germany, every child must be entered in a register immediately after its birth so that it can be linked to health insurance, and the place of residence can be registered with the police. Your child needs a birth certificate or an excerpt from the birth register, so that an application for various entitlements, benefits, identify card, passport etc. is possible.

### How do you obtain a birth certificate for your child; and what to do if you do not have all papers required?

The maternity hospital reports the birth of your child to the responsible registry office / Standesamt.

If you take with you all the necessary documents for the birth in the hospital (see check list on the back), you can apply for the birth certificate at the archive in the Evangelische Waldkrankenhaus Spandau while you are in hospital (see graphic on the left). If you are still missing documents for applying for a birth certificate, your child can still receive an official document. This is called „Excerpt from the Birth Register – Auszug aus dem Geburtenregister“ or „Certificate of Notification of a Personal Event – Bescheinigung über die Anzeige eines Personenfalls“. This also allows you to apply for benefits from the Landesamt für Flüchtlinge LAF or from the Job Centres.

### Family name of the child

If you do not have your own documents, the child will be given the mother's family name. Changing the name is possible after all necessary documents are available. If you confirm paternity / Vaterschaftsanerkennung and submit a joint custody declaration / gemeinsame Sorgerechtsklärung with the responsible youth welfare office / Jugendamt before the birth, the child can in exceptional cases receive the father's surname even if the documents are missing.



# Check List

Documents that you need in order to apply for a birth certificate.

You must obtain the documents before birth:

## Your own birth certificate

- in original +
- Certified translation into German language +
- A final Certification of German public documents for the purpose of legalization / apostille

## Proof of identification

- Valid passport from the country of origin +
- Toleration / Registration by the immigration authority (residence permit)

## If you are married:

Marriage certificate

- in original +
- Certified translation in the German language +
- Certification of German public documents for the purpose of legalization / apostille +
- Declaration for the name by both parents

## Marriage contract

- in original +
- Certified translation into the German language +
- Certification of German public documents for the purpose of legalization / apostille

## If you are not married:

- Paternity recognition with joint statement of due diligence and birth certificate of the partner / child's father (the last child) +
- Declaration for the name by both parents

Please bring all papers with you to the hospital for birth.

## Child and Youth Health Service

### Kinder- und Jugendgesundheitsdienst – KJGD

After the birth of your child, you will receive a welcoming card from the Children and Youth Health Service (KJGD), in which a visit at your home is offered for advising on questions about your child. If you have any questions about vaccinations, preventive medical checkups and / or a missing insurance status, please contact the KJGD by phone.

Contact: Telephone 030 90279-2658

## Imprint

### Promoter

Bezirksamt Spandau von Berlin | Johannesstift Diakonie gAG, Evangelisches Waldkrankenhaus Spandau, Klinik für Kinder- und Jugendmedizin | Senatsverwaltung für Integration, Arbeit und Soziales, Berlin

### Editor

Evangelisches Waldkrankenhaus Spandau, Johannesstift Diakonie gAG  
Klinik für Kinder- und Jugendmedizin, Mobiles Lotsenteam  
Stadtrandstraße 555, 13589 Berlin  
Telefon 030 37022174  
lotsenteam.waldkrankenhaus@jsd.de  
www.jsd.de/mobiles-lotsenteam-ewk

### in cooperation with the District Spandau

### Mobile Health Team Project Management

PD Dr. med. habil. Frank Jochum (Chefarzt der Klinik für Kinder- und Jugendmedizin des Evangelischen Waldkrankenhauses Spandau)  
Dr. med. Karin Barnard (Leiterin Stabsstelle Gesundheitsförderung – Johannesstift Diakonie)

### Authors

Antje Rakow  
Marion Potzies (Familien-, Gesundheits- und Kinderkrankenpflegerin – Projektmitarbeiterin)  
Dr. rer. nat. Suha Al-Ani  
Dr. med. Karin Barnard (Projektleiterin)

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## Contact

### **Evangelisches Waldkrankenhaus Spandau**

Klinik für Kinder- und Jugendmedizin

Mobiles Lotsenteam – Flüchtlingshilfe

Stadtrandstraße 555 | 13589 Berlin

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**Telephone** (German, English, Arabic and Farsi/Dari)

**030 3702-29071 or**

**030 3702-2174**

**e-mail** [lotsenteam.waldkrankenhaus@jsd.de](mailto:lotsenteam.waldkrankenhaus@jsd.de)

**web** [www.jsd.de/mobiles-lotsenteam-ewk](http://www.jsd.de/mobiles-lotsenteam-ewk)

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If you have questions or problems concerning pregnancy or applying for signing up with a midwife, a women's or children's doctor will gladly help you!