



## Assistance for families with children up to three years of age



# Early help at the Regionalverband Saarbrücken

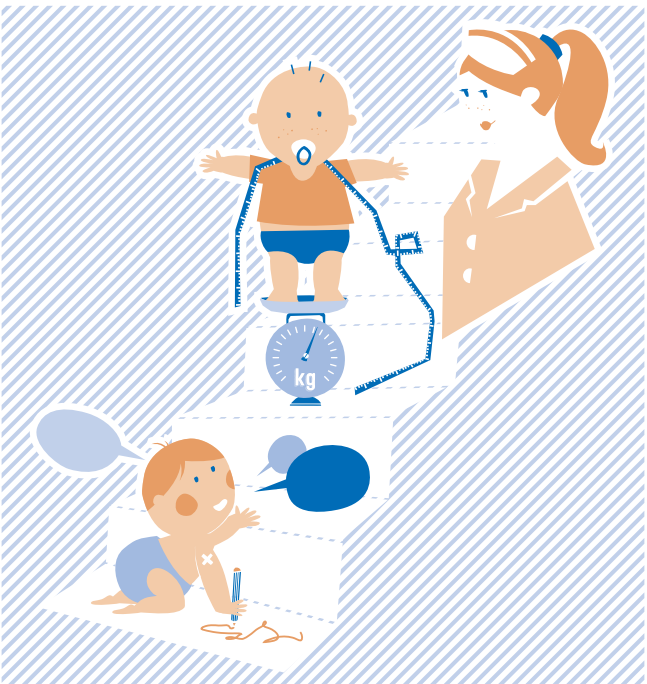
## Support for families with children from zero to three years of age

Support for families with children from zero to three years of age. The birth of a child entails many changes. What do you as a parent have to consider with respect to development, care and nutrition? Right at the very beginning this is essential in order to give your child the best possible start in life.

How can you recognise the signals your child sends out?

How do you yourself feel as a parent in this new situation?

The programme EARLY HELP is specialised to answer all your ante- and postnatal questions, and in the first three years of your child.





# Baby clubs and parent courses

## **Baby clubs**

If you are interested in suggestions for games and want to foster the development of your baby, you can exchange comments and ideas with other parents in a calm and relaxed atmosphere.

The Baby Clubs offer you the opportunity to discuss with other parents problems, such as sleepless nights and your child's very first radiant smile.

This is an open offer, free of charge, and takes place on a weekly basis. They are managed by experienced leaders and midwives.

## **Parent course – Understanding your baby**

In the Parent Course the focus is on "READING" your child's behaviour. This is where you will get information on the early development and day to day expressions of behaviour.

The personal well-being of the parents in this new situation in life is dealt with by means of playful drills. The Parent Course consists of five two-hour sessions and is managed by experienced course leaders.

## **For further information:**

*Katholische*

*Familienbildungsstätte*

☎ 0681 9068191

@ info@fbs-saarbruecken.de

*Evangelische*

*Familienbildungsstätte*

☎ 0681 61348

@ fambild-sb@dwsaar.de



# Parent counselling for families with babies and toddlers

## **We offer you:**

- Counselling by paediatricians, children's nurses and family midwives from The Regional State Medical Centre
- Support concerning care, nutrition and development of the child
- Counselling on the child's health and illness
- Vaccinations
- Weighing and measuring
- Physical examinations
- Help on finding further institutions, such as paediatricians, Counselling,
- Early support etc

## **Location and current programme under :**

🌐 [www.regionalverband.de/fruehe-hilfen](http://www.regionalverband.de/fruehe-hilfen)

## **Center of coordination “EARLY HELP” at the Regionalverband Saarbrücken**

***Eveline Zobel***

📞 0681 506-5260

***Dr. Gesine Thünenkötter***

📞 0681 506-5409

@ [fruehehilfen@rvsbr.de](mailto:fruehehilfen@rvsbr.de)



# Adresses and offers for early support

## **Outpatients Clinic for babies and toddlers**

*Säuglings- und Kleinkindambulanz*

☎ 0681 38912701

@ siap@sb.shg-kliniken.de

## **Early Support**

*Lebenshilfe Saarbrücken*

☎ 0681 980550

@ info@lebenshilfe-saarbruecken.de

*Lebenshilfe Völklingen*

☎ 068 989-14730

@ info@lebenshilfe-voelklingen.de

*Lebenshilfe Sulzbach-/Fischbachtal*

☎ 068 97778940

@ info@lebenshilfe-sft.de

*Gemeinnützige Gesellschaft für*

*Paritätische Sozialarbeit mbH*

☎ 0681 38850

@ mail@gps-srp.de

*Frühförderstelle Burbach*

*Diakonisches Werk Saar und*

*„Miteinander leben lernen“*

☎ 0681 75590471

@ fruehfoerderung@dwsaar.de

## **Counselling on pregnancy**

*Sozialdienst Kath. Frauen*

☎ 0681 31122 oder 36386

@ info@schwangerenberatungsstelle-  
skf-sbr.de

*Evangelische*

*Schwangerenberatungsstelle*

☎ 0681 65743

@ hdb-sb@dwsaar.de

*Donum Vitae*

☎ 0681 9386734

@ saarbruecken@donumvitae.org

*Pro Familia*

☎ 0681 96817676

@ saarbruecken@profamilia.de

## **CARITAS Early Support**

*Caritas Frühe Hilfen*

☎ 0681 309060

@ info@caritas-saarbruecken.de



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