



Examples of our free courses for parents

- introduction to Children's First Aid
- cooking for babies and toddlers
- children's songs
- Education basics
- Parents-and-baby and parents-and-child groups
- Kids's sports

Please ask for the current offers in our office
or check via our web page!

Contact and sign-up

Oberhavel Netzwerk Gesunde Kinder

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Cooperating partners and further offers:

- Landkreis Oberhavel
Children's Health Department
Phone: 03301-6013757
- Deutsches Rotes Kreuz e. V.
Pregnancy Advice and Councelling
Phone: 03301-201945



www.netzwerk-gesunde-kinder.de



A sheltered start into life

For pregnant women and families
with children between 0 and 3 years



Dear parents,

congratulations on the birth of your child! Whether it is your first child or a sibling – the new situation will bring many changes and questions:

How do I organize everyday life for the family?

When do I start feeding baby food?

How do I get in touch with other mothers?

What do I have to keep in mind with regards to a return to work?

These are questions that all parents have to face sooner or later. Then, it is good to have someone to assist you, someone you can ask.

We find for you a volunteer family godmother, who assists from pregnancy through your child's third birthday as a counselor, confidante and simply someone to talk to.

All parents residing in Landkreis Oberhavel are eligible. You can sign up during pregnancy and up to your child's first birthday.

Our offer:

family godmother

- will visit you regularly
- will counsel you
- will be a confidante and contact for any questions you have
- will inform you on counseling and courses offered in your vicinity

All godmothers volunteer their spare time, and have been schooled extensively for their responsible and confidential task. They will love to pass their own experiences on to you.

Bonus program

As participants in our network you will regularly receive healthy gifts for you and your child:

- a baby sleeping bag
- a handbook on childhood diseases
- vouchers for baby swimming classes, baby gym and kids' sports
- a safety package with outlet covers, door stopper and smoke detector
- an annual pass for the Tierpark Gremendorf or the Schlosspark Oreanienburg
- a toothcare set with brush, mug and a children's book
- a child's backpack

**We are looking forward to your call:
03301-66 20 37. Or find us on the net:
www.oberhavel-netzwerk.de**

Your participation

- is voluntary
- is free of charge
- becomes active by signing of a participation agreement
- can be ended at any time

What's your part?

- 10 visits by your family godmother within three years
- regular attendance at the recommended medical check-ups with the pediatrician
- attendance of one of the parent's courses we offer

