What do I need to do when I’m pregnant?

Schwangerenberatungsstellen im Main-Taunus-Kreis

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Stand: September 2016
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- During pregnancy, you have the right of care from a doctor and a midwife. You will be given a booklet (Mutterpass), which is a record of the prenatal and natal treatment you receive whilst pregnant. **You must carry your „Mutterpass“ with you at all times!** Your social worker will give you the means to buy maternity clothing.

- Your social worker will give you the necessary voucher for your medical treatment. You have to take this with you when you have an appointment with a gynecologist (Frauenarzt/ärztin).

- In the 30th week of your pregnancy, you must register with the hospital in which you wish to have your baby.

- Your social worker will provide you with the means to purchase a pram and clothing for your new-born baby.

- Remember to have a bag already packed for your hospital stay. You will need: nightwear, underwear, slippers, towels and toiletries. If you are taking a particular medication, this should be included too.

- Speak to your social worker well before your due date about arranging for a taxi to take you to the hospital!

- When you start to have contractions, you should go to the hospital you have registered at. Remember to take your ready-packed bag!

- Should any of your visitors have an infectious disease (i.e. MSRA), they must always wear protective clothing when in the hospital or on the ward!!!!

- Your baby will be examined by a doctor in the hospital. This is called U1 and the results will be recorded in a special booklet called an „Untersuchungsheft“ (record of examinations). If you have had your baby where you are living, rather than in a hospital, the U1 examination must be carried out by a pediatrician (Kinderarzt). The booklet is a record of all the examinations your child will receive: U1 - U9. In the 4th week of your baby’s life, you should take him/her to a pediatrician (Kinderarzt) for the U2 examination, and for all future examinations.

- You must register the birth both at the **Town Hall (Standesamt)** and at the Main-Taunus-Kreis Foreigners’ Department (Ausländerbehörde). Refer to the brochure about registering a birth (Anzeige der Geburt). Confirmation of paternity can be certified at the Main-Taunus-Kreis Youth Welfare Service (Jugendamt). Any documentation you, the parents, have from your country of origin **must be brought with you!!**

- You should make an appointment at a gynecologist (Frauenarzt/ärztin) to be examined 6 weeks after the birth.