

Dear pregnant Woman, dear parents-to-be,

In Germany every woman has the right to receive care from a midwife. She can support you during pregnancy, birth and the postnatal period. The costs are normally invoiced by the midwife directly to the health insurance. You **don't have to pay** anything yourself.

What do midwives do?

- Midwives perform prenatal checks under their own responsibility or in cooperation with a gynaecologist. They provide advice on issues related to your pregnancy and offer help when you experience problems like nausea, pain, oedema or premature contractions. Several midwives offer the possibility to follow prenatal classes, this is usually in German but also possible in English – for women, as well as couples (Information on the homepage under 'Kurse').
Midwives will also be there to support you in case the pregnancy does not go as planned. Midwives can, for example, in case of a miscarriage care for you at home. This leaves you more time to say goodbye. In most cases a curettage can be avoided.
- Midwives take care of you during the *birth* in every hospital. In case of a healthy pregnancy a midwife can also accompany your birth in a birthing clinic or in the comfort of your own home.
- Your midwife will visit you and your baby until 12 weeks after birth – or longer when needed – at home. She observes the development of your child, the possible occurring neonatal jaundice, drinking and sleeping behaviour, weight gain and advices on how to care for your baby. She will help you with breastfeeding and nutritional questions. Your midwife will also check your own recovery and consequences that the birth may have had on your body.

Where do you find a midwife?

- There are not enough midwives in Wiesbaden to care for all the families in the city. This is primarily caused by political and financial factors. Therefore it is strongly advised **to look for a midwife early in your pregnancy**. To look for a midwife in your own area of the city will increase your chances of success. A list of midwives can be found on our homepage. You can also ask for help in the delivery room of a hospitals.
- **If you not succeed in finding a midwife in Wiesbaden**, we encourage you to try to arrange home visits by a midwife for the first 2 weeks. These are just a few visits, they cannot replace continuous postnatal care by a midwife, but can provide assistance in an emergency. In addition, we arrange open midwife consultation hours on different days and places. Please contact us as soon as the baby is born and ask for help.

Contact the service centre:

info@wiesbadenerhebammen.de

Please leave the following details:

Name, Phone-number, city-area, child's date of birth.

When your not able to speak the German language, we advise you to find a private translation as support.

It is not possible to ask for medical advice at the service centre.

In emergencies, please contact your birthing clinic, your paediatrician, your gynaecologist or the medical assistance service.