

## "Welcome to Life!" - Information for Heidelberg Parents With Newborn Babies"

The baby has arrived and everything is new and different...

The beginning of your time together is beautiful, exciting and sometimes also stressful.

Children and parents experience new things every day. How am I getting on as a parent?

Where can I meet other parents to exchange ideas? Who can answer a few questions such as:

- What is on offer in Heidelberg for families with babies?
- How can I get in touch with other mums and dads?
- Who can help me to fill in application forms?
- Is our child developing according to its age?
- How can I combine working and family life?
- Whom can I contact if I am exhausted and need help?

## Welcome Parcel

All Heidelberg mothers and fathers with newborn babies receive, together with the letter of the Mayor, a voucher for a **baby welcome parcel** containing a lot of interesting information and useful gifts, redeemable at an information event or at a personal meeting.

## Family Office

The Welcome Team of the City of Heidelberg helps parents to find answers to their questions and to decide which of the many family-friendly offers are suitable for their new life situation. We try to give you the information you desire with the help of an interpreter. Of course, you can also bring a person you trust to translate for you.

Please send us an email at [familienoffensive@heidelberg.de](mailto:familienoffensive@heidelberg.de) , so that we can prepare for our meeting with you. Individual counselling and personal conversation are possible during the opening hours of the Family Office.

### Opening hours

Wednesdays and Thursdays from 9:30 a.m. to 12.30 p.m. at Plöck 2a or by appointment.

## Contact

Stadt Heidelberg

Familienbüro (Family Office)

Plöck 2a, 69117 Heidelberg

Telefon: 06221 58-37888

Email: familienoffensive@heidelberg.de

In addition to this we offer

## Information events for parents with newborn babies (in German!)

At these events you can learn about family-friendly offers, get answers to questions and have a chance to exchange ideas with other parents. Babies and their brothers and sisters are very welcome of course.

**Dates:** [www.heidelberg.de/baby](http://www.heidelberg.de/baby) Informationsveranstaltung für Eltern mit Neugeborenen

Please register for these events; child care for brothers and sisters will be provided. Please bring a person you trust who can translate for you if possible.

We look forward to you!

