Midwives participating in the project

Midwives help you to be as well prepared for the birth of your child as possible. If you want they can come to visit you in your home for a time after the birth and help ease you into your new family way of life.

The cost of the assistance provided is generally covered by your health insurance company.

Midwives you can contact:

• Families Midwife at the Local Health Department
  Sabine Janowski
  Telephone: (0231) 50-2 76 16

• freelance midwife
  Henrike Middendorf
  Telephone: 0157 / 74 72 02 20

• freelance midwife
  Agatha Großstück
  Telephone: 0170 / 4 85 51 40

Midwife hotline

Telephone: (0231) 50-1 01 88
Every Tuesday from 3 pm to 5 pm and every Friday from 10 am to 12 noon

The hotline will help you
• to find the right midwife

The hotline will inform you
• about all the services the midwife can provide

The hotline will advise you
• and answer your personal questions
Services provided by the midwives

Midwife consultations
- initial consultation
- personal counselling
- information about the scope of midwife services

Every first Tuesday of the month from 2.30 pm to 4.00 pm in the St. Antonius Families Centre Missundestraße 78, 44145 Dortmund Telephone: (0231) 81 63 35

Advice regarding nutrition up to the age of nine months for
- concerns with breast-feeding
- questions regarding solid foods
- problems relating to the infant’s diet

Every third Wednesday of the month from 9.00 am to 11.00 am in the FABIDO Stollenstraße Families Centre Stollenstraße 40, 44145 Dortmund Telephone: (0231) 4 76 45 70

Postnatal exercise courses (open offer – join the course at any time)
- strengthening the pelvic floor
- providing an opportunity to share with other young mothers
- helping mother and child stay healthy

Every Wednesday from 10.00 am to 11.00 am in the FABIDO Stollenstraße Families Centre Stollenstraße 40, 44145 Dortmund Telephone: (0231) 4 76 45 70 or Henrike Middendorf Telephone: 0157 / 74 72 02 20

Gynaecologists participating in the project

Healthcare Centre MZV Königshof Dortmund GmbH
Michaela Adomakoh-Lang
Münsterstraße 40
44145 Dortmund
Telephone: (0231) 81 79 88

Gynaecology Practice
Samira Kallat-Sabri
Münsterstraße 119
44145 Dortmund
Telephone: (0231) 81 29 81

Paediatricians participating in the project

Dr. Med. Klaverkamp and Dr. Med. Mahlert
Münsterstraße 45
44145 Dortmund
Telephone: (0231) 98 10 51 0

Dr. Med. Schweizer and Dr. Med. Hoffmann
Krimstraße 2
44145 Dortmund
Telephone: (0231) 81 86 86