

Midwives

advise and provide support to pregnant women and their families

- Every woman has the right to receive the help she needs from a midwife.

The midwife

- is a well-trained female professional
- will answer any questions concerning the pregnancy itself and subsequent issues
- will visit you at your home free of charge

- The costs are covered by your health insurance company
- Appointments are agreed directly between yourself and the midwife



Dortmund 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

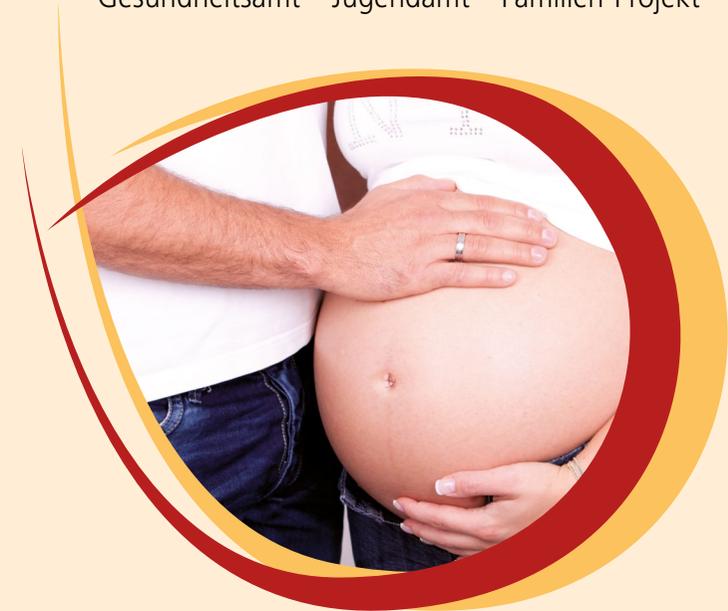
- and answer your personal questions

Dortmund District Midwives:
www.dortmunder-hebammen.de



Bundesministerium
für Familie, Senioren, Frauen
und Jugend

Bundesinitiative
Frühe Hilfen 



Midwives

**provide advice and support
for expectant mothers and
their families**

Midwife services

The eligible services provided by the midwives are financed by the statutory health insurance companies in accordance with the relevant midwife remuneration agreement. In the case of private health insurance it is advisable to seek confirmation that an entitlement to the relevant benefits exists. Parents of adopted children and parents who experience an unsuccessful pregnancy are also entitled to the assistance provided by the midwives.

Midwives offer support:

- during pregnancy
- during birth
- in the days following birth
- for as long as breast-feeding continues

Eligible midwife benefits include:

Counselling and personal preliminary consultation

- 12 counselling sessions during the pregnancy using relevant means of communication
- a personal preliminary consultation

Medical check-ups

- from the beginning of pregnancy:
1 medical check-up appointment every 4 weeks
- in the last 2 months of pregnancy:
2 medical check-up appointments per month (The medical check-ups with the midwife are separate from the medical check-ups carried out by the gynaecologist.)

Assistance with problems during pregnancy

- where assistance over an extended period is necessary, the reasons must be outlined in writing

Antenatal courses

- in groups: 14 x 1 hour
- requests for individual instruction must be supported by a simple certificate from the doctor

Assistance with the birth

- home births
- hospital births with an attending midwife
- births in a midwifery-led unit (not in a hospital)

Outreach advice following birth

- in the first 10 days: 10 visits (minus the number of days spent in the clinic)
- after day 10 to the end of week twelve: 16 appointments (personal visits or telephone counselling)

Advice on nutrition and breastfeeding

- from week twelve to month nine: altogether 8 x (personal visits or telephone counselling)

Postnatal exercise courses

- must be completed before the end of month nine after birth
- in groups: 10 x 1 hour
- requests for individual instruction must be supported by a simple certificate from the doctor

Under certain circumstances

(e.g. premature birth, failure to thrive)

additional visits by the midwife are also possible up until the end of month nine.

In any such case the paediatrician or gynaecologist must provide an appropriate medical certificate.