

Frankfurt mein Zuhause

GUIDE FOR LIVING WITH A BABY



BABY SUPPLIES

CRYING UNIT

PARENT HOTLINE

MIDWIVES

PARENTAL BENEFITS

FRANKFURTER

KINDER

BÜRO



waahh!

Congratulations on your little bundle of joy!





Dear Parents,

Congratulations on the birth of your child! In this brochure, we have compiled a host of useful tips, addresses and telephone numbers in an effort to make the transition into your new family life as smooth as possible. We are providing you with information about what Frankfurt has to offer. Regardless of whether you are a single parent household or raising your child together, what section of town you live in or where your cultural roots are: Frankfurt is a family town. Our first order of business is to provide parents and children with the right environment for living, laughing and loving.

I wish you the most exciting, chaotic and amazing time of your life,

Yours sincerely,

Sarah Sorge

Education Department Directorate – City of Frankfurt



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We represent the interests of the children in our city

The Children's Office – central point of contact for children and parents

The Children's Office places its focus on children and their parents. This is where you will find competent partners for all your needs. Since 1991 we have been charged with representing the community's interests for the implementation of **children's rights** in support of a child and family-friendly Frankfurt. The UN Convention on the Rights of the Child (CRC) is a binding regulation stipulating children's rights for children world-wide. This includes for instance, the right to health and education, the right to being

raised without violence, or the right to both parents and a safe home.

Our involvement is as varied as children's lives themselves: we provide prompt support without the red tape – wherever children's interests are affected. We encourage children to assert their own interests.

Should you need information, or have questions about daily life with your baby, the Children's Office will be here to support you. Come by with your baby and explore the play corner and the Family Info Café at our facility in Nordend, Frankfurt, and enjoy a cup of coffee – you are sincerely welcome!

The Family Info Café is open Mondays and Wednesdays from 9:00 a.m. to 12:00 p.m. This offer is free of charge and requires no registration.



Frankfurter Kinderbüro
Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

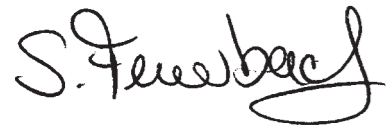


Our mission: To give Frankfurt's children a voice. But listening is our first priority.

The Family Info Café

Living together with your child is a new beginning. A new little person has arrived, providing much joy and happiness. But occasionally, there may also be questions and concerns. Public authorities need documents, and your professional as well as personal life are changing. You are overwhelmed with information. Do not allow yourself to lose confidence.

The Children's Office is here to assist you with the new life circumstances, including tips and addresses, but also a personal conversation. Please feel free to come by the Family Info Café whenever you wish – we are there for you Mondays and Wednesdays from 9:00 a.m. to 12:00 p.m



Susanne Feuerbach
Manager – Frankfurter Kinderbüro



Monika Röber
Project Manager – Familien-Info-Café



Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
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Returning to daily life after hospital

Everything is new: suddenly we are no longer in charge, and the baby controls our schedule.

Even at night, our baby is hungry and needs to be changed. We are slowly finding our way into the new life routine and into our new roles as mommy and daddy. Our parents are now grandparents, siblings have become uncles and aunts, children now have a sister or a brother. Sometimes we have no idea why our baby is crying. Could it be hunger, a burp, a full diaper, or the need for quiet and comfort? We are beginning to understand our child without words being spoken.

Our midwife, who makes house visits for postnatal follow-ups, and the pediatrician are the first point of contact for all our questions.

The **midwife** is paid by the health insurance. She provides tips, for instance on how to hold and change a baby, and what mommy and daddy can do when the baby does not drink, loses weight or cries at night. She also supports mothers who are not feeling well, who suffer from baby blues or depression.

Addresses for midwives can be found in the Yellow Pages (included in the welcome package).

Bund freiberuflicher Hebammen Deutschland (Association of Independent Midwives)
Tel.: 069 795 349 71
E-Mail: hebammensuche@bfhd.de
www.bfhd.de

Landesverband Hessischer Hebammen (State Association of Midwives in Hesse)
www.hebammen-hessen.de



The **pediatrician** will see the baby during all required preventive care examinations (U-Untersuchung). Please always remember to bring the examination records with you, which you received at birth. If you have questions about your child's health, or the child is sick, you can contact your pediatrician at your convenience. Pediatric emergency services are on-call outside of your pediatrician's office hours. The experts at the city's Department of Health (Städtisches Amt für Gesundheit) are also happy to provide assistance for all issues related to child and juvenile medicine.

Addresses for pediatricians can be found in the Yellow Pages (included in the welcome package) or at www.arztsuche Hessen.de.

Amt für Gesundheit (Department of Health)
Breite Gasse 28, 60313 Frankfurt am Main
Tel.: 069 212-33970

Kinderärztlicher Notdienst in der Uniklinik (Pediatric Emergency Service at the University Clinic)
Theodor-Stern-Kai 7, 60596 Frankfurt am Main
Tel. 069 630-17170
Emergency room
Tel. 069 630-15249

Kindernotfallambulanz in der Kinderklinik am Klinikum Frankfurt Höchst (Pediatric Emergency Service at the Pediatric Clinic of Frankfurt Hoechst Clinic)
Gotenstraße 6–8, 65929 Frankfurt am Main
Tel. 069 310 633 22



You should contact the Schreiambulanz (crying unit) **if your baby is crying a lot** and you are no longer able to get rest, and no longer know what to do. The advisers will work together with you to find a solution.

Schreiambulanz des SPZ/Clementine Kinderhospital (Crying Unit at the SPZ/Clementine Pediatric Hospital)
Theobald-Christ-Straße 10, 60316 Frankfurt am Main
Tel.: 069 405 631 92
www.spz-frankfurt.de

If the mother continues to need help after giving birth, the statutory health insurance can pay for a **household aid**. This requires a certification, for instance from your primary care physician. Your health insurance can provide you with addresses for support services. The health insurance may also pay for a person who you know.

Notmütterdienst – Familien- und Seniorenhilfe (Emergency Mother Services - Family and Senior Assistance)
Sophienstraße 28, 60487 Frankfurt am Main
Tel.: 069 951 03 30
www.notmuetterdienst.org

Other addresses at the Frankfurter Kinderbüro
Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

After returning to daily life

Time to get the paperwork taken care of

Cumbersome but necessary: completing forms. Government agencies and organizations need information about your new family status. These include the Standesamt (Civil Registry Office), the health insurance and the Familienkasse (State Family Fund). The following checklist will help to decide what can wait and what needs to be taken care of immediately.

What?	When?	Where?	Information	Completed?
Register the baby	No later than 7 days after birth	At the hospital or at the civil registry office (Standesamt), hotline: 069 212-73503	Information can be obtained from the hotline: 069 212-73503 or in the Internet at www.frankfurt.de/standesamt/service	<input type="checkbox"/>
Register the baby with the health insurance	Possible from birth	The forms for the free family insurance with the statutory health insurance can either be downloaded from the Internet or can be request by phone.	You will need to provide the health insurance with the birth certificate. Married couples with different surnames will also need to provide their marriage certificate. Some pediatricians already ask for the health insurance card at the first preventive care examination.	<input type="checkbox"/>
If fathers want to be recognized as the father	This is always possible, even before birth	At the civil registry office (Standesamt), hotline: 069 212-73503, or the youth welfare office (Jugendamt), 069 212-38269, or by a notary.	Only with the mother's consent	<input type="checkbox"/>
If you are not married, you can declare joint custody of your child	This is always possible, even before birth	At the youth welfare office or a civil-law notary	Counselling services are provided by the youth welfare office, hotline: 069 212-38269, or the respective welfare office.	<input type="checkbox"/>
The Familienkasse (State Family Fund), which pays the Kindergeld (child benefits), also needs the original birth certificate	Possible after birth	Agentur für Arbeit Frankfurt (Employment Agency), Fischerfeldstraße 10–12, 60311 Frankfurt am Main, Tel.: 069 217-12430 www.familienkasse.de	EUR 184 are paid on a monthly basis for each child under 18 years of age, a little more starting with the third child. If the child lives with the parents, the parents decide who among them will receive the child benefits.	<input type="checkbox"/>
Elterngeld (Parental benefits)	Possible after birth (observe any application periods)	Elterngeldstelle beim Amt für Versorgung und Soziales, (Parental Benefits Office at the Office for Support and Social Affairs), Walter-Möller-Platz 1, 60439 Frankfurt am Main, Tel.: 069 15671, E-Mail: post@havs-fra.hessen.de	The parental benefits are also paid to unemployed persons. Mothers and fathers who are raising their child themselves and who work less than 30 hours per week are paid at least EUR 300, but no more than EUR 1,800 per month for a period of up to 14 months.	<input type="checkbox"/>
Elternzeit (Parental leave)	The employer must be notified no earlier than 8, but no later than 7 weeks before the intended start of the parental leave.	At the employer	Mothers and fathers need to decide at the time of the registration for what periods they intend to apply for parental leave. Even employees with temporary or part-time contracts, as well as trainees and partially employed persons are eligible for parental leave, provided the child lives in the same household and they look after the child themselves. www.bmfsfj.de	<input type="checkbox"/>
Taxes			The city administration will forward your data to the tax office. If you are married and both of you work, you will both receive the tax code IV on your tax card. If the child credit is to be accounted for differently, you will need to complete the form "Elektronische Lohnsteuerabzugsmerkmale (ELStAM)" (Electronic payroll tax deductions). It can be found at www.hmdf.hessen.de .	<input type="checkbox"/>
Other questions?		BMFSJF Bundesministerium für Familie, Senioren Frauen und Jugend (Federal Ministry for Family, Seniors, Women and Youth), hotline: 0800 664 54 71		<input type="checkbox"/>



The stuff we need for daily life and where to get it

Diaper changing table, carrying wraps, bassinet, baby carriage, diapers, bodysuits, and hats: a newborn needs all kinds of stuff. Most of it can be purchased for little money, for instance at children's clothing markets. The Internet or notices provide information when these markets take place. Parents can also find these things at baby supply stores and second-hand stores. Anyone with a Frankfurt Pass, a Berechtigungsschein (entitlement certificate), a student ID or



a Hartz IV certificate can also shop at social and family markets.



Business addresses for baby supplies can be found in the Yellow Pages (included in the welcome package).

Sozialmarkt Frankfurt (Social Market Frankfurt)

Mainzer Landstraße 349 (im Hinterhof)
60326 Frankfurt am Main
Tel.: 069 973 226 150

Caritasverband Frankfurt e.V. – Secondhand-Kaufhaus/Familienmarkt (Second-Hand Store/Family Market)

www.caritas-frankfurt.de

Familienmarkt
Freiligrathstraße 37–39, 60385 Frankfurt am Main
Tel.: 069 904 367 80

Kleider am Alleehaus
Königsteinerstraße 130, 65929 Frankfurt am Main
Tel.: 069 300 646 92

Kleider im Werkhof
Gotenstraße 38, 65929 Frankfurt am Main
Tel.: 069 300 646 92

Kleiderläden in Frankfurt – DRK BV Frankfurt e.V. (Clothing Stores in Frankfurt – German Red Cross)

www.drkfrankfurt.de

Kleiderladen in Bockenheim
Große Seestraße 30, 60486 Frankfurt am Main
Tel.: 069 242 774 12

Kleiderladen im Gallus
Ackermannstraße 43, 60326 Frankfurt am Main
Tel.: 069 272 948 55

Things that are fun and good for you



Taking care of yourself is just as important as taking care of your baby. Things are easier when parents are content and relaxed. It is good to meet other mothers and fathers, to hear from them how they are going about things, and to spend time with them and their children. There is no shortage of programs in Frankfurt for families. You can learn how to massage your baby with warm oil, observe how your child behaves in the relaxed environment of a PEKIP group, or see how it acts in water for the first time. The Children's Office has a great overview of all programs.

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

Offers from associations can be found at www.frankfurt.de, keyword: Vereinssuche

Evangelische Familienbildung (Protestant Family Foundation)

Darmstädter Landstraße 81, 60598 Frankfurt am Main
Tel.: 069 605 004-11 course information/registration office
Tel.: 069 605 004-40 secretariat
E-Mail: info@familienbildung-ffm.de
www.familienbildung-ffm.de

Evangelische Familienbildung Höchst (Protestant Family Formation Hoechst)

Leverkuser Straße 7, 65929 Frankfurt am Main
Tel.: 069 759 367 280
E-Mail: Familienbildung-hoechst@erv-fb1.de
www.familienbildung-ffm.de

Familienzentrum Monikahaus (Monikahaus Family Center)

Kriegkstraße 36, 60326 Frankfurt am Main
Tel.: 069 973 82 30
E-Mail: monikahaus@skf-frankfurt.de
www.skf-frankfurt.de

Interkulturelle Familienbildung im Gusti-Gebhardt-Haus (Inter-Cultural Family Formation at House Gusti-Gebhardt)

Ostendstraße 70, 60314 Frankfurt am Main
Tel.: 069 943 44 40
E-Mail: gusti-gebhardt-haus@ifz-ev.de
www.ifzweb.de

Internationales Familienzentrum e.V. (IFZ) (International Family Center)

Wiesenhüttenplatz 33, 60329 Frankfurt am Main
Tel.: 069 272 21 60
E-Mail: info@ifz-ev.de, www.ifzweb.de

Katholische Familienbildung Frankfurt (Catholic Family Foundation Frankfurt)

Tituscorso 2b, 60439 Frankfurt am Main
Tel.: 069 133 077 900
E-Mail: kath.fbs.frankfurt@bistum-limburg.de
www.fbs-frankfurt.bistumlimburg.de

Kinder- und Familienzentrum Fechenheim, Geschäftsstelle (Children and Family Center Ferchheim, Branch Office)

Mainkurstraße 2, 60385 Frankfurt am Main
Tel.: 069 904 30 90, www.sozpaed-verein.de

MUKIVA Kinder- und Familienzentrum e.V. (MUKIVA Children and Family Center)

Rendeler Straße 48, 60385 Frankfurt am Main
Tel.: 069 447 460
E-Mail: info@mukiva.de, www.mukiva.de

Nachbarschaftszentrum Ginnheim e.V. (Neighborhood Center Ginnheim)

Ginnheimer Hohl 14, HH, 60431 Frankfurt am Main
Tel.: 069 530 566 79
E-Mail: info@nbz-ginnheim.de, www.nbz-ginnheim.de

Nachbarschaftszentrum Ostend (Neighborhood Center Ostend)

Uhlandstraße 50, 60314 Frankfurt am Main
Tel.: 069 439 645
E-Mail: info@nbz-ostend.de, www.nbz-ostend.de

Zentrum Familie im Haus der Volksarbeit e.V. (Family Center at the House of People's Labor)

Eschenheimer Anlage 21, 60318 Frankfurt am Main
Tel.: 069 150 11 38
E-Mail: zentrum.familie@hdv-ffm.de, www.hdv-ffm.de



Financial support for diapers and the like

In individual emergency situations, pro familia and church support offices will provide resources from the “Bundesstiftung Mutter und Kind – Schutz des ungeborenen Lebens” (Federal Mother and Child Foundation – Protection of Unborn Life) for the necessary purchases in connection with pregnancy and birth, and will help with the application (best filed by the 28th week of pregnancy). Assistance for pregnant women without a German passport is conditional on a residency permit that must still be valid at the time of the birth, or a so-called “Fiktionsbescheinigung” (Probationary Certificate) for foreign students.

Caritas, Sozialdienst katholischer Frauen (Social Services by Catholic Women) and Diakonie (Social Welfare Services) also provide access to church foundation resources. The support offices for women of the Diakonisches Werk (Social Welfare Services) grants resources from the “Stiftung für das Leben” (Foundation for Life) of the Protestant Church in Hesse and Nassau to women who are not supported by the Bundesstiftung (Federal Foundation). Support is flexible on a case by case basis and is not tied to the conditions for foreign nationals of the Bundestiftung; for instance, asylum applicants can also receive support. An application can only be filed after birth.

The support office for Caritas and the Sozialdienst katholischer Frauen (Social

Services by Catholic Women) award resources from the Bishop’s Assistance Fund of the Limburg Diocese to women in particularly dire situations and also in difficult immigration law cases. The application can be filed independent of an application with the Bundesstiftung (Federal Foundation).



Starting with the 13th week of pregnancy, recipients of unemployment compensation II

or Sozialhilfe (Social Security Benefits) are eligible for additional resources to cover the needs of pregnant women to the amount of 17 percent of the base rate. They are also eligible for a one-time assistance payment for the required initial provisions (baby clothing, bed, clothing cabinet, used baby carriage, changing station).

In Frankfurt, this subsidy amounts to a maximum of EUR 550. If you already have a small child under the age of two, the amount is reduced to EUR 275. Any support from the “Bundesstiftung Mutter und Kind” (Federal Mother and Child Foundation) is not counted. Applications can be filed as early as three months before birth.



Recipients of unemployment compensation II should refer to the Job Centers, recipients of Sozialhilfe (Social Security Benefits) refer to the Sozialräthäuser (Community and Social Welfare Offices).

Beratungsstelle für Frauen (Assistance Office for Women)

Alfred-Brehm-Platz 17, 60316 Frankfurt am Main
Tel.: 069 943 502 30
E-Mail: bff.zefra@diakonischeswerk-frankfurt.de
www.diakonischeswerk-frankfurt.de/zefra

Caritasverband Frankfurt e.V. (Caritas Association Frankfurt)

Alte Mainzer Gasse 10, 60311 Frankfurt am Main
Tel.: 069 2982-0
Tel.: 069 2982-104
E-Mail: mechthild.hamann@caritas-frankfurt.de
www.caritas-frankfurt.de

pro familia

Palmengartenstraße 14, 60325 Frankfurt am Main
Tel.: 069 907 447 44
E-Mail: frankfurt-main@profamilia.de
www.profamilia.de

Sozialdienst katholischer Frauen e.V. (Social Services by Catholic Women)

Kriegkstraße 36, 60326 Frankfurt am Main
Tel.: 069 973 82 30
E-Mail: skf_frankfurt@t-online
www.skf-frankfurt.de



Teenage moms under the age of 18 ...

... receive special support from the Sozialrathaus (Community and Social Welfare Offices) and assistance offices, e.g., pro familia. If the mother is not married, the law prescribes a guardian. Students can informally apply for mother protection at their school's administrative offices. Information on this issue is available at:

www.schwanger-unter-20.de

pro familia

Palmengartenstraße 14, 60325 Frankfurt am Main
Tel.: 069 907 447 44
E-Mail: frankfurt-main@profamilia.de
www.profamilia.de

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

Frankfurter Kinder- und Jugendschutztelefon (Children and Youth Protection Hotline)

0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

Pregnant again?

Pregnancies are not always planned, and some may even be unwanted. There are many pregnancy support offices if you are pregnant and don't know what to do.

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
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Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

Running a single parent household ...



... does not mean that you are alone. Instead, you can refer to the Frauenreferat (Women's Office). They provide free guidelines with many useful tips for single parents. Information can be found at: **www.frankfurt.de**, **search term: Alleinerziehende (Single parents)**

Verband alleinerziehender Mütter und Väter (Association of Single Parent Households)

Adalbertstraße 15–17, 60486 Frankfurt am Main
Tel.: 069 979 818 84
E-Mail: vamv_hessen@hotmail.com
www.vamv-frankfurt.de

When your relationship is on the rocks ...

... help is available through assistance offices that are also a point of contact for unmarried or same sex couples.

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
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Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

When parents need help ...

When living with children, situations can always arise that represent a challenge for the parents. Sometimes a tip from another mom or a pointer from grandpa will suffice. And sometimes we need the assistance of trained advisers. The Frankfurter Children's Office and the Team Kinder- und Jugendschutz (Child and Youth Protection Services) are good people to contact with any family-related issues. They are knowledgeable, work free of charge and maintain confidentiality. They will also refer you to other offices within the city that can help.

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
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0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.



Issues in multi-cultural households ...

... can be addressed by the Amt für Multikulturelle Angelegenheiten (Department for Multi-Cultural Affairs). The staff are extremely experienced and knowledgeable about various situations in life for women, men and children in a city that is home to more than 170 nationalities. Information about this can be found at: www.frankfurt.de,
Search term: Amt für multikulturelle Angelegenheiten (Department for Multi-Cultural Affairs)

Amka, Amt für multikulturelle Angelegenheiten (Department for Multi-Cultural Affairs)
Lange Straße 25–27, 60311 Frankfurt am Main
Tel.: 069 212-38765
E-Mail: information.amka@stadt-frankfurt.de
www.stadt-frankfurt.de/amka

Verband binationaler Familien und Partnerschaften, IAF e.V. (Association of Bi-National Families and Partnerships)
Ludolfusstraße 2-4, 60487 Frankfurt am Main
Tel.: 069 713 75 60
E-Mail: info@verband-binationaler.de
www.verband-binationaler.de

Travelling with the whole kit and caboodle

Baby carriage, wraps, bicycle trailer, baby trays ... you have a host of transportation equipment at your disposal.

The important thing is that your child has adequate freedom of movement and feels safe. Direct any questions you may have at your midwife or your pediatrician.

The passenger assistance service of the Verkehrsgesellschaft Frankfurt/VGF (Public Transportation Services Frankfurt) will accompany you from door to door – including the return trip. You need to register at least one day in advance. No other charges are incurred, other than for the ticket. This assistance service only applies to the Frankfurt area, **Hotline: 069 213-23188.**

When going bike-riding, make sure you use a safety-inspected child seat/trailer, and always have the child buckled up. When braking, make allowances for a longer braking distance. Never leave children in the child-seat unsupervised – the bicycle with the child can tip over.

Travelling safely in a car mandates the use of child-seats that are certified in accordance with ECE R 44/04. The ADAC (Automobile Club of Germany) provides a host of information about this at www.sicher-im-auto.com. Here too, the rule is to always buckle up.

How do I brush my child's teeth?

It's time to brush teeth once the first teeth begin to show. A combination of teething ring and brush has been shown to work best for babies. You can also use a cotton swab or a cheese cloth wetted with a little fluoride-containing children's tooth paste. Once the children are a little older, the consistently uniform brushing technique by the name of "KAI" (Kaufläche/Chewing Surface, Aussenfläche/Outside Surface, Innenfläche/Inside Surface) may be helpful: move the toothbrush along the chewing surfaces, then along the outer surfaces of the tooth with large, and finally the inner surfaces with small circular motions. The amount of children's tooth paste on the brush should not exceed the size of a pea.

You can ask questions about tooth brushing techniques at the Gesundheitsamt (Health Office) during a tooth brushing lesson for parents and children. The tooth brushing lessons are also offered in the city's municipal districts, and also at the Family Info Café of the Children's Office. For dates, please refer to: www.frankfurt.de, **search term: zahnfit (healthy teeth)**

Amt für Gesundheit, Abteilung Zahnmedizin (Health Office, Dental Medicine Department)
Breite Gasse 28, 60313 Frankfurt am Main
Tel.: 069 212-33621
E-Mail: info.zahnmedizin@stadt-frankfurt.de

Arbeitskreis Jugendzahnpflege für Frankfurt und den Main-Taunus-Kreis (Working Committee – Youth Dental Maintenance for Frankfurt and Main-Taunus District)
Mainluststraße 17, 60329 Frankfurt am Main
Tel.: 069 232 414
E-Mail: jzd@akj-frankfurt.de



Things are just a little bit different for us



Sometimes things just don't work out as expected. This can have many causes. Perhaps the baby is developing differently than the parents expected. Conflicts that may have been smoldering even before the pregnancy erupt. Or the parents are unable to establish a strong bond to their child because they themselves are having difficulty finding their footing in life. Frankfurt has a tight support network for any situation in life. Your first point of contact for all issues is the Sozialrathaus (Community and Social Welfare Office) or the **Team Kinder- und Jugendschutz (Child and Youth Protection Services)**, **Hotline: 0800 20 10 111.**

Frankfurter Kinder- und Jugendschutztelefon (Children and Youth Protection Hotline)
0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

COMMUNITY AND SOCIAL WELFARE OFFICES

For Kalbach, Bonames, Frankfurter Berg, Berkersheim, Harheim, Nieder-Erlenbach and Nieder-Eschbach
Sozialrathaus Am Bügel
Ben-Gurion-Ring 110a, 60437 Frankfurt am Main
Tel.: 069 212-38038
E-Mail: srh-ambuegel@stadt-frankfurt.de

For Fechenheim, Riederwald, Seckbach, Bergen-Enkheim
Sozialrathaus Bergen-Enkheim
Voltenseestraße 2, 60388 Frankfurt am Main
Tel.: 069 212-41211 and 069 212-46427
E-Mail: srh-bergen-enkheim@stadt-frankfurt.de

For Bockenheim, Rödelheim and Westend-Süd
Sozialrathaus Bockenheim
Rödelheimer Straße 45, 60487 Frankfurt am Main
Tel.: 069 212-74304
E-Mail: srh-bockenheim@stadt-frankfurt.de

For Altstadt and Innenstadt, Bornheim, Nordend (except municipal districts 201-203) and Ostend
Sozialrathaus Bornheim
Eulengasse 64, 60385 Frankfurt am Main
Tel.: 069 212-30547
E-Mail: srh-bornheim@stadt-frankfurt.de

For Dornbusch, Westend-Nord, Nordend-West, Eschersheim, Eckenheim and Preungesheim
Sozialrathaus Dornbusch
Am Grünhof 10, 60320 Frankfurt am Main
Tel.: 069 212-70735
E-Mail: srh-dornbusch@stadt-frankfurt.de

For Griesheim, Gallusviertel, Gutleutviertel and Bahnhofsviertel
Sozialrathaus Gallus
Rebstöcker Straße 8, 60326 Frankfurt am Main
Tel.: 069 212-38189
E-Mail: srh-gallus@stadt-frankfurt.de

For Zeilsheim, Unterliederbach, Sossenheim, Nied, Höchst and Sindlingen
Sozialrathaus Höchst
Palleskestraße 14, 65929 Frankfurt am Main
Tel.: 069 212-45527
E-Mail: srh-hoechst@stadt-frankfurt.de

For Niederursel, Heddernheim, Ginnheim, Praunheim, Hausen and Westhausen
Sozialrathaus Nordweststadt
Niddaforum 9, 60439 Frankfurt am Main
Tel.: 069 212-32274
E-Mail: srh-nordweststadt@stadt-frankfurt.de

For Sachsenhausen-Süd, Sachsenhausen-Nord, Oberrad and Niederrad, Goldstein, Schwanheim
Sozialrathaus Sachsenhausen
Paradiesgasse 8, 60594 Frankfurt am Main
Tel.: 069 212-33811
E-Mail: srh-sachsenhausen@stadt-frankfurt.de

Growing up with a disability

Every child is different. Some will start crawling and walking at an early stage. Others prefer to remain seated. Such things can often get parents worried. But these developmental differences are completely normal. However, some children do actually need more support than others. Mothers and fathers who are unsure should contact their pediatrician or the Frühförderstellen (Early Developmental Support Office). The Frühförderstellen may suggest further steps. The Sozialpädiatrische Zentrum (SPZ) (Social Pediatrics Center) and the Frühförderstellen will also support mothers and fathers in the case of premature birth. The intent is to never leave parents alone with their fears and concerns, and to find a manageable path together with them.

Financial assistance information can be obtained at the general Sozialdienst (Social Services) of the city's Sozialrathäusern (Community and Social Wel-

fare Offices). Parents can find other families in similar life circumstances, among others, via the Selbsthilfe Kontaktstelle Frankfurt (Self-Help Contact Office Frankfurt).

Addresses for pediatricians can be found in the Yellow Pages (included in the welcome package) or at www.arztsuche Hessen.de

Amt für Gesundheit (Health Authority)
Breite Gasse 28, 60313 Frankfurt am Main
Tel.: 069 212-33970

Addresses for the Frühförderstellen (Early Developmental Support Offices) and the Sozialpädiatrische Zentren (Social Pediatric Centers) can be found at: www.asffh.de

Hessisches Amt für Versorgung und Soziales (State of Hesse Office for Support and Social Matters)
Walter-Möller-Platz 1, 60439 Frankfurt am Main
Tel.: 069 15671

Selbsthilfekontaktstelle (Self-Help Contact Office)
Jahnstraße 49, 60318 Frankfurt am Main
Tel.: 069 559 358, E-Mail: service@selbsthilfe-frankfurt.net

Other related Internet pages:
www.frankfurt-handicap.de
www.familienratgeber.de
www.bvkm.de/recht/rechtsratgeber/mein_kind_ist_behindert.pdf

Family midwives will provide support for the daily routine

If parents are finding it difficult to establish a strong bond to their child, or they themselves are struggling to gain a foothold in life, the City of Frankfurt has "early support" mechanisms that can help.

Simply call the toll-free number of the **Kinder und Jugendschutz (Child and Youth Protection) team at 0800 20 10 111.**

The Familienhebammen (Family Midwives) are one way to obtain help at an early stage: these are midwives, pediatric nurses and pediatricians who volunteer their time and visit families with a newborn at home for one year completely free of charge. They provide support in a variety of ways. Depending on the specific needs, the family midwife can sometimes visit the home daily, sometimes every other week. She will show mothers and fathers how to dress the newborn's bellybutton, how to bathe and change their baby's diapers, how to hold him/her and how to nurse or bottle-feed the baby. The midwife can even provide assistance should there be problems with the Job Center, or if the parents need support when interacting with governmental agencies. She works in confidence and maintains



the parents' anonymity toward other governmental agencies. She can show mothers and fathers where good opportunities can be found in their part of town to go play with their child and to meet other parents. This helps to develop a sustainable bond between mother/father and child, even if the living circumstances in the family happen to be difficult.

Frankfurter Kinder- und Jugendschutztelefon (Children and Youth Protection Hotline)
0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

There are so many types of drugs and dependencies ...

Anyone who needs information and is looking for help should contact the Drogenreferat (Drug Directorate).

Drogenreferat (Drug Directorate)
Berliner Straße 25, 60311 Frankfurt am Main
Tel.: 069 212-30124
E-Mail: drogenreferat@stadt-frankfurt.de
www.drogenreferat.stadt-frankfurt.de

I am afraid when mommy and daddy fight ...

Even babies can sense an aggressive environment within the family. They

then sometimes begin to cry a lot to gain attention. They may also remain very quiet to protect themselves.

Frankfurter Kinder- und Jugendschutztelefon (Children and Youth Protection Hotline)
0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

Informationszentrum für Männerfragen e.V. (Information Center for Men's Affairs)
Sandweg 49, 60316 Frankfurt am Main
Tel.: 069 495 04 46
E-Mail: infozentrum@maennerfragen.de
www.maennerfragen.de

Beratungs- und Interventionsstelle Frauen helfen Frauen e.V. (Support and Intervention Office – Women Helping Women)
Berger Straße 31–33, 60316 Frankfurt am Main
E-Mail: info@frauenhaus-ffm.de
www.frauen-helfen-frauen-ffm.de

Beratungs- und Interventionsstelle für Frauen (Support and Intervention Office for Women)
Schwanheimer Straße 7, 60528 Frankfurt am Main
Tel.: 069 430 547-66 or 069 430 547-67
Cell: 0172 619 89 84
E-Mail: beratungszentrum-am-Frauenhof@frankfurter-verein.de
www.frauenhaus-frankfurt.de

Beratungsstelle Frauennotruf (Support Office – Women's Emergency Hotline)
Beratungszentrum am Frauenhof
Kasseler Straße 1a, 60486 Frankfurt am Main
Tel.: 069 709 494
E-Mail: info@frauennotruf-frankfurt.de
www.frauennotruf-frankfurt.de

FiM – Frauenrecht ist Menschenrecht e.V. (FiM – Women's Rights are Human Rights)
Varrentrappstraße 55, 60486 Frankfurt am Main
Tel.: 069 970 979 70
E-Mail: info@fim-beratungszentrum.de
www.fim-frauenrecht.de

Deutscher Kinderschutzbund Bezirksverband Frankfurt am Main e.V. (German Child Protection Association Regional Association Frankfurt am Main)
Comeniusstraße 37, Souterrain, 60389 Frankfurt am Main
Tel.: 069 970 901-41
E-Mail: dksb@kinderschutzbund-frankfurt.de
www.kinderschutzbund-frankfurt.de

I honestly had no intention of hitting my child ...

Parents know that they should never hit nor shake their child. But nevertheless, it can still happen in certain situations, in which they are unable to control their rage, despair or overwhelming emotions. It is essential to disengage from this downward spiral of violence, because the consequences for children are far-reaching. For instance, children who are subjected to violence often find themselves victims of bullying and have difficulty integrating into groups.

Mothers and fathers who need help can turn to various support offices. These work free of charge and are required to maintain confidentiality.

Frankfurter Kinder- und Jugendschutztelefon (Children and Youth Protection Hotline)
0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

Deutscher Kinderschutzbund Bezirksverband Frankfurt am Main e.V. (German Child Protection Association Regional Association Frankfurt am Main)
Comeniusstraße 37, Souterrain, 60389 Frankfurt am Main
Tel.: 069 970 901-41
E-Mail: dksb@kinderschutzbund-frankfurt.de
www.kinderschutzbund-frankfurt.de

Creating a work-life balance

Having a small child living with the family is exciting and challenging at the same time. Mothers and fathers need to think through exactly how many hours they can work and who takes on specific tasks in the household. Many parents want to share the professional and upbringing tasks as a team. The old role model – dad goes to work and mom stays at home – has considerable disadvantages. Mothers risk losing touch with the working world. Fathers on the other hand experience too little of the exciting first years of their children's lives. The Federal Government and a growing number of employers are responding to the fact that mothers and fathers want both: family and job.



Trainees, female and male employees are eligible for parental leave ...

... and this is independent of whether they work full-time, part-time, are partially employed, or have a temporary contract. **Parental leave can last for up to three years.** The employer must be informed no later than 7 weeks before this time begins. Elternzeit (parental leave) can be claimed by the father, the mother, or by both together. After the parental leave, they are **entitled to return** to their original job, or to an equivalent job.

A **temporary employment contract** is not extended by pregnancy or parental leave; instead it expires at the agreed time. An exception to this is a trainee contract, which typically expires after three years. Trainees can continue their

training after the parental leave, because the contract is automatically extended. Information can be found at: www.bmfsfj.de.

Mothers and fathers who receive Arbeitslosengeld II (Hartz IV) (unemployment benefits) ...

... can obtain valuable information about qualifications, the part-time employment market or childcare options from the Beauftragter für Chancengleichheit am Arbeitsmarkt/ BCA (Equal Opportunity Employment Officer) at information sessions regularly conducted by Job Centers.

Mothers and fathers who are registered with the Agentur für Arbeit or who are looking to rejoin the workforce

Men and women can obtain information about services provided by the Arbeitsagentur (Federal Employment Agency) and about rejoining the work-



force at monthly events conducted by the Bundesagentur für Arbeit at Fischerfeldstrasse. Dates can be found at www.arbeitsagentur.de, search term: Veranstaltungen (events).

Other related Internet pages:
www.perspektive-wiedereinstieg.de
www.new-hessen.de

Part-time training for mothers:
www.vbff-ffm.de



VbFF – Verein zur beruflichen Förderung von Frauen e.V.
(Frankfurt Association for Professional Support of Women)
 Walter-Kolb-Straße 1–7, 60594 Frankfurt am Main
 Tel.: 069 795 099 0
 E-Mail: info@vbff-ffm.de

Further information at www.schwanger-unter-20.de

University students with a child can request a leave of absence semester at their university, or decide to study on a part-time basis. Universities provide networks for studying parents, child-care, holiday games, nursing rooms and support for mothers and fathers.

Beratungsstelle FH Frankfurt (Support Office FH Frankfurt)
 Nibelungenplatz 1, Gebäude 2/Raum 271
 60318 Frankfurt am Main
 Tel.: 069 153 328 66
 E-Mail: familienbuero@abt-sb.fh-frankfurt.de

Goethe-Universität (Goethe-University)
www.gleichstellungsbuero.uni-frankfurt.de

Studentenwerk Frankfurt (Student Affairs Office Frankfurt)
 Tel.: 0180 178 833 6

Employment protection

By law, job terminations are not permitted from the start of the pregnancy until the end of a four month period after birth. During their Elternzeit (parental leave), mothers and fathers are also protected from being terminated. This protection applies until the Eltern-

zeit (parental leave), which can extend for up to three years, expires.

If your child is sick ...

... and you have a job, you are entitled to an exemption from work for up to 10 days per year per parent and for up to 20 days in single parent households. For couples, the sick-days can also be transferred to the partner in consultation with the employer. If you have statutory health insurance, you are entitled to receive Krankengeld (sick-pay). You must present a doctor's certificate in order to claim it. The exemption from work is independent of whether you are employed on a full-time or part-time basis.



Who will take care of my child when I am sick ...

What if I am sick, and I have no one to look after my child? The statutory health insurance can pay for a household help. This requires a doctor's certificate, for instance from the primary care physician. You can obtain addresses for support services from your health insurance carrier. It is also an option for the health insurance to pay for a person you know.

Notmütterdienst – Familien- und Seniorenhilfe (Emergency Mother Service – Family and Senior Assistance)
 Sophienstraße 28, 60487 Frankfurt am Main
 Tel.: 069 951 03 30
www.notmuetterdienst.org

Frankfurter Kinderbüro
 Schleiermacherstraße 7, 60316 Frankfurt am Main
 Tel.: 069 212-39001
 E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
 Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
 U4: Underground station Höhenstraße

Vocational training and studying with a child

Secondary school students can informally apply for maternity leave at their school administrative offices. Trainees can direct their questions to the IHK (Chamber of Commerce and Industry) or the Handwerkskammer (Trade Chamber). The **Jugendjobcenter (Youth Job Center)** has information for mothers and fathers under the age of 25 without job training and who receive Arbeitslosengeld II (unemployment benefits). The Frankfurter Verein zur beruflichen Förderung von Frauen (Frankfurt Association for Professional Support of Women) supports mothers looking for a part-time training opportunity.

Handwerkskammer Frankfurt-Rhein-Main (Trade Chamber Frankfurt/Rhein-Main)
 Bockenheimer Landstraße 21, 60325 Frankfurt am Main
 Tel.: 069 971 720
 E-Mail: info@hwk-rhein-main.de
www.hwk-rhein-main.de

IHK-Service-Center (Chamber of Trade and Commerce Service Center)
 Schillerstraße 11, 60313 Frankfurt am Main
 Tel.: 069 2197-0
 E-Mail: info@frankfurt-main.ihk.de

Jugendjobcenter (Youth Job Center)
 Hainer Weg 44, 60599 Frankfurt am Main
 Tel.: 069 217-13493
 E-Mail: jobcenter-frankfurt-am-main.jugendjobcenter@jobcenter-ge.de

Everything you should know about childcare



Your child should spend a part of its day with other children in a stimulating environment in order to give it the best chance of developing normally. Mothers and fathers can only work effectively when they know that their child is being taken care of in a reliable and loving manner. The City of Frankfurt provides a fertile environment for this concept. For instance, we are creating the resources for it one step at a time, without compromising the quality of care. Qualified daycare staff, company kin-

dergardens, toddler groups, playgroups based on parent initiatives, public and private child daycare facilities, or mini-kindergartens. Parents can choose from various care facilities based on their schedule. Looking for a suitable place before birth makes little sense. Take the time to think about whether you need a daycare facility or a daycare mother or father, and what your scheduling requirements are. Our checklist will provide some guidance.

“Childcare preparations” – checklist



	What needs to be done?	Information	Completed?
Preliminary considerations	<p>Issues to consider:</p> <ul style="list-style-type: none"> • When and for how long do we want to work? How many hours and on which days? • How can we divide work and childcare time? • How much care do we need as a result? • What is the minimum, what is the maximum? • What form of care are we comfortable with? • Does our employer have a company sponsored childcare program? • What parts of town can we reach? 	The Familienbildungsstätten (family educational facilities) provide information events about these issues.	<input type="checkbox"/>
Child daycare (KITA) preparation	Obtain KITA addresses sorted by city district	<p>www.frankfurt.de, Search term: Kita-Wegweiser (KITA guide)</p> <p>Info board “Kita Offers” Seehofstraße 41, 60594 Frankfurt am Main Tel.: 212-36564 E-Mail: infoboerse.kitas@stadt-frankfurt.de www.frankfurt.de/kinderbetreuung</p>	<input type="checkbox"/>
	Answer the question: What KITA’s do we feel comfortable with?	Any KITA that is within reach of home or on the way to work	<input type="checkbox"/>
	Print and complete the registration forms	www.frankfurt.de , search term: Kita-Wegweiser	<input type="checkbox"/>
	Submit the completed forms to the KITA’s and then maintain regular contact with the KITA’s		<input type="checkbox"/>
Preparations for daycare mothers and fathers	Obtain addresses for daycare mothers and fathers	<p>Info board “Kita Offers” Seehofstraße 41, 60594 Frankfurt am Main Tel.: 069 212-30119 E-Mail: tagespflegeboerse@stadt-frankfurt.de www.tagespflegeboerse-frankfurt.de</p> <p>Babysitter- und Tagespflegevermittlung e.V. (Babysitter and Daycare Placement Service) Zeil 29–31, 60313 Frankfurt (near Konstablerwache) Tel.: 069 559 405 E-Mail: info@btv-frankfurt.de www.btv-frankfurt.de</p>	<input type="checkbox"/>



How long do we need to wait for a place, what will it cost and where can we get financial assistance?

Daycare places are assigned directly by the child daycare facilities in accordance with certain criteria. For instance, consideration is given to the respective family situation, whereas less priority is given to the rank in the waiting list. Some families are quickly accepted because the child is a good fit for the group. Others may have to wait a little longer. The monthly base fee is EUR 198 for a full-time place, EUR 158 for a part-time place, and EUR 138 for a half-day place.



Babysitters and Emergencies

Anyone who would like to go out for an evening or needs childcare for a few hours during the daytime can find a babysitter via the Babysitter und Tagespflege-Vermittlung (Babysitter and Daycare Placement Service).

Babysitter- und Tagespflegevermittlung e.V. (Babysitter and Daycare Placement Service)

Zeil 29–31, 60313 Frankfurt am Main
Tel.: 069 559 405
E-Mail: info@btv-frankfurt.de
www.btv-frankfurt.de

In emergencies, the Notmütterdienst (Emergency Mothers Service) can assist parents. In Frankfurt, this service is also available by the hour. The statutory health insurance can pay for a household help. This requires a doctor's certificate, for instance from your primary care physician. Your health insurance carrier has addresses for support services. It is also an option for your health insurance carrier to pay for someone you know.

Notmütterdienst – Familien- und Seniorenhilfe (Emergency Mothers Service – Family and Senior Assistance)

Sophienstraße 28, 60487 Frankfurt am Main
Tel.: 069 951 03 30, www.notmuetterdienst.org

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

Care offers for children under 3 years of age in Frankfurt am Main

Offer format	Age of Children	Opening hours	Fees (parental fees)	Group size	Care type	Sponsor	Features
CHILD DAYCARE	Starting at 8 weeks	Customized care schedules	€ 75.00 to € 275.00 (if publicly funded) depending on care duration	Generally 1-5 children	Max. 5 children	Individuals	At private homes, flexible care schedules, one-on-one care, family surroundings, placement of qualified daycare mothers and fathers by the daycare board – supervised by the City of Frankfurt am Main
KINDERKRIPPE (CHILD CENTER)	8 weeks to 3 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month	9 to 11 children	1 child care worker 5 children	Kita Frankfurt	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Provisions from in-house kitchen • Elected parental board
	Age expanded group 1 year to 7 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month*	15 children	1 child care worker 5 children	Kita Frankfurt	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Full provisions (board, diapers) • Elected parental board
KRABELSTUBE (CRÉCHE)	8 weeks to 3 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month*	9 to 12 children	1 child care worker 5 children	Private sponsors	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Provisions • Elected parental board
	1 to 7 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month*	15 to 18 children	1 child care worker 5 to 9 children	Kita Frankfurt	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Provisions • Elected parental board
KINDERZENTRUM	1 to 7 years and 1 to 12 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month*	9 to 12 children	1 child care worker 5 to 9 children	Private sponsors	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Full provisions (board, diapers) • Elected parental board
	3 to 7 years	Mon.– Fri., ~7:00 a.m. – ~5:00 p.m. half-day and part-time places possible	Full day place € 198.00 per month*	15 to 18 children	1 child care worker 5 to 6 children	Private sponsors	<ul style="list-style-type: none"> • Pedagogically trained child care worker • Provisions • Elected parental board
PLAYGROUPS	Approx. 1.5 to 3 years	3 hours on 2-3 days per week	Approx. € 90.00 to € 130.00 per month	6 to 12 children	1 child care worker 3 to 6 children	Private sponsors	<ul style="list-style-type: none"> • Care on a maximum of 3 days per week morning or afternoon
MINI KINDERGARTEN	0 to 4 years	1.5 – 2 hours once weekly	Approx. € 4.00 per appointment	10 to 12 children with parents	1 to 2 session leaders	Church and private charitable sponsorships	Support during the 1 st family phase by qualified session leaders, reinforcement of parenting skills, initial group experience for the child with playing and exercising in the parent's attendance; group offers and open meeting locations for the duration of 1.5 to 3 years
FAMILY INFO CAFÉ	0 to 3 years	Please call	Free of charge	Up to 30 families, depending on space at facility		City of Frankfurt, Private sponsors	Depending on concept: professionally trained staff, volunteers, paid staff, professionally trained staff

* Income dependent support possible via the Jugend und Sozialamt – Wirtschaftsdienst Jugend und Familie (Youth and Social Service Offices – Financial Services Youth and Family).

Money makes the world go around



A child can make your finances go haywire. You will have to deal with new expenses but can also benefit from new sources of income. Four governmental agencies are important for you when questions arise: the Familienkasse (Family Fund), the Sozialrathaus (Social Welfare Office), the Jobcenter (Job Center) and the Amt für Wohnungswesen (Department for Housing Affairs).

Child Benefit (Kindergeld) ...

... to the amount of EUR 184 per month is paid after filing an application with the Familienkasse (Family Fund).

Kindergeld bei der Familienkasse in der Agentur für Arbeit Frankfurt (Child Benefit at the Family Fund at the Frankfurt Employment Agency)
Fischerfeldstraße 10–12, 60311 Frankfurt am Main
Tel.: 069 217-12430
www.familienkasse.de

Parental Benefit (Elterngeld) ...

... depends on your income. It is generally 65 – 67% of the average income before the birth of your child, a little more for several children, but no less than EUR 300. This amount is credited toward the benefit for parents who receive unemployment compensation II.

Amt für Versorgung und Soziales (Office for Support and Social Affairs)
Walter-Möller-Platz 1, 60439 Frankfurt am Main
Tel.: 069 15671
E-Mail: post@havs-fra.hessen.de

Child Allowance (Kinderzuschlag) ...

... to the amount of EUR 140 per month is also paid by the Familienkasse (Family Fund). It depends on the family income. Couples who have less than EUR 900 at their disposal per month can apply for Kinderzuschlag (Child Allowance). The maximum income threshold for two parents with two children is EUR 1380. For single parent households

the threshold is EUR 600 per month. Kinderzuschlag (Child Allowance) can also be applied for at the Familienkasse (Family Fund). For further information please visit www.kinderzuschlag.de.

Household Advance (Unterhaltsvorschuss)

If you are a single parent household and do not receive sufficient support from the other parent, you are eligible for Unterhaltsvorschuss (household advance) in accordance with the Unterhaltsvorschussgesetz (Household Advance Act). Please refer to your Sozialrathaus (Social Welfare Office).

When money is tight ...

... the Sozialrathaus (Social Welfare Office) in your part of town will provide assistance, for instance on financial aid, issues related to the Asylbewerbergesetz (Asylum Applicant Act). Sozialrathäuser can be found at www.frankfurt.de, or simply ask the Jugend und Sozialamt (Youth and Social Services) hotline on 069 212-44900 for the responsible Sozialrathaus (Social Welfare Office).

SOCIAL WELFARE OFFICES

For Kalbach, Bonames, Frankfurter Berg, Berkersheim, Harheim, Nieder-Erlenbach and Nieder-Eschbach
Sozialrathaus Am Bügel
Ben-Gurion-Ring 110a, 60437 Frankfurt am Main
Tel.: 069 212-38038
E-Mail: srh-ambuegel@stadt-frankfurt.de

For Fechenheim, Riederwald, Seckbach, Bergen-Enkheim
Sozialrathaus Bergen-Enkheim
Voltenseestraße 2, 60388 Frankfurt am Main
Tel.: 069 212-41211 and 069 212-46427
E-Mail: srh-bergen-enkheim@stadt-frankfurt.de

For Bockenheim, Rödelheim and Westend-Süd
Sozialrathaus Bockenheim
Rödelheimer Straße 45, 60487 Frankfurt am Main
Tel.: 069 212-74304
E-Mail: srh-bockenheim@stadt-frankfurt.de

For Alt- und Innenstadt, Bornheim, Nordend (except: city sections 201–203) and Ostend
Sozialrathaus Bornheim
Eulengasse 64, 60385 Frankfurt am Main
Tel.: 069 212-30547
E-Mail: srh-bornheim@stadt-frankfurt.de

For Dornbusch, Westend-Nord, Nordend-West, Eschersheim, Eckenheim and Preungesheim
Sozialrathaus Dornbusch
Am Grünhof 10, 60320 Frankfurt am Main
Tel.: 069 212-70735
E-Mail: srh-dornbusch@stadt-frankfurt.de

For Griesheim, Gallusviertel, Gutleutviertel and Bahnhofsviertel
Sozialrathaus Gallus
Rebstöcker Straße 8, 60326 Frankfurt am Main
Tel.: 069 212-38189
E-Mail: srh-gallus@stadt-frankfurt.de

For Zeilsheim, Unterliederbach, Sossenheim, Nied, Höchst and Sindlingen
Sozialrathaus Höchst
Palleskestraße 14, 65929 Frankfurt am Main
Tel.: 069 212-45527
E-Mail: srh-hoechst@stadt-frankfurt.de

For Niederursel, Heddernheim, Ginnheim, Praunheim, Hausen and Westhausen
Sozialrathaus Nordweststadt
Niddaforum 9, 60439 Frankfurt am Main
Tel.: 069 212-32274
E-Mail: srh-nordweststadt@stadt-frankfurt.de

For Sachsenhausen-Süd, Sachsenhausen-Nord, Oberrad and Niederrad, Goldstein, Schwanheim
Sozialrathaus Sachsenhausen
Paradiesgasse 8, 60594 Frankfurt am Main
Tel.: 069 212-33811
E-Mail: srh-sachsenhausen@stadt-frankfurt.de



The Frankfurt Pass ...

... can be applied for at the Sozialrathaus (Social Welfare Office) for a 2-person household with an income threshold of EUR 1125, or at an income threshold of EUR 1380 for a 3-person household. For example, it can entitle you to a reduced ticket price for museums, the zoo, the palm garden, theaters, and swimming pools. The pass also enables you to buy discounted monthly tickets for the RMV (Rhine-Main public transport).

Questions regarding unemployment benefit (Arbeitslosengeld II, Hartz IV) ...

... are best addressed at the Jobcenter (Job Center). Women and men between the ages of 15 and 65 who are able to

work and fulfill the required criteria are eligible. When renting a new apartment, additional resources are provided for the initial furnishings and equipment, including stove, washer and other equipment. Pregnant women and single parents can claim additional benefits.

Jobcenter Frankfurt (Job Center Frankfurt)
Tel.: 069 217-13493
www.arbeitsagentur.de

Educational and Care Package (Bildungs- und Teilhabepaket) ...

... is important for parents who receive unemployment compensation II, Sozialhilfe (Social Assistance), Sozialgeld (Income Support), a Kinderzuschlag (Child Allowance) or Wohngeld (Housing Assistance). The Bildungs- und Teilhabepaket (Educational and Care Package) provides allowances, for instance to take your baby to swimming lessons, to visit the Kindertheater (Children's Theater), to receive an allowance for lunch meals at playgroups, and much more. The Bildungs und Teilhabe Team (Educational and Care team) at the Jugend und Sozialamt (Youth and Social Service Office) will be happy to assist you, as will your Jobcenter (Job Center) or your

Sozialrathaus (Social Welfare Office). You can submit the application along with the required documentation in person at the respective Jobcenter (Job Center) (for recipients of SGB-II and employable persons), or at your local Sozialrathaus (Social Welfare Office) (for recipients of SBG XII and non-employable persons), or alternatively, send these by mail to the respective office. Recipients of Wohngeld (Housing Assistance) and Kinderzuschlag (Child Allowance) send their application to: Zentrales Team, 51.A66, Mainzer Landstraße 315–321, 60326 Frankfurt am Main

Team Bildung und Teilhabe (Education and Care Team)
Tel.: 069 212-33133
E-Mail: Bildung-Teilhabe@stadt-frankfurt.de
Applications and information in the Internet at www.frankfurt.de und www.jobcenter-ge.de.

When the apartment has become too small ...

... the Amt für Wohnungswesen (Office for Housing Affairs) will provide housing placement services. This agency is also home to the advisory and service office for housing projects for parents who wish to arrange housing projects together with other families. The office will also answer any questions about conditions under which mothers and fathers with low incomes can apply for Wohngeld (Housing Assistance).

Amt für Wohnungswesen (Office for Housing Affairs)
Adickesallee 67–69, 60322 Frankfurt am Main
Tel.: 069 212-34742
Service line for Housing Assistance: 069 212-47100
www.wohnungsamt.frankfurt.de



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Directory of Addresses



Agentur für Arbeit Frankfurt
Fischerfeldstraße 10–12, 60311 Frankfurt am Main
Tel.: 069 217-12430

Aktion Moses: 0800 780 09 00

Amt für Gesundheit
Breite Gasse 28, 60313 Frankfurt am Main
Tel.: 069 212-33970

Amt für Wohnungswesen
Adickesallee 67–69, 60322 Frankfurt am Main
Tel.: 069 212-34742
Service line for Housing Assistance: 069 212-47100
www.wohnungsamt.frankfurt.de

Amka
Amt für multikulturelle Angelegenheiten
Lange Straße 25–27, 60311 Frankfurt am Main
Tel.: 069 212-38765
E-Mail: information.amka@stadt-frankfurt.de
www.stadt-frankfurt.de/amka

Arbeitskreis Jugendzahnpflege für Frankfurt und den Main-Taunus-Kreis
Gutleutstraße 17a, 60329 Frankfurt am Main
Tel.: 069 232 414
E-Mail: jzd@akj-frankfurt.de



Beratungsstelle FH Frankfurt
Nibelungenplatz 1, Gebäude 2/Raum 271
60318 Frankfurt am Main
Tel.: 069 153 328 66
E-Mail: familienbuero@abt-sb.fh-frankfurt.de

Babysitter- und Tagespflegevermittlung e.V.
Zeil 29–31, 60313 Frankfurt am Main
(near Konstablerwache)
Tel.: 069 559 405
E-Mail: info@btv-frankfurt.de
www.btv-frankfurt.de

Beratungsstelle Frauennotruf
Kasseler Straße 1a, 60486 Frankfurt am Main
Tel.: 069 709 494
E-Mail: info@frauennotruf-frankfurt.de
www.frauennotruf-frankfurt.de

Beratungsstelle für Frauen

Alfred-Brehm-Platz 17, 60316 Frankfurt am Main
Tel.: 069 943 502 30
E-Mail: bff.zefra@diakonischeswerk-frankfurt.de
www.diakonischeswerk-frankfurt.de/zefra

Beratungs- und Interventionsstelle Frauen helfen Frauen e.V.
Berger Straße 31–33, 60316 Frankfurt am Main
E-Mail: info@frauenhaus-ffm.de
www.frauen-helfen-frauen-ffm.de

Beratungs- und Interventionsstelle für Frauen
Beratungszentrum am Frauenhof
Schwanheimer Straße 7, 60528 Frankfurt am Main
Tel.: 069 430 547-66 oder 069 430 547-67
Mobil: 0172 619 89 84
E-Mail: Beratungszentrum-am-Frauenhof@frankfurter-verein.de
www.frauenhaus-frankfurt.de

BMFSJF Bundesministerium für Familie, Senioren, Frauen und Jugend
Tel.: 0800 664 54 71

Bund freiberuflicher Hebammen Deutschland
Tel.: 069 795 349 71
E-Mail: hebammensuche@bfhd.de
www.bfhd.de



Caritasverband Frankfurt e.V.
Alte Mainzer Gasse 10, 60311 Frankfurt am Main
Tel.: 069 2982-0
Tel.: 069 2982-104
E-Mail: mechthild.hamann@caritas-frankfurt.de
www.caritas-frankfurt.de



Deutscher Kinderschutzbund
Bezirksverband Frankfurt am Main e.V.
Comeniusstraße 37, Souterrain, 60389 Frankfurt am Main
Tel.: 069 970 901-41
E-Mail: dksb@kinderschutzbund-frankfurt.de
www.kinderschutzbund-frankfurt.de

Drogenreferat
Berliner Straße 25, 60311 Frankfurt am Main
Tel.: 069 212-30124
E-Mail: drogenreferat@stadt-frankfurt.de
www.drogenreferat.stadt-frankfurt.de



**Elterngeldstelle beim Amt für Versorgung und Soziales**

Walter-Möller-Platz 1, 60439 Frankfurt am Main
Tel.: 069 15671
E-Mail: post@havs-fra.hessen.de

Evangelische Familienbildung

Darmstädter Landstraße 81, 60598 Frankfurt am Main
: 069 605 004-11 Kursinformationen/Anmeldebüro
Tel.: 069 605 004-40 Sekretariat
E-Mail: info@familienbildung-ffm.de
www.familienbildung-ffm.de

Elterntelefon: 0800 201 01 11**Evangelische Familienbildung Höchst**

Leverkuser Straße 7, 65929 Frankfurt am Main
Tel.: 069 759 367 280
E-Mail: familienbildung-hoechst@erv-fb1.de
www.familienbildung-ffm.de

**Familienmarkt**

Freiligrathstraße 37–39, 60385 Frankfurt am Main
Tel.: 069 904 367 80

Familienzentrum Monikahaus

Kriegkstraße 36, 60326 Frankfurt am Main
Tel.: 069 973 82 30
E-Mail: monikahaus@skf-frankfurt.de
www.skf-frankfurt.de

FiM – Frauenrecht ist Menschenrecht e.V.

Varrentrappstraße 55, 60486 Frankfurt am Main
Tel.: 069 970 979 70
E-Mail: info@fim-beratungszentrum.de
www.fim-frauenrecht.de

Frankfurter Kinderbüro

Schleiermacherstraße 7, 60316 Frankfurt am Main
Tel.: 069 212-39001
E-Mail: info@frankfurter-kinderbuero.de
www.frankfurter-kinderbuero.de
Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.
U4: Underground station Höhenstraße

Frankfurter Kinder- und Jugendschutztelefon

0800 20 10 111 (toll free)
Mon. – Fri., 8:00 a.m. – 11:00 p.m.
Sat., Sun and holidays 10:00 a.m. – 11:00 p.m.

Frauennotruf: 069 709 494**Frühförderstellen und die sozialpädiatrischen Zentren** finden Sie unter www.asffh.de**Giftnotruf: 06131 19240****Goethe-Universität**

www.gleichstellungsbuero.uni-frankfurt.de

**Handwerkskammer Frankfurt-Rhein-Main**

Bockenheimer Landstraße 21, 60325 Frankfurt am Main
Tel.: 069 971 720
E-Mail: info@hwk-rhein-main.de
www.hwk-rhein-main.de

Hessisches Amt für Versorgung und Soziales

Walter-Möller-Platz 1, 60439 Frankfurt am Main
Tel.: 069 15671

**IHK-Service-Center**

Schillerstraße 11, 60313 Frankfurt am Main
Tel.: 069 2197-0
E-Mail: info@frankfurt-main.ihk.de

Infobörse Kindertagespflege

Seehofstraße 41, 60594 Frankfurt am Main
Tel.: 069 212-30119
E-Mail: tagespflegeboerse@stadt-frankfurt.de
www.tagespflegeboerse-frankfurt.de

Infobörse Kita-Angebote

Seehofstraße 41, 60594 Frankfurt am Main
Tel.: 069 212-36564
E-Mail: infofoerse.kitas@stadt-frankfurt.de
www.frankfurt.de/kinderbetreuung

Informationszentrum für Männerfragen e.V.

Sandweg 49, 60316 Frankfurt am Main
Tel.: 069 495 04 46
E-Mail: infozentrum@maennerfragen.de
www.maennerfragen.de

Interkulturelle Familienbildung im Gusti-Gebhardt-Haus

Ostendstraße 70, 60314 Frankfurt am Main
Tel.: 069 943 44 40
E-Mail: gusti-gebhardt-haus@ifz-ev.de
www.ifzweb.de

Internationales Familienzentrum e.V. (IFZ)

Wiesenhüttenplatz 33, 60329 Frankfurt am Main
Tel.: 069 272 21 60
E-Mail: info@ifz-ev.de
www.ifzweb.de

**Jobcenter Frankfurt**

Tel.: 069 217-13493
www.arbeitsagentur.de

Jugendjobcenter

Hainer Weg 44, 60599 Frankfurt am Main
Tel.: 069 217-13493
E-Mail: jobcenter-frankfurt-am-main.jugendjobcenter@jobcenter-ge.de

**Katholische Familienbildung Frankfurt**

Tituscorso 2b, 60439 Frankfurt am Main
Tel.: 069 133 077 900
E-Mail: kath.fbs.frankfurt@bistum-limburg.de
www.fbs-frankfurt.bistumlimburg.de

Kinderärztlicher Notdienst in der Uniklinik

Theodor-Stern-Kai 7, 60596 Frankfurt am Main
Tel. 069 630-17170
Notaufnahme
Tel. 069 630-15249

Kindergeld bei der Familienkasse in der Agentur für Arbeit Frankfurt

Fischerfeldstraße 10–12, 60311 Frankfurt am Main
Tel.: 069 217-12430
www.familienkasse.de

Kindernotfallambulanz in der Kinderklinik am Klinikum Frankfurt Höchst

Gotenstraße 6–8, 65929 Frankfurt
Tel. 069 310 633 22

Kinder- und Familienzentrum Fechenheim (Geschäftsstelle)

Mainkurstraße 2, 60385 Frankfurt am Main
Tel.: 069 904 30 90
www.sozpaed-verein.de

Kleider am Alleehaus

Königsteinerstraße 130, 65929 Frankfurt
Tel.: 069 300 646 92

Kleider im Werkhof

Gotenstraße 38, 65929 Frankfurt am Main
Tel.: 069 300 646 92

Kleiderladen in Bockenheim

Große Seestraße 30, 60486 Frankfurt am Main
Tel.: 069 242 774 12

Kleiderladen im Gallus

Ackermannstraße 43, Frankfurt am Main
Tel.: 069 272 948 55

**Landesverband Hessischer Hebammen**

www.hebammen-hessen.de

**Mainova Notruf: 213 881 10****MUKIVA Kinder- und Familienzentrum e.V.**

Rendeler Straße 48, 60385 Frankfurt am Main
Tel.: 069 447 460
E-Mail: info@mukiva.de
www.mukiva.de

**Nachbarschaftszentrum Ginnheim e.V.**

Ginnheimer Hohl 14, HH, 60431 Frankfurt am Main
Tel.: 069 530 566 79
E-Mail: info@nbz-ginnheim.de
www.nbz-ginnheim.de

Nachbarschaftszentrum Ostend

Uhlandstraße 50, 60314 Frankfurt am Main
Tel.: 069 439 645
E-Mail: info@nbz-ostend.de
www.nbz-ostend.de

Notmütterdienst – Familien- und Seniorenhilfe

Sophienstraße 28, 60487 Frankfurt am Main
Tel.: 069 951 03 30
www.notmuetterdienst.org

**pro familia**

Palmengartenstraße 14, 60325 Frankfurt am Main
Tel.: 069 907 447 44
E-Mail: frankfurt-main@profamilia.de
www.profamilia.de

**Schreiambulanz des SPZ/ Clementine Kinderhospital**

Theobald-Christ-Str. 10, 60316 Frankfurt am Main
Tel.: 069 405 631 92
www.spz-frankfurt.de

Selbsthilfekontaktstelle

Jahnstraße 49, 60318 Frankfurt am Main
Tel.: 069 559 358, E-Mail: service@selbsthilfe-frankfurt.net

Sorgentelefon für Kinder und Jugendliche:

0800 111 03 33

Sozialdienst katholischer Frauen e.V.

Kriegkstraße 36, 60326 Frankfurt am Main
Tel.: 069 973 82 30
E-Mail: monikahaus@skf-frankfurt.de
www.skf-frankfurt.de

Sozialmarkt Frankfurt

Mainzer Landstraße 349 (im Hinterhof)
60326 Frankfurt am Main
Tel.: 069 973 226 150

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FRANKFURTER KINDERBÜRO

Schleiermacherstraße 7
60316 Frankfurt am Main

Tel.: 069 212-39001
Fax: 069 430 247
E-Mail: kinderbuero@stadt-frankfurt.de
www.frankfurter-kinderbuero.de

Office hours: Mon. – Fri., 9:00 a.m. – 5:00 p.m.

U4: Underground station Höhenstraße

STADT  FRANKFURT AM MAIN

