

# Early Support in the Heidekreis District

Network Coordination  
Early Support  
Susann Muscas  
Tel.: 05162 970-489  
E-Mail: [s.muscas@heidekreis.de](mailto:s.muscas@heidekreis.de)  
Vogteistraße 19  
29683 Bad Fallingbommel

or scan the QR code ...



Family midwives and family,  
health, and pediatric nurses



## I'm pregnant – what happens next?

- Am I well prepared for giving birth?
- What do I need to think about and organize?
- I have so many questions and wish for someone who can help me understand my baby.
- How can we, as parents, make good decisions for ourselves and our child?



## What kind of support does the family midwife or family, health, and pediatric nurse provide?

The professionals of the “Early Support” program visit you at home and assist you during pregnancy and throughout your baby's first year with all questions related to: pregnancy, childbirth, bonding, breastfeeding, care, nutrition, development, help with applications, and assistance with offices and authorities.



- All family members can benefit from this offer and are included in the joint work.
- If needed, the “Early Support” specialist can refer you to additional support services.
- You can receive a non-binding consultation through the Early Support Network Coordination at the Heidekreis District Office.
- This offer is free of charge for you.
- The application form and many other useful resources about pregnancy, birth, and the Heidekreis midwife flyer can be found in the Family Guide (Familienwegweiser):



*Für mich und uns im Heidekreis*

- Informationen für jede Lebensphase
- Für Kinder, Jugendliche & Familien
- Angebote suchen, finden & anbieten



[www.familienwegweiser-heidekreis.de](http://www.familienwegweiser-heidekreis.de)