

I'm expecting a baby

Information on pregnancy and birth



FROM HUMAN TO HUMAN.



Are you pregnant and need some help?

Expectant mothers and fathers in Germany can turn to a pregnancy advice centre if they need advice and support. These centres will provide free and anonymous advice on any questions and concerns you may have relating to pregnancy, contraception and family planning.

You will also find information on which social benefits or financial assistance you can apply for and where you can receive additional support. You can seek advice alone, with your partner or accompanied by another trusted person. The advice centres can also provide an interpreter.





Should I have the baby?

In Germany, pregnancies can be terminated up to 12 weeks after conception. Please contact a pregnancy advice centre if you are not sure if you want to have the child, and the centre will provide you with all the information you need to take the next steps.

If you wish to terminate the pregnancy, you will need a counselling certificate before you can have a termination, and only when you have a certificate can you make an appointment for a consultation with a doctor or hospital. The abortion may only take place three days after the consultation.

There are different methods of terminating a pregnancy, and you can apply for the costs of the termination to be covered. You will receive all the information you need during the consultation.



Would you like to carry the pregnancy to term, but can't imagine life with the child?

Adoption may be a suitable option if you cannot see a future life with the child. An adoption agency will provide advice and information on the available options and support for you and your child without you having to make an immediate decision and taking your personal situation into account.



Do you have to keep your pregnancy secret?

If you are in an emergency situation and you don't want anyone to know that you are pregnant, you can choose to have a confidential birth. In a confidential birth, only the counsellor at the pregnancy advice centre knows your real name, and you then choose a pseudonym.

The counsellor will provide support to enable you to give birth under the pseudonym in a hospital with medical supervision. It is possible to make your decision after the birth as to whether you want to keep the child.



Where can I find pregnancy advice centres?

Pregnancy advice centres in your area are operated by various charities or are available within the relevant health authority departments. An overview is available below. Please make an appointment and attend the appointment at the scheduled time; the counsellors will make time for you.



Pregnancy advice – families in Saxony

www.familie.sachsen.de/schwangerenberatung.html





What should I bring to the appointment?

Please bring all the available documents you have, notifications, etc. with you. This includes your maternity record ('Mutterpass'), notifications of benefits under the Asylum Seekers' Benefits Act (AsylbLG) or Citizens' Allowance, notifications of the initial baby equipment you will need, residence permit/tolerated status and possibly a tenancy agreement.



How can I give birth to a healthy baby?

Once your pregnancy has been confirmed by a doctor, you will receive a maternity record which you will need for further visits to the doctor, for the birth and in the event of an emergency.

Expectant mothers in Germany can take advantage of free check-ups right up to the birth of the baby. Regular checks are carried out to monitor the development of the unborn child and the health of the mother.

The costs of prenatal care will be covered by a health insurance company or the social welfare office. You are also entitled to receive medical and nursing services during the birth and the assistance of a midwife.

You can also promote the healthy growth of your baby during pregnancy by ensuring that you eat a balanced and varied diet and stay physically active.

Alcohol, cigarettes and drugs are harmful to your child!


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