



■ **EARLY HELP AND SUPPORT CENTRE**



Philip Waechter, Sonntag © 2008 Beltz & Gelberg  
 in der Verlagsgruppe Beltz, Weinheim/Basel

■ **Appointments**

You may contact us for information or an appointment either in person or by phone. Our office hours are Tuesday to Thursday between 9:00 – 12:00. During out of office hours you may leave a short voicemail message or make an appointment by fax or email. We will get back to you as soon as possible.

**Office:** Annette Lang  
 Karl-Fürstenberg-Str. 17  
 79618 Rheinfelden  
 Phone: 07621 410-5333  
 Fax: 07621 410-5398  
 Email: [fruehehilfen@loerrach-landkreis.de](mailto:fruehehilfen@loerrach-landkreis.de)



# Specialist Centres Early Help and Support

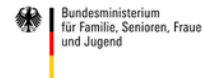
■ **OUR SPECIALIST CENTRES**  
 FACHSTELLEN FRÜHE HILFEN

- Early Help and Support Centre Loerrach  
 Luisenstrasse 35 · 79539 Lörrach  
 Viola Frei, M.Sc. Psychology
- Early Help and Support Centre Schopfheim  
 Wallstr. 1a · 79650 Schopfheim  
 Beate Schapfel, Dipl. Soz. Arb.
- Early Help and Support Centre Rheinfelden  
 Karl-Fürstenberg-Str. 17 · 79618 Rheinfelden  
 Christine Sautter, M.Sc. Psychology
- Early Help and Support Centre Weil am Rhein  
 Rhein-Center · Hauptstraße 435  
 79576 Weil am Rhein  
 Ronja Neumann, M.Sc. Psychology

**Services for expectant  
 parents and families  
 with children under 3**



Gefördert vom:



## ■ YOU RECENTLY BECAME PREGNANT OR HAVE GIVEN BIRTH?



### **Congratulations!**

- The arrival of a new baby or life with a toddler changes a lot. Every new addition to the family brings happiness and joy, yet everyday life may also come with challenges and insecurities. Some mothers may not feel any joy in motherhood.
- After some time there may come additional stresses when your child starts having tantrums and develops a will of their own.
- Many of these issues are completely normal. However, if you are feeling left alone or overwhelmed and struggling with your situation, we are here to help.

## ■ OUR SERVICES

### **Information and advice:**

- We support you as a new parent.
- If your baby had a difficult start in life he or she might be frequently crying, feeding poorly or have occasional sleeping issues
- We can help with parenting advice.
- We assist in the development of a stronger parent-child relationship (developmental psychology advice).
- If you are feeling mentally stressed or have postnatal depression

### **Assistance with placements of home help:**

- by community midwives or specialist community nursery nurses
- by volunteers who help in family settings ("Kinderschutzbund Schopfheim")

### **Parental education**

- courses for parents to support and empower them in their interactions with their child

## ■ WE ARE HAPPY TO GIVE ADVICE.



You may contact us with any questions and issues, preferably even before you feel overwhelmed or think it's all too much.

- We work with midwives, the maternity department in Loerrach, paediatricians and other advice centres within the Early Support and Help Network.
- Our offer of services is voluntary, free and confidential.



**Let us help and support you!**