

## **Starting a family**

There are many decisions to make when starting a family. Should we marry? Do we want to have children? How do we decide on the roles in the partnership? Do we have an adequate income? ...

On the following pages we hope we can make it easier for you to find information and counselling services.



### **Relationship and sexuality:**

- How would we like to shape our relationship?
- How do we want to divide up our roles in the relationship?
- How will we organize our daily routine as couple or family?
- How can I avoid becoming pregnant?
- Who can provide me with counsel if I am unintentionally childless?
- Who can provide me with counsel in a case of unintentional pregnancy?

### **Care and upbringing:**

- How can I prepare myself for my role as mother or father?
- How can I coordinate my future role as mother or father with my employment or other activities?
- What possibilities are available to have small children cared for when the mother and father are not at home?

### **Education, further training and the work world:**

- How can I simultaneously be mother or father and employed?
- What influence does part time employment have on my social insurance?
- Where can I find counselling if I would like to reduce my work load?
- Where can I find counselling if I would like to re-enter the work force after a family upbringing phase?
- How must I proceed if I would like to ensure that I receive my rights to equal pay for equal work?

### **Health:**

- How does my baby develop in each specific week of pregnancy?
- What may I eat during pregnancy?
- What is prenatal diagnosis?
- We have an unfulfilled desire to have children. Where can we get counsel?
- My partner (m/f) is addicted to the Internet / an alcoholic. Where can I get help and support?

### **Legal:**

- What rights and obligations does marriage bring with it, and which name(s) can I retain in the marriage?
- What legal arrangements should be made in the case of co-habitation?
- What is a civil partnership?
- Can we adopt a child, and how must we go about this?
- What rights do I have during the pregnancy and nursing periods?
- Where and in which register is the marriage or the birth of our child to be entered?
- How do maternity insurance and maternity leave work from a legal standpoint?
- What effect does part time employment have on social insurance?

### **Aid and finances:**

- Am I entitled to aid from maternity insurance, and for how long?
- Which tax deductions are we entitled to make for children?
- Where can I find support to help create and stick to a family budget?

- We have debts. Where can I get counsel and support?
- Am I entitled to scholarships and tuition fees?
- I recently became a mother or father and I have financial difficulties. Where can I find help?

## **Baby and infant**

When the first child arrives the father and mother can expect completely new tasks and experiences. The initial phase is often full of strong emotions and great moments of happiness, but also overstrain, anxiousness, exhaustion and uncertainty. If there are already several older brothers or sisters, then they will have their own needs and there may be periods where older siblings become jealous. Babies and infants constantly confront parents with new challenges and questions.

On the following pages we hope we can make it easier for you to find information and counselling services.



## **Relationship and sexuality:**

- How would we like to shape our relationship?
- How do we want to divide up our roles in the relationship?
- How will we organize our daily routine as couple or family?
- Where can we get counselling or help when the relationship goes through difficulties, or if we even want to separate?

## **Care and upbringing:**

- Where can I find a place for my child in a daycare centre or find a babysitter?
- Where can I find baby massage courses, toys/games on loan, libraries or playgroups?
- My child doesn't sleep through the night. Where can I find counselling and support?
- My child is going through a defiant phase. What should I do?
- Is my child developing normally?
- We parents live apart and cannot come to an agreement on visiting rights. Where can we get counsel? How can we come to an agreement?

## **Education, further training and the work world:**

- How can I simultaneously be mother or father and employed?
- What influence does part time employment have on my social insurance?
- Where can I find advice if I would like to reduce my work load?
- Where can I find counselling if I would like to re-enter the work force after a family upbringing phase?
- How must I proceed if I would like to ensure that I receive my rights to equal pay for equal work?

## **Health:**

- Where can I get advice if breastfeeding is not working or if I want to stop breastfeeding?
- Is my baby developing normally?
- Should the children be vaccinated or not?
- My baby cries often or doesn't sleep through the night. Where can I find counselling and support?

## **Legal:**

- We parents are not married. How should we organize mutual parental care?
- What are my rights during the nursing period?
- How do maternity insurance and maternity leave work from a legal standpoint?
- What effect does part time employment have on social insurance?
- We parents live apart. How should we organize visiting rights and child maintenance?

### **Aid and finances:**

- Am I entitled to aid from maternity insurance, and for how long?
- Which tax deductions are we entitled to for children?
- Where can I find support to help create and stick to a family budget?
- We have debts. Where can I find counselling and support?
- Am I entitled to scholarships and tuition fees?
- I recently became a mother or father and I have financial difficulties. Where can I find help?

### **School age children**

The children are growing, and each is developing their own preferences, strengths and interests. One of them manages school easily, and the others have difficulties in school or in individual subjects. Hobbies are a welcome change and allow the children to experience what life is like outside of school and family. Each child is different. That is a big challenge for parents to face. The fact that questions often arise, is normal.

The important thing is not to face these questions and uncertainties alone, but to talk with other parents or to seek counsel if necessary.

On the following pages we hope we can make it easier for you to find information and counselling services.



### **Relationship and sexuality:**

- How would we, as parents, like to shape our relationship with one another?
- How will we organize our daily routine as couple or family?
- Where can we get counselling or help when the relationship goes through difficulties, or if we even want to separate?
- We are a patchwork family. What should we keep in mind to make life together work as well as possible?

### **Care and upbringing:**

- Where can I find a place for my child in a daycare centre or find a babysitter?
- Is my child developing normally?
- Sometimes my children upset me. How can I prevent this? How can I react?
- When should we begin sex education, and most importantly, how?
- Our children use the cell phone and chat in the Internet. How can we protect our children and set reasonable limits?
- We parents live apart and cannot come to an agreement on visiting rights. Where can we get counsel? How can we come to an agreement?

### **Education, further training and the work world:**

- How can I simultaneously be mother or father and employed?
- What influence does part time employment have on my social insurance?
- Where can I find advice if I would like to reduce my work load?
- Where can I find counselling if I would like to re-enter the work force after a family upbringing phase?
- How must I proceed if I would like to ensure that I receive my rights to equal pay for equal work?
- How can we support our child in terms of choosing a career?

### **Health:**

- How can I provide my child with healthy food?
- I have a suspicion that my child smokes. What can I do? Where can I get counsel?

- Our child is constantly going on diets, and hardly eats a thing. What can we do? Where can we find counselling and support?
- For a while now our child has been very withdrawn from family, friends and the outside world. What should we do? Where can we get help?

### **Legal:**

- What effect does part time employment have on social insurance?
- We parents live apart. How should we organize visiting rights and child maintenance?

### **Aid and finances:**

- Which tax deductions are we entitled to make for children?
- Where can I find support to help create and stick to a family budget?
- We have debts. Where can I find counselling and support?
- Am I entitled to scholarships and tuition fees?
- I am a mother or father and I have financial difficulties. Where can I find help?

## **Children become adults**

Slowly but surely children become adults. Now they are youth or young adults, not children anymore. The same as when they were children, in this family phase the parents and youth are confronted with many questions. What should I become? Can I find an apprenticeship position? Is it possible for me to learn the occupation I prefer most? Do I have enough money to study or to pay for my own flat? Who will pay the health insurance? Who can I talk to about sex and birth control? How can we support our child in terms of choosing a career and finding an apprenticeship position? How much going-out time is normal? How much pocket money should we give? What should we allow our child to try out on his/her own, and where do we set the limits?

On the following pages we hope we can make it easier for you to find information and counselling services.



### **Relationship and sexuality:**

- How would we, as parents, like to shape our relationship with one another?
- How will we organize our daily routine as couple or family?
- Where can we get counselling or help when the relationship goes through difficulties, or if we even want to separate? How do we involve the children?
- We are a patchwork family. What should we keep in mind to make life together work as well as possible?

### **Upbringing:**

- How much pocket money is enough?
- How do I talk with my child, who is not a child anymore?
- How much going-out time is normal? What limits do I set in terms of alcohol and drugs?
- How do I talk to my child about sex and birth control?
- How can we keep up to date in terms of Internet, cell phones, and Facebook?
- We parents are separating. How do we involve the children in this process?

### **Education, further training and the work world:**

- How can we support our child in terms of choosing a career and finding an apprenticeship position?
- Where can I get an overview of occupations and training options?
- Can we receive scholarships or student loans?
- What influence does part time employment have on my social insurance?

- Where can I find counselling if I would like to re-enter the work force after a family upbringing phase?
- How must I proceed if I would like to ensure that I receive my rights to equal pay for equal work?

### **Youth information and support:**

- Where can I find youth centres, youth cafés, or youth meeting places?
- In our residential community we would like to carry out a project but we don't know exactly how and with whom. Where can we get help?
- Where can we, as youth, find information about subjects we are concerned about?

### **Health:**

- I have a suspicion that my child smokes. What can I do? Where can I get counsel?
- Our child is constantly going on diets, and hardly eats a thing. What can we do? Where can we find counselling and support?
- For a while now our child has been very withdrawn from family, friends and the outside world. What should we do? Where can we get help?

### **Legal:**

- What effect does part time employment have on social insurance?
- We parents live apart. How should we organize visiting rights and child maintenance?
- How long are we parents obligated to provide financial support for our children?
- Are we entitled to receive scholarships or student loans?

### **Aid and finances:**

- Which tax deductions are we entitled to for children while they are studying/ in training?
- Where can I find support to help create and stick to a family budget?
- We have debts. Where can I find counselling and support?
- Is our child entitled to receive scholarships or student loans?
- How long are we parents obligated to provide financial support?
- When are we entitled to a reduction in premiums in health insurance?

## **Parents get older**

If you have any, your own children are perhaps still living at home and are in training/studying, or perhaps they have already left home. Your own parents depend on support or even require care. Now is the time to prepare for the period after retirement. On the following pages we hope we can make it easier for you to find information and counselling services.



### **Relationship and sexuality:**

- How would we like to shape our relationship with one another?
- How will we organize our daily routine as couple or family with adult children under one roof?
- Where can we get counselling or help when the relationship goes through difficulties, or if we even want to separate?
- How can we manage work, care for parents, and our own needs all together?

### **Care:**

- Where can we find support and relief for the care and support of my aged parents?
- How can I manage the care of a parent and my employment together?
- Where can I get counselling on anything to do with old age or growing older?

### **Further training and the work world:**

- Where can I get an overview of further training options?
- What influence does part time employment have on my social insurance?
- Will I be financially secure after retirement?
- What effect will it have on my pension if I retire early or if I already reduce my work load a few years before retirement?
- How must I proceed if I would like to ensure that I receive my rights to equal pay for equal work?

### **Health:**

- How do I eat a balanced diet?
- What changes to my body should I anticipate in middle age and old age?
- Where can I find recreation and sport programmes for seniors?

### **Legal:**

- What effect does part time employment have on social insurance?
- We are getting a divorce. What legal consequences will there be?
- How do I write a will?
- How can I provide security for my partner in the event of death?
- How does inheritance law work?

### **Aid and finances:**

- Which tax deductions are we entitled to make for children while they are studying/ in training?
- We have debts. Where can I find counselling and support?
- Is our child entitled to receive scholarships or student loans?
- How long are we parents obligated to provide financial support?
- When are we entitled to a reduction in premiums in health insurance?
- Will we be financially secure after retirement?