



# Hello Baby – Welcome to Landau

Advice and support for expectant and young parents



The birth of a child is something very special. Life as you know it is turned upside down, and everything has to be rediscovered. A wonderfully exciting time that also brings challenges.

We would like to accompany and support you during this phase of your life. Together with our partners, we have established a network of contact points here in Landau that are available to assist you with any questions or concerns.

You can find the addresses overleaf.



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Head of Department  
for Social Affairs,  
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Office  
Landau in der Pfalz

## Strengthen your child for life – from the very beginning!

- ♥ Hold your baby in your arms and look at him or her.
- ♥ Smile at him or her - soon a smile will come back.
- ♥ Talk to your child from the beginning.
- ♥ When your baby cries or screams, he or she needs you.
- ♥ Pay attention to your baby's hunger signs, such as sucking on his or her fist.
- ♥ Your baby will let you know when he or she needs to rest, for example by looking away.

**You can't spoil your baby in the first few months.  
So don't worry, listen to your gut.**



We are happy to be there for you!

## Advice centers:

### Caritas-Zentrum Landau

Pregnancy counseling  
Parenting, marriage and life counseling  
Königstr. 39/41, 76829 Landau  
06341 93550  
caritas-zentrum.landau@caritas-speyer.de



Caritas-Zentrum  
Landau

### Haus der Diakonie Landau

Social and life counseling with pregnancy counseling  
Cure and recreation services  
Westring 3a, 76829 Landau  
06341 4826  
slb.ld@diakonie-pfalz.de



**Diakonie**   
Pfalz | Haus der Diakonie  
Landau-Bad Bergzabern  
Region Mitte

### Pro Familia Landau

Pregnancy counseling  
Parental allowance advice  
Xylanderstraße 21, 76829 Landau  
06341 82424  
landau@profamilia.de



## Frühe Hilfen:

### Haus der Familie Landau

Family midwives  
Kronstraße 40, 76829 Landau  
06341 985818  
hausderfamilie.landau@evkirchepfalz.de  
www.hausderfamilie-landau.de



### Caritas-Zentrum Landau

Baby counseling  
Help with crying, sleeping and feeding problems  
Königstr. 39/41, 76829 Landau  
06341 9355-0  
babyberatung-landau@caritas-speyer.de



Caritas-Zentrum  
Landau

### Stadtjugendamt Landau in der Pfalz

Friedrich-Ebert-Str. 3, 76829 Landau  
06341 13-5104  
jugendamt@landau.de

### Hallo Baby-Team

Jana Böhm, Karoline Distler und Veronique Wenzel  
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hallobaby@landau.de

