TippTapp pre – Englisch

TippTapp pre*1 is a counselling service offered by the health and (paediatric) nurses of the Bremen Health Department for expectant and new parents. You can find us in the maternity wards or the ward for high-risk pregnancies at Klinikum Bremen Mitte and Klinikum Bremen Nord (see contact details).

The counselling sessions are confidential, voluntary and free of charge.

**We offer:**

Individual counselling on all topics related to childbirth

- Breastfeeding
- Sleeping and crying
- Care
- Stimulation and development
- Safe sleep for babies / accident prevention
- The parent-child relationship

Advice on making applications

- Birth registrations at the registry office
- Maintenance grant
- Child supplement
- Etc.

→ Support in finding a midwife (postnatal midwife or family midwife)

→ Introduction to services and networks close to home, e.g. early counselling centres, Family support centres, paediatricians’ surgeries, etc.

→ Encouragement to take children for early detection examinations and vaccinations

→ Assessment of the family situation and the larger developmental environment of the infant in regard to possible counselling and support needs

→ Handing out written information (brochures, leaflets) about the above-mentioned topics

**More information**

As parents-to-be, you have the chance to talk to the counsellors before the birth. This can be done by telephone or in person at the postpartum wards or the ward for high-risk pregnancies at Klinikum Bremen Mitte and Klinikum Bremen Nord.

The counsellors come to the maternity wards on weekdays and offer you one-to-one discussions. You can also contact us by telephone (see contact details) or speak to the clinic staff for further information.

If necessary, the counsellors will go with you the first time when you attend the services outside the clinic and they are also available for telephone counselling.
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**Contact Counsellor at the Bremen Mitte Clinic**

Heike Linge-Wieser  
Kinderkrankenschwester  
Telefon/ Mobil: 0176 42364133  
Email: heike.linge-wieser@gesundheitsamt.bremen.de

**Counsellor at the Bremen North Clinic**

Seda Tuner  
Gesundheits- und Krankenpflegerin  
Telefon/ Mobil: 0176 42364135  
Email: seda.tuner@gesundheitsamt.bremen.de

**For questions, suggestions or anything else**

Jana Lachmuth  
Koordination TippTapp pre  
Gesundheitsamt Bremen  
Horner Straße 60-70  
28203 Bremen  
Telefon/ Mobil: 0176 42364130  
Email: jana.lachmuth@gesundheitsamt.bremen.de

*1pre means ‘before’. The counsellors from the TippTapp pre project will advise you even before the home visits from the TippTapp project before or directly after your delivery in hospital.