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GENERAL FAMILY TOPICS

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LANDKREIS  
GÖPPINGEN

## IMPORTANT TELEPHONE NUMBERS/EMERGENCY NUMBERS

<b>POLICE</b>	<b>110</b>
<b>FIREFIGHTERS</b> <small>Europewide</small>	<b>112</b>
<b>EMERGENCY DOCTORS/RESCUE SERVICES</b>	<b>112</b>
<b>PEDIATRIC EMERGENCY</b>	<b>0180 3011250</b>
<b>POISON EMERGENCY</b>	<b>0761 19240</b>
<b>PATIENT TRANSPORT SERVICE</b> <small>if mobile phone use the code number</small>	<b>19222</b>

<u>Medical stand-by for emergency*</u>	<u>Telephone</u>
Emergency number Baden-Württemberg	116117
Emergency surgery – Helfenstein Klinik	07331 23-130
Emergency surgery – Klinik am Eichert	07161 64-4080
Dental emergency surgery finder	0711 787766
Pharmacy emergency finder (free from dues)	0800 0022833

\* On weekends and on free days

<u>Hospitals</u>	<u>Telephone</u>
ALB Fils Hospitals – Helfenstein Clinics	07331 23-0
ALB FILS Hospitals – Clinic at the Eichert	07161 64-0
Hospital CHRISTOPHSBAD	07161 601-0

<u>Personal medical care</u>	<u>Telephone</u>
Family doctor	
Dentist	
Pharmacy	
Medical specialist	
Medical specialist	

<u>Doctor and therapist search in the internet</u>	
Countrywide database	<a href="http://www.arztsuche-bw.de">www.arztsuche-bw.de</a>
Countrywide database	<a href="http://arzt.weisse-liste.de">arzt.weisse-liste.de</a>

<u>Other services</u>	<u>Telephone</u>
Nursing services	
Home help	
Car pool/voluntary companion/taxi	
Community-/municipally administration	
Directory enquiries (home country)	11833

<u>Police</u>	<u>Telephone</u>
Eislingen an der Fils	07161 851-0
Göppingen	07161 63-0
Geislingen an der Steige	07331 9327-0
Uhingen	07161 9381-0

<u>Own telephone numbers</u>	<u>Telephone</u>
Office mother	
Handy mother	
Father's office	
Handy father	

<u>Relatives, Neighbours, Friends</u>	<u>Telephone</u>

## 2.1 PEDAGOGICAL TOPICS



### Basic Equipment

If you get unemployment benefits II or social benefits then you have the right of additional demand because of the pregnancy. Mothers-to-be can claim for a needed basic equipment for the newborn babies.

The following list is a first overview what is needed for the newborn babies. The sizes are only an orientation as newborn babies are very different as far as size and weight is concerned.

#### Summer Babies:

- 6 bodies made of cotton with short arms (size 50-56)
- 6 romper suits, with feet if possible (size 50-56)
- 6 jackets and easy to open pullovers with long arms
- 2 pairs of warm socks
- 1 jacket
- 1 thin cotton caps (size 37-39)
- 1 sun cap (size 37-39)
- 1 thin blanket

#### Winter babies:

- 6 romper suits, with feet if possible (size 50-56)
- 6 thick jackets and easy to open warm pullovers with long arms
- 2 pairs of warm socks
- 2 thin cotton caps (size 37-39)

- 1 winter jacket
- 1 winter sack for the fort he baby buggy
- 1 thick cap, 1 scarf, 1 pair of mittens
- 1 thick blanket

#### For sleeping:

- Baby bed
- Mattress with mattress cover
- Waterproof pad/underlay
- 2 stretched sheets
- Baby sleeping bag (do not use a blanket)
- Musical clock if possible
- Mobile if possible
- Swaddling bag if possible

#### For baby milk:

- Baby nutrition
- 2 baby bottles with suckers
- Cellaret if possible
- Steriliser if possible
- 2 tea bottles and a sucker brush
- 2 comforters if possible
- Thermos bottle
- Thermos box for the bottles if possible

#### For breastfeeding:

- Nursing cushion
- Fennel tea
- Breast pump with attachments if possible
- 3 nursing bras
- Breast pads
- Tea bottle and sucker for the baby

#### Baby care:

- Diaper changing table with upholstered lay-on
- Good to close nappy bin
- Nappies/diapers
- Dish for warm water at the diaper changing table
- 6-8 facecloths
- 4-6 towels as lay-on at the diaper changing table
- 2 bath towels with hoods
- Baby tub or bath bucket
- Lipid replenishing
- Bath thermometer
- Baby nail scissors

- Baby hairbrush with soft bristles
- baby wipes
- 6 cheesecloths
- 6 hush cloths
- 1 cream for sore skin at the buttocks that is covering
- An infrared heat lamp, radiant heater if possible

#### At home:

- Play rug for the floor
- First toys (mobile, rattle, musical clock)
- Baby phone
- hot water bottle or cherry stone cushion if possible against flatulence
- A baby teeter-totter if possible

#### On tour:

- Bag with diaper changing equipment on tour
- Car seat/baby safe
- Baby buggy with baby bag/baby tub
- Rain shield for the buggy
- Baby blanket for the buggy
- Sun shades for the car
- Wraparound baby carrier if possible

#### For the safety:

- Edge protection for tables and sideboards
- Plug socket protection
- Fridge protection
- Cooker protection
- Door stoppers
- Drawer protection
- Staircase protection (fence)

Resources: [www.erstaussstattungbaby.com](http://www.erstaussstattungbaby.com)

### Nutrition of the child

As the digestive system of the newborn baby is not fully developed there must be a special food as nutrition in the first year of age. Breast milk is the best baby nutrition in the first 4-6 months. By the heartfelt contact while breastfeeding the child experiences a feeling of warmth, love and safety. The high need of nutrients and energy of the baby



can ideally be met by breast milk. The baby does not need other drinks besides in case of a disease. When starting to feed the child there is first watery milk that satisfies thirst. After that there follows fatty energy-rich milk that satisfies hunger. With breast milk that baby is safe from infections and the immune system is strengthened. Moreover, breast milk saves the child from allergies. Industrially produced baby nutrition cannot have these effects.

The nutrition changes from birth to kindergarten three times. At the beginning only milk is fed, then in the second half year of age solid food is fed. When the child is one year old then more and more the child eats what the family eats and there is fed no longer non-solid food.

Resource: Federal Central of health educational clarification (BZgA), [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)



Whatever happens, never shake your baby! For therefore the baby can be dangerously harmed!

### The baby is crying

All babies are crying, that is totally normal. To cry is the only way to tell you that your baby needs something – food, warmth or security. Even totally healthy babies cry 1 to 3 hours daily. Babies who are younger than 5 months old cry, above all in the afternoon or in the evening. Mostly these are the 3-month-colics.

A colic is defined as heartbroken crying and screaming that lasts longer than 3 hours on more than 3 days. Babies often attract their legs, have often a red face and a swollen belly. In your belly the child could always listen to your heartbeat. Therefore you should keep your baby close to your body or offer a lasting noise to ease your child.

What can help if the baby does not stop crying?

- Lasting noises,
- rock the baby or change the position,
- change the diapers,
- the baby is too warm or too cold,
- a baby massage or
- a warm bath.

For more counseling you can contact a crying ambulance. You find the contact details in the chapter Health. In an emergency directly contact your paediatricist if you cannot find the reasons yourself.

Baby massages help your child ...

- to relax,
- to a better sleep,
- to less crying and
- to strengthen the bonds to you.

Among others the Houses of Family, midwife surgeries and hospitals offer courses to the topic of baby massages.

Resource: Federal Health Educational Centre (BZgA),

📄 [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)

Chapter > Health < > Crying Ambulance <

### Baby's Sleep

Sleepless nights and breaks of sleep are often a big challenge for parents. It is totally normal that children in the first months awake at night. Most of the time, they have a very light sleep to feel their needs and awake too.

Until the 6th month of life it is normal that your child awakes at least once a night and needs some meals at night. Take your time with your child to arrive at the rhythm of day and night. Show your child the change of tension and relaxation. By known processes and rituals before sleeping you help your child with learning to sleep.

Especially during the first months a baby sleeping bag is better for the child because he or she cannot slip on the baby's face like a cover/blanket. The best temperature at night in the child's room is 18°. The room should not be too warm or too cold.

Resource: Federal Health Educational Centre (BZgA),

📄 [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)

### Body Care for the Baby

It is important regularly to care for baby's body, especially in the first months of life baby's skin is very sensitive. Babies like to experience your full attention therefore it is necessary to go to a quiet room to change diapers. Take enough time to hug your baby, to touch the baby softly with massages and games with hands and feet.

For cleaning the genitals take a facecloth and warm water to treat baby's skin with care. The facecloths must regularly be boiled out. On tour special baby wipes are best.

Every few days you should bathe your baby. Pay attention on the water temperature which should be about 37°. Do check that by means of a thermometer! Support the baby's head while bathing. You should pay attention of a warm surrounding that the baby would not be cold when it is taken out of the bath.

Resource: Federal Health Educational Centre (BZgA),  
 [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)

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### Holding the baby correctly

In order that the baby's extremities and above all the head does not totter around there are special techniques to hold the baby. Important is that you take up your child with a rotating movement

For that you surround the chest under the armpits with your both hands. Then you put your baby carefully aside and take it with a rotational movement and put it on your arm.

See picture page 48

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### Baby Blues

At least each 2nd woman suffers from mood swings, sadness, worries and lack of energy after birth. These are typical symptoms of the baby-blues that occur between the 3rd and 5th day after birth. The reasons for the so called "crying days" are a falling oestrogen and progesterone levels after birth and the totally changed situation of life, lack of sleep, and the events since and while birth too. Everything fine and normal so far! No reason to worry! The depressive mood will disappear after 2 weeks maximum. If this period lasts longer you should tell your midwife or your doctor.

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### Educational Issues

Good parents make mistakes. How good is it that parents are not perfect! Imagine how back-breaking we would be for our children if we did not make any mistakes. The mistakes are not important for the children but how we deal with them: to apologize, forgiving and willing to change, these characteristics give your children power and courage.

### Every child is something special!

There is one very important thing whatever you do. Pay attention for your child's individuality and independence. Every child is something special, has individual strengths and weaknesses. For your child it is important to develop according to his or her own speed of development and his or her special capabilities and needs.

**„Children have the right of a non-violent education. Spanking, mental hurts and other unworthily measures are not allowed.“**

§ 1631 Abs. 2 BGB

Children have the right to be brought up without physical and mental violence. Children do not get spansks on the bottom and they are not hit in the face. The same as parents you should avoid to shout at your child and threaten with punishment.

A successful parents-child-relationship is based on the caring contact with one another and the encounter on eye level. Children want to be taken serious and appreciated. This is the only way for them to learn to give love, respect and appreciation.

### Tips for everyday education

- Do not treat your child as a „partner“: you are the adult and must be responsible, even when you do not allow things and when it comes to set limits.
- Do not criticize your child as a person (e.g. "You are bad") but only the wrong behavior (e.g. "I do not want that you play with water in the kitchen.")
- Give your child praise and acceptance. Continuing critics and grumbling mellow a child and

# Das Baby richtig hochnehmen und hinlegen

## Was dem Baby gut tut:

Vor allem in den ersten Lebensmonaten braucht das Baby im wahren Sinne noch sicheren Halt – beim Aufnehmen und Halten, beim Tragen und Wiegen. Es spürt die Nähe von Mutter und Vater und fühlt sich geborgen und sicher.

**Wichtig!**  
Seien Sie nicht übervorsichtig. Fassen Sie das Baby fest und sicher an.

### Hochnehmen – am liebsten über die Seite



Das Baby in der Rückenlage mit beiden Händen am Rumpf fassen, auf die Seite drehen und weit über die Seite hochheben.



Bei diesem schrägen Aufnehmen braucht der Kopf keine Unterstützung.  
**Und:**  
Fürs Baby ist es die angenehmere Art.

### Gerade hochnehmen – nur mit Kopfunterstützung



Das Baby mit beiden Händen unter den Schultern fassen, die Daumen in den Achselhöhlen.



Die gestreckten Finger stützen den Kopf ab.

### Das Baby hinlegen



Das Baby schräg auf eine Pobacke abstützen und dann langsam über die Seite ablegen und auf den Rücken drehen.

### Der richtige Griff zum Wickeln



**1**  
Mit der rechten Hand den linken Oberschenkel des Babys umfassen und im Hüftgelenk beugen, das andere Bein legt auf ihrem Unterarm (mit der linken Hand umgekehrt verfahren).

**2**  
So können Sie den Po leicht anheben und säubern, ohne dass Fuß- und Kniegelenke zu sehr belastet werden.

### ! Gut zu wissen:

#### Bei allem, was Sie tun:

Schauen Sie das Baby an, sprechen Sie mit ihm, erzählen Sie ihm, was Sie gerade tun, und halten Sie – wenn möglich – in der Bewegung Blickkontakt zum Baby.

But those who cry out for harder breeding and tightened strings I want to tell what I was told by an old lady. She was a young mother at the time when people believed in this Bible verse: „Who spares the rod, spoils the boy“.

From the bottom of her heart she did not believe in this verse but one day her little son did something he earned spanking, the first in his life. She told him to go into the garden and find a rod himself which he should bring her. The little boy went and was away for a long time. In the end he came back crying and said:  
„I could not find a rod but here is a stone which you can throw at me.“

Then his mother started crying because immediately she saw everything through the eyes of the child. The child must have thought, „my mother really wants to hurt me, and this she can do with a stone too.“ She hugged her little son and both were crying together for some time. Then she put the stone on a shelf in the kitchen and there it remained as a continuing warning of the promise that she gave herself in this moment:  
„Never violence!“

This quotation by Astrid Lindgren is from a speech on the occasion of the award of the Peace Prize of the German Publisher and Booksellers Association in 1978. Resource: German Publisher and Booksellers Association. 1978 Astrid Lindgren, page 8.

poison the atmosphere. But: Praise adequately. Children are sensitive for exaggeration, carelessness, and by the way if it is not from the heart and with empathy.

- Avoid extreme education, e.g. continuing praise and continuing punishment, total freedom or total control.
- Contrasts of feelings (exuberant attention and freeze the child off) are not good for your child primarily if the child cannot understand your reactions.
- If you made a mistake you should be able to apologize. This helps your child and strengthens your function of an ideal.

Resource: Federal Health Educational Centre (BZgA),  
 [www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)

For more information about these issues contact the internet pages of Early Helps. There you find information material and practical guidelines for parents and specialists.

[www.fruehe-hilfen-gp.de/Downloads](http://www.fruehe-hilfen-gp.de/Downloads)

## 2.2 LEGAL ISSUES



### Maternity Protection

The maternity protection law is valid for mothers-to-be who are working. The legal maternity protection protects you and your child during her pregnancy to be endangered at her place of work. Additionally, it protects you from being discharged during pregnancy and some time after the birth.

The employer has to observe the maternity protection rules, therefore mothers-to-be should inform the employer about the pregnancy.

Maternity benefits according to the maternity protection deadline:

- Maternity benefits,
- extra payments from the employer while maternity protection deadline
- as well as limits when there is an employment ban outside the maternity protection deadlines.

Protection Deadlines:

In the last 6 weeks before the estimated birth women are only allowed to work and 8 weeks after birth women are not allowed to work. It is 12 weeks if the delivery is premature or it is a multiple birth.

Tip:

From January 1st, 2018 there will be changes in the maternity protection law. The protection deadlines

after birth of a child with a handicap can be extended by 4 weeks. Maternity protection is for pupils, students, employees like women, women with handicaps in workshops for people with handicaps and women in a job training. You find more information on the homepage of the German Federal Ministry of Family, Seniors, Women and Youth (BMFSFJ)

[www.bmfsfj.de](http://www.bmfsfj.de)

### Registration of the Child

If your child is born in a hospital the registration of the child will be sent automatically to the resident's registration office. You should fetch the registration certificate at the registry office within a week after the birth of the child. You get 4 copies, 2 for you and one copy each for application for children and parents allowance. With the birth certificate you can register your child at the registry office of your residence (town hall at your residence). A list of all town halls you find in the chapter Miscellaneous (2.3).

For that you need ...

- valid passport or ID card,
- registration certificate of the child as well as
- acknowledgement of paternity (only for illegitimate children!)

### Acknowledgement of Paternity

If you are not married you must acknowledge paternity to be accepted as legal father. Paternity can be acknowledged at the registry office, at the youth office, at a notary, at the local district court. Paternity can be acknowledged before and after birth.

Therefore you need ...

- a valid birth certificate
- a valid passport or ID card of both parents as well as
- the written agreement of the mother if she is absent.

Local District of Göppingen  
Youth Department

Lorcher Straße 6

73033 Göppingen

Telephone 07161 202-655

Fax 07161 202-649

E-Mail [kreisjugendamt@landkreis-goeppingen.de](mailto:kreisjugendamt@landkreis-goeppingen.de)

[www.landkreis-goeppingen.de/Kreisjugendamt](http://www.landkreis-goeppingen.de/Kreisjugendamt)

### Parental Leave

There is a claim for parents till the end of the 3rd year of life for parental leave if you want to take care and education your child yourself – as long as you work. While and 8 weeks before the parental leave there is job protection thus the employment contract remains. Parents who have a paid job can decide freely who goes on parental leave. They can go on parental leave at the same time. Who that goes on parental leave can work part-time up to 30 hours per week per month. The parental leave during the first 3 years of age must be reported to the employer 7 weeks before and applied for with an appropriate application. So the application for parental leave must be handed in at the latest one week after birth.

Parental leave must not be taken obligatory in the first 3 years of life of the children. It can be taken differently, e.g. one year parental leave when compulsory education starts. Parental leave can be taken till the 8<sup>th</sup> year of life. It is 3 years totally.

[www.bmfsfj.de](http://www.bmfsfj.de)

### Support of the Local Youth Office

For the acknowledgement of paternity and/or the claim of maintenances of the children you can make demands on the written help of the Youth Office in form of a legal representative. Premises are that you care for the child and you apply in written form for the legal representative. This form of counseling and support is only for mothers who urgently wish that.



The legal representative can be applied for one parent who has got the only child custody respectively who the child lives with. You can get a legal representative even before birth.

Local District of Göppingen  
Youth Department

Lorcher Straße 6

73033 Göppingen

Telephone 07161 202-655

E-Mail [kreisjugendamt@landkreis-goeppingen.de](mailto:kreisjugendamt@landkreis-goeppingen.de)

[www.landkreis-goeppingen.de/Beistandschaften](http://www.landkreis-goeppingen.de/Beistandschaften)

### Declaration of Parental Responsibility

This is a declaration of both unmarried parents who want to have parental responsibility together. The mother automatically gets at the birth of the child the child's custody if the parents are not married. Without agreement of the mother or a board decision the father does not get child's custody. This can take place before and after birth but only after acknowledgement of paternity.

Therefore you need ...

- valid passport or ID card of both parents,
- the birth certificate of the child, in which both parents are registered (if declaration of parental responsibility takes place after birth) as well as
- an extract of the expectant mother's report of prenatal and natal care (page with the expectant due day) and the copy of acknowledgement of paternity (if it is done before the birth).



Day care institutions of the communities and the cities in the Local District of Göppingen.  
[www.bildungsregion-goeppingen.de/Kinderbetreuungseinrichtungen](http://www.bildungsregion-goeppingen.de/Kinderbetreuungseinrichtungen)



You can have done the registration by the Youth Department of the Local District of Göppingen free of charge or by a notary, here with costs.

#### Local District of Göppingen

##### Youth Department

Lorcher Straße 6

73033 Göppingen

Telephone 07161 202-655

Fax 07161 202-649

E-Mail [kreisjugendamt@landkreis-goeppingen.de](mailto:kreisjugendamt@landkreis-goeppingen.de)

[www.landkreis-goeppingen.de/Kreisjugendamt](http://www.landkreis-goeppingen.de/Kreisjugendamt)

#### Assistant Contact

The child protection centre (KSZ) offers separately living families counseling and support. Children shall be able to meet their parents in an easy-going way even after the separation.

#### Children Protection Centre of Göppingen

Schillerplatz 9

73033 Göppingen

Telephone 07161 96949 - 6

Fax 07161 96949 - 5

E-Mail [Begleiteter-Umgang@dksb-gp.de](mailto:Begleiteter-Umgang@dksb-gp.de)

[www.dksb-gp.de](http://www.dksb-gp.de)

#### You are pregnant, and not yet 18 years old?

While the pregnancy, under-aged pregnant girls should contact the Local Youth Department. Here they are counseled and get social support by the staff. If both parents are under-aged the Youth Department is the baby's legal guardian. There is the possibility to find another person as legal guardian if this is the mother's wish. In this case there must be filled in an application form and sent to the family court.

If one parent is of full age he/she is the legal guardian of the child.

Basically as under-aged parents you have the right

- to care for your child,
- to educate,
- to decide where the child will live and
- to give your child a name.

#### Local District of Göppingen

##### Youth Department

Lorcher Straße 6

73033 Göppingen

Telephone 07161 202-655

Fax 07161 202-649

E-Mail [kreisjugendamt@landkreis-goeppingen.de](mailto:kreisjugendamt@landkreis-goeppingen.de)

[www.schwanger-unter-20.de](http://www.schwanger-unter-20.de)

#### Child's Day Care

As long as August 1st, 2013 every child who is 1 year old has the right of a day care place. Thus the community or town must provide a day care place or a person who cares for the child to the parents. If you do not find a day care place contact in time the Youth Department Göppingen. Employed parents can get a day care for the child from the 1<sup>st</sup> year on.

#### Local District of Göppingen

##### Youth Department

Lorcher Straße 6

73033 Göppingen

Telephone 07161 202-422

Fax 07161 202-649

E-Mail [kreisjugendamt@landkreis-goeppingen.de](mailto:kreisjugendamt@landkreis-goeppingen.de)

[www.landkreis-goeppingen.de/Kreisjugendamt](http://www.landkreis-goeppingen.de/Kreisjugendamt)

[www.bw-kita.de/gp](http://www.bw-kita.de/gp)

## 2.3 MISCELLANEOUS



### Passport for children

From birth on children need a passport of their own to be able to travel abroad. The passport for children is a document for travelling for children under the age of 12. The passport must be applied for at the local passport office (municipal/town office) by both parents if they have child's custody. The child must be present when the passport is applied for.

Needed documents

- Birth certificate
- Biometrical picture and
- ID cards or passports of the parents

Important:

The passport for children is recognized worldwide – with one exception. For access into the USA the child must have a regular passport. The age of the child therefore is not important.

Foreign parents should ask for information at the local authorities or at the embassy because there could be other rules for them.

[www.service-bw.de](http://www.service-bw.de)

Miscellaneous – Citizens' Office, Local Authorities

### Libraries

Many of the communities and cities of the Local District of Göppingen have got a library of their own. You get information locally.

### Help for Victims of Criminality

The "White Ring" helps people who have been victims of criminality and violence and their relatives. The quickest contact to the "White Ring": 116 006

**WEISSER RING e. V.**

Geislinger Straße 14

73033 Göppingen

Telephone 07161 968693

Fax 07161 69510

E-Mail [weisser.ring.goeppingen@aol.de](mailto:weisser.ring.goeppingen@aol.de)

[www.weisser-ring.de](http://www.weisser-ring.de)

### Ways out of violence at home

The Local District of Göppingen in cooperation with the city of Göppingen, the refuge for battered women Göppingen and the police direction Göppingen have published a brochure with help offers for violence at home in the district of Göppingen.

[www.landkreis-goeppingen.de/  
Publikationen+Chancengleichheit](http://www.landkreis-goeppingen.de/Publikationen+Chancengleichheit)

### Signpost for Women

In the signpost for women you find links of interesting topics, institutions and help offers, especially for women.

[www.landkreis-goeppingen.de/Frauenwegweiser](http://www.landkreis-goeppingen.de/Frauenwegweiser)

## Citizens' Centres

The local citizens' centre in your community accomplishes various tasks. Above others you can be registered here if you newly moved into the community or you can be signed off into another community. Additionally, the passports or ID cards for

you and your children can be applied for here. For more benefits you get information at the responsible citizens' centre.

Names/Addresses	Telephone	Fax	E-Mail/Internet
<b>Adelberg</b> 73099 Adelberg   Vordere Hauptstraße 2	07166 91011-0	07166 91011-3	gemeinde@adelberg.de www.adelberg.de
<b>Aichelberg</b> 73101 Aichelberg   Vorderbergstraße 2	07164 80095-0	07164 80095-9	rathaus@aichelberg.de www.aichelberg.de
<b>Albershausen</b> 73095 Albershausen   Kirchstraße 1	07161 3093-0	07161 3093-50	gemeinde@albershausen.de www.albershausen.de
<b>Bad Boll</b> 73087 Bad Boll   Hauptstraße 94	07164 808-0	07164 808-33	rathaus@bad-boll.de www.bad-boll.de
<b>Bad Ditzenbach</b> 73342 Bad Ditzenbach   Hauptstraße 40	07334 9601-0	07334 9601-30	info@badditzenbach.de www.badditzenbach.de
<b>Bad Überkingen</b> 73337 Bad Überkingen   Gartenstraße 1	07331 2009-0	07331 2009-39	info@bad-ueberkingen.de www.bad-ueberkingen.de
<b>Birenbach</b> 73102 Birenbach   Marktplatz 1	07161 50098-0	07161 50098-22	gemeinde@birenbach.de www.birenbach.de
<b>Böhmenkirch</b> 89558 Böhmenkirch   Hauptstraße 100	07332 9600-0	07332 9600-40	gemeinde@boehmenkirch.de www.boehmenkirch.de
<b>Börtlingen</b> 73104 Börtlingen   Hauptstraße 54	07161 95331-0	07161 95331-20	rathaus@boertlingen.de www.boertlingen.de
<b>Deggingen</b> 73326 Deggingen   Bahnhofstraße 9	07334 78-0	07334 78-238	gemeinde@deggingen.de www.deggingen.de
<b>Donzdorf</b> 73072 Donzdorf   Schloss 1-4	07162 922-0	07162 922-521	stadt@donzdorf.de www.donzdorf.de
<b>Drackenstein</b> 73345 Drackenstein   Hauptstraße 28	07335 6452	07335 2761	drackenstein@kdrs.de www.drackenstein.de
<b>Dürnau</b> 73105 Dürnau   Hauptstraße 16	07164 91010-0	07164 91010-10	gemeinde@duernau.de www.duernau.de
<b>Ebersbach an der Fils</b> 73061 Ebersbach an der Fils   Marktplatz 1	07163 161-0	07163 161-244	rathaus@stadt.ebersbach.de www.ebersbach.de
<b>Eislingen an der Fils</b> 73054 Eislingen an der Fils   Schlossplatz 1	07161 804-0	07161 804-199	stadtinfo@eislingen.de www.eislingen.de
<b>Eschenbach</b> 73107 Eschenbach   Lotenbergstraße 6	07161 94040-0	07161 94040-20	rathaus@gemeinde-eschenbach.de www.gemeinde-eschenbach.de
<b>Gammelshausen</b> 73108 Gammelshausen   Hauptstraße 19	07164 9401-0	07164 9401-20	kohl@gammelshausen.de www.gammelshausen.de
<b>Geislingen an der Steige</b> 73312 Geislingen an der Steige   Hauptstraße 1	07331 24-0	07331 24-202	info@geislingen.de www.geislingen.de

Names/Addresses	Telephone	Fax	E-Mail/Internet
<b>Gingen</b> 73333 Gingen   Bahnhofstraße 25	07162 9606-0	07162 9606-66	bma@gingen.de www.gingen.de
<b>Gruibingen</b> 73344 Gruibiingen, Hauptstraße 18	07335 9600-0	07335 9600-20	info@gruibingen.de www.gruibingen.de
<b>Hattenhofen</b> 73110 Hattenhofen   Hauptstraße 45	07164 91009-0	07164 91009-25	rathaus@hattenhofen.de www.hattenhofen.de
<b>Heiningen</b> 73092 Heiningen   Hauptstraße 30	07161 4034-0	07161 4034-39	gemeinde@heiningen-online.de www.heiningen-online.de
<b>Hohenstadt</b> 73345 Hohenstadt   Schulstraße 9	07335 5033	07335 7138	guenter.riebort@hohenstadt-alb.de www.hohenstadt-alb.de
<b>Kuchen</b> 73329 Kuchen   Marktplatz 11	07331 9882-0	07331 9882-13	bma@kuchen.de www.kuchen.de
<b>Lauterstein</b> 73111 Lauterstein   Hauptstraße 75	07332 9669-0	07332 9669-27	stadtverwaltung@lauterstein.de www.lauterstein.de
<b>Mühlhausen/Täle</b> 73347 Mühlhausen/Täle   Gosbacher Straße 16	07335 9601-0	07335 9601-25	gemeinde@muehlhausen-taele.de www.muehlhausen-taele.de
<b>Ottenbach</b> 73113 Ottenbach   Hauptstraße 4	07165 91291-0	07165 91291-4	info@ottenbach.de www.ottenbach.de
<b>Rechberghausen</b> 73098 Rechberghausen   Amtsgasse 4	07161 501-0	07161 501-11	info@gemeinde.rechberghausen.de www.rechberghausen.de
<b>Salach</b> 73084 Salach   Rathausplatz 1	07162 4008-0	07162 4008-70	info@salach.de www.salach.de
<b>Schlat</b> 73114 Schlat   Hauptstraße 2	07161 987397-0	07161 987397-77	info@schlat.de www.schlat.de
<b>Schlierbach</b> 73278 Schlierbach   Hölzerstraße 1	07021 97006-0	07021 97006-30	gemeinde@schlierbach.de www.schlierbach.de
<b>Süßen</b> 73079 Süßen   Heidenheimer Str. 30	07162 9616-0	07162 9616-96	info@suessen.de www.suessen.de
<b>Uhingen</b> 73066 Uhingen   Kirchstraße 2	07161 9380-0	07161 9380-199	info@uhingen.de www.uhingen.de
<b>Wäschenbeuren</b> 73116 Wäschenbeuren   Manfred-Wörner-Platz 1	07172 92655-0	07172 92655-29	info@waeschenbeuren.de www.waeschenbeuren.de
<b>Wangen</b> 73117 Wangen   Pfarrberg 2	07161 91418-0	07161 91418-33	rathaus@wangen.kdrs.de www.gemeinde-wangen.de
<b>Wiesensteig</b> 73349 Wiesensteig   Hauptstraße 25	07335 9620-0	07335 9620-24	info@wiesensteig.de www.wiesensteig.de
<b>Zell u.A.</b> 73119 Zell u.A.   Lindenstraße 1-3	07164 807-0	07164 807-77	gemeinde@zell-u-a.de www.zell-u-a.de

## District Exchanges

The District Exchanges and administration offices of the various town regions serve the citizens as drop-in centres, also clubs and local institutions. Here administration tasks are done for the citizens.

Names/Addresses	Telephone	Fax	E-Mail/Internet
<b>Böhmenkirch, Verwaltungsstelle Schnittlingen</b> 89558 Böhmenkirch-Schnittlingen   Brunnenstraße 16	07332 5228		
<b>Böhmenkirch, Verwaltungsstelle Steinenkirch</b> 89558 Böhmenkirch-Steinenkirch   Albstraße 21	07332 5208		
<b>Böhmenkirch, Verwaltungsstelle Treffelhausen</b> 89558 Böhmenkirch-Treffelhausen   Schulstraße 1	07332 5270	07332 923504	
<b>Deggingen, Rathaus Reichenbach i.T.</b> 73326 Deggingen-Reichenbach i.T.   Reichenbachstraße 1	07334 4329		
<b>Donzdorf, Verwaltungsstelle Reichenbach u.R.</b> 73072 Donzdorf   Ringstraße 8	07162 29976	07162 921355	vwstelle-reichenbach@donzdorf.de
<b>Donzdorf, Verwaltungsstelle Winzingen</b> 73072 Donzdorf   Gmünder Straße 19	07162 29818	07162 921354	vwstelle-winzingen@donzdorf.de
<b>Ebersbach, Verwaltungsstelle Bünzwangen</b> 73061 Ebersbach-Bünzwangen   Ortsstraße 49	07163 161-175		
<b>Ebersbach, Verwaltungsstelle Roßwälden</b> 73061 Ebersbach-Roßwälden   Steinbisstraße 2	07163 161-176		
<b>Ebersbach, Verwaltungsstelle Weiler</b> 73061 Ebersbach-Weiler   Weilerstraße 35	07163 161-177	07163 161-2731	
<b>Geislingen an der Steige, Geschäftsstelle Aufhausen</b> 73312 Geislingen-Aufhausen   Steinbossstrasse 6	07334 4396		
<b>Geislingen an der Steige, Geschäftsstelle Eybach</b> 73312 Geislingen-Eybach   Von-Degenfeld-Straße 19	07331 64381		
<b>Geislingen an der Steige, Geschäftsstelle Stötten</b> 73312 Geislingen-Stötten   Oberdorfstraße 2	07331 63278		
<b>Geislingen an der Steige, Geschäftsstelle Türkheim</b> 73312 Geislingen-Türkheim   Geislinger Straße 11	07331 42761		
<b>Geislingen an der Steige, Geschäftsstelle Waldhausen</b> 73312 Geislingen-Waldhausen   Gussenstadter Straße 4	07331 64534		
<b>Geislingen an der Steige, Geschäftsstelle Weiler o.H.</b> 73312 Geislingen-Weiler o.H.   Kirschweg 1	07331 40434		
<b>Göppingen, Bezirksamt Bartenbach</b> 73035 Göppingen-Bartenbach   Brunnenstraße 5	07161 650-96210	07161 650-96219	bartenbach@goeppingen.de
<b>Göppingen, Bezirksamt Bezgenriet</b> 73035 Göppingen-Bezgenriet   Badstraße 30	07161 650-96220	07161 650-96229	bezgenriet@goeppingen.de
<b>Göppingen, Bezirksamt Faurndau</b> 73035 Göppingen-Faurndau   Bismarckstraße 6	07161 650-96270	07161 650-96279	faurndau@goeppingen.de
<b>Göppingen, Bezirksamt Hohenstaufen</b> 73037 Göppingen-Hohenstaufen   Reichsdorfstr. 34	07161 650-96250	07161 650-96259	hohenstaufen@goeppingen.de

Names/Addresses	Telephone	Fax	E-Mail/Internet
<b>Göppingen, Bezirksamt Holzheim</b> 73037 Göppingen-Holzheim   Schlater Straße 1	07161 650-96230	07161 650-96239	holzheim@goeppingen.de
<b>Göppingen, Bezirksamt Jebenhausen</b> 73035 Göppingen-Jebenhausen   Boller Straße 12	07161 650-96240	07161 650-96249	jebenhausen@goeppingen.de
<b>Göppingen, Bezirksamt Maitis</b> 73037 Göppingen-Maitis   Gmünder Straße 32	07161 650-96260	07161 650-96269	maitis@goeppingen.de
<b>Uhingen, Verwaltungsstelle Holzhausen</b> 73066 Uhingen-Holzhausen   Am Dorfplatz 6	07161 37136	07161 37136	
<b>Uhingen, Verwaltungsstelle Nassachtal/ Diegelsberg im Stadtteil Baiereck</b> 73066 Uhingen-Baiereck   Schlichtener Strasse 1	07163 3593		
<b>Uhingen, Verwaltungsstelle Sparwiesen</b> 73066 Uhingen-Sparwiesen   Gestöckweg 7	07161 37123		

[www.goeppingen.de/Bezirksaemter.html](http://www.goeppingen.de/Bezirksaemter.html)