

A highly qualified team of midwives, pre- and postnatal nurses, and physical therapists at the St. Elisabeth Hospital Heidelberg awaits your visit.

We hope that our courses for pregnant women and new mothers will help on your way into life's greatest adventure.

Birth Preparation

Midwife: Christine Hasselbach

Women's course (incl. 2 couple's sessions)

8 x Wednesdays 18:30 – 20:00 h

Weekend intensive course for couples

Friday: 19:00 – 21:00 h

Saturday and Sunday:

10:00 -12:00 and 14:00 – 16:00

Midwife: Beate Hofbauer

Women's (incl. 2 couple's sessions)

Mondays 20:00 – 22:00 in Ziegelhausen

Midwife: Petra Krauth

Course for couples

Fridays 19:30 – 21:30

Midwife: Irene Laumann

Women and couples

Thursdays 19:00 – 21:00

Midwife: Kira-Astrid König

Women's (incl. 2 couple's sessions)

7 x Tuesdays 19:00 – 21:00

Aqua-gymnastics

Midwife Danielle Salcito

For pregnant women

Friday 14:45 and 20:00

Postnatal gymnastics

Wednesdays 11:30 with babysitting

For more information and registration:

Pfitzenmeier, Schwetzingen:

06202 / 859370

Birth Preparation with Acupuncture

For all mothers-to-be beyond the 36th week of pregnancy

Goal of Therapy: reducing delivery time and easing birth.

Tuesdays 10:00 – 12:00

No registration required

Cost: 20.00 € These costs may be covered by your medical insurance policy; please contact your insurance carrier.

Antenatal Gymnastics

Midwife: Christine Hasselbach

Wednesdays 09:00 – 10:15

No registration necessary

Yoga

Dr. Caroline Mary-Franssen

Tuesdays 18:30 -19:30

Info: cmary@gmx.de

Pilates

Daniela Gold

Wednesdays 18:00 – 19:00

Fridays 18:00 – 19:00

Info: www.goldpilates.de

Postnatal Gymnastics

Midwife: Christine Hasselbach

Mondays 19:00 – 20:15

Wednesdays 10:30 – 11:30

11:30 – 12:30

Wednesdays 20:15 – 21:30

More informations and registration

www.heb-web.de;

Baby Massage

Midwife: Christine Hasselbach

Thursdays 10:00 -11:30 and 11:30 – 13:00

Postnatal Care

In the first few weeks after birth postnatal care by a midwife can be provided at home. Therefore please contact your midwife of choice directly and your health insurance provider.

Breastfeeding Specialists

Breastfeeding consultants IBCLC and pediatric nurses are available to answer all your questions
06221 / 488 2410

Breastfeeding Course

Petra Aubertin

Johanna Langenbach

Breastfeeding consultants IBCLC and pediatric nurses

Friday: 18:00 - 20:30

Information and registration:

stillen@sankt-elisabeth.de

Café “la Mamma”

Here you can relax.

The informal atmosphere offers the opportunity to meet with and talk with other mothers, play with the baby's siblings, or seek support from our competent staff for your cares and worries.

Café la Mamma is supervised by qualified pediatric nurses and breastfeeding counsellors IBCLC.

No registration is required

Tuesdays 9:30 – 14:30



The Prague Programm for parents and children

PEKiP® is a program designed to accompany a child's development for the first year. It was developed by the Czech psychologist Dr. Jaroslav Koch.

The 4 goals of PEKiP® are:

- to promote the child's development through play, kinetic, and sensory stimulation;
- to strengthen and deepen the relationship between child and parents;
- to promote the exchange of information and experiences between parents.
- to support the children's contact with other children of the same age group.

We invite mothers and fathers with children over the age of 6 weeks to take part in the PEKiP® course. This course is designed to give you insights into how you can more actively experience your child and through play and movement support its development in the first year. Through careful observation you will be able to identify exactly what your child finds fun and how long it wants to play. During the planned rest periods for the babies, the parents have the opportunity to discuss the everyday problems, questions, and experiences of caring for a child. We will meet in a playroom heated to a temperature where the babies can move about without clothing so that they can move freely. Please bring a towel, water-proof pad, and a plastic water ball of about 16 inches in diameter (40cm). Feeding, breastfeeding, diaper-changing are all normal activities during this course.

Mondays and Friday in the gymnastic room.

Information and registration:

Ursula Böhm 06221/ 783800

Anette Heckmann 06228/ 924513

The number of participants is limited

Information



for expectant parents

Klinik Sankt Elisabeth Heidelberg
Max-Reger-Str. 5 – 7
69121 Heidelberg

Pregnancy Hotline:

0 62 21 / 4 88 – 2480

For breastfeeding or general
problems contact:

0 62 21 / 4 88 – 2410

Fax-No.: 0 62 21/ 4 88- 2413

Internet: www.sankt-elisabeth.de

E-mail: hebamme@sankt-elisabeth.de