

Maternity Care at St. Josefskrankenhaus Heidelberg

Maternity Unit

Senior OB-GYN Consultant Dr. Holger Kaufmann

Secretary: Brigitte Schmidt

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Tel.: 06221/526-236

To arrange an appointment with an OB-GYN consultant, referral through your OB-GYN (if you have health issues relating to your pregnancy)

Labour and Delivery Ward

Tel.: 06221/526-217

To arrange a booking-in appointment with a midwife, self-referral (straight-forward, healthy pregnancy)

► Tour of the maternity unit every Sunday at 11am!

Personalised, safe maternity care sensitive to the needs and wishes of mothers-to-be

Each pregnancy and birth is a small miracle and we would like to support you during this special time. Our philosophy of care demonstrates a mother; partner and baby centred maternity service, which is designed to meet individual needs and wishes at the end of pregnancy, childbirth and the early days of parenthood. Together with you we will find the best way for you to give birth to your child.

You are in good hands at St. Josefs as we aim to deliver culturally sensitive care, respectful of your language and religion. Your safety is our priority with our Senior OB-GYN Consultant Dr Holger Kaufmann and his team of midwives and doctors offering care round the clock. To ensure newborn medical care we count on the support of two experienced paediatricians and, in cooperation with the Heidelberg Children's Hospital, a neonatologist can be arranged within minutes should an emergency situation arise.

Creating an intimate and relaxing atmosphere in the maternity unit is important so that mothers-to-be feel comfortable from the beginning: women have the privacy of their own room until their baby is born and partners are welcome to stay the whole time.

Birth stool, birthball or waterbirth? Perhaps you would like to be as active as possible in labour and use the birthball or birthstool. Perhaps you would like to have a waterbirth, or perhaps a C-Section is planned?

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Our team of midwives and doctors works hard to give you the care and support you need to have a safe and satisfying birth. Every woman has her own ideas about how she would like her baby to be born and we do our best to help you to achieve this. We take time to support you through all stages of the birth and to help you stay comfortable we have a wide spectrum of pain relief options, combining modern medicine (paracetamol, buscopan pethadine, gas and air) with natural remedies such as hydrotherapy, aromatherapy, acupuncture and homeopathy. Our anaesthetists are also available 24/7 to provide you with an epidural.

After the birth you can enjoy the precious first days with your baby in a comfortable and private atmosphere. Partners and siblings can move into the family room. Your baby stays with you the whole time (rooming-in concept). Our experienced staff (midwives, paediatric nurses and doctors) is on hand to care for you with advice and practical help in getting to know your baby. Whilst breast-feeding is encouraged, we do support all parents in their chosen feeding method.

On day 3 after birth our paediatricians follow up with the second examination of the newborn (U2). We also carry out the newborn hearing test.

You can create your own breakfast from our breakfast buffet, since there is no clinic routine you have to observe. The buffet offers new mothers everything they wish for – you can even get to know other new parents over coffee and fresh bread rolls. Relatives are also welcome to have breakfast with you (for a small fee).

During your stay you can start with gentle kegel exercises for your pelvic floor. Our midwives can advise you individually.

Care of diabetes patients is in cooperation with our house-intern, certified Diabetes Centre.

After you go home a range of parent-child classes and workshops are on offer.

Would you like to know more?

We have open information evenings once a month for those wishing to find out more about St. Josef's Maternity Unit.

The open evenings run on the **last Thursday of every month at 7:30pm** where you will have the opportunity to take a tour of the maternity unit and experience the atmosphere. Midwives, doctors and paediatric nurses will take time to answer any questions you may have about our maternity care.

An additional tour of the maternity unit takes place every *Sunday at 11am*. Registration is not required.

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Our Maternity Services

- Antenatal classes (in German and English)
- Doctors and midwives available 24/7
- Acupuncture for childbirth from week 36.
 - Private antenatal rooms
 - Homeopathy
 - Waterbirth
 - 24 hour Rooming-In
 - Family rooms
 - Breastfeeding support round the clock
 - Postnatal kegel exercises
 - Breakfast buffet
 - Paediatrician
 - Osteopath by arrangement
 - Baby-wearing advice and demonstration by arrangement
 - Newborn hearing test
 - Parent-child-classes
 - Specially designated car-parking (for when baby is in a hurry)
 - Play area for children
 - English, French, Italian, Spanish and Kurdish also spoken by individual members of staff – please enquire

Parent-Child Groups at St. Josef's hospital

We offer a range of postnatal courses and workshops – designed especially for you and your baby ([Elterntreff](#)). Discover how to use your loving touch to soothe your baby with a Baby Massage Course. Baby First Aid Courses will help build your confidence as a parent in dealing with emergency situations. A workshop focussing on the early days of parenthood and the care of your baby will give you the knowledge and confidence to tackle the doubt all new parents struggle with to some extent. PEKIP Courses are also available (in German). Open drop-in talks and presentations take place on Thursday afternoons.

The courses take place on 4th floor, room 448.

For more information please contact: Ines Hartig-Mantel, Tel.: 06221/526-690.

Further information in German under [Elterntreff](#)