



Kreis Viersen • Rathausmarkt 3 • 41747 Viersen

Viersen,

District of Viersen welcome letter

Dear parents,

As District Administrator of the district of Viersen, I would like to congratulate you on the birth of your child on .

With a baby you will find there are many changes, you will have many new and wonderful experiences. At the same time, questions, uncertainties and challenges may arise.

The district of Viersen would therefore like to inform you in good time about the help available. Early help is an important part of this.

The Early Help programme bundles a variety of support options for families with children aged 0 to 3 years. These services are oriented around needs and social space and are free of charge.

In particular, I would like to draw your attention to the free support provided by a **family health and paediatric nurse (FGKiKP)**.

Four FGKiKPs are on hand to answer any questions you may have about your baby or toddler, for example about nutrition, sleep, care and development. Your needs are sensitively recognised and taken into account. You can take advantage of the counselling services in paediatrician's practices and some local family centres. Counselling sessions are always confidential and can also take place anonymously or in a family setting.

For personal advice, information on what is available and making appointments, please contact Mrs Nina Becker, Tel. 02162 39 - 1869, email address: nina.becker@kreis-viersen.de.

You can also find further information on Early Help at www.kreis-viersen.de.

You can also visit the **online portal "Guter Start Kreis Viersen "** under guterstart.kreis-viersen.de and search for the services and answers that are important to you.

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Using keywords such as "paediatrician" or "family centre", you can quickly and easily find a suitable suggestion for courses or advice services. You have the option of searching directly in the area where you live or specifically for programmes for your child's age group.

Take the opportunity to browse through the online portal "Guter Start Kreis Viersen".

The portal is currently under development, but we are endeavouring to provide information on everything that is available as quickly as possible. If you cannot find what you are looking for or if you have any questions, please contact us at guterstart@kreis-viersen.de or 02162/ 39 18 69.

Mrs Becker is available to answer all your questions.

I wish you and your family all the best, health, strength and contentment for this new phase of your lives.

Sincerely

Your District Administrator

Dr Andreas Coenen

For translations please
scan the QR code:



Enclosed:

Flyer for online portal "Guter Start Kreis Viersen"

"KITA-ONLINE" leaflet