



ST. ELISABETHEN-KRANKENHAUS
Frankfurt

Main
Hebammenteam

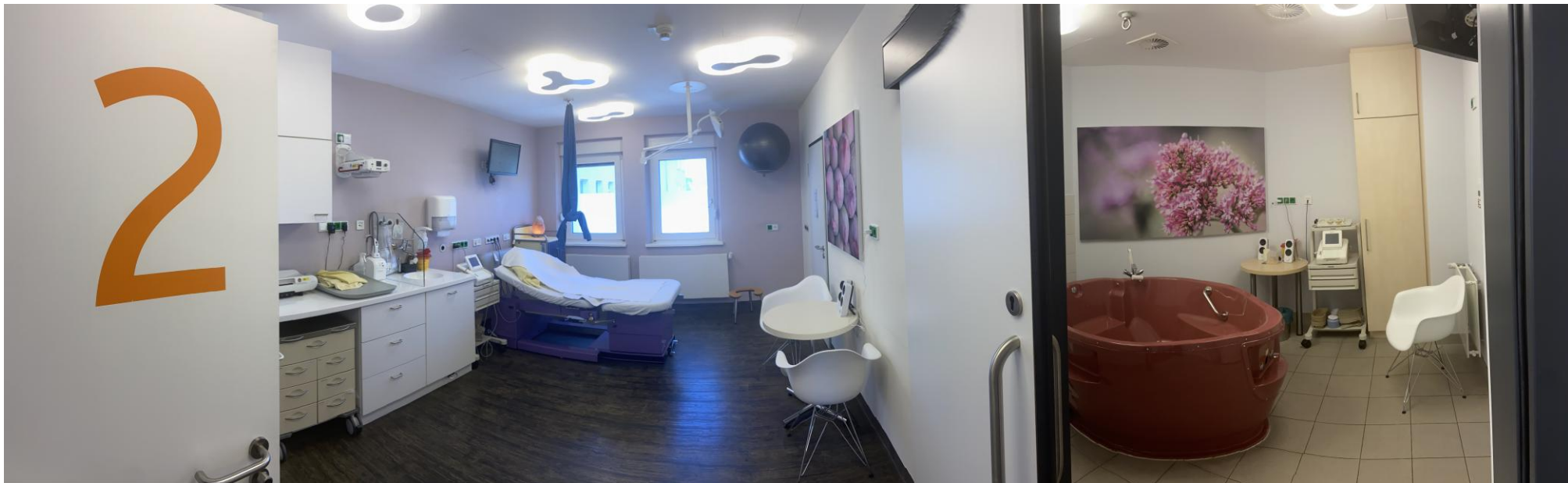


Welcome to the information
evening for expectant parents

Start at 19:00



- Safety
- Individualized care
- Gentle childbirth in a calm and secure environment
- Promotion of natural childbirth
- Support for the birth experience in the case of a cesarean section
- Birth in a midwife-led system (2:1 care)





- Excellent family support from an experienced obstetrics team
- Only qualified midwives

	2025
Births	1362
"Unplanned" C-section	21.7% (-2.3%*) = 19.4 %
Operative vaginal delivery	5.1%

* = Estimate based on calculations from 2022, planned cesarean sections (presentation with premature rupture of membranes, labor, etc.)



- "Birth among us,, – Midwife-led births
- Relocation from the „Geburtshaus“



- Immediate emergency care available
- 24/7 – Senior pediatrician on call
- Extremely low transfer rates to children's hospital: 2-3%





During the day, Mon-Fri 8:00-16:00: via the main entrance

All other times: via the emergency room

Parking spaces for pregnant women are available.



P Parking spaces for pregnant women

- Please contact us between weeks 30 and 32 of your pregnancy (for an appointment 4-6 weeks before your due date).
- Appointments can be made by phone at: **069 - 7939 1249**
- Your medical file will be created with a medical history form.
- We will discuss your wishes and any special considerations regarding childbirth.
- We will assess potential risks, possibly refer you to a specialist, and develop a medical birth plan (e.g., for high blood pressure or diabetes).
- We will provide informational materials for example about epidurals.
- We will also explain water births.
- "Birth among us"



- Over 37 weeks + 0 days of pregnancy
- Mild pre-existing conditions, e.g., diet-controlled gestational diabetes
- Previous cesarean section
- In case of special circumstances, clarification of the mode of delivery during a medical consultation
- In case of breech presentation: external cephalic version or planned cesarean section
- Emergency care available at any time





2 Midwives

1 Resident physician

**1 Head physician or senior
physician**

Anesthesia and Surgical Team

1 Anesthesiologist

1 Pediatric Nurse

1 Pediatrician (On Call)



- **4 birthing rooms with private toilets and childcare facilities**
- **1 monitoring room**
- **1 pre-labor room**
- **2 birthing / relaxation bathtubs**
- **Modern birthing beds**
- **Telemetry (wireless CTG transmission)**
- **Various aids, e.g., birthing balls, birthing stools, ropes, wall bars**
- **2 hours of bonding and monitoring in the birthing room after birth**
- **Laboring lounge**
- **Bluetooth speaker**







- "Normal" pH meter
-> 65 μ l blood

- **New Lactat- meter**
-> **0,6 μ l blood**



Better treatment for your child!

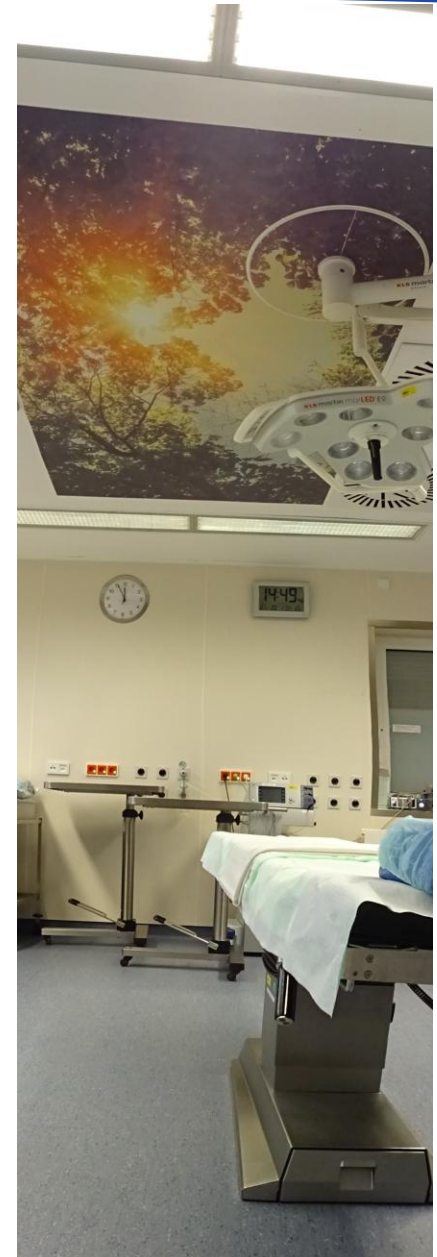


- Above-average rate due to high quality

	2021	2022	2023	2024	2025
Birth rates	1295	1517	1351	1398	1362
Planned C-Section	8,6%	11,6% (+2,3%) = 13,9%	13,1% (+2,3%*) = 15,4%	12,3% (+2,3%*) = 14,6%	13,4% (+2,3%*) = 15,7%

* = Estimate based on calculations from 2022, planned cesarean sections (presentation with premature rupture of membranes, labor, etc.)

- No separation of mother, child, and partner
 - Of course, this also applies to unplanned C-sections
- Waiting for umbilical cord pulsation to stop
- From 39 weeks + 0 days of pregnancy
- Antibiotics after the baby's umbilical cord is cut
- Bonding
- Family room



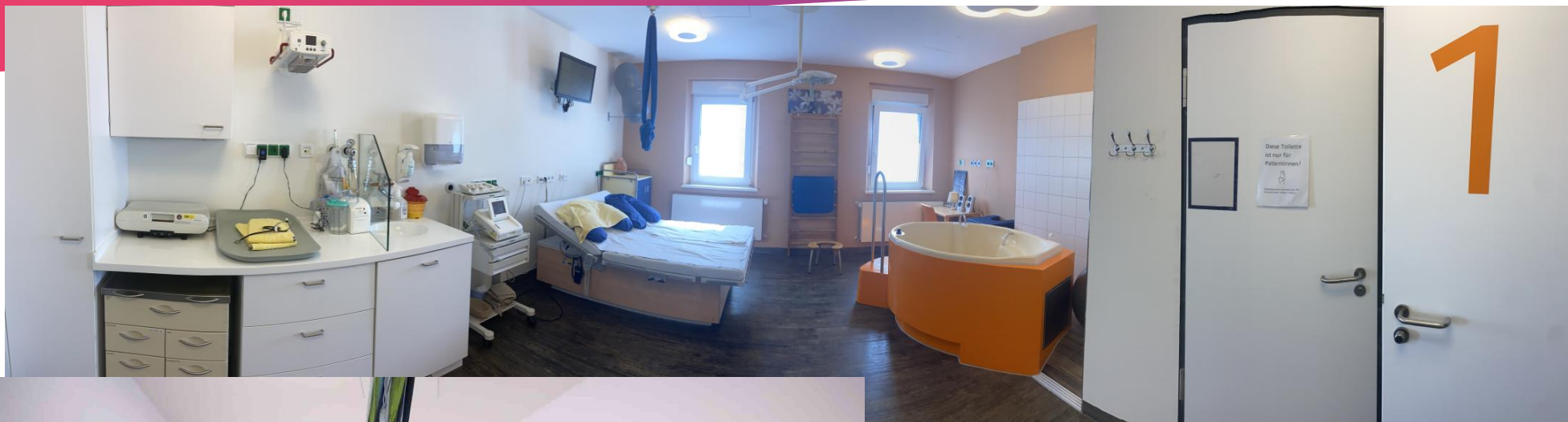
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"Unplanned" C-section	22.1%	25.9% (-2.3%) = 23.6%	25.9% (-2.3%*) = 23.6%	26.2% (-2.3%*) = 23.9%	21.7% (-2.3%*) = 19.4 %
Operative vaginal delivery	8.9%	7.4%	6.0%	5.8%	5.1%
Perineal cut	8.4%	5.5%	6.0%	4.4%	4.9%
PDA Rate	25%	25%	33%	38.5%	38.2%
Transfer to children's hospital	3%	2%	2%	3%	3%



* = Estimate based on calculations from 2022, planned cesarean sections (presentation with premature rupture of membranes, labor, etc.)











Extensive range of aids



Alternatively:

- Loving care and support from your partner
- Acupuncture
- Relaxing bath
- Massages
- Relaxing music (your own is welcome)
- Bluetooth® speaker

Medication:

- Various painkillers
- Nitrous oxide
- PDA (24-hour anesthesia staffing)



- **U1 – First check-up by midwives, pediatricians, gynecologists, pediatric nurses, or anesthesiologists**
- **Metabolic screening**
- **Hearing test**
- **U2 – Second check-up by a pediatrician**
 - Days 3–10 of life
 - Monday to Saturday



- **24-hour on-call service**
- **Rapid response in emergencies**
- **Conducting the U2 newborn check-up and discussing any questions**
- **3% transfer rate in 2025**
 - 2/3 postpartum care
 - 1/3 transfers on the 2nd/3rd day of life
- **Location and transfer of child / mother**
 - Request
 - Capacity
- **97% rooming-in rate**





- 11 rooms, including 4 single rooms
- Family rooms (no reservation possible, €120/day)
- Each room has its own bathroom with shower and toilet
- 24-hour rooming-in
- Breastfeeding support
- Pediatrician care
- Integrated postpartum care
- Visiting hours 2:00 pm – 6:00 pm (partners are exempt)





- Strengthening the parent-child bond
 - Strengthening maternal intuition
 - Babies are calmer, cry less
 - Start of a harmonious breastfeeding relationship
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The baby navigator knows a lot about support for families with newborns.

This service is free, voluntary, and available here at the hospital. You are welcome to schedule a consultation before the birth – just give us a call.

Tel. 0162 249 2572

Babylotse.st.elisabeth@kinderschutzbund-frankfurt.de





ST. ELISABETHEN-KRANKENHAUS
Frankfurt

HELPLINE

main
Hebammenteam

SCHWANGER. UND KEINEN PLAN.

Ein Anruf, der viel bewirkt.

☎ 0800 40 40 020

hilfetelefon-schwangere.de



Bundesministerium
für Familie, Senioren, Frauen
und Jugend



Hilfetelefon
Schwangere in Not

Deine vertrauliche
Unterstützung
Rund um Deine
Sorgen!



PREGNANT. WITH NO PLAN.
One call that makes all the difference.



Anonym



Kostenlos



Rund um die Uhr



Barrierefrei und in 19
Sprachen



- **Breastfeeding-friendly**
- **Breastfeeding consultants, midwives**

Stillen ist von der Natur vorgesehen

Die Milchbildung beginnt bereits in der Schwangerschaft. Im ersten halben Jahr braucht ein Baby nur Muttermilch. Danach ist es empfehlenswert, neben geeigneter Beikost weiter zu stillen. So lange Mutter und Kind das möchten, auch zwei Jahre oder länger.

Direkter Hautkontakt gleich nach der Geburt

Es ist Zeit zum Verlieben! Der ausgiebige und ungestörte Haut-zu-Haut-Kontakt unterstützt eine innige Bindung. Oft beginnt das Baby in dieser Situation ganz von selbst zu stillen.

Die zurückgelehnte Stillhaltung

Die Mutter lehnt sich gut gestützt und entspannt zurück, während das Baby bäuchlings auf ihr liegt. Diese Position erleichtert dem Säugling den Weg zur Brust, weil seine angeborenen Reflexe zum Stillen gut wirksam werden können.

Häufiges Stillen ist richtig und wichtig

Ein Baby möchte in 24 Stunden acht bis zwölf Mal – oder häufiger – gestillt werden. So bekommt es reichlich Milch und viel körperliche Nähe.

Muttermilch von Hand gewinnen

Mütter können ihre Milch wirksam auch von Hand gewinnen. Die Methode ist sehr praktisch, gut zu lernen und macht unabhängig von technischen Hilfsmitteln.

© Nationale Stillförderung





Sie leben in Frankfurt
und haben keine Hebamme
für die Zeit nach der Geburt?



Sie erreichen die unabhängige
Frankfurter Wochenbett-Notversorgung

0160 99 20 72 71

Mo bis Fr 10:00 – 12:00

info@wochenbett-Frankfurt.de
www.wochenbett-Frankfurt.de



Frankfurter
Wochenbett
Notversorgung

Unser Angebot

- ✓ Telefonischer Rat einer Hebamme
- ✓ Vermittlung von Hausbesuchen in den ersten 10 Lebenstagen Ihres Kindes (je nach Kapazität)
- ✓ Vermittlung an eine Hebammensprechstunde

Unterstützt durch:

Dezernat für Soziales und Gesundheit der Stadt Frankfurt
Kinderschutzbund Bezirksverband Frankfurt e.V.
Jugend- und Sozialamt Frankfurt
Paednetz Frankfurt e.V.
Frankfurter Geburtskliniken

Finanziert durch:

Dr. Senckenbergische



Stiftung



- Parent education classes
- Acupuncture consultations
- Childbirth preparation courses & postnatal exercise & various yoga classes
- Hypnomenal childbirth preparation© (Hypnobirthing/Hypnosis)
- Postnatal care
- 24-hour emergency service
- Pregnancy clinic, e.g., for post-term care





- RSV vaccination available
- Respiratory Syncytial Virus (RSV)
- Acute lower respiratory tract infection
- Healthy infants (80% of severe cases)
- No effective, causal therapy
- RSV season (October to March)
- Prevention through vaccination (recommended by the STIKO)



- + Ernährung des Kindes**
- + Versorgung der Naht**
- + Entlassung nach Hause**
- + Versorgung des Neugeborenen**

- **Excellent family-oriented care**
 - High rate of natural vaginal births
 - Low unplanned cesarean section rate (19.4%)
 - Low rate of operative vaginal births (5.1%)
 - Family rooms
- **Cesarean section (planned & unplanned)**
 - No separation of mother, child, or partner
 - High quality
 - "Birth among us" - Midwife-led delivery room
 - Childcare guaranteed at all times 😊



Mail: info@mainhebammenteam.de
Tel.: 069 - 7939 1249



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60487 Frankfurt am Main
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We look forward to your birth 😊

If you would like to receive the presentation
E-Mail to Joscha.Reinhard@artemed.de

If you have any questions, please feel free
to contact us.

Phone: +49 69 7939 1249

Email: info@mainhebammenteam.de