

Spending time with the child – Without a mobile phone

Helping children to grow up healthy.
For a good parent-child relationship.



Die Senatorin für Arbeit, Soziales,
Jugend und Integration

Freie
Hansestadt
Bremen

Bundesstiftung
Frühe Hilfen



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für Familie, Senioren, Frauen
und Jugend



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Young adults look at their smart-phones an average of **85 times a day**, because with the mobile phone we feel a connection to the world. But babies and **children don't understand that yet.**

Without a mobile phone, we have a connection to our baby. The child gets all and undivided attention. This is very important for the **child development and builds our relationship with the child.**



There is a time for both. That's why we recommend:

- Spend time without access to mobile phone: e. g. when breast-feeding, eating, playing...
- Fixed mobile phone times: e. g. when the baby is sleeping
- And when the temptation is great to “just take a look”: Put your mobile phone on silent, move it to another room or switch it off.



**the child realises:
My parents are all there
for me.**

And we are there for the families.
The contact points for early help
in Bremen and Bremerhaven are
listed on the back side of the flyer.
All important questions are an-
swered here.



Any question?

We help families in Bremen.

➤ **Early advice center West**

Gröpelinger Heerstraße 289 · 28239 Bremen

Ph.: 0421 39 09 92 46

Email: fruehberatung.west@caritas-bremen.de

➤ **Early advice center Hemelingen**

Familienzentrum MOBILE Mehrgenerationenhaus

Hinter den Ellern 1a · 28309 Bremen

Ph.: 0421 361 16603

Email: fruehberatung.hemelingen@afsd.bremen.de

➤ **Early advice city center city center**

Faulenstraße 22 · 28195 Bremen

Ph.: 0172 190 90 02 (Mobil)

Email: fruehberatung.mitte@drk-bremen.de

➤ **Early advice center North**

Haus der Zukunft

Lüssumer Heide 6 · 28777 Bremen

Ph.: 0421 69 00 91 46

Email: fruehberatung.bremen-nord@web.de

➤ **Early advice center East**

Schwachhauser Heerstraße 293 · 28211 Bremen

Ph.: 0421 699 099 05

Email: fruehberatung.ost@petriundeichen.de

➤ **Early advice center South**

Quartierszentrum Huckelriede

Niedersachsendamm 20a · 28201 Bremen

Ph.: 0421 59 712 460

Email: fruehberatung-bremen-sued@sos-kinderdorf.de

➤ **Educational and Early advice center South**

Große Sortillienstraße 2-18 · 28199 Bremen

Ph.: 0421 361 13959

Email: Erziehungsberatungsstelle-sued@afsd.bremen.de

➤ **Early advice network**

Ph.: 0421 361 19722

Email: claudia.tiedemann@afsd.bremen.de

Ph.: 0421 361 79809

Email: sarah.regelien@gesundheitsamt.bremen.de

Any question? We help families in Bremerhaven.

➤ Family counseling and early childhood health promotion: familie_kind_gesundheit

Email: beratungsstellen.gesundheitsamt@magistrat.bremerhaven.de

➤ Counseling center North

Bremerhaven-Leherheide
Hans-Böckler-Straße 36f · 27578 Bremerhaven
Ph.: 0471 66 128

➤ Counseling center city center

Bremerhaven-Lehe
Lutherstraße 7 (at "Theo") · 27576 Bremerhaven
Ph.: 0471 52 133

➤ Counseling center South

Bremerhaven-Geestemünde
Voßstraße 41 · 27570 Bremerhaven
Ph.: 0471 38 633

➤ Early advice network

Tel.: 0471 590 3096 or 0152 08 99 5770
Email: Fruuhe.Hilfen@magistrat.bremerhaven.de

Available for everyone, at any time:



Kinder- und Jugendnotdienst

Ph.: 0421 6 99 11 33 (Bremen)

Ph.: 0471 30 87 222 (Bremerhaven)

For more information
and to read this flyer in other languages:



familiennetz-bremen.de



familienportal.bremerhaven.de