

FACT SHEET

PREGNANCY, BIRTH, AND POSTNATAL CARE – ESSENTIAL INFORMATION AT A GLANCE



BEFORE BIRTH

Gynaecological Examinations During Pregnancy Mandatory Examinations (Covered by Health Insurance)

In a “normal” pregnancy, around ten check-ups are scheduled. In high-risk pregnancies, additional appointments may be necessary.

Initial Examination

- Determination of pregnancy duration
- Issuance of the maternity record (Mother’s Pass)
- Blood tests (blood type, Rhesus factor, antibodies, infections)
- Screening for gestational diabetes (24th–28th week)
- Vaginal examination to check the cervix and uterus

Regular Examinations

(every 4 weeks, every 2 weeks from the 32nd week)

- Monitoring weight, blood pressure, and urine
- Listening to the baby’s heartbeat
- Assessing the baby’s growth and position
- Evaluating the amniotic fluid and uterus size

Ultrasound Scans

1. 9th–12th week: Determining pregnancy duration, foetal position, heart activity
2. 19th–22nd week: Detailed organ and growth assessment
3. 29th–32nd week: Growth monitoring, amniotic fluid levels, placental function

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Additional Examinations

(Covered by Health Insurance if Medically Necessary)

- Doppler ultrasound (measuring blood flow through the placenta and umbilical cord)
- CTG (from the 28th week to monitor foetal heart rate and potential contractions)
- Group B Streptococcus test (covered if medically indicated)

Self-Paid Services

(Individual Health Services – IGeL)

- Toxoplasmosis test
- 3D or 4D ultrasound scans
- Nuchal translucency screening (early detection of genetic disorders)
- Non-invasive prenatal test (NIPT) to detect chromosomal anomalies

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BIRTH PREPARATION AND BIRTH LOCATIONS

Antenatal Classes

- Information on the birth process
- Breathing and relaxation techniques
- Health Insurance Coverage: Costs for expectant mothers are usually covered

Possible Birth Locations and Their Pros and Cons

Home Birth

- Pros: Familiar environment, personalised care, no need to travel
- Cons: Delayed medical intervention in case of complications, not suitable for high-risk pregnancies

Hospital Birth

- Pros: 24/7 medical care, quick emergency response
- Cons: Less individualised care, shift changes may mean an unfamiliar midwife

Birth Centre

- Pros: Homely atmosphere, fewer medical interventions, natural birth focus
- Cons: Limited medical equipment, possible transfer to hospital in case of complications

Birth Registration

- Hospital: Ideally between the 32nd and 36th week of pregnancy
- Birth Centre: Early registration is recommended, often as early as the first trimester

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THE ROLE OF THE MIDWIFE

Finding a Midwife

- Check with gynaecologists, health insurers, or online platforms
- If no midwife is available, some health insurers offer digital midwifery consultations or support through hospital midwives

Midwifery Practices

- Several midwives working together to offer pregnancy care, antenatal classes, postnatal care, and recovery courses
- Services are generally covered by health insurance

AFTER BIRTH

Postnatal Care and Follow-Up Examinations

Midwifery Care After Birth

- Mothers are entitled to midwifery care for up to eight weeks postpartum
- Extended care is available in case of breastfeeding difficulties or other concerns
- Care can take place at home or in a midwifery practice

Midwife Services

- Monitoring the recovery of the uterus
- Checking wound healing (e.g., C-section scar or perineal tear)
- Support with breastfeeding problems
- Guidance on baby care, nutrition, and life with a newborn
- Baby weight monitoring

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Household Help and Maternity Support (Mütterpflege)

Household Help: Covered by health insurance if the mother is unable to manage household tasks due to health complications and no one else can assist. This applies particularly after difficult births, C-sections, or medical complications. A doctor's certificate is required, and early application is recommended.

Maternity Support (Mütterpflege): In addition to household help, maternity carers provide support with baby care, breastfeeding assistance, and general postnatal guidance. Health insurance covers costs if there is a medical necessity. Otherwise, families may need to pay privately or apply for subsidies.

Postnatal Check-Up with the Gynaecologist

(6–8 Weeks After Birth):

- Monitoring the recovery of the uterus
- Checking healing after a C-section or birth injuries
- Contraception advice and family planning
- Treatment for issues such as incontinence or pelvic floor weakness

POSTNATAL RECOVERY COURSES

After giving birth, the mother's body needs time to recover. The pelvic floor and abdominal muscles, in particular, must be strengthened.

Goals of a Postnatal Recovery Course

- Strengthening the pelvic floor to prevent incontinence
- Restoring abdominal muscles and improving posture
- Relieving tension (e.g., caused by breastfeeding or carrying the baby)
- Enhancing overall well-being and fitness

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When Should Recovery Begin?

- Ideally 6–8 weeks after birth (later for C-sections if advised by a doctor)
- Courses should be completed within nine months postpartum to ensure health insurance coverage

Health Insurance Coverage

- Public health insurance typically covers up to 10 hours, provided the course is completed within the given timeframe

Summary of Health Insurance Coverage

- Prenatal Check-Ups: All legally required examinations are fully covered
- Midwifery Services: Care before and after birth is covered by health insurance
- Antenatal and Postnatal Courses: Costs for expectant mothers are generally covered
- Postnatal Care: Midwifery support and breastfeeding consultations are included
- Household Help/Maternity Support: Covered by health insurance if medically necessary; application requires a doctor's certificate

This Factsheet was created in Cooperation with ICE and ZWST for more Information specifically projects and programs offered for pregnant woman and families see the description below

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“HASIRI MELIBECH”

is a volunteer-based initiative by Zusammen Berlin (Israeli community Europe), connecting Israeli mothers in Berlin who have recently given birth with community members who cook and deliver homemade meals. Volunteers prepare nourishing dishes, offering warmth and support during the postpartum period. The project fosters a sense of belonging and care, ensuring no mother feels alone in her early weeks of motherhood. To join or request a meal, visit Zusammen Berlin’s website:

or Zusammen Frankfurt: [Ideally 6–8 weeks after birth \(later for C-sections if advised by a doctor\)](#)

[Courses should be completed within nine months postpartum to ensure health insurance coverage](#)

PREGNANCY SUPPORT PROGRAM IN THE WOMEN’S DEPARTMENT

The ZWST Pregnancy Counseling Service offers comprehensive support and guidance for expectant mothers within the Jewish community. The program includes individual counseling sessions, informational events, and workshops focusing on pregnancy, childbirth, and motherhood.

A key goal of this service is to empower women during this crucial phase of life by providing them with the knowledge and resources they need. Regular digital events cover topics such as birth preparation, breastfeeding, play ideas for the first year, introducing solid foods, and traveling with a baby.

Additionally, the program facilitates networking opportunities with other expectant mothers, encouraging the exchange of experiences and mutual support.

More information: [Fachbereich Frauen | Zentralwohlfahrtsstelle der Juden in Deutschland e.V.](#)

Sources: [Techniker Krankenkasse](#), [AOK](#), [Envivas](#)