

# Guiding service in Bonn's pediatric and youth doctor practices



## Welcome

The Guiding service in pediatric and youth medicine practices is meant for families with children and adolescents between 0–18 years that need more than just medical care.

The service is **voluntary, non-binding and free of charge** for families. Conversations are confidential and professional discretion is guaranteed.

My name is **Sandra Rommelfanger**, and I am a qualified social worker at the Bonn Caritas Association. Every two weeks I offer a consultation hour in this pediatric practice where I will sit down and listen to your concerns and answer any possible questions. I will support you in finding the right service in Bonn that fits your children's needs.

What does the Guiding service offer? How can I support you? These questions are as individual as every single family, please find some examples below:

- Your child is **suffering** due to a stressful situation, e.g., the effects of the pandemic, the loss of a beloved family member or the separation of the parents, and you don't know how to support your child.
- You are looking for a suitable **free time activity** for your child to make sure he or she is exercising enough, socializing with other children, and maybe even finding a nice hobby.
- You sometimes feel overwhelmed and have questions about **parenting issues**.
- You are concerned about your child's **health or weight**? How much food is good for your child? What else would be important for my child's health?
- How does **screen time** affect my child? When can it hurt the development of my child?
- You worry about whether your child is doing well at **school**, has **friends** and gets along well with **classmates**.
- You are still looking for a **kindergarten place** for your child and have questions about this.



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- You are worried about your child's **development**. Your child may have difficulties in language development or in other areas and needs therapeutic support such as early intervention, speech therapy, occupational therapy or physical therapy.
- You are the parent of a **sick or dependent child** and have questions about support options.
- You are a **single parent** and are looking for single parent activities.

You might have a **different problem** and sometimes it helps just to talk with someone.

I also advise families with **little knowledge of the German language** and support them in understanding the German health and social system, sometimes with the help of a translator.

If you are worried or have questions that are not medical then please speak to the doctor or the medical staff and ask for an **appointment for an initial meeting**.

If the consultation hour is not enough, further appointments can be arranged at your home or the office of the Caritas association.

The pilot service in pediatric and adolescent medical practices is financed by "Kinderstark NRW creates opportunities" and the City of Bonn and is at the coordination office of "Early Help Bonn – The network for father, mother, child". Responsible for the coordination office are the Familienkreis e.V. and the Caritas Association for the City of Bonn e.V.