

*Dear students,*

*We wish you and your families all the best for 2024!*

*The new year has begun and slowly the semester comes to an end. Hopefully you can find some free time, despite the stress of exams and final papers, because interesting events are coming up again!*

*We hope you enjoy reading our newsletter!*

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## Topic overview

1. New parent-child rooms
2. Changes regarding child sickness benefit  
(Kinderkrankentage)
3. The Hebammen-Ambulanz Bonn
4. Event recommendations

### Playgroup

The meetings of our playgroup continue this year!

If you would like to get to know some other parents and if you are looking for a great group of friends for your child, then you are more than welcome to join us!

The meetings take place at the Office of Family Services, every **Friday between 10 and 12** – also in the semester break.

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## 1. New parent-child rooms and diaper changing tables



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The establishment of parent-child rooms and the installation of diaper changing tables have an important impact on balancing study, work and family life.

We are more than happy to inform you that there are numerous parent-child rooms, breastfeeding and changing facilities that you can use! They are located on the campus in the city centre as well as in Poppelsdorf and Endenich.

You can find an exact overview [on our website](#).

## 2. Changes regarding child sickness benefit (Kinderkrankentage)

From 2024 there will be the following new regulations regarding the number of children's sick days:

Each parent can use 15 child sickness benefit days per child per year. This increases the entitlement, which was still ten days per year before the covid special measures came into force in 2021. Single parents can receive 30 days per year.

Usually, 90 percent of the lost pay is paid out as children's sickness benefit - for all children under the age of 12 who are covered by public health insurance.

Parents with a mini-job are usually entitled to unpaid leave from work, but not to child sickness benefit.

The Ministry of Health summarizes detailed information [here](#).

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## 3. *Good to know:* The Hebammen-Ambulanz Bonn

Finding the right midwife can take a lot of time. Also moving to a new town or having to deal with a cancellation of your planned midwife at short notice can complicate the months surrounding the birth.



According to the motto "midwifery help for all", the *Hebammen Ambulanz Bonn* offers fast, flexible support from during the pregnancy to after the birth.

Appointments can be arranged online and take place in the health centre of St. Johannes Hospital. All services are covered by health insurance.

You can find the association's website [here](#).

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### *Reminder:* Free children's clothing available

Slowly, winter comes to an end and soon warm winter jackets can be swapped with spring dresses. In case you need clothes for your baby or child, you can have a look in our office – we have **clothing in sizes 56 to 104** available!

University members who would like to donate used children's clothes in good condition are more than welcome to contact us as well.

## 4. Event recommendations



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### **Museum visit with baby!**

In the context of the current exhibitions, guided tours and talks for parents with babies take place in Bundeskunsthalle.

**When:** 24.01., 07.02. 21.02., 06.03., 13.03., 20.03.;  
10:15-11:45 am

**Tickets:** 15€, click [here](#) for further information

### **Painting studio in Kunstmuseum Bonn**

Accompanied by an adult, one- and two-year-old children can get creative while trying out different materials and paint, on **Saturday, the 4th of March.**

The workshop starts at **3 pm**. Tickets can be purchased at the museum's ticket office – it's 3,50 € per child and 7€ per adult.

### **Sport for children from the age of one**

Taking part in a sports class is not only a fun activity, but also encourages the contact with other children.

The **Turn- und Gymnastik-Verein Bonn** offers **parent-child-gymnastics** for children from the age of one and **children's gymnastics** for children from the age of three. [Here's](#) the full offer.

### **Early musical education**

Once a week, the **Ludwig-van-Beethoven-Music School Bonn** offers early musical education – **music lessons for children from the age of 4.**

The lessons include singing and moving to music as well as learning about instruments. Further information can be found [here](#).



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*Note:* If you no longer wish to receive our newsletter, please send an email to [familienbuero@uni-bonn.de](mailto:familienbuero@uni-bonn.de).

All information without guarantee

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