



## A Successful Start in the District of Esslingen

Information for parents with  
migrant background



Gut Ankommen | English

# A Successful Start

## Foreword



Dear Reader,

"Education is the key to integration" – this statement, or something like it, is quite likely something you have heard plenty of times since arriving in Germany. And getting to know and understand the German education system with all its opportunities for learning, training and further education is in fact very important when it comes to getting settled in Germany for good.

As someone who has recently arrived in Germany, we hope that this pamphlet will help you and your children learn about important points of contact and where to go for advice and support.

Integration through education works when everyone involved works together and when people know what support is available. In this series of publications, we want to do our bit to help you take responsibility for your own life in our region and to live your life the way you want to.

This pamphlet contains information on "A Successful Start" in Esslingen. It is intended to help you as a parent find your feet quickly.

I would like to take this opportunity to express my heartfelt thanks to everyone who has worked on this pamphlet.

Katharina Kiewel  
Head of Social Affairs for the Region of Esslingen

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## 1. A Successful Start in the District of Esslingen – About this pamphlet



Moving to another country comes with a lot of hurdles and lots of uncertainty – especially if you are responsible for one or more children.

This pamphlet is intended to help you find your way in Germany and to give you as a parent information on where to go for advice and support. You can then give your child the best possible support and also get a better understanding of what your child, and you as a parent, can expect.

However, as the wide range of services presented in this pamphlet show, you are far from alone on this journey. To help you get the best possible start in Germany, there are a number of full-time and volunteer professionals out there who can offer you advice on any questions you might have about education and parenting.

The following chapters will give you information on the different structures, institutions and projects on offer in the regions around the District of Esslingen and will help you with the daily job of being a parent in Germany.

## 2. Support structures & services for parents in the District of Esslingen



This chapter contains information on the different services that you and your family can benefit from in the District of Esslingen.

It starts with an overview of where to get advice in the District itself, followed by a list of family education centres, projects in individual communities and other useful points of contact for questions about **education**, **parenting** and **family life**.



## 2.1 Advice and support services in the region

Parents and children who have questions or encounter problems can contact one of the many **advice centres** in the region. These advice centres are located in Esslingen, Filderstadt, Kirchheim, Leinfelden-Echterdingen or Nürtingen.

Their services are **free**.



Below is an overview of the advice centres in the region:



Link to website

## ProjuFa – Early-stage help and advice

The birth of a child changes everything. Everyday life with a small child is a joy, but it also places certain strains on parents and families. Early experiences are particularly important in the development of your child.

ProjuFa helps young families through pregnancy and infancy up until the child's third birthday.

ProjuFa works with you to find ways of helping you manage tough parenting situations with your child better.

What does ProjuFa offer?

- A point of contact that you can turn to with questions and concerns relating to children and family life
- Family midwives, specialists in family care, healthcare and childcare, or experts from social services and psychology who can offer you advice, help and practical support – including at your home
- "Parent meet-ups" and parent courses which you can join to talk to other parents, get information on a range of topics and to provide you strength and support when it comes to raising your child



## ProJuFa centres in the District of Esslingen

### Esslingen

Pulverwiesen 11  
73726 Esslingen am Neckar  
Tel.: 0711 - 39 02 42 569  
E-mail: burkhardt.petra@lra-es.de

### Filderstadt

Gottlieb-Daimler-Straße 2  
70794 Filderstadt  
Tel.: 0711 - 39 02 42 994  
E-mail: gerner.diane@lra-es.de

### Kirchheim

Osianderstraße 6/1  
73230 Kirchheim unter Teck  
Tel.: 0711 - 39 02 42 959  
E-mail: stoll.sabine@lra-es.de

### Nürtingen

Am Obertor 29  
72622 Nürtingen  
Tel.: 0711 - 39 02 42 878  
E-mail: schneider.birgit@lra-es.de

More information on the individual services ProJuFa offers can be found here:



Link to website

Information is available to download in **Simple language**, as well as in **English** and **Turkish**:



Link to website

## Mental health counselling centres



The regional mental health counselling centres (Psychologische Beratungsstellen, or PBS for short) act as points of contact for parents, children, young people, dedicated volunteers and teaching professionals.

These centres can help with:

- parenting and family issues
- family conflicts and crises (e.g. couples counselling, separation, violence)
- children's developmental issues
- problems at kindergarten, in school or on training schemes (e.g. aggression, bullying, difficulties building relationships, problems integrating)
- difficulties such as problems concentrating, anxieties, trouble sleeping or headaches
- performance or behavioural issues
- stresses and strains after particularly bad experiences
- suicidal crises

The counselling centres can also bring in **interpreters** to make it easier to talk about certain subjects, even if your German is not perfect.

**Psychologische Beratungsstelle Esslingen**  
**(with counselling for pregnant people and young parents)**

Pulverwiesen 11  
73726 Esslingen am Neckar  
Tel.: 0711 - 39 02 42 671  
Fax: 0711 - 39 02 10 62  
E-mail: psychoes@ira-es.de

**Psychologische Beratungsstelle Nürtingen**

Am Obertor 29  
72622 Nürtingen  
Tel.: 0711 - 39 02 42 828  
Fax: 0711 - 39 02 58 345  
E-mail: psychont@ira-es.de



Link to website

**Mental health counselling centres in  
the Kreisdiakonieverband Esslingen**

**Esslingen**

**(with counselling for pregnant people and young parents)**

Berliner Straße 27 (Otto-Riethmüller-Haus)  
73728 Esslingen am Neckar  
Tel.: 0711 - 34 21 57 100  
E-mail: pbs.es@kdv-es.de

**Filder (Head Office)**

Eisenbahnstraße 3  
70794 Filderstadt-Bernhausen  
Tel.: 0711 - 70 20 96  
Fax: 0711 - 70 65 70  
E-mail: pbs.be@kdv-es.de



**Echterdingen (Branch)**

Gartenstraße 2  
70771 Leinfelden-Echterdingen  
Tel.: 0711 - 79 79 368  
Fax: 0711 - 79 53 17  
E-mail: pbs.le@kdv-es.de

**Psychologische Beratungsstelle Stiftung Tragwerk**

Schlierbacher Straße 43  
73230 Kirchheim unter Teck  
Tel.: 07021 - 48 55 90  
Fax: 07021 - 48 55 920  
E-mail: beratungsstelle@stiftung-tragwerk.de

## Mental health counselling for families and for living in Esslingen-Nürtingen

### Caritas Fils-Neckar-Alb

#### Hauptstelle

Werastraße 20

72622 Nürtingen

Tel.: 07022 - 21 580

Fax: 07022 - 21 58 29

E-mail: info@pfl-esslingen-nuertingen.de

#### Außenstelle Esslingen

Haus der Caritas

Mettinger Straße 123

73728 Esslingen am Neckar

Tel.: 0711 - 39 69 54 40

E-mail: info@pfl-esslingen-nuertingen.de



## Mental health counselling centres for sexual violence

### Kompass

Marstallgasse 3

73230 Kirchheim unter Teck

Tel.: 07021 - 61 32

Fax: 07021 - 61 23

E-mail: mail@kompass-kirchheim.de

### Wildwasser

Merkelstraße 16

73728 Esslingen am Neckar

Tel.: 0711 - 35 55 89

Fax: 0711 - 30 05 290

E-mail: info@wildwasser-esslingen.de



Other counselling centres are also available in the District of Esslingen, including **counselling on pregnancy conflict**, the **Centre for Addiction and Prevention Counselling** or **debt advice**. You can find an overview of these and other counselling centres here:



[Link to website](#)



## Social Services and parenting help centres

Social Services are the first point of contact for helping young people and managing other social issues for people looking for help and advice.

They can help with parenting, family, social and personal difficulties, and in times of crisis. **Social Services** are organised into **eleven local parenting help centres** across the region, in cooperation with independent providers of youth welfare. The 22 counselling centres are aimed in particular at families with children aged 14 and under, offering them easily accessible, flexible help with everyday parenting issues.



More information is available at:



Link to website

## Region Esslingen

### Sozialer Dienst Esslingen und Erziehungshilfestation Esslingen-Süd

Pulverwiesen 11  
73726 Esslingen am Neckar  
Tel.: 0711 - 39 02 48 340  
Fax: 0711 - 39 02 58 940

### Sozialer Dienst und Erziehungshilfestation Esslingen-Nord

Mülbergerstraße 146  
73728 Esslingen am Neckar  
Tel.: 0711 - 39 02 48 340  
Fax: 0711 - 39 02 58 979

## Region Fildern

### Sozialer Dienst Filderstadt und Erziehungshilfestation FIND

Gottlieb-Daimler-Straße 2  
70794 Filderstadt  
Tel.: 0711 - 39 02 42 980  
Fax: 0711 - 39 02 10 73

### Sozialer Dienst und Erziehungshilfestation Leinfelden-Echterdingen

Backhausgasse 3  
70771 Leinfelden-Echterdingen  
Tel.: 0711 - 39 02 43 425  
Fax: 0711 - 39 02 58 346

### Sozialer Dienst und Erziehungshilfestation Ostfildern (friz)

Montluelweg 19 (Scharnhauser Park)  
73760 Ostfildern  
Tel.: 0711 - 39 02 48 023  
Fax: 0711 - 39 02 58 344

## Region Kirchheim

### Sozialer Dienst Kirchheim und Erziehungshilfestation

#### Kirchheim-Umland

Osianderstraße 6/1  
73230 Kirchheim unter Teck  
Tel.: 0711 - 39 02 42 963  
Fax: 0711 - 39 02 58 343

### Sozialer Dienst Plochingen und Erziehungshilfestation

#### Plochingen

Urbanstraße 31  
73207 Plochingen  
Tel.: 0711 - 39 02 42 923  
Fax: 0711 - 39 02 58 955

### Sozialer Dienst Kirchheim-Stadt (SDK) und Erziehungshilfestation

#### Kirchheim-Stadt

Widerholtplatz 3  
73230 Kirchheim unter Teck  
Tel.: 07021 - 50 23 43  
Fax: 07021 - 50 23 72



## Region Nürtingen

### Sozialer Dienst Nürtingen und Erziehungshilfestation

#### Nürtingen-Umland und Oberes Neckartal

Europastraße 40  
72622 Nürtingen  
Tel.: 0711 - 39 02 42 870  
Fax: 0711 - 39 02 10 71

### Sozialer Dienst und Erziehungshilfestation

#### Nürtingen-Stadt

Im Martin-Luther Hof  
Marienstraße 4  
72622 Nürtingen  
Tel.: 0711 - 39 02 48 344  
Fax: 07022 - 21 79 926  
E-mail: SozialerDienst@lra-es.de



More details are available here:



[Link to website](#)

## 2.2 Where to go for advice on schooling

The school board also offers families with a migrant background help getting started in Germany. Below, we present two places which you can contact for expert help with questions, concerns or problems **relating to schooling**.

### Contact partner at the State Schools Office Nürtingen for recently arrived migrants

The State Schools Office provides migrant children and young migrants aged 15 and under (and their parents) with advice and support on **schooling** and **language acquisition**.

#### Staatliches Schulamt Nürtingen

Contact person for new arrivals

Andreas Schäfer

Tel.: 07022 - 26 29 959

E-mail: andreas.schaefer@ssa-nt.kv.bwl.de



## Mental health counselling centre for schools at the Centre for School Quality and Teacher Training (ZSL)



This mental health counselling centre is a **specialist psychological service** and provides support to everyone involved in school life:

Children in school and their parents/guardians, teachers, (deputy) headteachers and anyone else who works in and with schools.

Advice is **free, voluntary** and **confidential**.

Children in school and their parents can get advice on:

- Performance issues
- Difficulties learning and working
- Problems with concentration
- Problems with motivation
- Relationship issues at school
- Abnormal behaviour at school
- Children who are worried about school or refusing to go to school
- Questions about the school system

#### Zentrum für Schulentwicklung und Lehrerbildung Schulpsychologische Beratungsstelle

(Nürtingen office)

Tel.: 07022 - 25 28 780

E-mail: Poststelle.spbs-nt@zsl-rs-s.kv.bwl.de

## 2.3 Youth Migration Services

The Youth Migration Services (Jugendmigrationsdienste, or JMD for short) are aimed at children, young people and young adults aged between 12 and 27 years of age **with a migration background**. This includes parents of children and young people with a migrant background, in particular when it comes to questions surrounding education and training for their children. The Youth Migration Services work closely with initiatives and institutions that are important for the integration process.



### Jugendmigrationsdienst Esslingen

(responsible for Esslingen, Ostfildern, Filderstadt, Leinfelden-Echterdingen and surrounding communities)  
Maillestraße 4  
73728 Esslingen am Neckar  
Tel.: 0711 - 35 24 92  
E-mail: JMD-Esslingen@ib.de

**bruderhaus** **DIAKONIE**  
Stiftung Gustav Werner und Haus am Berg

Fachdienst Jugend Bildung Migration

### Jugendmigrationsdienst Nürtingen

(responsible for Nürtingen, Kirchheim unter Teck and surrounding communities)  
Kirchheimer Straße 60  
72622 Nürtingen  
Tel.: 07022 - 21 75 10  
E-mail: jmd.nt@bruderhausdiakonie.de

## 2.4 Online advice for children, young people, young adults and parents



[www.bke.de](http://www.bke.de)



[www.onbera.de](http://www.onbera.de)

## 2.5 Family education, parent and mentor projects in the District of Esslingen

The District of Esslingen has a whole range of different services available for parents with and without a migrant background. There are also often a number of different ways you can benefit from these services.

For example, there are **courses** you can attend with other parents to learn about caring for your baby or the German school system, or alternatively you can find opportunities to have a volunteer who speaks the same **native language** as you to **accompany** you to parents' evenings at your child's kindergarten or school.

Often, all you need to do to take advantage of these services is to get in touch with the institution or contact person.

There, you can find out whether the service is free or if you will have to pay a fee.



### Family education centres

Family education centres mostly offer courses. On these courses, you can meet other parents and get information on different questions relating to "Being a parent".

## Information from family education centres:



### Ökumenische Familienbildungsstätte Esslingen

Berliner Straße 27

73728 Esslingen am Neckar

Tel.: 0711 - 39 69 98 0

E-mail: info@fbs-esslingen.de

#### Who is the service aimed at?

We offer continuous courses, services and talks for parents of babies, children and teenagers.

#### Who are we and what do we do:

We offer family education services for everyone, regardless of age, religion, culture, way of life, or where they come from.

With family-related education topics, information events on educational issues, advice and support with personal education questions, and also mutual support services, we help people live their lives as a family. We want to strengthen people's parenting skills, tackle issues that arise in our lives and look for opportunities and solutions together.

We also want to allow space to promote mental and physical wellbeing and creativity, and the joy of creating experiences together. Die Esslingen Family Counselling Centre organises courses, seminars and talks, and takes part in projects that are accessible for everyone.



Link to website



## Familienbildungsarbeit fba Köngen

Kiesweg 10  
73257 Köngen  
Tel.: 07024 - 86 87 89  
E-mail: [anmeldung@fba-koengen.de](mailto:anmeldung@fba-koengen.de)

### Who is the service aimed at?

Our services are intended to help families from the moment their child is born.

### Who are we and what do we do:

Familienbildungsarbeit Köngen offers parent-child and support groups for a whole range of different ages, and we warmly welcome families with a migrant background join us. We start with baby massage from Week 6 and provide support to families all the way to kindergarten age through regular crawling, play and gymnastics groups. We also offer a range of other creative, exercise and nutritional services, and services relating to education.



[Link to website](#)



HAUS DER FAMILIE  
*Nürtingen*

## Haus der Familie Nürtingen

Mühlstraße 11  
72622 Nürtingen  
Tel.: 07022 - 39 993  
E-mail: [info@hdf-nuertingen.de](mailto:info@hdf-nuertingen.de)

### Who is the service aimed at?

We offer activities for parents of children aged 0-10, from the Prague Parent-Infant Programme (PEKiP) and early-years music teaching, to physical activities, parent-child groups and much more.

### Who are we and what do we do:

At the Haus der Familie Nürtingen, we have a wide range of activities for parents. From preparing for the birth of your child and taking care of infants, to post-natal gymnastics and sports activities for mum and baby. We also have loads of activities for parents of children aged 0-10. More information can be found on our website or in our programme flyer which is available from lots of different public offices and businesses in and around Nürtingen. We also have an open meet-up in the Kulturkantine (funded by the regional project STÄRKE), a premature babies meet-up and Russian parent-child groups.



[Link to website](#)

## Familien-Bildungsstätte Kirchheim unter Teck

Widerholtstr. 4  
73230 Kirchheim unter Teck  
Tel.: 07021 - 92 00 110  
E-mail: info@fbs-kirchheim.de

### Who is the service aimed at?

Our activities are aimed at parents-to-be, as well as mummies and daddies of children aged between 0 and 10.

### Who are we and what do we do:

The Familien-Bildungsstätte offers families a range of activities at various stages of life and with various ways of living. Our pregnancy and childbirth activities include courses to prepare you for giving birth, yoga classes, infant care courses and much more. Our many activities for mummies and daddies and their children range from PEKiP and so-called Lefino courses in baby's first year, to early psycho-motor support and music groups, and even creative and sports activities with primary school-age children. We even have multi-lingual mini-clubs (Turkish and Russian) and an open meet-up for single parents (TRAM). The Familien-Bildungsstätte also offers interested parents a wide range of talks, seminars and courses on educational issues and other family-related subjects.



Link to website



## Familienbildungsstätte Filderstadt e.V.

Wielandstraße 8  
70794 Filderstadt  
Tel.: 07158-9846012  
E-mail: info@fbs-filderstadt.de

### Who is the service aimed at?

We offer courses, talks, workshops and open meet-ups for the whole family, from 0-99, and for anyone else who's interested too.

### Who are we and what do we do:

The Familienbildungsstätte Filderstadt e.V. is a place to come together and learn. We have been supporting people of all ages for nearly 50 years in all sorts of situations, regardless of their religion or where they come from. Our courses, workshops and open meet-ups focus on activities for young families. Supporting, educating and strengthening them.

Our programme includes:

- Courses on childbirth
- Talks on teaching and other subjects
- Kids' courses
- Parent-child courses
- Health courses
- Cooking courses
- Open meet-ups (free)
- Workshops on a range of topics



Link to website



**Mehr  
Generationen  
Haus LINDE**

### **Mehrgenerationenhaus LINDE**

Alleenstraße 90  
73230 Kirchheim unter Teck  
Tel.: 07021 - 44 411  
E-mail: mail@linde-kirchheim.de

#### **Who is the service aimed at?**

This open toddler meet-up is aimed at parents and their children from ages 0-3.

#### **Who are we and what do we do:**

Every Tuesday, families meet up at LINDE between 9:30 and 11:30 to chat and get information from interesting speakers. The German name 'Mehrgenerationenhaus' literally means 'multi-generational house', which is exactly what we offer - a cosy sit-down for mums and dads and their little ones over a nice cup of tea or coffee, and some tasty snacks. At our open toddler meet-up, we do more than just swap stories and hear from professionals about toddlers and family life. We also let parents swap and donate second-hand kids' clothing in good condition. This is a free service. There is also a substantial breakfast buffet available for € 2. You do not need to book your place.



Link to website

### **Mehrgenerationen- und Bürgerhaus Pliensauvorstadt**

Weilstraße 8  
73734 Esslingen am Neckar  
Tel.: 0711 - 37 09 281  
E-mail: info@buergerhaus-pliensauvorstadt.de

#### **Who is the service aimed at?**

Our daily open meet-ups are free to attend and there is no need to book your place. We have a mummy and baby meet-up for children aged 0-18 months, a games afternoon and a borrow-my-grandparent service. You can find more events at:  
[www.buergerhaus-pliensauvorstadt.de](http://www.buergerhaus-pliensauvorstadt.de)

#### **Who are we and what do we do:**

The Mehrgenerationen- & Bürgerhaus Pliensauvorstadt is a place to meet, chat, swap stories and get involved in the local community. Our activities are aimed at local residents of all ages and nationalities, regardless of their religion or culture. We offer a wide range of inter-generational activities and projects focusing on education, advice, health and culture. Lots of groups use our facilities for consultation hours, workshops, meetings, events and leisure activities. This multi-generational facility encourages engagement and initiative, allowing people to make new contacts through a variety of different initiatives and contacts as a way of combating loneliness among people in the area who live on their own. The Mehrgenerationen- und Bürgerhaus is part of the Department for Families, Young People, Seniors and Civic Engagement at the City of Esslingen Office for Social Services, Integration and Sport.



Link to website



## Familienzentrum in der Grundschule Mettingen

Lerchenbergstraße 10

73733 Esslingen am Neckar

Tel.: 0711 - 35 12 22 95

E-mail: [ingrid.gayer@esslingen.de](mailto:ingrid.gayer@esslingen.de)

### Who is the service aimed at?

We are here for all parents.

### Who are we and what do we do:

The Familienzentrum Mettingen is where every family can meet and make new contacts, regardless of where they come from. Our wide range of offers is aimed at the needs and interests of families, but is also intended to allow and encourage initiative. Our facilities are used for a number of different parent projects on language learning and parent education, such as "Integrated Parents - Strong Children" ("Integrierte Eltern - Starke Kinder"), our "Mummy is learning German" ("Mama lernt Deutsch") language course, communication meet-ups, mummy meet-ups or parent breakfasts focusing on a variety of topics. We also have an inclusive kids' holiday programme.-At the Familienzentrum, we care about offering activities that meet the interests of kids and their families and can be integrated into their everyday lives, and which are accessible, with no inhibitions and no physical obstacles.



[Link to website](#)

## Parent projects



The parent projects presented here offer all sorts of support. For example, you can get help making **contact** with other parents in your town, city or local area, **get information** on subjects to do with parenting and education, or simply sit down with other parents, both migrants and non-migrants, for a **nice, relaxed chat**.



## Information from parent projects:



**eins plus b**  
eltern im netzwerk sprache  
plus bildung

### **eins plus b** **(Eltern im Netzwerk Sprache plus Bildung)**

Robert-Koch-Straße 87/1  
73760 Ostfildern  
Tel.: 0711 - 30 53 95 96  
E-mail: leitung.einsplusb@ostfildern.de

#### Who is the service aimed at?

Our activities are aimed at parents of all nationalities with children aged 0-10.

#### Who are we and what do we do:

The eins plus b project provides language and education support and aims to strengthen cooperation between parents and education institutions. It also runs international family and women's meet-ups, and helps women identify their strengths and become more confident. We work with local institutions like schools and kindergartens, as well as other partners around the city. One of our other responsibilities is to provide information on the many different services and activities available to families in Ostfildern, in order to build language and cultural bridges through services like native-language companions.



Link to website



# Arche Nora e.V.

Kinder- und Familienzentrum    Telefon: 0711 / 75 24 27  
Geranienstraße 11                    E-Mail: info@archenora-le.de  
70771 Leinfelden-Echterdingen    Internet: archenora-le.de

### **Arche Nora e.V. Kinderbetreuung**

Geranienstraße 11  
70771 Leinfelden-Echterdingen  
Tel.: 0711 - 75 24 27  
E-mail: info@archenora-le.de

#### Who is the service aimed at?

Our international baby meet-up and toddler meet-ups are aimed at parents of children aged 0-3.

#### Who are we and what do we do:

The international baby meet-up is an open meet-up for parents of children under the age of 1. Parents can chat and get advice on everything to do with their baby and "being a parent" in a relaxed and cosy atmosphere. The meet-ups are run by trained professionals. Drinks and a small breakfast snack are available for a small fee of €1. We also want to encourage parents with children who have moved here from abroad to join us. Children up to 3 years of age are welcome to join our toddler meet-ups where we play and have fun.



Link to website

## **INTEGRA Filder e.V.**

Schulstraße 3  
70794 Filderstadt  
Tel.: 0711 - 90 77 43 -76  
E-mail: info@integra-bildung.de

### Who is the service aimed at?

Our integration services are aimed at adults, families with children aged 0-16, and young people aged 16 or over.

### Who are we and what do we do:

INTEGRA Filder e.V. is a charitable organisation which supports integration work by and for people in Filderstadt with and without a migration background, regardless of culture, religion or where they are from. Our focus is on education work for children, young people and adults. We offer a wide range of educational activities focusing on language, culture, learning, health, empowerment, social participation, ecology, climate change and the environment, and art.



Link to website

## **Rucksack-Programm**

Martinstraße 46  
73728 Esslingen am Neckar  
Tel.: 0711 - 35 12 21 74  
E-mail: sabine.sandler@esslingen.de



### Who is the service aimed at?

The Rucksack-Programm is aimed at parents of children aged 4-6 and children in primary school Grades 1 and 2.

### Who are we and what do we do:

Rucksack is a language learning and parent education project designed specially for families with a migrant background. Our aim is to provide parents and children with general language teaching and to promote the German language, and also to strengthen people's native languages as a foundation for their second language and to provide contacts, support, community and dialogue in a familiar environment. There is also a big focus on networking with KiTas and schools. Our parent meet-ups are held every week in a childcare centre or school and run for around 1.5 hours. Here, parents get a weekly programme run by our trained parents' assistant who will give you inspiration for activities you can do with your kids at home in your family's language, with a new activity every day.



Link to website

## Integrierte Eltern – starke Kinder. Deutsch zum Ankommen, Sprachförderung und Elternbildung

Beblingerstraße 3  
73728 Esslingen am Neckar  
Tel.: 0157 - 83 03 96 62  
E-mail: meike.schmeil@esslingen.de

### Who is the service aimed at?

We are aimed at mums with a migrant background.

### Who are we and what do we do:

The project is aimed at mums with a migrant background and is held at four different locations in Esslingen. The project aims to empower mums in their parenting role and to encourage them to get involved in the local community. Across the course units, we give teach them about life in Esslingen and education and leisure activities.

The project runs until December 2023 and is supported by the Baden-Württemberg Stiftung.

Funded by:



Link to website

# MÜZE

MütterZentrum Esslingen

## Mütterzentrum Esslingen - Treffpunkt für Frauen und Familien e. V.

Martinstraße 37  
73728 Esslingen  
Tel. 0711 - 37 02 436  
E-mail: mail@mueze-es.de  
www.mueze-es.de

### Who is the service aimed at?

Our open activities for families are aimed at:

- Parent-child café: all families
- ProJuFa parent meet-up: Parents of children aged 1.5 - 3
- Arabic mummies meet-up: Mums from the Arabic-speaking world and their children
- Ukrainian meet-up café: Refugees from Ukraine and people who want to meet and support refugees.

### Who are we and what do we do:

The Mütterzentrum Esslingen is an organisation that aims to support families in Esslingen. It is located in a beautiful old villa in the west of Esslingen (next to the Dick-Areal, close to the train station). The Mütterzentrum Esslingen is a place where parents can make new contacts and have a chat in an informal setting. Children come with them and can find exciting toys and playmates in the kids' room next door. You do not need to book a place, just drop in!



Link to website

## Sompon Socialservice

Schelztorstraße 2  
73728 Esslingen am Neckar  
Tel.: 0711 - 30 05 269  
E-mail: info@sompon-socialservice.org

### Who is the service aimed at?

We are here for all parents.

### Who are we and what do we do:

As part of the regional programme "Stärke" ("Strength"), this project offers "empowerment" from teaching professionals. Using workshops, questions and discussions, they help parents reflect on their own parenting. House visits to families are also available if necessary. Through our parent courses, we give parents the tools to manage family life better and with less stress. Our parent courses empower mums, dads and kids to be more confident, helping make daily family life less stressful and improving relationships. Our courses combine theory, personal experience, practical exercises and role play to ensure that they are relevant to your family life.



Link to website

## Frauen- und Elterntreffs

Brunnsteige 16  
72622 Nürtingen  
Tel.: 07022 - 75 520  
E-mail: l.classen@nuertingen.de

### Who is the service aimed at?

We are aimed at parents of children aged 0-18.

### Who are we and what do we do:

We invite all parents and women of all ages and nationalities to join our meet-ups in a relaxed and international atmosphere with very interesting topics. We choose and discuss issues to talk about together. Topics include how we spend our free time, women's health and childbirth, kindergarten and school in Germany, healthy eating, child psychology, living in Germany, and much more.



Link to website

## Interkulturelle Elternmentoren Projekte/Intercultural Parent Mentor Projects

### Who is the service aimed at?

Our services are aimed at parents of children aged 3-18.

### Who are we and what do we do:

Parent mentors act as neutral and confidential contact partners for parents. They speak at least one other language besides German and are also parents themselves. They know all about the problems parents face and can overcome cultural and linguistic barriers more easily. Parent mentors help with questions about the education system or problems with school or Kita.

They can provide support at parents' evenings and parent-teacher meetings, as well as with other questions and problems, and work to establish a partnership between parents and educational institutions.

## Contact

### Filderstadt:

Ricarda Fischer

Tel.: 0711 - 70 03 -414

E-mail: RFischer@Filderstadt.de

### Leinfelden-Echterdingen

Carola Henck

Tel.: 0711 - 16 00 -246

E-mail: c.henck@le-mail.de

### Kirchheim-Teck

Christine Euchner

E-mail: c.euchner@kirchheim-teck.de



Link to website

## Mentors projects



The following projects help to take the strain off families with so-called **mentors** and can offer personal support for one or more children. The individual projects are available to all families and their help is free.



## Information from mentors:

### Kinderschutzbund Kreisverband Esslingen e.V. – Familienpaten

Neckarstraße 86  
73728 Esslingen am Neckar  
Tel.: 0711 - 35 15 326  
E-mail: irmgard.greiner@ksb-es.de

#### Who is the service aimed at?

We help and support families with at least one child under the age of three.

#### Who are we and what do we do:

As part of our early help scheme, our mentors are generally responsible for all families with children under three years of age who need temporary support to help relieve some of the strain. Our mentors initiative is intended to be preventative and their help should be sought before real problems emerge. Our volunteer mentors can provide families who are interested with a maximum of four hours of support a week over a period of at least half a year, completely free of charge. They "help people help themselves" and provide breathing space, mostly by looking after the children, so that the family can reorganise and identify its strengths and opportunities.



Link to website

### Projekt Chancenschenker – Patenschaften und Projekte für Kinder, Caritas-Zentrum Esslingen

Mettinger Straße 123  
73728 Esslingen am Neckar  
Tel.: 0711 - 39 69 54 19  
E-mail: gauch.p@caritas-fils-neckar-alb.de

#### Who is the service aimed at?

We are aimed at families with children aged between 3 and 12.

#### Who are we and what do we do:

Chancenschenker aims to support children in the District of Esslingen with the help of volunteer mentors. Our mentors can take care of your child for around 1-2 hours once a week. Activities can include: learning German through play, learning to swim, leisure activities, and help with homework. The child, parents and mentor decide together what they want to do.



Link to website

## Wegbegleitung – Patenprojekt für geflüchtete Menschen, Caritas-Zentrum Esslingen

Mettinger Straße 123

73728 Esslingen am Neckar

Tel.: 0711 - 39 69 54 31

E-mail: gauch.p@caritas-fils-neckar-alb.de

### Who is the service aimed at?

For people of any age with and without children.

### Who are we and what do we do:

Our volunteer guides help refugees in Esslingen, giving them support in areas such as learning German, leisure time and daily routines, getting to know the neighbours and meeting people at local organisations, guiding them through legal processes with local authorities, and much more.



Link to website

## "Ich komme mit" – Patenmodell für Kinder mit Migrationshintergrund, Ostfildern

73760 Ostfildern

Tel.: 0711 - 60 09 10

E-mail: patenmodell-ostfildern@web.de

### Who is the service aimed at?

We are aimed at families with primary school-age children, i.e. children aged 6-10.

### Who are we and what do we do:

Our project was founded by a community mentor in close collaboration with the city's civic engagement coordination centre (KoBE) and assigns a mentor with good knowledge of German to your child. Language skills and schooling are essential for successful integration. And with a mentor for school, children get individual support and guidance from a volunteer in addition to the support offered by the schools themselves. Each mentor focuses on one little brother or sister, establishing committed and reliable relationships. They do this by meeting up with their little brother or sister for one to two hours a week, generally at school. These meetings are tailored to the needs of each child. German language is initially practised with games and fun activities. Later, your child may also need occasional help with homework or they might arrange leisure activities together with their mentor.



Link to website



### 3. Financial support for children in school

#### 3.1 Education and Participation services (BuT)

Children and young people from families receiving Unemployment benefits II (Arbeitslosengeld II), Social benefits (Sozialgeld), Social assistance (Sozialhilfe), Child benefits (Kinderzuschlag) or a Living allowance (Wohngeld) are entitled to claim benefits from the Education and Participation package. This financial support is intended to enable all children to participate **in school, social and cultural life**. Support is available for school excursions and class trips, school supplies, transport to and from school, learning support, lunch fees, and social and cultural participation, such as club memberships or costs for music lessons. The support available through the "Education and Participation Package" can be applied for from the **relevant agency**, that is, the place that is supporting you financially. You can find information on this on the District Administration website under the section Education and Participation (Bildung und Teilhabe).



Link to website

#### 3.2 Federal Training Assistance Act (BAföG)

Trainees attending schools and colleges can receive financial support, referred to in German by its abbreviation **BAföG**, for their training or studies.

BAföG for children in school: Requirements

- Pupils attending Grade 10 or higher
- Trainees at evening high schools, colleges, vocational schools, academies etc.

Many foreigners are entitled to claim BAföG, not just German citizens. According to the policy, persons are entitled to financial support if they have good prospects of remaining **in Germany and** have already integrated into society.

Generally speaking, BAföG is means-tested, i.e. it depends on a family's income. Pupils in school receive BAföG as a **full grant**, Meaning that they do not have to pay any of it back. More information is available at

District Administration for Esslingen/  
Landratsamt Esslingen  
Amt für Ausbildungsförderung  
Pulverwiesen 11  
73728 Esslingen am Neckar



Link to website

## 4. Language learning and multi-lingualism

You are probably wondering not just how you will learn the local language, but how your child or children will also manage to learn **German**. After all, it's quite important to speak German in order to attend school here. The following chapters will tell you about the support structures that are available during your child's time at school to ensure that you child learns to also speak their native language **or** mother tongue **well, in addition to learning good German**.



### 4.1 Preparatory classes (VKL)

Preparatory classes (often referred to in German by the abbreviation VKL) are for children with little to no knowledge of German. This means that children are first given **intensive** German language teaching. This ensures that later on they are able to understand their lessons, teachers and classmates properly. While they transition, children can also start by attending normal classes for a few hours at a time so that they can learn subjects like maths or music with the other children. The advantage of a preparatory class is that it provides **focused teaching** in the German language with plenty of exercises. After they move into normal classes, i.e. learning together with German-speaking classmates, children can continue attending preparatory classes in German language for a few hours a week.

### 4.2 Fostering multi-lingualism

Almost all school subjects are taught in German. This is why there used to be an expectation that parents would speak German at home with their children. That is not the case anymore. Nowadays, we know from many scientific studies that the **better** we speak our so-called native language, the better we can learn new languages. This means that as a parent, the best way to help your child is to speak with them in the language (or languages) that you yourself speak the best. While families can help to support this language learning process, multi-lingualism can also be fostered in the classroom (see next page). After all, the better a child speaks the **first language** they learn, the better they can learn a second or third language, like German. Plus, multi-lingualism is a valuable **skill** which can be very useful for work and also enriches people personally.

Your child can start learning and practising German outside of the family environment, such as with friends, at kindergarten, in school, at clubs or when doing other activities. You can also talk about this subject with other **multi-lingual parents** at the various parent meet-ups (see Chapter 2.5 above). More information on how to foster multi-lingualism in your child as part of their daily routine can also be found on the website of the Federal Centre for Health Education (Bundeszentrale für gesundheitliche Aufklärung):



Link to website

### 4.3 Native-language learning

Certain consulates in Baden-Württemberg offer so-called native-language external teaching so that people can learn their first language better or make sure they do not forget it. These classes are generally held **in addition** to regular teaching. In these classes, you will also learn how to **write** in this language. The consulates and embassies offer language classes in Turkish, Greek and Italian at schools in the District of Esslingen, while some schools also offer Albanian, Croatian, Portuguese and Spanish.

For more information, please ask at your child's school whether they offer native-language external teaching. Children can then sign up directly with the relevant teacher or you can get an application form from the School Secretariat if teaching is offered at a separate school. If you would like to know which schools in your area offers these lessons, you can contact the State Schools Office in Nürtingen (see p. 20).



### 5. Useful information from the District Administration

Below, you will find **helpful materials** from a number of different areas the District of Esslingen works in.

#### The schools entrance test – explained in multiple languages

Before children start school, they are examined by the **Health Office**. This examination is called the schools entrance test (or Einschulungsuntersuchung in German). All children must undergo this examination. It is made up of two parts.

To learn more about what exactly this test involves, please read the info pamphlet created by the Health Office for the District of Esslingen:



[Link to website](#)



The Ministry of Social Affairs for Baden-Württemberg can provide **parent advisors for the schools entrance test** in multiple languages:



[Link to website](#)

## Leisure activities for children and young people – youth centres and similar institutions

The Kreisjugendring Esslingen e.V. runs 36 youth centres in 31 cities and communities across the region (figures in January 2022). There are also 19 similar youth institutions in 6 cities and communities which are run by different providers of free youth support.

The activities on offer range from spaces for independent leisure activities, courses **and** projects, **to individual consultations relating to family**, vocational training or life planning. For many young people, these youth centres are places where they can experience individual diversity and help shape the world they live in.



An overview and contact details can be found on the following map of the District of Esslingen:



Link to website

## A Successful Transition – Information on school and work for new arrivals



Other publications in this series:

### "A Successful Transition"

This pamphlet contains information on the range of **support** and **services** available for young new migrants to help them get into work.



Link to website

# Informational materials and links



### Handbook Germany

Multi-language information portal on living in Germany for people who are new in Germany. Includes videos in different languages on subjects like family, parenting, education, health, work and much more.

<https://handbookgermany.de>



### Starke-Familien-Checkheft

This checklist offers a quick overview of the state support available to help families. Clear and with simple explanations, it contains the most important information for you to tear out.

<https://www.bmas.de/DE/Service/Publikationen/Broschueren/starke-familien-checkheft.html>



### Landesfamilienpass

With the Landesfamilienpass, families with a permanent residence in Baden-Württemberg, i.e. including families from overseas, can get free or discount entrance to loads of attractions in Baden-Württemberg.

<https://sozialministerium.baden-wuerttemberg.de/de/soziales/familie/leistungen/landesfamilienpass>

### Stadt-, Kultur- or Familienpass

There are lots of towns, cities and communities where low-income families with children can apply for a pass to give them free or discount entrance to the many cultural and social attractions in the region. Visit the town hall where you live for more information.



### Hilfreich-es

The Hilfreich-es guide from the Kreisdiakonieverband in the District of Esslingen offers loads of tips for people who have to make do with not very much money. This guide contains information on financial support, affordable or free leisure, culture and education activities, and consumer tips.

<https://www.hilfreich-es.de>



### Other publications in this series:

#### "A Successful Transition"

This pamphlet contains information on the range of **support and services available for young new migrants** to help them get into work.

#### "Learning German in the District of Esslingen"

This pamphlet gives language learners like you an overview of the different language courses available in the region and where to go for advice.



Link to website

We cannot guarantee that the information contained in this pamphlet is complete or up-to-date.

Know about other services that you think should be added to the pamphlet or have questions?

Please feel free to get in touch: [integration@lra-es.de](mailto:integration@lra-es.de)



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Pulverwiesen 11

73726 Esslingen am Neckar

Tel.: 0711 / 39 020

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Landkreis  
Esslingen

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