

English > Health > **Pregnancy / Birth**

Pregnancy / Birth

Pregnancy, childbirth and the first time with your child is a special time. The most important thing is that you and your child are healthy.

Find out about the time of pregnancy at an early stage. It is also important that you prepare for childbirth.

To help you, there are many counselling centres that will advise you personally and possibly even in your language.

The Canton of St.Gallen also offers many services for the time after the birth to support you during this time.

Pregnancy

You can go to a gynecologist for the examinations. Midwives are also available to accompany and advise you during pregnancy. You can also get important information from the family centre or from the mothers/fathers counselling service. In the hospital and with your midwife, you can attend a course on birth preparation.

Your **health insurance** will cover the cost of medical examinations and childbirth.

Pregnancy and childbirth brochure (multilingual)

-  [Pregnancy / Birth \(englisch\)](#)  EN  PDF, 331 kB
-  [Trudnoća /porod \(kroatisch\)](#)  HR_HR  PDF, 314 kB
-  [Embarazo / parto \(spanisch\)](#)  ES  PDF, 362 kB
-  [การตั้งครรภ์ / การคลอดบุตร \(thai\)](#)  TH_TH_TH  PDF, 1301 kB
-  [Grossesse / Naissance \(français\)](#)  FR  PDF, 1574 kB
-  [Uurka / Dhalmada \(somalí\)](#)  PDF, 416 kB
-  [Gravidanza/parto \(italienisch\)](#)  IT  PDF, 443 kB
-  [Gravidez / parto \(portugiesisch\)](#)  PT  PDF, 419 kB
-  [Hamilelik / Doğum \(türkisch\)](#)  TR_TR  PDF, 554 kB
-  [Schwangerschaft / Geburt \(deutsch\)](#)  DE  PDF, 1665 kB
-  [الولادة / الحمل \(arabisch\)](#)  AR_TN  PDF, 1231 kB

Pregnancy - information page in many languages

-  [Sexandfacts.ch - german](#)  deutsch
-  [Sexandfacts.ch - English](#)  englisch
-  [Sexandfacts.ch - French](#)  français
-  [Sexandfacts.ch - Italian](#)  italienisch
-  [Sexandfacts.ch - Albanian](#)  albanisch
-  [Sexandfacts.ch - Serbian](#)  serbisch
-  [Sexandfacts.ch - Spanish](#)  spanisch
-  [Sexandfacts.ch - Portuguese](#)  portugiesisch
-  [Sexandfacts.ch - Turkish](#)  türkisch
-  [Sexandfacts.ch - Tigrinya](#)  tigrinya
-  [Sexandfacts.ch - Somali](#)  somalisch

Birth preparation

You can go to a gynecologist for the examinations. Midwives are also available to accompany and advise you during pregnancy. You can also get important information from the family centre or from the mothers/fathers counselling service. In the hospital and with your midwife, you can attend a course on birth preparation.

Your **health insurance** will cover the cost of medical examinations and childbirth.

Pregnancy and childbirth brochure (multilingual)

-  [Pregnancy / Birth \(englisch\)](#)  EN  PDF, 331 kB
-  [Trudnoća /porod \(kroatisch\)](#)  HR_HR  PDF, 314 kB
-  [Embarazo / parto \(spanisch\)](#)  ES  PDF, 362 kB
-  [การตั้งครรภ์ / การคลอดบุตร \(thai\)](#)  TH_TH_TH  PDF, 1301 kB
-  [Grossesse / Naissance \(français\)](#)  FR  PDF, 1574 kB
-  [Uurka / Dhalmada \(somalí\)](#)  PDF, 416 kB
-  [Gravidanza/parto \(italienisch\)](#)  IT  PDF, 443 kB
-  [Gravidez / parto \(portugiesisch\)](#)  PT  PDF, 419 kB
-  [Hamilelik / Doğum \(türkisch\)](#)  TR_TR  PDF, 554 kB
-  [Schwangerschaft / Geburt \(deutsch\)](#)  DE  PDF, 1665 kB
-  [الحمل / الولادة \(arabisch\)](#)  AR_TN  PDF, 1231 kB

Preparation courses for childbirth in different languages


mamamundo offers preparatory courses for childbirth in different languages. Take advantage of the offer in **your native language** if you have any questions about childbirth:

Offers from mamamundo

Midwives

The midwife accompanies and advises you and your family holistically during pregnancy, childbirth, the postpartum period and throughout breastfeeding.

You can choose the midwife yourself. Ideally, you should look for your midwife 3-4 months before the birth.

 [Search for midwives in the Canton of St. Gallen](#)

Doula Birth Companion

A doula accompanies women and couples during pregnancy, during childbirth and in the time after. A doula assumes the role of physical and emotional support and does not perform medical procedures and consultations.

 [Find doulas near you](#)

The Birth

You decide where you want to give birth to your child: whether at home, in hospital or in a birthing center. Your midwife will accompany you.

You must report the birth of your child to the civil registry office at your place of residence within 3 days. This task is usually carried out by the hospital or birthing centre. You can then order the birth certificate from the [Zivilstandsamt](#) ([? The registry office certifies births, marriages, partnerships and deaths](#)) at your place of residence.

Health insurance

Every baby needs its own basic insurance. You can take out this before the birth (and no later than 3 months after the birth).

If you want to insure your unborn child comprehensively, it is worth registering before the birth. You can also take out supplementary insurance before the birth.

> health insurance

- [Women's Clinic of the Cantonal Hospital of St.Gallen](#)
 - [Women's Clinic Spital Grabs - Rhine Valley Region Werdenberg Sarganserland](#) [deutsch](#)
 - [Women's Clinic Linth Hospital](#)
 - [Obstetrics Hospital Region Fürstenland Toggenburg](#)
 - [Birthplace Search](#)
 - [Civil Registry Offices of the Canton of St.Gallen](#)
-

Information centres

Counselling Centre for Family Planning, Pregnancy and Sexuality "fapla"

The specialist centre for family planning, pregnancy and sexuality "fapla" of the Women's Centre informs you about various topics relating to pregnancy and childbirth, parenthood, unfulfilled desire to have children, loss of pregnancy.

The consultations are **free of charge**.

[↗](#) Counselling centres for family planning, pregnancy and sexuality "fapla"

Mütter- und Väterberatung (🔗 Counselling centre for mothers and fathers)

Your child develops very quickly in the first stage of life. This also comes with challenges. As parents and guardians, you will receive free advice in all situations.

The counsellors of the [Mütter- und Väterberatung \(🔗 Counselling centre for mothers and fathers\)](#) Service are experts in the following topics:

- General development of the child from 0 to 5 years old
- Breastfeeding
- Infant formula (Formula)
- Sleep
- Introduction to complementary foods
- General nutrition in children from 0 to 5 years of age
- Education / Health / Prevention
- Coping with conflicts in the family
- Networking with other families

Here you can find the counselling centre in your place of residence:

Directory of the Canton of St. Gallen

Further counselling services

Here you can find further counselling services:

[↗](#) Counselling and support services – Kompass St.Gallen

[↗](#) Parent counseling 24/7

[↗](#) Counselling for men and fathers in Switzerland

[↗](#) Online counselling for fathers on niudad.ch

Financial Assistance / Parenthood Contributions

In the event of the birth of a child, the parents (residing in the canton of St.Gallen) are entitled to parental contributions. This applies if at least one parent is personally dedicated to the care and upbringing of the child and the child's needs are not covered by the income.







































The parent who is the primary caregiver of the child is entitled to claim.

To register and if you have any questions, please contact your municipality of residence directly.

[↗](#) Information on Parental Fees in the Canton of St.Gallen

























Health & sexuality explained in 14 languages

Health Guide Switzerland - Brochure in 19 languages

-  Das schweizerische Gesundheitssystem kurz erklärt (deutsch)  PDF, 787 kB
-  El sistema sanitario suizo en palabras sencillas (spanisch)  PDF, 765 kB
-  Il sistema sanitario svizzero in breve (italienisch)  PDF, 762 kB
-  İsviçre sağlık sistemini kısaca açıklıyor (türkisch)  PDF, 757 kB
-  Le système de santé suisse en bref (français)  PDF, 750 kB
-  O sistema de saúde suíço em poucas palavras (portugiesisch)  PDF, 770 kB
-  Sharaxaad kooban nidaamka daryeelka caamfimaadka iswiiska (somalisch)  PDF, 2657 kB
-  Sistemi shëndetësor i Zvicrës i shpjeguar shkurtas (albanisch)  PDF, 775 kB
-  The Swiss healthcare system in brief (englisch)  PDF, 757 kB
-  Tóm lược hệ thống tổ chức y khoa Thụy Sĩ (vietnamesisch)  PDF, 706 kB
-  Ukratko o zdravstvenom sistemu Švicarske (bosnisch kroatisch serbisch)  PDF, 771 kB
-  Швейцарская система здравоохранения с краткими пояснениями (russisch)  PDF, 2672 kB
-  Швейцарська система охорони здоров'я коротко (ukrainisch)  PDF, 1325 kB
-  راهنمای بهداشت سوئیس (farsi)  PDF, 2825 kB
-  سونس نظام صحت کی مختصر وضاحت (urdu)  PDF, 2184 kB
-  شرح مختصر للنظام الصحي السويسري - مرشد للمهاجرين (arabisch)  PDF, 4793 kB
-  [Redacted] (tamilisch)  PDF, 3627 kB
-  ระบบสุขภาพอนามัย ประเทศสวีเดนเชอร์แลนด (thai)  PDF, 2702 kB
-  [Redacted] (tigrinya)  PDF, 2710 kB

Staying mentally healthy as a parent - brochure in 12 languages


Brochure: How to Stay Emotionally Strong as a Mother or Father


-  Así consigo ser una madre o un padre fuerte emocionalmente (spanisch)  PDF, 22797 kB
-  Ben bir anne veya baba olarak ruhsal gücümü böyle koruyabilirim (türkisch)  PDF, 22799 kB
-  Così posso essere una mamma o un papà mentalmente forte (italienisch)  PDF, 22789 kB
-  Kështu unë si nënë ose baba qëndroj e/i fortë shpirtërisht (albanisch)  PDF, 22835 kB
-  Na ovaj način ću kao majka ili otac ostati snažnog duha (kroatisch)  PDF, 22784 kB
-  Na ovaj način ću kao majka ili otac ostati snažnog duha (serbisch)  PDF, 22799 kB
-  Pemacecer mentalmente forte enquanto mãe ou pai (portugiesisch)  PDF, 23241 kB
-  Renforcer sa santé mentale en tant que parent (français)  PDF, 981 kB
-  So bleibe ich als Mutter oder Vater seelisch stark (deutsch)  PDF, 22797 kB
-  Staying emotionally strong as a mother or father (englisch)  PDF, 22795 kB
-  هكذا أبقى كأم أو أب قويا نفسيا (arabisch)  PDF, 22840 kB
-  [Redacted] (tigrinya)  PDF, 23334 kB

Mental Health Brochure for Mothers and Fathers

-  Mutterglück  PDF, 644 kB

Support from professionals

 **Search for midwives**

 **Search for doctors by specialty / foreign language**

Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)