



INITIATIV LIEWENSUFANK
DEBUT DE LA VIE - BEGINNING OF LIFE



CONSULTATIONS



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The „Baby Hotline“

We're here for you!

Our free multilingual service is available to (expecting) parents who have questions or concerns about parenting and life with a baby or young child.

Whether you are looking for support during pregnancy, childbirth, breastfeeding, everyday family life, or have questions about legal matters, we can offer you guidance. Even in moments of uncertainty or difficult situations, we're here to listen and support you.

Our team consists of experienced and empathic professionals specially trained to provide individual, confidential, and anonymous advice — completely free of charge.

Give us a call - we support you with heart and expertise.

You can reach us by phone at +352 36 05 98 Monday to Friday: 9:00 a.m. – 11:30 a.m. (outside office hours: answering machine available).

Or write to us: berodung@liewensufank.lu



Baby Hotline-Café

Together rather than alone

In a relaxed atmosphere, with drinks and snacks, you can meet other parents, exchange experiences, or simply enjoy a short break from everyday life.

You also have the opportunity to speak with a counsellor about all topics related to life with a baby — for example breastfeeding, introducing solid foods, or sleep.

No registration is required — just drop by, we look forward to welcoming you!

You can find the latest dates on our homepage.

Doula Consultation

Compassionate support during a special phase of life

The first weeks after birth are unique – and often challenging. Many things are new: lack of sleep, uncertainties, many questions, and new responsibilities.

Our team is there for you during the first six months:

- if you feel exhausted, overwhelmed, or unsure
- if you experience breastfeeding difficulties or have questions about supplementing
- if you have questions about baby care or interacting with your child
- when introducing solid foods to your baby
- if your baby cries a lot or has sleep difficulties
- in cases of premature birth, twins, or babies with special needs

The doula consultation takes place in your home – or, if preferred, by phone or online. You will be heard, supported, and guided individually.

Note: Our doula consultation is a non-medical support and does not replace medical or psychotherapeutic treatment. We also do not provide household help in the traditional sense.

Personal Consultation

Support throughout pregnancy and early childhood

At every stage – from family planning, through pregnancy, to early childhood (0 to 3 years), we offer individualized support and professional guidance on the following topics:

- wish to start a family
- discomfort or uncertainties during pregnancy
- birth preparation or support after difficult previous birth experiences
- baby care
- breastfeeding, introducing solids, or feeding difficulties
- intensive crying or sleep problems affecting babies and toddlers
- questions about parenting and daily family life
- strengthening the parent-child bond

Each consultation is individual, confidential, and tailored to your personal situation – in person or online.

Note: Our consultation is a non-medical support and does not replace medical or psychotherapeutic care.



Breastfeeding Package

Support throughout your entire breastfeeding journey

Our breastfeeding package is a tailored consultation program that includes a total of 6 appointments throughout your breastfeeding period.

Our experienced breastfeeding consultants support you and your family with all questions related to breastfeeding – from the first moments to weaning.

All appointments are flexible and adapted to your needs.

What we offer:

- basic information about breastfeeding
- essential fundamentals, such as latching techniques and breastfeeding positions
- information on introducing solid foods
- breastfeeding and returning to work
- help with any breastfeeding difficulties
- support with weaning

We look forward to supporting you throughout your breastfeeding journey!



Babywearing Consultation

Closeness, security, and ease in everyday life

Babywearing with a wrap or carrier offers many benefits – for both baby and parents. It strengthens bonding, provides a sense of security, and makes everyday life easier.

Our babywearing consultation includes:

- an introduction to various tying techniques for wraps and carriers
- important guidance for the healthy development of your baby's spine and hips
- information on the basic needs of infants and suitable clothing for the wearer and baby
- the opportunity to try different carriers and wraps

We support you with expert knowledge and compassionate guidance tailored to your needs.

www.liewensufank.lu

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