

## Birth: Confidential birth

A woman can give birth to her child medically safe and confidential.

### Competent Department

- [Standesamt Bremen-Mitte](#)
- [Standesamt Bremen-Nord](#)

### Basic information

A woman can give birth to her child in a medically safe and confidential manner. She only has to reveal her identity once to the counseling center.

## Procedure

In principle, every pregnancy counseling center in the state of Bremen can provide counseling for confidential birth.

If the woman has decided in favor of confidential birth, Cara - Beratungsstelle zu Schwangerschaft und Pränataldiagnostik must be consulted as the responsible pregnancy counseling center for confidential birth in the state of Bremen.

1. Before the birth:  
Cara informs and advises the woman about the confidential birth, creates the proof of origin under a pseudonym chosen by the woman, informs the adoption office, the official guardianship and the chosen clinic or midwife. The woman can choose the clinic or midwife of her choice.
2. After the birth:  
After the birth, the clinic or midwife informs the adoption center, the official guardianship, the Senator of the Interior and Cara about the birth that took place (place and time ) under the woman's pseudonym
3. The woman goes directly to a clinic or midwife of her choice for the birth:  
If the woman goes directly to a clinic for the birth and delivers her child "anonymously," the maternity clinic is required by law to inform the woman about the option of confidential birth and the counseling service. If the woman wishes to take advantage of this, the clinic is obliged to inform Cara.  
If the woman decides in the counseling for a confidential birth, Cara takes over, as before the birth - the information of the adoption office, the official guardianship and creates the certificate of origin, which is sent to the Federal Office for Family and Civil Society Tasks.

## **Legal bases**

- [§ 21 Personenstandsgesetz \(PStG\)](#)
- [§ 26 Schwangerschaftskonfliktgesetz \(SchKG\)](#)

## **More information**

Even if the registry offices certify the birth, information and counseling on confidential birth is provided by the pregnancy counseling centers and by Cara.

## **How long does it take to process**

No specification possible.