



GEMEINDE BALZERS

Support services for families with toddlers in Balzers



In the first years of life, important foundations for a child's further development are laid. The goal of early support is to assist children in their learning and development process inside and outside the family, from birth to when they start school.

You can find many other services in the Principality of Liechtenstein at www.familienportal.li.





02 Introduction

03 Content overview

04 Health

- Mothers' and Fathers' Advisory Service
- Midwives
- Doctors in Balzers
- Paediatricians in Liechtenstein
- Emergencies

05 Childcare

- “Kita” Balzers
- Childminders

05 Playgroups

06 Sport

- Parent and Child Gymnastics
- Parent and Child Swimming

07 Music school

- Toddler Music Group
- Parent and Child Music Group

07 Language

- “Kinderstoba”
- Libraries

Health

MOTHERS' AND FATHERS' ADVISORY SERVICE

The Mothers' and Fathers' Advisory Service offers consultations by telephone, on home visits and in discussions at the advisory centre in the municipality. It provides support for all parents and caregivers of infants and young children between 0 and 5 years on topics such as breastfeeding, nutrition, care, development, upbringing and the parental role. The service is free of charge.

www.rokeskreuz.li, +423 232 22 94; Balzers, +423 787 37 19

MIDWIVES

Midwives support and advise women and their families holistically during pregnancy, at the birth, in the postnatal period and throughout the entire breastfeeding period.

Midwife practice Barbara Riedener-Büchel
www.hebamme.li, +423 384 32 12

Midwife Sandra Tollardo Frick
www.hebammesandra.li, +41 76 320 49 89

www.ostschweizer-hebammen.ch

DOCTORS IN BALZERS

Drs. med. Anton and Tonio Wille, +423 384 23 23

Dr. med. Hermann Bürzle, +423 384 15 16

Dr. med. Alice Bürzle, gynaecologist, +423 384 15 16

PAEDIATRICIANS IN LIECHTENSTEIN

Dr. med. Daniel Egli, Triesen, +423 390 11 33

Dr. med. Thomas Frick, Triesenberg, +423 262 68 68

Dr. med. Jan Huys, Schaan, +423 236 10 70

Dr. med. René Kindli, Mauren, +423 373 64 44

EMERGENCIES

Medical emergency service: 6pm – 8am and
at the weekends, +423 230 30 30

Liechtenstein national hospital, +423 235 44 11



Childcare

“KITA” BALZERS

Balzers day nursery provides childcare for infants and toddlers as well as for nursery school children and schoolchildren (day-care structures). The individual care units can be chosen and combined freely.

www.kita.li, +423 384 16 30

CHILDMINDERS

Childcare by childminders in families is an individual and flexible form of care outside the home. Contact with the childminders is provided via the Parent and Child Forum.

www.elternkindforum.li, +423 233 24 28

Playgroups

At the playgroups, children from the age of 2 until they begin nursery school take part regularly in supervised play in groups of a similar age, consisting of 6 to 12 children, with a trained playgroup leader. In these groups, social interaction with other children is also practised. In addition to the indoor playgroups, there are also forest playgroups.

www.spielgruppenverein-fl.li

“Heiligwies” playgroups:

Corinne Frick, +41 79 753 90 29

Michaela Willi, +423 384 35 50

Siegrid Seeger-Vogt, +423 384 34 17

“Villa Kunterbunt” playgroups:

Ilona Foser-Clever, +423 788 14 85

Sport

“ELKI” – PARENT AND CHILD GYMNASTICS

In the “ELKI” gymnastics lessons, children learn how to use gymnastics apparatus and how to deal with obstacles, under supervision and in good care. This strengthens their motor skills, coordination and self-confidence.

Balzers Gymnastics Club, www.tvbalzers.li, info@tvbalzers.li

“ELKI” – PARENT AND CHILD SWIMMING

Together with a caregiver, children get used to the element of water through play.

Balzers Swimming Club, www.bsc.li, www.babyschwimmen.li





Music school

TODDLER MUSIC GROUP

Together with a caregiver, toddlers (1-2 years) experience the fundamental elements of music through play and experiences.

www.musikschule.li/Kinderangebote, +423 235 03 30

PARENT AND CHILD MUSIC GROUP

Children from the age of 2 experience sound and rhythm in a playful way. Songs, rhymes, dances and games stimulate the children's natural musical abilities.

www.musikschule.li/Kinderangebote, +423 235 03 30

Language

“KINDERSTOBA”

The “Kinderstoba”, a service provided by the Balzers community schools, invites children from the age of 3 with a caregiver to weekly meetings. In particular, the service is aimed at families in which German is not the first language.

The German language is practised under expert guidance and through play. This not only supports linguistic development, but also social integration, and facilitates entry into nursery school.

www.gemeindeschulen-balzers.li +423 384 11 87

LIBRARIES

Both the municipal library in Balzers and the National Library of Liechtenstein in Vaduz have a wide selection of children's books that can be borrowed free of charge.

www.bibliothek-balzers.li
www.landesbibliothek.li

www.familienportal.li

www.balzers.li



CONTACT

Koordination «Frühe Förderung» Balzers

Lukas Laternser

Gemeinschaftsschulen Balzers

Schulstrasse 1

FL-9496 Balzers

+423 384 11 87

laternser.lukas@schulen.li

www.gemeinschaftsschulen-balzers.li