



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](http://www.familienportal.li).

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# Family Centre

The Family Centre offers a play café for children accompanied by adults. The children can discover a range of play opportunities, while the adults can have something to drink and chat in a relaxed setting. This location is intended to stimulate new contacts among children and adults. Various information is available. The team leaders are happy to provide information on opportunities and offers regarding Early Intervention, and will help you further if you have any questions.

Various workshops and events are offered for parents and children.

Familienzentrum Balzers (Family Centre),  
Heiligwies 24, 9496 Balzers  
[info@familienzentrum.li](mailto:info@familienzentrum.li), +423 781 24 24  
Monday, Wednesday, Thursday 8.30 am – 11.15 am  
[www.familienzentrum.li](http://www.familienzentrum.li)



**Familienzentrum  
Balzers**



# 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](http://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](http://www.hebamme.li), +423 384 32 12

Midwife Sandra Tollardo Frick

[www.hebammesandra.li](http://www.hebammesandra.li), +41 76 320 49 89

[www.ostschweizer-hebammen.ch](http://www.ostschweizer-hebammen.ch)

## **DOCTORS IN BALZERS**

Dres. med. Tonio Wille, Sina-Maria Steck and Anton Wille,  
+423 384 23 23

## **PAEDIATRICIANS IN LIECHTENSTEIN**

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

Dr. med. Thomas Frick, Schaan, +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](http://www.kita.li), +423 340 20 38

[www.kitasimsala.li](http://www.kitasimsala.li), +423 788 88 96

## **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](http://www.elternkindforum.li), +423 233 24 38

# 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](http://www.spielgruppenverein-fl.li)

“Heiligwies” playgroup:

Rosy Oliva, +41 79 200 71 38 | Michaela Willi, +423 384 35 50

Laura De Icco, +41 78 725 16 18

“Villa Kunterbunt” playgroup:

Ilona Foser-Clever, +423 788 14 85

Pikler® “SpielRaum”:

Bianca Gunsch-Marxer, [kontakt.gemeinsamwachsen@gmail.com](mailto:kontakt.gemeinsamwachsen@gmail.com)

“Hö-Gumper” farm playgroup:

Sara Walker, +423 780 29 92, [sara.walker@outlook.com](mailto:sara.walker@outlook.com)

## 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](http://www.tvbalzers.li), [info@tvbalzers.li](mailto: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](http://www.bsc.li), [www.babyschwimmen.li](http://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](http://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](http://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](http://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](http://www.bibliothek-balzers.li)

[www.landesbibliothek.li](http://www.landesbibliothek.li)

[www.familienportal.li](http://www.familienportal.li)  
[www.balzers.li](http://www.balzers.li)



#### **CONTACT**

Koordination «Frühe Förderung» Balzers

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FL-9496 Balzers  
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[laternser.lukas@schulen.li](mailto:laternser.lukas@schulen.li)  
[www.gemeindeschulen-balzers.li](http://www.gemeindeschulen-balzers.li)

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