

Offers for small children



Baby swimming

Baby swimming for children from the age of 4 months up to 12 months

Parent-child swimming

Parent-child (ElKi) swimming for children from the age of 1 year up to 4 years



This offer is currently not available.



Library Widnau

Lending of books, magazines, CDs (sound carriers) and DVDs.

Stories for the little ones

On the first Wednesday of each month (except school holidays) we tell stories for the little ones in the Widnau Library, Stoffel. It starts at 1.30 p.m. and entry is free. The exact dates can be found on the homepage of the library.



Contact:

Rütistrasse 23, 9443 Widnau
info@bibliowidnau.ch, Tel. 071 722 63 88

Expenses:

Family subscription Fr. 60.– per year, single subscription Fr. 35.– per year, Benefactor Fr. 100.– per year

Lending fee for single books:

Pupils, apprentices, students Fr. 3.–, adults Fr. 5.–

Biblio Rii, Library Oberes Rheintal

Contact:

Churerstrasse 1B/C, 9450 Altstätten, Tel. 071 755 41 13

More information:

www.bibliorii.ch

Chäfer-Treff

For children from birth up to the age of 4 years

Children and their mothers meet to play, to exchange ideas and to have a pleasant gettogether.



Time/Duration:

Twice a month on Thursday morning from 9 a.m till 11 a.m.

Contact:

Güetlistrasse 34, 9443 Widnau

Contact person:

Marion Steck, Tel. 079 856 24 35

Location:

Jakobihus

Expenses:

Contribution to expenses: Fr. 2.– per visit



Ice kindergarten

For children at the age of 4 years.

In the ice kindergarten the children learn to ice-skate in a playful way. The focus is on enjoying sports. The ice kindergarten also serves as a basis for getting started with the Mittelhreintal ice skating club or the Rheintal ice skating club.



Time/Duration:

From October to March, Tuesday or Thursday from 3.45 p.m. to 4.30 p.m. or on Sunday from 8.45 a.m. to 9.30 a.m.

Contact:

Ice skating club Middle Rhine Valley EVM

Contact person:

Martina Frei, Tel. 079 226 45 26, martina.frei@citymode.ch

Location:

Eishalle Widnau

Expenses:

Fr. 80.– to 100.– (Fr. 10.– per course day)



Early (curative) education for special need children

That is an offer for families of children with disabilities or developmental problems. The special education takes place usually at the families at home and is based on the specific everyday topics.

A specific promotion of the child, as well as advice and support for parents in the difficult everyday education, are central elements of this offer.



Contact:

Curative education service Sankt Gallen

Contact person:

Barbara Jäger, Tel. 071 242 30 60, st.gallen@hpdienst.ch

Expenses:

The costs are paid by the canton, when required.

Registration:

via pediatrie or school psychological service

Kids Fliz, TZ Rheintal

In Kids Fliz 2–5 years old girls and boys get a varied „playground“ in our artistry sports hall.

Clothing: Gym clothes, with socks or barefoot, without any need for prior registration (max.4 children per adult)



Time/Duration:

from the middle of August till the end of June, Wednesday and Friday, from 9. a.m. till 10.30 a.m.

Sunday (once per month) 9 a.m. – 12. p.m.

the dates are at www.tzrheintal.ch

Contact person:

Wednesday and Friday: Nicolas Thiébaud, 079 245 98 19

Location:

Kunstturnhalle Aegeten, Widnau

Expenses:

Sunday: Fr. 10.–, Wednesday and Friday: Fr. 7.–

(10 subscription are available, every 10th visit ist free)



Kids Gym

In Kids Gym the 4–6 years old boys have the opportunity to learn and practice gymnastics on a playful way. The main focus is on building strength, balancing, supporting, hanging and jumping.

Clothing: Gym clothes, with socks or barefoot



Time/Duration:

from the middle of August till the end of June, Monday and Friday,
2.p.m–4.p.m.

Contact person:

Martin Weibel, Tel. 079 701 36 12, cheftrainer@tzt rheintal.ch

Location:

Kunstturnhalle Aegeten, Widnau

Expenses:

1 x per week: Fr. 300.– annual fee

2 x per week: Fr. 500.– annual fee



Day care centers SDM

Daycare centers are places, where the children can experience and spend their time with other children of the same age. Your child will be promoted according to his/her individual interests and strengths. The variety of games and toys encourage the children to explore their environment and learn. The child get used to a well-structured daily-routine.

Offer: For children at the age of 4 months up to Kindergarten, full and half-day care, with or without lunch. Minimum care: 2 days



Opening hours:

Monday–Friday 6.30 a.m.–6.30 p.m.

Contact:

Widnauerstrasse 8, 9435 Heerbrugg

infokita@s-d-m.ch, www.s-d-m.ch

Tel. 071 726 11 49

Daycare locations:

Widnau, Diepoldsau, Berneck, Balgach, Au

Expenses:

according to your income



Dancing for children

For children from the age of 3 years.

Tanzchäfer (from the age of 3 years)

The little ones are introduced into the wonderful world of dance with age-appropriate exercises and dancing movements. The focus is on experiencing one's own body, other children and the teacher. Experiencing and learning different basic movements and acting out one's own imagination is supported by music. First dance steps are learned and used in simple choreographies.



Dancing dwarfs (for 4 years old)

The dancing dwarfs learn playfully different movements to music or to their own singing. The perception of the body will be more and more important. Improvisation plays give children the opportunity to present their own pictures, feelings or stories with or without music. Simple dance steps are learned and used in appropriate choreographies.

Time/Duration:

45 minutes each Thursday afternoon

Contact:

Creative Movements, www.creativemovements.ch

Contact person:

Kathrin Bertényi, Tel. 079 446 22 91, info@creativemovements.ch

Location:

Spiegelsaal Sportanlage Aegeten

Expenses:

Fr. 260.– (20 lessons), Fr. 120.– (8 lessons)

Church service for children

For children from birth till school entry

It is an ecumenical church service once a month, followed by a getting-together in the protestant parish house.



Time/Duration:

once a month on Thursday from 9.30 a.m. till 10 a.m.

(exact dates at www.refmittle Rheintal.ch or www.kath-widnau.ch)

Contact person:

Silke Dohrmann, protestant pastor, Tel. 071 722 49 78

Paul Hoch, catholic pastoral assistant, Tel. 071 726 11 27

Location:

protestant chapel Widnau

Expenses:

free



Speech therapy service Mittelrheintal

Individual speech therapy – clarification-advice

For children from the age of 2

The offer is aimed at children with language disabilities. Goals: a speech developing therapy of the children in a playful and action-oriented way, improvement of communication skills / to give advice for the parents.



Speech therapy oriented playgroup

For children at the age of 2,5 years up to kindergarten entry

The LOS is a regional speech therapy oriented (forest) playgroup with up to six children. It is aimed at children with abnormalities in the acquisition of the language. In the LOS works a speech therapist with a playgroup leader together with the children.

Target: to experience nature with all the senses, to support language development and the pleasure of speaking / to give advice for the parents

More information:

www.logopaedie-mittelrheintal.ch

Location:

Individual therapies: therapy rooms of the school
LOS: the forest near Balgach

Contact:

Speech therapy service sekretariat
Römerstrasse 10, 9435 Heerbrugg

Contact person:

Katja Meier, Tel. 071 727 19 80

Expenses:

The expenses for the individual therapies and the LOS are usually taken over by the canton (education department). Requirement: referral from the pediatrician / application for the approval of the expenses from the speech therapist.

Toy library Diepoldsau-Schmitter

Goals and content

The toy library regards playing as an active way of spending free time. Playing also means losing and winning, developing social and emotional skills, that stimulate fine motor function, learning of concentration, following the rules and above all, a lot of fun. A big selection of games and vehicles are to be borrowed in the toy library.



Opening hours and information:

www.ludothek-diepoldsau.ch

Location:

Hintere Kirchstrasse 14, Diepoldsau (Schulhaus Kirchenfeld)

Contact:

www.ludothek-diepoldsau.ch or Tel. 071 730 08 50 to inform you about the opening hours

Toy library Altstätten

Contact:

Trogenstrasse 13, 9450 Altstätten, Tel. 079 910 94 98

More information:

www.ludothek-altstaetten.ch

German for mother and child

German course for the mother

Whereas your child learns the language or is in child care, you have the time and peace to learn German with a competent teacher.



Time/ Duration:

individual

Contact:

HDS Heerbrugg, Berneckerstrasse 215, 9435 Heerbrugg

Contact person:

Sekretariat HDS, Tel. 071 722 20 38, heerbrugg@hds.ch

Location:

Language school HDS in Heerbrugg

Expenses:

on demand



Gymnastics for mother and child

For children from the age of 2,5 years up to school

All children from every culture are welcome. Children with special needs (physical, mental, psychological or sensory disabilities) are also welcome.



Time/Duration:

Monday, Tuesday or Wednesday

08.50 a.m. – 09.50 a.m. or 10.00 a.m. – 11.00 a.m.

Contact:

TV Widnau, 9443 Widnau, www.tvwidnau.ch

Contact person:

Christine Wider, Tel. 078 793 41 77

Location:

gym from gymnastics club

Expenses:

Fr. 120.– per school year



Musikgarten

For children from birth together with an accompanying person

Musikgarten für Babys (till the age of 18 months)

Playing and listening to music together in this early age is for the child „food“ for body, mind and soul.

Musikgarten Phase 1 – We make music

(till the age of three)

This course focuses on the growing experience of children. The topic are home, wildlife, playing and outside. The increasing



independence of children is taken into account with interactive games and free space for their own ideas.

Musikgarten Phase 2 – The musical annual circle

At kindergarten age the children perceive the chronological sequence of events in a year. The themes are based on the seasons and the nature. The children gradually break away from the safe lap of their parents and test their independence. The group experience comes into focus.

Contact:

Musik im Zentrum, Karl Völkerstrasse 5a, 9435 Heerbrugg

Contact person:

Roland Stillhard, headmaster, Tel. 071 722 39 39

Location:

old secondary school in Berneck

More Information:

www.musikimzentrum.ch

Expenses:

Fr. 150.– Fr. 195.– per semester

Mother and father counselling

For parents with babies and small children from 0 up to 5 years

Advice on questions
around:

Breastfeeding and nutrition, baby- and child care, development of babies and small children up to the age of 5 years, controls of development, crying and sleeping problems at babies, upbringing at small children, information about preventive medical check-ups and health issues, identification of roles during the process to become a parent, social issues from the life of the parents, mediation of specialist departments and contact addresses, return to workplace.



Time/Duration:

every Thursday, 1.30 p.m. – 4 p.m.

By appointment:

every 4th Monday a month 9 a.m. – 11.30 a.m.,

every Friday 9 a.m. – 11.30 a.m.

Advice by phone:

Monday – Friday 8 a.m. – 09.30 p.m.,

Monday + Friday 13.30 a.m. – 14.30 p.m., Tel. 071 727 13 02

Contact:

mvb@s-d-m.ch, www.s-d-m.ch

Location:

Widnauerstrasse 8, 9435 Heerbrugg

Expenses:

free



Give me a story – Family Literacy

For parents with children aged 2–5 years, in various languages

Having fun together with the language, telling stories and view pictures. Speak, listen and answer in the mother tongue. This is a reading promotion projekt for the families, because parents are the best to support the children's reading and language development.

Here children can gather experiences about the story telling and - writing culture and they can also train their own mother tongue. These are the best basis before getting to learn the German language.



Albanien:

every two weeks – exact dates are on the homepage of the Fachstelle Integration www.rheintal-integration.com

Contact:

Fachstelle Integration (Integration office),
Alte Landstrasse 106, 9445 Rebstein
Tel. 071 722 95 54, info@rheintal-integration.com

Expenses/Application:

free of charge and without a prior appointment

„Give me a story“ is also in **Tigrinya, Somali and Turkish.**

More information about the exact dates and places are on the homepage of the Fachstelle Integration:
www.regionrheintal.ch/fruehefoerderung

Play group

For children at the age of 3 years up to school entry

Play group indoor:

The playgroup gives your child the opportunity to play in a group with other children of the same age as well as to detach slowly from the parents.

Play group in the forest:

This playgroup gives your child the opportunity to experience the forest with all senses, to feel and watch the forest.



Time/Duration:

Indoor: Monday–Friday from 9 a.m. to 11 a.m. and from 2 p.m. to 4 p.m.

Forest: Wednesday and Friday from 9 a.m. to 11 a.m.

Contact/Contact person:

www.spielgruppe-widnau.ch

Location:

Indoor: Stoffel, Rütistrasse 23, 9443 Widnau

Forest: Schloss Grünenstein, 9436 Balgach

Expenses:

Indoor: Fr. 640.– per year | Forest: Fr. 680.– per year

Early support by language learning

For pre-school children with a migration background

In the German language course for children at HDS Heerbrugg your child experience rituals, that give him a feeling of security at the beginning, during the break and at the end of the morning. Your child learns High German, games, verses and little songs, partly in Swiss German, and uses German in communication with other children. He learns to detach himself from you and to take the first steps towards independence. The child care service prepares your child for Kindergarten.



Time/Duration:

Monday – Friday from 8 a.m. to 11.15 a.m.

Contact:

HDS Heerbrugg, Berneckerstrasse 215, 9435 Heerbrugg

Contact person:

Sekretariat HDS, Tel. 071 722 20 38, heerbrugg@hds.ch

Location:

language school HDS in Heerbrugg

Expenses:

on demand



SRK – therapy center for children and teenagers in Altstätten

The SRK- therapy center for children and adolescents offers for preschool- and school-aged children therapy options in the fields of physio-, ergo-, speech-, and psychomotor therapy.



Time:

individual therapy options every week

Contact:

Churerstrasse 39a, Altstätten

Contact person:

Teamleitung Anika Hoppe, Tel. 071 755 60 11

anika.hoppe@srk-therapie.ch, www.srk-therapie.com

Expenses:

depending on the type of the therapy

Day care families SDM

The day care families offer a professional and individual childcare, that complements the family. They enable parents an optimal arrangement between work and family with a childcare offer, that is adapted to them and where the focus is always on the child's wellbeing.

- Offer:
- for children from the age of 3 months up to children at the age of 12 years
 - individual care times
 - regular care over a longer period of time



Contact:

Widnauerstrasse 8, 9435 Heerbrugg
info.tagesfamilien@s-d-m.ch, www.s-d-m.ch
Tel. 071 726 11 40

Expenses:

according to your income

Gymnastics for father and child

For children from the age of 3 years up to school entry

In VaKi -Turnen children from about 3 years old do gymnastics. Together with an adult (parent), children learn different games, get to know gymnastics equipment, and experience doing exercises in a group.



Time/Duration:

always on the last Saturday of the month from 10 a.m. to 11 a.m.
(except during school holidays)

Contact person:

Irène Bürgler, Tel. 071 744 22 70

Location:

Gym of the secondary school in Widnau

Expenses:

contribution to expenses Fr. 5.- per lesson



Offers overview

Age/ Years	0	1	2	3	4	5	6	7
Baby swimming								
Library Widnau / Library Altstätten								
Chäfer Treff								
Ice kindergarten								
Parent – child swimming								
Early (curative) education for special need children								
Kids Fliz, TZ Rheintal								
Kids Gym								
Day care centers SDM								
Dancing for children								
Church service for children								
Speech therapy service Mittelhörsaal								
Toy library Diepoldsau-Schmitter, Toy library Altstätten								
German for mother and child								
Gymnastics for mother and child								
Musikgarten								
Mother and father counselling								
Give me a story – Family Literacy								
Play group								
Early support by language learning								
SRK – therapy center for children and teenagers								
Day care families SDM								
Gymnastics for father and child								