



BabyPLUS in Niederanven: Personalised support for expectant and young parents



Since July 2024, the Commune of Niederanven has been offering the BabyPLUS service to its residents in cooperation with Initiav Liewensufank. This free support service is aimed at expectant and young parents, helping them through a life stage that is both wonderful and intense: the arrival of a child.



The aim of BabyPLUS is to offer families personalised support tailored to their needs, both before and after the birth. Through home visits, phone calls, video calls or referrals to specialised professionals, parents receive concrete answers to their questions and caring support at every stage.

An encouraging first full year

After a successful launch in the second half of 2024, 2025 was the first full year of BabyPLUS in Niederanven. Since its introduction in the Commune, a total of 22 families have made use of the service: 9 families in 2024 and 13 families in 2025.

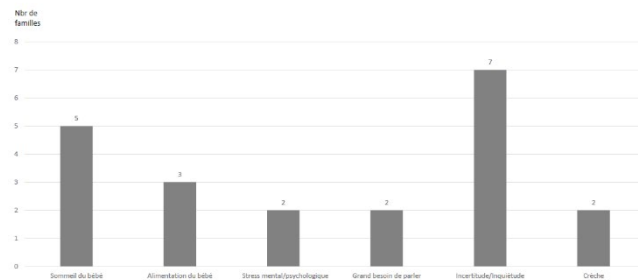
Beyond the number of participating families, the intensity of the support provided is particularly noteworthy. In 2025, the BabyPLUS counsellors had 59 contacts with families, compared with 34 contacts during the last six months of 2024.

Home visits are at the heart of the service. They make it possible to discuss many questions relating to everyday life with a baby in a familiar and reassuring environment. Where needed, these meetings are complemented by phone calls, video calls or appointments with specialised professionals.

Among the topics most frequently raised by families are worries and uncertainties related to this new stage of life, the baby's sleep, nutrition, the need to talk about their experiences as parents, as well as practical questions such as finding a childcare facility.

Thèmes abordés par les familles lors des visites à domicile

Le sentiment d'inquiétude et d'incertitude est fort présent. Bien souvent l'arrivée d'un nouveau-né chamboule la routine quotidienne. Beaucoup de jeunes parents se retrouvent alors seuls face à un grand nombre de questions. La présence des conseillères du service BabyPLUS aide à relativiser ces inquiétudes et permet aux (jeunes) parents d'accueillir leur bébé dans une atmosphère plus détendue.



Because while the birth of a child is associated with joy, it can also bring doubts and uncertainties. Family life changes fundamentally, responsibilities grow, and many questions arise. In this context, support from an experienced professional can reassure parents and help them gain confidence in their new role.

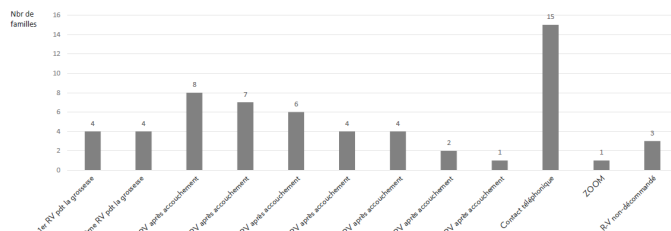
Feelings of worry and uncertainty are often present. The arrival of a newborn frequently turns everyday routines upside down. Many young parents suddenly find themselves faced with a wide range of questions.

The BabyPLUS counsellors help them put these worries into perspective and enable parents to welcome their baby in a more relaxed atmosphere.

Topics most frequently discussed during home visits:

- Uncertainty/worries: 7 families
- Baby's sleep: 5 families
- Baby's nutrition: 3 families
- Strong need to talk: 2 families
- Psychological/mental stress: 2 families
- Childcare facility: 2 families

Différentes formes de soutien



Le graphique ci-contre vous permet d'avoir un aperçu des différentes formes de soutien dont les parents disposent. Nous avons diversifié notre panel en 2020 suite au confinement en renforçant les contacts par téléphone et vidéo-conférence. Les visites à domicile restent bien évidemment notre priorité. Pour 2025 il y a eu 59 échanges alors qu'en 2024 (uniquement les 6 derniers mois de l'année), il y a eu un total de 34 rendez-vous.



When support makes a difference: a family's testimonial



To better understand the added value of BabyPLUS, we met a family from the Commune who made use of the service.

The parents became aware of the service through the communal newsletter and the Commune's website. From the very first contact, they felt a sense of trust.

"The first contact was very reassuring and very helpful, even before the birth of our child," they explain.

They particularly appreciated the continuity of the support. Throughout the entire process, the same contact person accompanied the family.

"We were lucky to be supported by the same person throughout the entire process. This allowed us to build a genuine relationship of trust. We knew that we could ask any question without being judged, and that we could trust her advice."

Over a period of almost fourteen months, before and after the birth, the family received support tailored to their individual needs. In addition to practical advice, BabyPLUS also acts as a point of referral to other professionals when more specific questions arise.

"When necessary, our contact person referred us to qualified specialists. We were confident that, if needed, she would help us find the most competent person. The quality of this network was extremely reassuring for us."

Among the many topics discussed was, among others, a difficulty related to the baby's nutrition.

"Our baby refused to drink milk from the bottle. Thanks to the experience of our contact person, we found a bottle model that worked perfectly. We later even recommended this solution to several friends who were facing the same situation."

The parents also emphasise the importance of home visits, which make it possible to assess concrete everyday situations and provide personalised answers.

"The BabyPLUS service allowed us to experience this new stage of life much more calmly. The home visits answered our many questions and gave us reassurance. But even more important than the advice was knowing that a trustworthy, competent and experienced person was by our side. That made all the difference."

For this family, BabyPLUS is far more than a simple information service. The parents are convinced that supporting families during the first months of a child's life is a valuable investment in the future.



A service that deserves to be better known

The experiences of the first two years show that many families benefit from this local support. At the same time, they highlight how important it is to regularly inform expectant parents about the existence of the programme.



The Commune of Niederaanven remains firmly committed to prevention and support in the field of parenthood. With BabyPLUS, families have access to a reliable contact person who accompanies them, listens to them and supports them during the first months of their child's life.

It is also important to emphasise that BabyPLUS is not intended exclusively for families facing particular difficulties. The programme is open to all expectant and young parents who would like support, reassurance or simply a professional contact person to answer their questions. Whether it concerns uncertainties during pregnancy, nutrition, the baby's sleep or adapting to a new family life: every situation deserves a listening ear and support adapted to individual needs.

Interested families can contact BabyPLUS in several ways:

- via the [online registration form](#) on the Commune's website
- via e-mail babyplus@liewensufank.lu
- by leaving a message on the answering machine at **36 05 97 30**

A counsellor will then contact the family to arrange an initial conversation and suggest suitable support.

We would like to sincerely thank the Wilmes-Viegas family for sharing their testimonial and for providing the photographs illustrating their experience with the BabyPLUS programme.