

Information of Health Promotion Project for both of Parents and Babies

TEL 0748-52-6574 (Direct)

- from April in 2019 to March in 2020 -

= 英語版 =

Hoken Center in Hino-Cho

Medical Checkup	Time	Content	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
4 months old	13:00~13:30	Inquiry/Measure/Medical Examination Guidance for Baby food	25(THU) Dec/2018	30(THU) Jan/2019	27(THU) Feb/2019	25(THU) Mar/2019	29(THU) Apr/2019	26(THU) May/2019	31(THU) Jun/2019	28(THU) Jul/2019	26(THU) Aug/2019	30(THU) Sep/2019	27(THU) Oct/2019	26(THU) Nov/2019
10 months old	13:30~14:00	Inquiry/Measure/Medical Examination Guidance for Baby food	18(THU) Jun/2018	23(THU) Jul/2018	20(THU) Aug/2018	18(THU) Sep/2018	22(THU) Oct/2018	19(THU) Nov/2018	24(THU) Dec/2018	21(THU) Jan/2019	19(THU) Feb/2019	23(THU) Mar/2019	20(THU) Apr/2019	19(THU) May/2019
1 year 6 months old	13:30~14:00	Inquiry/Measure/Medical Examination Dental Checkup for Parent and Baby Fluorine coating	17(WED) Oct/2017	22(WED) Nov/2017	19(WED) Dec/2017	17(WED) Jan/2018	21(WED) Feb/2018	18(WED) Mar/2018	23(WED) Apr/2018	20(WED) May/2018	18(WED) Jun/2018	22(WED) Jul/2018	19(WED) Aug/2018	18(WED) Sep/2018
2 years 6 months old	13:30~14:00	Inquiry/Measure/Medical Examination, Dental Checkup for Parent/Baby, Fluorine coating	11(THU) Oct/2016	16(THU) Nov/2016	6(THU) Dec/2016	4(THU) Jan/2017	8(THU) Feb/2017	5(THU) Mar/2017	10(THU) Apr/2017	7(THU) May/2017	5(THU) Jun/2017	16(THU) Jul/2017	6(THU) Aug/2017	5(THU) Sep/2017
3 years 6 months old	13:30~14:00	Inquiry/Measure/Medical Examination Dental Checkup for Parent and Baby Urinalysis ・Fluorine Coating	10(WED) Oct/2015	15(WED) Nov/2015	5(WED) Dec/2015	3(WED) Jan/2016	7(WED) Feb/2016	4(WED) Mar/2016	9(WED) Apr/2016	6(WED) May/2016	4(WED) Jun/2016	15(WED) Jul/2016	5(WED) Aug/2016	4(WED) Sep/2016
Baby Plaza (Akachan Hiroba) Breastfeeding Consultation	Time 9 : 30 ~ 11 : 00		8(MON) 22(MON)	13(MON) 27(MON)	10(MON) 24(MON)	8(MON) 22(MON)	5(MON) 19(MON)	2(MON) 9(MON)	7(MON) 21(MON)	11(MON) 25(MON)	9(MON) 23(MON)	6(MON) 20(MON)	10(MON) 17(MON)	9(MON) 23(MON)
Cooking Class for Weaning food Object: 5-6 months old baby & the parents	Time 9 : 45 ~ 12 : 00		11(THU)	9(THU)	13(THU)	11(THU)	8(THU)	12(THU)	10(THU)	14(THU)	12(THU)	9(THU)	13(THU)	12(THU)
Papa Mama Saloon - Class for Mother/Father, Grand M/F ①Cooking class for Pregnant ②The Baby bathing and so on	Time ① 9:30~11:30 ② 9:30~11:30		AUG - OCT / 2019 Delivery planned person ①May 13(Mon) ②Jun 8(Sat)			DEC 2019 - MAR 2020 Delivery planned person ①Sept 9(Mon) ②Oct 12(Sat)			APR - JUL 2020 Delivery planned person ①Jan.20(Mon) ②Feb. 8(Sat)					

* The above mentioned will be held in the hoken center in Hino-cho. The contents of these project are as followings. Regarding more information on immunizations, please refer to the back side of this paper.

* Due to bad weather such as a typhoon or heavy snow, the above may cancel forcedly.

*** For the pregnant woman ***

🌸 Delivering prescription for the maternity passbook

As soon as you apply the notification of the pregnant, the maternity passbook will be issued. You can also receive the health checkup voucher, which is covered by the public expense.

🌸 Saloon for Mother & Father (*Reservation required)

You can take part in this saloon with your partner and your family.

①Cooking class of Miso-soup etc ②Baby bathing lecture by using baby doll

※Please check the leaflet or the guidance postcard when you would receive the maternity passbook.

🌸 Maternity consultation (*Reservation required)

If you feel worried about some trouble and how to spend during pregnancy, please feel free to consult here. The accoucheuses and the public health nurses can give advise to you individually.

Please call us to reserve the date without hesitation.

*** For the information after the delivery ***

🌸 Visting the house of the newborn baby

Either the accoucheuse or the public health nurse will visit your house in past 2 months after the delivery. Please feel free to consult about your baby's trouble and your condition.

🌸 Baby Plaza (Akachan Hiroba) ・Breastfeeding consultation

You can consult your troubles on the birth attendant, the nutritionist and the hygienist.

If you feel worried about the raising children, please feel free to consult here.

👩🏻‍🍼 Lecture for Teeth by Dental hygienist for 15 mins.

👩🏻‍🍼 Lecture for Baby food by Managerial dietician for 15 mins.

🌸 Cooking lecture class for Weaning food (*Reservation Required)

Participants: Baby of 5-6months & the parents

The nurse teachers take care of your baby during cooking.

*Please reserve this class on the Medical checkup in 4 months old or call us at the Hoken Center (Tel No. 0748-52-6574).

🌸 Medical Checkup for Baby/Infant

After the medical check up as above mentioned date, please feel free to consult about the raising a child. Please come to Hoken Center with the guardian.

Medical Check Up	Your belongings
4 months old	Maternity passbook ・ Interview sheet ・ Questionnaires Bath towel ・ Diaper ・ Cloths ・ (Powdered Milk)
10 months old	Maternity passbook ・ Interview sheet Bath towel ・ Diaper ・ Cloths
1 year 6 months old	Maternity passbook ・ Interview sheet ・ Questionnaires ※Please brush your teeth and also your baby's teeth before coming here.
2 years 6 months old	Maternity passbook ・ Interview sheet Questionnaires sheet about listening, the inspection sheet of whispered voice Please brush your teeth and also your baby's teeth before coming here.
3 years 6 months old	Maternity passbook ・ Interview sheet ・ Questionnaires Please bring the first urine in the morning if possible. If not, you can take the urine here in Hoken center. ※Please brush your teeth and also your baby's teeth before interview.

