

## Childrearing Class

Class name: Hiyoko (Chick)



## 育児学級

# ひよこ



Congratulations on the birth of your baby. This class is packed with information that will make your childrearing much better and enjoyable! Midwife will answer your questions and concerns regarding childrearing. Let's share experiences and enjoy a relaxing time together! (赤ちゃんの誕生おめでとうございます。この学級はこれからの育児がより良く、楽しくできるような情報が満載です!育児の疑問や悩みに助産師が応えていきます。また、みんなで体験談をシェアしながら、ホッとする時間を過ごしましょう。)

- ✦ Available for: Mothers, Babies and their Partners who are residents of Onna Village
- ✦ Reception: 1:15 pm (Class from 1:30 pm to 4:30 pm)
- ✦ Place: Onna Village General Health and Welfare Center
- ✦ **Booking system:** If you would like to participate, please E-mail Onna Village Health and Insurance /Mother and Child Health Section
- Please request an interpreter at the same time that you are applying for the class.
- ※ If this time schedule is not suitable, you are welcome to join us next time!

Schedule (実施日)		
May 11(Sat) 2024	(5/11(土))	
September 27(Fri) 2024	(9/27(金))	
January 24(Fri) 2025	(1/24(金))	

### ～ Content of the Class ～

(May change depending on circumstances.)

- ✦ Baby Weight Measurement
- ✦ Baby Care to Improve Baby Development
- ✦ Time to Talk about Childrearing ♡ Joint class with pregnant women
- ✦ Talking about Breasts and Milk
- ✦ Talking about Postpartum Women's Bodies and Relationships/  
Family Planning
- ✦ Preparation for the feeding of baby food
- ※ At the end of the class, we provide time for those who wish to have  
an individual consultation with a midwife.

### ～ What to Bring ～

- ✦ Maternal and Child Health Handbook and the Baby's Bag  
(set of items for going out with the baby)

### ～ 講座内容 ～

- ✦ 赤ちゃんの体重測定
- ✦ 赤ちゃんのより良い発達のためのケア
- ✦ 子育てゆんたくタイム ♡ 妊婦さんと合同で行います
- ✦ おっぱいとミルクのお話
- ✦ 産後の女性のからだとパートナーシップのお話し・家族計画
- ✦ 離乳食スタートへ向けて
- ※ 講座の最後には助産師との個別相談の時間を設けています。

### ～ 持ち物 ～

- ✦ 親子健康手帳、赤ちゃんのお出かけセット

>> Contact <<

Onna Village Office  
Health and Insurance Division  
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