



両親学級



Congratulations on your pregnancy. This class is packed with information that will make your experience of pregnancy and childbirth much better and enjoyable! Midwife will answer your questions and concerns. They will help you to cope with the mental and physical changes during your pregnancy. Let's share experiences and learn together!

- ✂ Available for: Pregnant women 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
- ✂ Clothes: Please wear comfortable clothes appropriate for participating in light exercise during each class.
- ✂ **Booking system:** If you would like to participate, please E-mail Onna Village Health and Insurance Division / Mother and Child Health Section.
Please request an interpreter at the same time that you are applying for the class.
- ✂ what to bring: Please bring the Mother and Child Health Handbook with you on the day of the class.

- ✂ 対象: 恩納村在住の妊婦とそのパートナー
- ✂ 時間: 13:15 受付 13:30~16:30
- ✂ 場所: 恩納村総合保健福祉センター
- ✂ 服装: 毎回、簡単な体操があります。
動きやすい服装でお越しください。
- ✂ **予約制**です。参加ご希望の方は健康保険課/
母子保健係メールアドレスへご連絡下さい。
- ✂ 持ち物: 親子健康手帳

Times 回	Content (May change depending on circumstances.) 内容 (変更する場合があります)	2024		2025
		May	September	January
1	<ul style="list-style-type: none"> • Introduction to Benefits and Services • Self-care to prepare your body and mind. • Let's enjoy communicating with your baby! (starting pre-birth parenting.) • How to prepare and enjoy breastfeeding. 制度やサービスの紹介 / からだとこころを整えるセルフケア / 赤ちゃんとの対話を 楽しもう!おなかの中から始まる子育て / 楽しい母乳育児に向けて 	5/10 (Fri)	9/20 (Fri)	1/17 (Fri)
2	<ul style="list-style-type: none"> • Have a happy childbirth with great support from your partner! • Changes of mood during pregnancy and after childbirth. (Hormonal balance) • How to bath your baby 楽しいお産になるために!パートナー大活躍! / 妊娠期~産後のこころ(ホルモン)の 変化 / 赤ちゃんのお風呂について 	5/11 (Sat) Only this class Reception: 8:50 am (Class from 9 am to 12 pm) and PM class	9/21 (Sat)	1/18 (Sat)
3	<ul style="list-style-type: none"> • Let's ask senior moms! Let's share your anxieties and doubts! • Baby's touch care / How to hold a baby • How to start baby food. 先輩ママに聞いてみよう!不安や疑問をシェアしよう! / ベビーマッサージ・抱っこの仕方 / 離乳食のスタートに向けて 		9/27 (Fri)	1/24 (Fri)

>> Contact <<
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