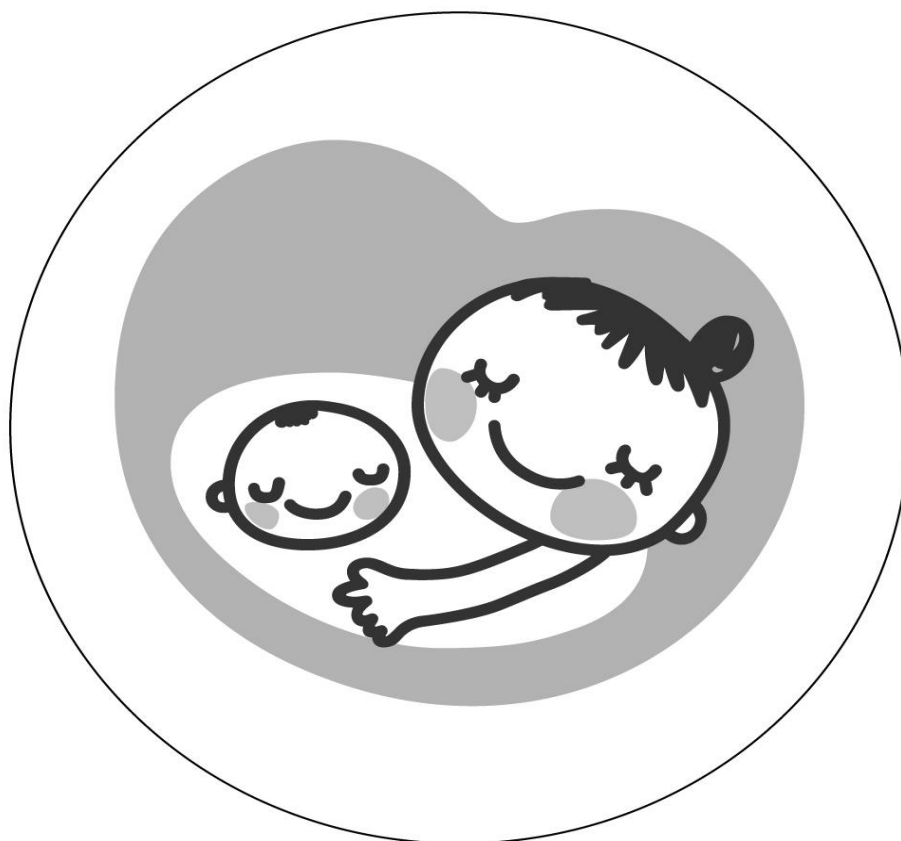


Practical Parenting Handbook



Izumo City

The Practical Parenting Handbook is frequently updated.
Please check the City's website for the latest information.

Izumo-shi Kosodate Benrichō
出雲市 子育てべんり帳

Search



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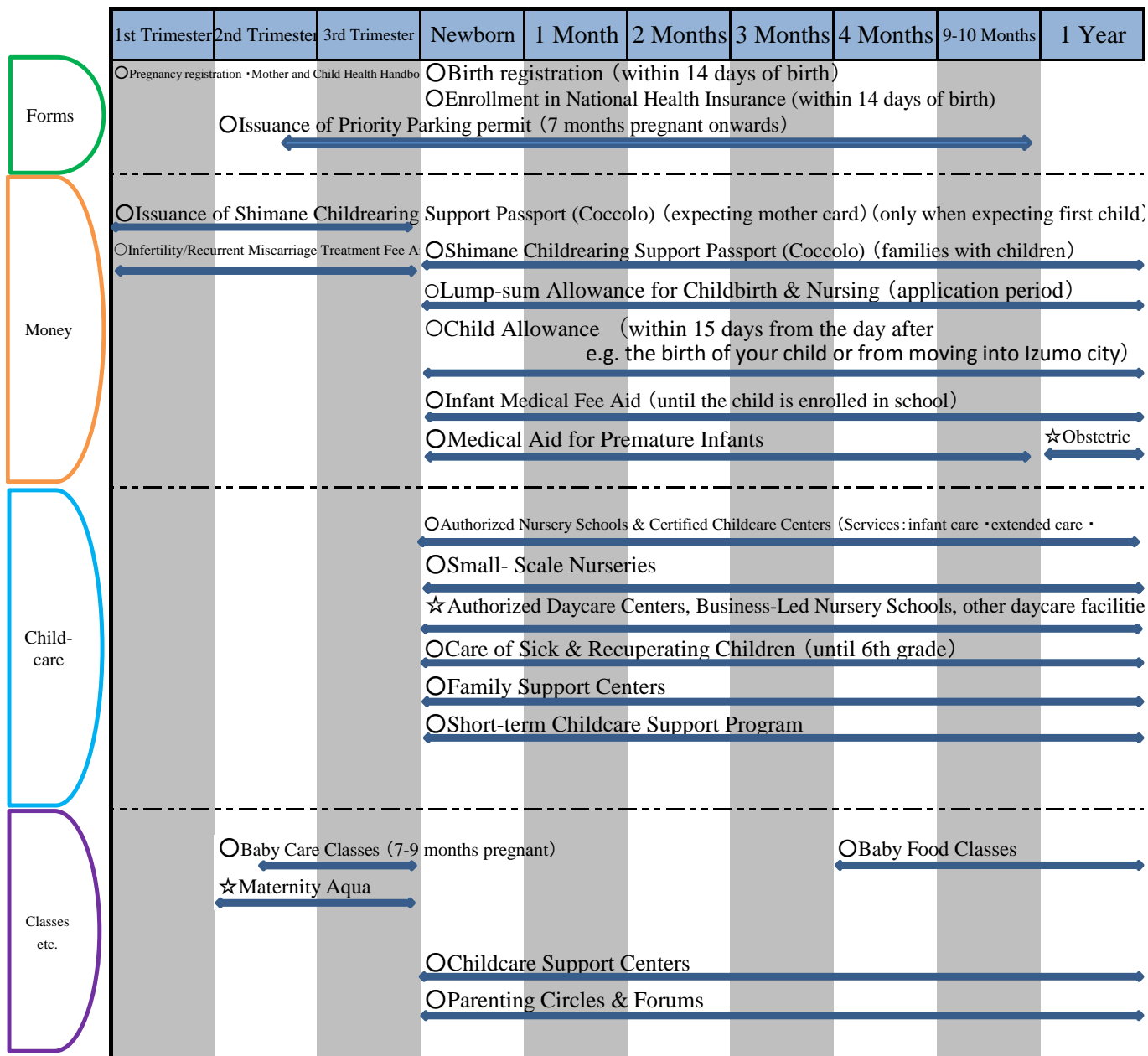
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About the “Maternity Mark” on the front page

This logo was selected as the winning piece at the “Healthy Parent and Child 21” conference’s artwork competition held by the Ministry of Health, Labour and Welfare. Please be considerate if you see an expectant or nursing mother wearing this mark.

☆ Overview of Parenting Support Services from Pregnancy to 18 Years of Age



○...A service provided by Izumo City or where Izumo City Hall acts as a contact.

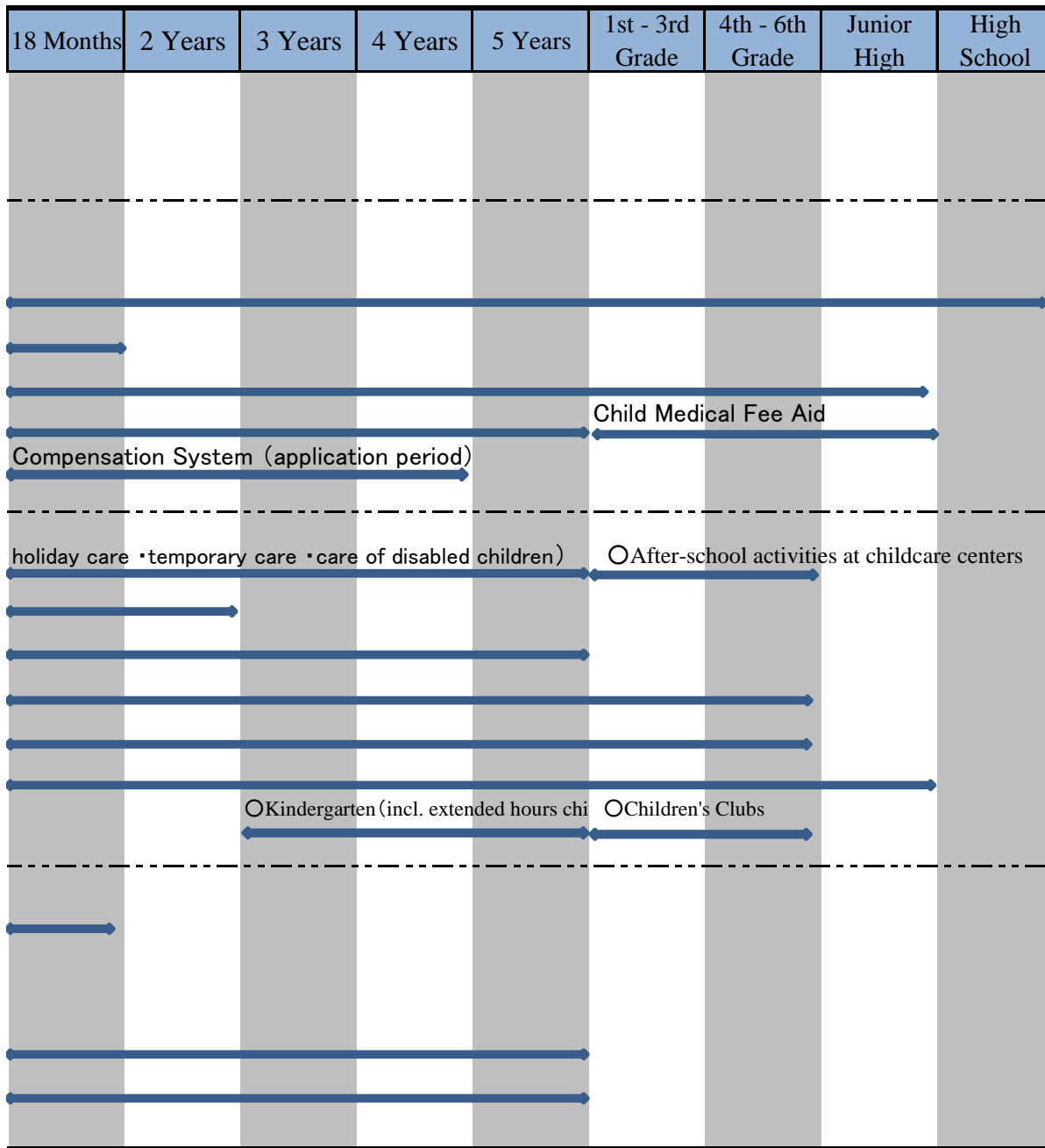
Introducing the Suku Suku Izumo Parenting App

Suku Suku Izumo Parenting App offers the following functions. Please use the QR code to download the app.

- Notifications, scheduling support and reminders for managing vaccinations
- A chart to graph your child's growth
- Information about necessary procedures for daycare, local facilities, events, etc.
- A record of milestones paired with photos to create precious memories

Download the Suku Suku Izumo Parenting App here





☆・・・Services not provided by Izumo City or where Izumo City Hall is not the contact

○ Pregnancy to Childbirth (ninshin~shussan)

■ Health Check-ups during Pregnancy and Infants' Health Check-ups

You are entitled to the following free (publicly funded) health check-ups: fourteen during your pregnancy, two after giving birth, and two check-ups for your baby (it is advisable to have the first check at 1 month old and the second check at 9-10 months old). Please be sure to get the check-ups done in order to ensure a smooth pregnancy and childbirth. During the first visit covered by your Medical Check-up Card (jushin-hyō), you can also have a cervical cancer check-up done. Please hand in both your Mother and Child Health Handbook (boshi kenkō techō) and your Medical Check-up Card (included as a separate booklet in the Mother and Child Health Handbook) at the hospital. The handbook can be used at any hospital within the prefecture. If you had a check-up done at a hospital outside the prefecture due to reasons such as returning to your hometown to give birth, or received additional check-ups due to multiple pregnancies, you can apply for a reimbursement of the medical fees involved (the refundable amount is limited).

Inquiries Izumo City Hall: Kenkō Zōshin-ka
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Infertility Treatment Aid

Up to 150,000 yen per year (the amount of coinsurance payment) for treatments covered by health insurance.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari tel. 21-6981

■ Recurrent Miscarriage Treatment Aid

Up to 100,000 per year (the amount of coinsurance payment) for treatments covered by health insurance.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari tel. 21-6981

■ Medical Aid for Premature Infants (mijukuji yōiku iryō)

Households with a premature infant in need of medical aid will receive an allowance for necessary medical aid.

Inquiries Izumo City Hall: Kenkō Zōshin-ka
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Baby Care Classes (akachan no osewa kyōshitsu)

Time : Once or twice a month. (Please contact us for dates and locations.)

Participants : Expecting mothers who are 7-9 months pregnant with their first child, and up to 1 family member. (First 6 families)

Free of charge

Contents : Exercises on bathing a baby and changing diapers, baby belly simulation, information on parenting, etc.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari Tel. 21-6981

■ Maternity Aqua (mataniti akua)

Location: Izumo You Plaza

Time: Every Monday, 10:30–12:30

Participants : Expecting mothers over 16 weeks pregnant.

Fee : 930 yen (includes locker fee) ※ Maternity swimwear rental 200 yen

Contents : Medical check-up, water walking and water aerobics.

Other : Permission from personal doctor necessary on application.

Inquiries Izumo You Plaza Tel. 30-0707

■ Pick up Services for Time of Delivery

- Mothers who are about to deliver (in labor) are taken to the maternity hospital.
- This service is meant for normal delivery. If the birth is early or you feel abnormal, please consult your physician at the maternity hospital immediately.
- Contact the office beforehand about your assumed time of birth to help the service run smoothly.
- Please note that as the service runs with normal taxi services, the service may be slow during rush hour.

Name of Office	Address	Phone Number	Fax Number	Main pick-up area
Izumo Ichibata-kōtsū Kabushikigaisha	Tsunematsu-chō 353-3	21-1144	21-2483	Izumo Area
Izumo Daiichi-kōtsū Kabushikigaisha	Enyazenkō-chō 11-3	21-2555	21-2556	Izumo Area
Yūgengaisha Izumo Kankō Takushī	Taisha-chō Kita-Araki 854-3	53-3230	53-6020	Taisha Area
Yūgengaisha Atago Takushī	Nishi-Hirata-chō 18	62-3400	63-4338	Hirata Area

Inquiries Izumo City Hall...Kenkō Zōshin-ka Boshi Hoken-gakari Tel: 21-6981

■ Public Health Nurse & Midwife Visit (hokenshi • josanshi hōmon)

- During pregnancy Feel free to contact us if you have any worries, concerns or questions.

We also do home visits during pregnancy. Please contact the places listed below if you are interested.

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ House Visits for Babies (akachan koekake hōmon)

Our staff members (childcare supporters, district welfare commissioners or a commissioned child welfare volunteers, child welfare volunteers, etc.) conduct visits to all households with an infant in the region. Our staff members are friendly, easy-to-consult childcare advisers, so please feel free to ask them any questions you might have.

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ **After Birth Care Project (sango kea jigyō)**

Within one year after birth, mothers who are concerned about their own health or breastfeeding or have other concerns about parenting can consult a professional such as a midwife in their home or at a facility to get a health check-up and receive guidance in breastfeeding or other such matters. Plans with accommodation are available.

Fee 1000 yen per visit. 3500 yen for plans with accommodation.

(free of charge for households that are receiving welfare or are exempt from paying municipal taxes)

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

~When a Baby Is Born~

【Necessary Procedures at City Hall】

Some procedures may take an hour to finish.

All procedures can be done at Administrative Centers as well.

- ① Submit Birth Registration (shusshō todoke) (within 14 days of birth)
- ② Pick up Certificate of Registered Birth (shusshō todoke dezumi shōmei)
- ③ Get information on infant health check-ups, vaccinations, nurse and midwife visits, etc.
- ④ Apply for the Infant Medical Fee Aid Certificate
(nyūyōjitō iryōhi jukyū shikakushō)
- ⑤ Apply for Child Allowance (within 15 days of the day after childbirth, excluding government workers who can carry out procedures at their workplace) ※see page 11
- ⑥ Apply for (shinsei) or renew (henkō-todoke) your Shimane Prefecture Parenting Passport (Coccolo) (shimane kosodate ōen pasupōto kokkoro)
- ⑦ Get information on how to enroll your child in daycare (if applicable)
- ⑧ Complete procedures to enroll your child in National Health Insurance (within 14 days from birth, when applicable)
- ⑨ Complete procedures to receive the Lump Sum Allowance for Childbirth & Nursing (shussan ikuji ichijikin) (Applicable if the mother is enrolled in National Health Insurance but is not using the direct payment system or if the actual cost of childbirth was less than the lump sum allowance ※see page 9)
- ⑩ Complete procedures to increase disability pension
(Applicable if the father or mother is receiving disability pension)
※ Not always applicable
- ⑪ Complete procedures for exemption of National Pension Insurance Premiums before and after childbirth
(If the mother is enrolled in Category 1 of National Pension)

【Items Required for Procedures】

Item	Applicable procedure
● Seal (one using a red ink pad)	①
● Birth Certificate (please bring one filled in by a doctor present at time of birth)	①
● Mother and Child Health Handbook	②③⑪
● Child's Health Insurance Card	④
Applicant's (father or mother, whomever has the higher income) ● Health Insurance Card (not necessary if enrolled in National Health Insurance) ● Bank account passbook or cash card connected to a regular savings account	⑤ Only when submitting a new application (e.g. for first child)
● Shimane Prefecture Parenting Passport (Coccolo) (not necessary to apply for your first child)	⑥
● Something to prove the identity of the person undertaking the procedures (e.g. driver's license or Health Insurance Card) ● Document to verify My Number	⑤⑧⑩⑪ ⑤ Only when submitting a new application (e.g. for first child)
Please contact the Hoken Nenkin-ka for information on what to bring with you when carrying out procedures ⑨ and/or ⑩ (Tel. 21-6982).	

～Help Mark • Help Card～

Shimane Prefecture provides a free Help Mark • Help Card for mothers in their early stages of pregnancy, when it is hard to tell by looking that they may need help or assistance. All residents of Shimane Prefecture, along with representatives of the applicant, may apply for the card. No documents are necessary for application. Cards are available at the City Hall and City Hall Branch Offices.

【Places to apply in person】

Izumo City Hall...Health Services Division (Kenkō Zōshin-ka), Welfare Promotion Division (Fukushi Suishin-ka)


Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Centers: (Shimin Sābisu-ka)

(It is also possible to apply by mail or fax)

POST : ① Shimane-ken Shōgai Fukushi-ka (Help Mark Tantō)

 690-8501 Matsue-shi Tonomachi-chō 1 Banchi

② Izumo-shi Fukushi Suishin-ka (Help Mark Tantō)

 693-8530 Izumo-shi Imaichi-chō 70

FAX : ①0852-22-6687 (write Shimane-ken Shōgai Fukushi-ka as the recipient)

②0853-21-6598 (write Izumo-shi Fukushi Suishin-ka as the recipient)

You can download the application form on the City Website. Search for Help Mark on the front page.

Inquiries: City Hall Welfare Promotion Division (Fukushi Suishin-ka) TEL 21-6959 FAX 21-6598



～Shimane Special Needs Parking System

- Intended for: Mothers from 7 months of pregnancy to 1 year after giving birth

(you can apply during your 6th month of pregnancy or earlier).

Shimane Prefecture has a parking policy for those with special needs. Persons using wheelchairs, and other persons who need easy access to parking, are provided with a sign to inform others of this need.

- Documents needed for procedure: A copy of the personal information page of the Mother and Child Health Handbook

(showing name, address, and estimated time of birth)

Pregnant persons will receive the red sign for special needs. Please hang it from the rear-view mirror when parked.

Inquiries: City Hall Welfare Promotion Division (Fukushi Suishin-ka) Tel. 21-6959 Fax 21-6598





Shimane Prefecture Parenting Passport

Cities, towns and villages in Shimane offer a Parenting Passport to show their warm support to parents. There are many places where you can get support services by showing your Coccolo passport! You can have your passport issued at the service counters listed below.

○Applicable Persons

Those who are pregnant or have children under 18 years old.

(A child who has turned 18 is considered a child until the March 31 following their 18th birthday.)

《Changing into a Nationwide Parenting Passport》

Starting in April 2016, a Nationwide Parenting Passport has been made available.

If you want to use your Parenting Pass all around the nation, you will need to change into the new passport.

- What you Need for the Procedure: The passport you have
- Service Counters that Issue the Parenting Passport

City Hall • • • • • Kodomo Seisaku-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

(The new passport)



○You can look up services available with Coccolo on the website ⇒

https://matsue.mypl.net/shimane_kosodateouen/



《An app has been created for "Coccolo," the Shimane Prefecture Parenting Passport》

Starting from April 1, 2021, you can use the Shimane Prefecture Parenting Passport on a smartphone or other device with the "Coccolo" app.

○What has changed with the app:

1. Until the app was created, only one card was issued per household. With the creation of the app, in addition to the one plastic card, two smartphones can be registered per household. Now, three people per household can use the Shimane Prefecture Parenting Passport services.
2. The app also includes shop information, allowing you to search easily for stores that take the Shimane Prefecture Parenting Passport, and to find baby care rooms.

○Download the app by scanning the QR code below



○ Lump-sum Allowance for Childbirth & Nursing

(shussan ikuji ichijikin)

■ Those enrolled in a social insurance program (shakai hoken) other than National Health Insurance (Japan Health Insurance Association, Health Insurance Societies, Mutual Aid, etc.)

You will receive a lump-sum allowance from the insurance company in which you are enrolled.

- Recipients:
- (1) Those covered by a social insurance program or equivalent at the time of childbirth.
 - (2) Those who at the time of childbirth are dependents of someone covered by a social insurance program.
 - (3) Those currently covered by National Health Insurance who gave birth within 6 months from enrollment and who before that were continuously covered by a social insurance program as an insured for over a year.

Inquiries For example, your place of work or the social insurance program you are covered by.

■ Those enrolled in National Health Insurance (kokumin kenkō hoken)

[Allowance]

You will receive 420,000 yen for each child born to you.

However, in case of childbirth before the 22nd week of pregnancy that does not fall under the additional coverage provided by the Obstetric Compensation System (sanka iryō hoshō seido), or if childbirth took place at a hospital that is not enrolled in the Obstetric Compensation System (sanka iryō hoshō seido), you will receive 408,000 yen.

Stillbirth or miscarriage at 12 weeks (85 days) or over are included in the above.

※ There will be no payment from the National Health Insurance if you gave birth within 6 months from enrollment and will receive benefits from another insurance.

[Allowance Procedures and Payment Methods]

● Those using the Direct Payment System

(National Health Insurance will pay the lump-sum allowance directly to the medical institution)

Please submit the form entitled "Acknowledgement for the Direct Payment System for the Childbirth Lump Sum" to your medical institution (also called a *gōibunsho*; available at the medical institution). By submitting this form, you allow national health insurance to pay the costs equivalent to the lump-sum allowance directly to the medical institution, so there is no need to prepare a large sum of cash ahead of time.

☆ If the costs for childbirth are more than that of the lump-sum allowance, please pay the difference to the medical institution.

☆ If the costs for childbirth are less than that of the lump-sum allowance, please submit an application to receive the childbirth and nursing lump-sum allowance.

What to bring with you:

1. Detailed statement of birth expenses issued by the hospital, "shussan hiyō meisaiشو"
2. Bank passbook or other document with bank account information.

※ If you use the Direct Payment System, your childbirth costs were less than the lump-sum allowance, and you have not submitted an application to receive the childbirth and nursing lump-sum allowance, the city will send you an application once the amount of the bill has been confirmed with the medical institution.

※ If you do not use the Direct Payment System, you can apply to receive the lump-sum allowance for childbirth and nursing as reimbursement for your birth expenses. When applying for the reimbursement, please bring with you the detailed statement of birth expenses (shussan hiyō meisaiشو) issued by your hospital stating that the direct payment system was not used, and your bank passbook or other document with bank account information.

Inquiries Izumo City Hall: Hoken Nenkin-ka Tel. 21-6982

◇ Obstetric Compensation System (sanka iryō hoshō seido)

The Obstetric Compensation System is in place to provide financial support for infants and their families if the infant happens to develop severe cerebral palsy during delivery. You must apply to receive the compensation.

■ Eligibility

Infants born on or after January 1st, 2017 (i.e. the date when the system was implemented) and fulfill all of the conditions below (①~③) are eligible to receive the compensation. Due to a revision of the system, ① differs depending on the child's birthday.

【If the child was born between January 1, 2017, and December 31, 2021】

- ① Weight at birth was 1400g or more and the pregnancy had lasted for 32 weeks or more, or pregnancy had lasted for 28 weeks or more and certain requirements are met.
- ② The main cause for the infant's cerebral palsy is not hereditary, or the symptoms occurred after the neonatal period.
- ③ An infant with severe cerebral palsy equal to level 1 or level 2 on the physical impairment grade table for those with physical disabilities (shintai shōgaisha shōgai teido tōkyūhyō)

【If the child was born on January 1, 2022, or later】

- ① Pregnancy had lasted for 28 weeks or more
 - ② and ③: same as above
- ※ Infants who pass away before reaching 6 months of age will be ineligible for the compensation.
 - ※ Even if hereditary or neonatal factors played a role, if the main cause of the cerebral palsy cannot be definitively determined to be hereditary or neonatal, compensation will be paid.
 - ※ The decision will be made according to a specific medical certificate and criteria. Presenting a Physical Disability Card does not confirm eligibility for the compensation.

■ Application Period

You can apply for the compensation starting on the child's 1st birthday until his/her 5th birthday. However, you can apply for the compensation after 6 months have elapsed from birth in very severe cases where a diagnosis can be made.

■ Details of the Compensation

The total compensation is 30,000,000 yen.

Lump-sum payment: You will receive a lump sum payment of 6,000,000 yen for covering initial medical and nursing costs.

Installments: You will receive 24,000,000 yen in installments over 20 years to cover the eligible child's medical fees. (20 times, 1,200,000 yen)

■ Notice

If you are receiving compensation for damages from a childbirth institution, you will be unable to receive Obstetric Compensation from this system at the same time.

■ Applying

Please contact the childbirth facility where the delivery took place or the Obstetric Compensation System call center at the toll-free number 0120-330-637 (weekdays only, 9:00–17:00, excluding national holidays and New Year's Holidays) to confirm the documents necessary for application.

○ Child Allowance (jidō teate)

The child allowance system exists to support the growth of healthy children. As outlined below, from June 2022, you will no longer receive child allowance if your income is over the limit. (Allowance for June 2022 is paid in October 2022.)

■ Eligibility (Applicant/Recipient)

You are eligible to receive the allowance up until March 31st following the child's 15th birthday (i.e. until the end of junior high school).

※ As a rule, only the parent with the highest income in the household (i.e. the main provider) can act as the recipient of the allowance.

■ Further Information on the Allowance

Amount of Allowance	【Under “Income Limit”】		
	From birth until eve of 3 rd birthday	15,000 yen	
Amount of Allowance	3+ years – end of elementary school (1 st & 2 nd child)	10,000 yen	
	(3 rd child and up)	15,000 yen	
	Junior high school student	10,000 yen	
	【Over “Income Limit”, Under “Upper Income Limit”】		
	From birth until beginning of junior high school	5,000 yen	
Income Limit and Upper Income Limit (since June 2022)	Number of dependents	Income Limit for Receiving Child Allowance	Upper Income Limit for Receiving High-Income Child Allowance
	None	6,220,000 yen	8,580,000 yen
	1person	6,600,000 yen	8,960,000 yen
	2persons	6,980,000 yen	9,340,000 yen
	3persons	7,360,000 yen	9,720,000 yen
	For each additional person	An additional 380,000 yen	An additional 380,000 yen
	※ The term “income” does not refer to your annual income before taxes. Whether the income limit applies is decided based only on the applicant's (i.e. the main provider's) income, not the household's joint incomes.		
Child's Residence	Only children living in Japan are eligible. However, in case the child is studying abroad, the allowance will be paid for a maximum of 3 years (study abroad certificate etc. necessary).		
Cohabiting	If parents are living separately (excluding working in separate cities), the allowance may be paid to the person living with the child (e.g. living separately during divorce mediation).		
Child Welfare Facilities, etc.	If the child is placed in a child welfare facility, the allowance will be paid to the facility (excluding short-term stays of under 2 months).		

■ Monthly Payment & Payment Method

◇ In principle, the allowance will be paid as a lump sum covering the previous 4 months in February, June and October.

Date of Payment (Projected)	Months Covered by Payment
February 10 th	October – January
June 10 th	February – May
October 10 th	June – September

◇ If the projected date of payment falls on a weekend or holiday, the allowance will be paid on the following weekday.

◇ Payments will be made to the applicant's bank account.

■ How to Qualify for Child Allowance

◇ If you become eligible to receive child allowance e.g. due to giving birth or moving into Izumo city, please submit a new Child Allowance Application (nintei seikyū) within 15 days from the day after e.g. the birth of your child or from moving into Izumo city.

※Apply at Izumo City Hall (Kodomo Seisaku-ka) or at a Gyosei Senta Shimin Sabisu-ka (Administrative Center Citizens' Service Division)

※If the main provider (recipient) is not living with the child, the application must be submitted at their local city/ward/town/village hall.

※Government employees (excl. employees of independent administrative corporations and dispatch workers employed e.g. by foundations) should submit their application at their place of employment.

You must submit an application to receive child allowance.

If you submit your application late, you might lose your allowance for certain months. We might also ask you to return allowance payments that have already been made to you, so please complete procedures promptly.

■ Procedures

Child Allowance Application (nintei seikyū)	<ul style="list-style-type: none"> ◇ When you become eligible e.g. due to childbirth or moving into Izumo city, you must submit a Child Allowance Application. ◇ The allowance will be paid starting from the month following the application. (If your application falls in between two months, payments will be made starting from the month following the event that made you eligible if application procedures are completed within 15 days starting from the day following the said event.) ◇ Required for the application: <ol style="list-style-type: none"> 1. Applicant's Health Insurance Card (not required in some cases) 2. A document stating the desired bank account (only a bank account in the applicant's name eligible) 3. Documents to verify My Number from child and spouse. Either kojīn bangō tsūchi kādo or kojīn bangō kādo (if they live outside the city) 4. Documents to confirm the identity of the applicant (driver's license etc.)
Sum Revision Application (gaku kaitei nintei seikyū)	<ul style="list-style-type: none"> ◇ You must submit a Sum Revision Application if you are already receiving child allowance and the number of dependent children increases due to e.g. childbirth. ◇ Required for the application: Applicant's Health Insurance Card (not required in some cases) ◇ As with the Child Allowance Application, the revised allowance will be paid starting from the month following the application procedures.
Update Form (genkyō todoke)	<ul style="list-style-type: none"> ◇ Requested from those who must submit one every June.

■ Update Procedures for Changes in Circumstances

Termination Notice (shōmetsu todoke)	<ul style="list-style-type: none"> ◇ If the recipient has moved out of Izumo city or become a government employee, they must submit a Child Allowance Application at their new address or place of employment. ◇ If the recipient is a government employee and will be receiving aid from their place of employment, they must submit a Termination Notice to the city. ◇ When the recipient is no longer raising a child, they must submit a Termination Notice to the city.
Sum Revision Application	<ul style="list-style-type: none"> ◇ When the number of dependent children has decreased.
Change of Name/Address (shimei/jūsho henkō todoke)	<ul style="list-style-type: none"> ◇ When the recipient's/child's name or their address has changed.
Agreement of Joint-Custody Form (bekkyō kango mōshitatesho)	<ul style="list-style-type: none"> ◇ When the recipient will be living separately from the child due to work.
Change of Bank Account (kōza henkō todoke)	<ul style="list-style-type: none"> ◇ When changing the bank account to which payments are made (only an account in the recipient's name is eligible).

※ There may be other instances where we will ask for more information on your household.

Inquiries

Izumo City Hall: Kodomo Seisaku-ka Tel. 21-6963

Hirata Administrative Center: Shimin Sābisu-ka Tel. 63-5567

Taki Administrative Center: Shimin Sābisu-ka Tel. 86-3116

Taisha Administrative Center: Shimin Sābisu-ka Tel. 53-3116

Sada Administrative Center: Shimin Sābisu-ka Tel. 84-0111

Koryō Administrative Center: Shimin Sābisu-ka Tel. 43-1215

Hikawa Administrative Center: Shimin Sābisu-ka Tel. 73-9110

○ Infant Medical Fee Aid (nyūyōjitō iryōhi josei)

■ Eligibility

Infant Medical Fee Aid (nyūyōjitō iryōhi josei) will be granted to infants and children that reside in Izumo City if they are covered by any kind of medical insurance as the insured or as a dependent. However, those receiving public assistance (welfare) are not eligible. If you are moving into/out of Izumo City, payments will be made starting from the day of moving in until the day before moving out. The Infant Medical Fee Aid Certificate (nyūyōjitō iryōhi jukyū shikakushō) is not valid after you move out of Izumo City. Please note that after moving out of Izumo City, you will be asked to repay any aid you have received by presenting the certificate.

■ Obtaining a Certificate of Eligibility

Necessary items: Child's health insurance card

How to apply:

①Online (recommended) ・ ・ ・ Shimane Online Application Service(JPN only)

Procedure : 「乳幼児等医療費助成 (nyūyōjitō iryōhi josei)」 ※Registration is necessary.



②Mail

Send the application form (can be downloaded from the city's website) and a copy of the child's health insurance card to Kodomo Seisaku-ka.

③Service counter

Izumo City Hall Kodomo Seisaku-ka or Citizen Services Division of each Administrative Center

■ Clinics that Accept the Certificate

All medical facilities (e.g. doctor's offices, hospitals, clinics, dentists, and pharmacies) within the prefecture will accept the certificate. Some medical facilities and pharmacies in Tottori, Hiroshima, and other prefectures will also accept it. See Izumo City's homepage to confirm which medical institutions and pharmacies will accept the certificate outside of the prefecture.

※If you have had a check-up done at a hospital outside the prefecture that did not recognize the certificate, the city will repay you at the time of application. For details, please see the Procedures for Refunds section on the next page.

■ Coverage

The Infant Medical Fee Aid only applies to medical care costs that are covered by health insurance. For example, hospital meals, hospital room fees not covered by health insurance, documentation fees, initial coinsurance payments (i.e. out-of-pocket fees), check-up fees, hospital gowns and vaccination fees accrued during hospitalization are not covered by the Infant Medical Fee Aid.

■ Extent of Coverage

Applied monthly and per hospital as listed below.

Categories	From birth until enrollment in school (From birth until the end of the fiscal year during which the child turns 6 years old)
Certificate	Purple
Coinsurance Payment	None (Outpatient treatment, Hospitalization, Pharmacy etc.)

※Pharmacy, etc.: pharmacies, judo therapy providers, acupuncture/moxibustion/anma massage/western massage providers, durable medical equipment, prosthetics, orthotics and supplies (DMEPOS) providers, and home-care nurse services.

■ From Enrollment in School Until 20th Birthday

If a patient is hospitalized for chronic respiratory disease or one of the 16 conditions detailed below after enrollment in school but before their 20th birthday, you can apply for a refund with a coinsurance payment of 10% and an upper limit of 15,000 yen.

The 16 conditions covered in addition to chronic respiratory disease are as follows:

- ① Malignant neoplasms ② Chronic kidney disease ③ Chronic respiratory disease ④ Chronic cardiac disease ⑤ Endocrine disease ⑥ Connective tissue disease
 ⑦ Diabetes ⑧ Inherited metabolic diseases ⑨ Blood diseases ⑩ Nerve and muscle diseases ⑪ Chronic digestive system disease ⑫ Immune disorders
 ⑬ Chromosomal and genetic disorders ⑭ Skin disorders ⑮ Skeletal Dysplasia (Dwarfism) ⑯ Vascular Disease

Please contact the Izumo Health Center (Izumo Hokensho) (21-8785) for more details.

Inquiries Izumo City Hall: Kodomo Seisaku-ka Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Procedures for Refunds

After having received medical services at a hospital, you can apply for a refund to the extent that the services are covered by your health insurance. Application forms are available at City Service Counters.

※Reimbursement cannot be applied for online.

●Examples of cases where you can apply for a refund:

- You have received medical services at a medical facility within the prefecture that is not part of the Izumo Infant Medical Fee Aid system (nyūyōjitō iryōhi josei).
- You have received medical services at a hospital outside the prefecture (in cases where the 20% coinsurance payment applies).
- You have had a medical corset or other durable medical equipment, prosthetics, orthotics or supplies (DMEPOS) made.
- You have purchased or had glasses or contact lenses made for a children's amblyopia (weak eyesight).
- You have been hospitalized because of one of the 16 chronic respiratory diseases listed above.

※ However, you will not be refunded by the city for any services that are not covered by National Health Insurance (paid in full). Please contact your insurer for refunds.

●Application period: Within two years from receiving the hospital bill.

●Necessary when applying for a refund:

- ① Receipt (ryōshūsho) (with patient's name, medical treatment point record, etc.)
- ② Infant Medical Fee Aid Certificate (nyūyōjitō iryōhi jukyū shikakushō)
- ③ Bank account passbook of an account that is in the certificate holder's name OR a cash-card
- ④ For medical equipment, a doctor's opinion letter or a Certificate for Medical Equipment (sōgu sōchaku shōmeisho)
- ⑤ For glasses or contact lenses, the prescription for the glasses
- ⑥ For durable medical equipment, prosthetics, orthotics and supplies (DMEPOS), a document provided by the insurer confirming the amount to be compensated (iryōhi shikyū kettei tsūchisho)
- ⑦ Medical certificate (shindansho) or voucher (shōmeisho) (only in case of the 16 conditions)

※①~③ are required for all applications

■ Change of information

In the following cases, changing the information on the Certificate of Eligibility for Children's Medical Aid is necessary.

Applying online is possible (JPN only).

Changes	Necessary Documents
Health Insurance	Child's Health Insurance Card, Infant Medical Fee Aid Certificate
Name and/or Address	Child's Health Insurance Card, Infant Medical Fee Aid Certificate
Lost or Damaged Documents	Child's Health Insurance Card



■ The City Covers High Medical Fees

The city covers the coinsurance payment (i.e. the out-of-pocket fees charged at the medical facility) of high medical fees (kōgaku iryōhi) in full as part of the Infant Medical Fee Aid. If you are, however, entitled to a reimbursement from your insurer due to income-based coverage of your coinsurance payment, etc., you must submit a stamped power of attorney and other applicable documents to enable the city to collect the reimbursement from the insurer on your behalf. If the insurer has automatically paid the reimbursement to you, you will be asked to submit the document provided by your insurance company confirming the amount that was automatically reimbursed (kōgaku iryōhi shikyū kettei tsūchisho) and pay the reimbursement to the City.

Inquiries Izumo City Hall Kodomo Seisaku-ka Tel. 21-6963

■ Other Public Medical Fee Assistance Systems

Medical Aid for Premature Infants (mijukuji yōiku iryō), Medical Care for Disabled Children (ikusei iryō), and medical aid for chronic pediatric conditions specified by the government that will contribute to the study of such conditions (shōni mansei tokutei shippei iryō shien) are prioritized where applicable.

Inquiries Medical Aid for Premature Infants... Izumo City Hall: Kenkō Zōshin-ka Medical Care for Disabled Children... Fukushi Suishin-ka
Shōni mansei tokutei shikkan chiryō kenkyū jigyō ... Izumo Health Center (Izumo Hokensho) Tel. 21-8785

○ Children's Medical Fee Aid (kodomo iryōhi josei)

■ Aid Details

A system providing aid to medical costs for elementary and junior high school students as described in the chart below.

Eligibility	Amount of Self-Payment	
	Hospitalization	Other than hospitalization (outpatient, pharmacy, etc.)
Elementary School Student	10% self pay Upper limit of self pay (2000 yen /month)	10% self pay Upper limit of self pay (1 000 yen /month) ※Pharmacies, etc. are free of charge
Junior High School Student	10% self pay Upper limit of self pay (2000 yen /month)	30% self pay (Not eligible)

- Those receiving public assistance (welfare) are not eligible for this aid.
- "Upper limit of self-pay" refers to the monthly limit for self-paid expenses for 1 medical institution (physicians and dentists counted separately).
- There is no co-pay for the use of pharmacies, etc. (pharmacies, judo therapy providers, acupuncture/moxibustion/anma massage/western massage providers, medical equipment manufacturers, or in-home nursing stations).

■ Obtaining a Certificate of Eligibility

Necessary items: Child's health insurance card

How to apply:

- ① Online (recommended)・・・Shimane Online Application Service(JPN only)

Procedure:「子ども医療費助成(kodomo iryōhi josei)」 ※Registration is necessary.



- ② Mail

Send the application form (can be downloaded from the city's website) and a copy of the child's health insurance card to Kodomo Seisaku-ka.

- ③ Service counter

Izumo City Hall Kodomo Seisaku-ka or Citizen Services Division of each Administrative Center

■ Medical facilities that accept the certificate

The same as Infant Medical Aid.

■ Coverage

The same as Infant Medical Aid.

■ Refund procedure

In the following cases, you can apply for a partial refund. Application forms are available at city service counters

※Reimbursement cannot be applied for online.

● Examples of Refund Applicable Cases

- You have received medical services at a medical facility within the prefecture that is not part of the Izumo Children's Medical Fee Aid system (kodomo iryōhi josei).
 - You have received medical services at a hospital outside the prefecture (in cases where the 30% coinsurance payment applies).
 - You have had a medical corset or other durable medical equipment, prosthetics, orthotics or supplies (DMEPOS) made.
 - You have purchased or had glasses or contact lenses made for a children's amblyopia (weak eyesight).
- ※ However, you will not be refunded by the city for any services that are not covered by national health insurance (paid in full). Please contact your insurer for refunds.

- Application period: Within two years from receiving the hospital bill.

●Necessary when applying for a refund:

- ① Receipt (ryōshūsho) (with patient's name, medical treatment point record, etc.)
- ② Children's Medical Fee Aid Certificate (kodomo iryōhi jukyū shikakushō)
- ③ Bank account passbook of an account that is in the certificate holder's name OR a cash-card
- ④ In case of medical equipment, a doctor's opinion letter or a Certificate for Medical Equipment (sōgu sōchaku shōmeisho)
- ⑤ In case of glasses or contact lenses, the prescription for the glasses
- ⑥ For durable medical equipment, prosthetics, orthotics and supplies (DMEPOS), a document provided by the insurer confirming the amount to be compensated (iryōhi shikyū kettei tsūchisho)

※①~③ are required for all applications

■ Change of information

In the following cases, changing the information on the Certificate of Eligibility for Children's Medical Aid is necessary.
Applying online is possible (JPN only).



Changes	Necessary Documents
Health Insurance	Child's Health Insurance Card, Certificate of Eligibility for Children's Medical Fee Aid
Name and/or Address	Child's Health Insurance Card, Certificate of Eligibility for Children's Medical Fee Aid
Lost or Damaged Documents	Child's Health Insurance Card

■ The City Covers High Medical Fees

The same as Infant Medical Aid.

Inquiries Izumo City Hall: Kodomo Seisaku-ka TEL 21-6963

■ Other Public Medical Fee Assistance Systems

If you are covered by the Medical Welfare System, it can be used in addition to Children's Medical Fee Aid, and will take precedence.

Inquiries Izumo City Hall: Fukushi Suishin-ka TEL 21-6959

○ Children's Medical Phone Consultation

(kodomo iryou denwa sōdan)

■ Shimane Prefecture Children's Medical Phone Consultation Number #8000

If your child has suddenly fallen ill during a holiday or at night and you cannot decide whether you should take your child to the hospital, please call the #8000 number for consultation. This short phone number (#8000), which you can call from anywhere within Shimane prefecture, connects you to privately-operated helplines that have been contracted by the prefecture. Public health nurses, nurses and pediatricians will give you advice based on your child's condition.

■ If you cannot connect to #8000, please call 03-3478-1060 instead

Please note that you will not be able to use this forwarding service if you are e.g. calling from a dial line or using certain VoIP (online calling) services.

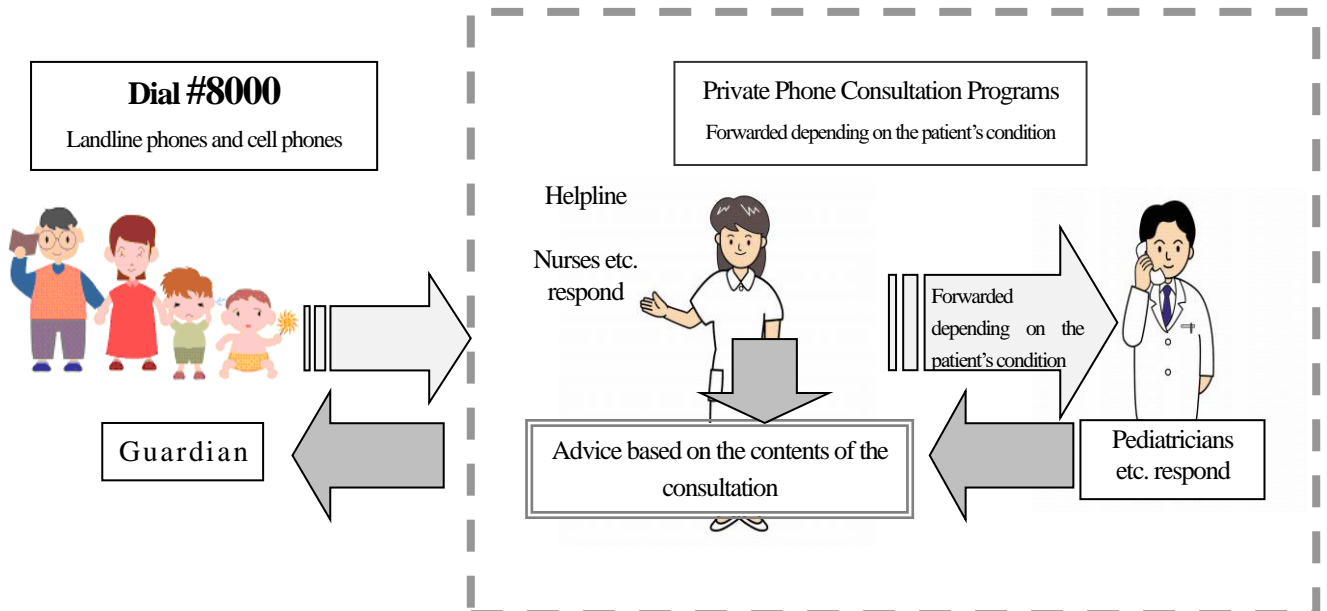
■ Hours of Operation

- Weekdays: 19:00–9:00 the next day
- Weekends and holidays: 9:00–9:00 the next day(24h) (including 29th December – 3rd January)

【Please Note the Following】

- ① Children under the age of 15 are eligible.
- ② The caller will pay all charges for the phone call (the call will be placed to Tokyo).
- ③ The phone consultation is solely for advice, not for diagnosis or treatment.
- ④ All phone calls are recorded in order to maintain a record of the contents of the consultation. We ask for your understanding.

Inquiries Shimane-ken Iryō Seisaku-ka Tel. 0852-22-5688



○Night & Holiday Medical Consultation

(yakan • kyūjitsu shinryō)

1. Arrange to have a family doctor, and use their normal opening hours if at all possible.

Deciding on a clinic for your family to use regularly makes it easy to keep track of your health and consult a doctor when necessary.

If you are able to use the normal reception times, you can be sure the clinic has the necessary staff and equipment at hand.

2. If someone in your family becomes ill during holidays or at night, first consult with a medical professional.

1) If you are able to reach your family doctor at these times, contact them.

2) Use the Children's Medical Phone Consultation Service.

If hospitalization or care by a specialist is considered necessary by the phone service's medical professional, go to a general hospital.

3. Guide to the Izumo Holiday & Night Medical Clinic

Izumo Holiday & Night Medical Clinic is equipped to give first-aid treatment in sudden, comparatively mild cases of illness.

Practicing members of the Izumo Doctors' Association and Shimane University Hospital take turns on duty at the clinic.

Address: Enya Zenko-cho 1 ☎ 22-5543

Temporary parking spaces are available.

【Weekday Nights】

Open days: Monday-Friday (excluding public holidays and New Year's holidays)

Reception times: 19:30 - 21:30

Departments: Pediatrics only

【Holidays】

Open days: Sundays, public holidays, and New Year's holidays (December 31 - January 1)

Reception times: 9:00 - 11:00 (9:30 - 11:00 on January 1)

13:30 - 16:00 (13:00 - 14:00 on December 31)

Departments: Pediatrics, internal medicine

〈Please be aware when using this service:〉

- Treatment of injuries and other surgical procedures can not be done.
- The clinic provides temporary first-aid only, so please go to your family doctor on the following day.
Futhermore, if medicine is prescribed, usually only a one day portion is given.

4. Guide to Emergency Hospitals

Name of hospital	Address	Tel.
Shimane University Hospital	Enya-cho 89-1	23-2111
Shimane Prefectural Central Hospital	Himebara-cho 4 chome 1-1	22-5111
Izumo Citizens' Hospital	Enya-cho 1536-1	21-2722
Izumo City General Medical Center	Nadabun-cho 613	63-5111
Izumo Tokushukai Hospital	Hikawa-cho Naoe 3964-1	73-7000

○ Health Check-ups and Vaccinations (kenkōshinsa・yobōsesshu)

■ Health Check-ups

● Individual Health Check-up (Babies' Health Check-ups)

Two check-ups for your baby (recommended to do at 1 month old and 9-10 months old) are provided as a public expense.

Location: Hospital (pediatrics)

Notes: Bring the Infant General Check-up Card (nyūji ippan kenkō shinsa jushinhyō) that is included in the separate booklet in the Mother and Child Health Handbook (boshi kenkō techō) as well as the Mother and Child Health Handbook itself with you. The Check-up Card is valid until the end of the month in which your child turns 1 year old. Children born on the 1st should have their check-up done by the end of the previous month.

● Group Health Check-up (shūdan kenshin)

Age	4 months	18 months	3 years
Contents	Questionnaire, measurements, medical exam, consultation ○Bookstart ※ ○Baby food training	Questionnaire, measurements, medical exam, consultation, dental exam ○Fluoride application ○Nutrition, nursing, mental health consultation	Questionnaire, measurements, medical exam, consultation, dental exam ○Urinalysis ○Eyesight and hearing test ○Nutrition, nursing, mental health consultation
Location	【Monthly】 Izumo City Hall (Kunibiki Daihōru) OR Izumo Health Center (Izumo Hokensho) (The venue changes depending on the day of the check-up. Please check with the Kenkō Zōshin-ka.)		
	【Monthly】 Hikawa Health & Welfare Center (Hikawa Kenkō Fukushi Sentā) (Mamenaga Ichibankan)		
Notices	Announced in Izumo's monthly news magazine. Individual notices sent out to those applicable.		

If you wish to schedule a check-up on different date or different location than is listed on your individual notice, please contact us (see below).

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

※Bookstart: During the 4-month health check-up, a picture book will be provided to each family to encourage parents and children to spend time together.

■ Vaccinations

● Regular Vaccinations

Type	Target age	Recommended period
Rotavirus (choose 1 type): ① Rotarix (Univalent) ② RotaTeq (Pentavalent)	① From 6 weeks to 24 weeks old ② From 6 weeks to 32 weeks old	① 2 doses, started between 2 months and 14 weeks 6 days old ② 3 doses, started between 2 months and 14 weeks 6 days old
Hib (influenza type B)	From 2 months to 5 years old	4 doses, started between 2 months to 7 months old.
Children's Pneumococcal (shōniyō haien kyūkin)	From 2 months to 5 years old	4 doses, started between 2 months to 7 months old.
Hepatitis B (B kata kan-en)	From 2 to 12 months old	To be started from 2 months old, 3 doses, to be completed by the time the child turns 9 months old
DPT-IPV (shishu kongō)	1 st phase: From 3 months to 7.5 years old	1 st phase: 3 times between 3 months to 12 months 1 st phase addition: Once in between 12 months to 7.5 years
BCG	By 12 months old	Once in between 5 to 8 months
Chickenpox (suitō)	From 12 months to 3 years old	Once between 1 year to 1 year 3 months old Addition once before 3 years old
Measles & Rubella (mashin fūshin kongō)	1 st phase: from 1 to 2 years old	1 st phase: As soon as possible after 1 st birthday
	2 nd phase: the year before starting elementary school	2 nd phase: Early on in the year before starting elementary school
Japanese Encephalitis (nihon nōen)	1 st phase: From 6 months to 7.5 years old	1 st phase start: 2 times between 3 years to 4 years 1 st phase addition: 1 time between 4 years to 5 years
	2 nd phase: From 9 to 13 years old	2 nd phase: Once during the 4 th year of elementary school
DT (nishu kongō)	2 nd phase: From 11 to 13 years old	2 nd phase (DT): Once during the 6 th year of elementary school

※1 In case of Hib and Children's Pneumococcal Vaccine, the number of times varies according to the starting age.

※2 These required vaccinations are free, but please note that a fee will be charged if the vaccination is taken after the target age.

※3 In case you plan on giving birth at a hospital in another prefecture, the fees can be refunded to you if you apply beforehand (conditions apply).

Inquiries Kenkō Zōshin-ka Kenkō Kikaku-gakari Tel. 21-6829

○ Health (kenkō)

■ Health Consultation for Pregnant Women & Nursing Mothers and Their Babies (ninsanpu • nyūyōji kenkō sōdan)

Location	Time	Staff
Kusunoki Plaza (Izumo City Gender Equality Center / Izumo-shi Danjo Kyōdō Sankaku Sentā)	Wed 3 times a month 13:30–15:00(check-in) ※contact us for a detailed schedule	Public health nurse, Nurse, Dietitian, Midwife, Dental hygienist (generally the 4th week)
Hirata Childcare Support Center (Hirata Kosodate Shien Sentā)	Generally on the 3 rd Wed of the month 10:00–11:00 (check-in)	Public health nurse, Nurse, Dietitian, Midwife, Dental hygienist
Koryō Community Center	Generally on the 2 nd Wed of the month 10:00–10:30 (check-in)	Public health nurse, Dietitian, Midwife, Dental hygienist, Nursery school teacher
Izumo City Taisha Administrative Center	Once a month 10:00–11:00 (check-in)	Public health nurse, Nurse, Dietitian, Midwife, Dental hygienist, Nursery school teacher
Hikawa Health & Welfare Center (Mamenaga Ichibankan)	Twice a month 10:00–11:00	Public health nurse, Dietitian, Midwife (once a month), Dental hygienist (once a month)

You can use any facility. Please contact to confirm the date.

Inquiries Izumo City Hall: Kenkō Zōshin-ka
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Childcare Consultation (ikuji sōdan)

Location	Time	Staff
Izumo Childcare Support Center (Izumo Kosodate Shien Sentā)	Generally on the 3 rd Fri of the month ①9:40– ②11:00– ③13:30– ④14:50– (reservation required)	Clinical psychologist
Hirata Childcare Support Center (Hirata Kosodate Shien Sentā)	Every 3 rd Wed ①13:30– ②15:00– (reservation required)	Clinical psychologist

You can use any facility. Please contact to confirm the date.

Inquiries Izumo City Hall: Kodomo Katei sōdan shitsu

■ Baby Food Classes (rinyūshoku kyōshitsu)

Location	Child's Age	Time	Notes
Hikawa Health and Welfare Center (Mamenaga Ichibankan)	After the 4 month check-up to about 7 months old	Once a month 13:30–15:00	“MoguMogu Gokkun Baby Food Class”. Reservation necessary (first 6 to register). Free of charge. No babysitter available.
Takamatsu Community Center	After the 4 month check-up to about 7 months old	Even-numbered months 13:30–15:00	“MoguMogu Gokkun Baby Food Class”. Reservation necessary (first 6 to register). Free of charge. No babysitter available.
Koshi Community Center	Around 7–10 months	Once a month 10:00–11:30	“WakuWaku Baby Food Class”. Reservation necessary (first 6 to register). Free of charge. No babysitter available.
Rinpo-kan	Around 10-18 months	Odd numbered months 10:00–11:30	“PaKuPaKu Land Baby Food Class” Reservation necessary (first 6 families). Free of charge. Baby food lecture by a dental hygienist and nutritionist.
Izumo Childcare Support Center (Kosodate Shien Sentā)	Around 7–8 months old	Even-numbered months Every 3 rd Tue 11:00–12:00	“Kamikami Time” Reservation necessary. Lesson fee: 100 yen. Food samples and baby food consultation.
	Around 9–11 months old	Odd-numbered months Every 3 rd Tue 11:00–12:00	
Taisha Community Center	Around 7-8 months old	Four times a year 10:00–11:30	Taisha Childcare Support Center (Kosodate Shien Sentā) “Maru Maru Club” Reservation necessary (first 8 families). Lesson fee: 100 yen. Childcare available. Call 53-2666

Inquiries Izumo City Hall: Kenkō Zōshin-ka Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Childcare Lessons

● Nikotto Tea Time

A group meeting for mothers to discuss parenting and to provide support to one another.

Time: Four lessons 10:00–12:00

Location: Izumo Childcare Support Center (Izumo Kosodate Shien Sentā)

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari Tel. 21-6981

● Parenting Class for First-timers (hajimete no kosodate kōza)

A group meeting for first-time mothers with 2–5-month-old babies to discuss parenting and to provide support to one another.

Time: Four lessons 14:00-16:00

Location: Izumo Childcare Support Center (Izumo Kosodate Shien Sentā)

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari Tel. 21-6981

■ Development Support

● Nikoniko Classroom (nikoniko kyōshitsu)

Helping parents with children who showed signs of delayed development in speech and movement during their 18-month check-up through music care therapy and other means of play.

Time: Generally every 4th Tuesday 9:30–11:00

Location: Takamatsu Community Center and other locations.

Inquiries Izumo City Hall: Kenkō Zōshin-ka Boshi Hoken-gakari Tel. 21-6981

● Playtime Corner (asobi no hiroba)

Helping parents with children who showed signs of delayed development in speech and movement during their 18-month check-up through guided touch and sound play with their parents.

Time: Generally every 4th Tuesday 9:30–11:30

Location: Hirata Childcare Support Center (Hirata Kosodate Shien Sentā) in the *Omocha no Heya* (toy room)

Inquiries Hirata Administrative Center: Shimin Sābisu-ka Tel. 63-5780

● Development Clinic (hattatsu kurinikku)

Consultation with a professional concerning the development of speech and movement. Reservation necessary.

Time: Once a month 8:45–16:00

Location: Izumo City Hall

Inquiries Izumo City Hall: Kodomo-Seisaku-ka Kodomo-katei Sodan-shitsu Tel. 21-6132

○ Parenting Circles and Forums (kosodate sākuru•hiroba)

■ Parenting Circles

Parenting circles are not only a place for children to play, but also an opportunity for guardians to socialize, learn and exchange information. Each circle operates with its own characteristics.

Area	Name	Child's Age	Meetings	Participation	Inquiries
Imaichi	Imaichi Wakuwaku Hiroba	Children not yet in daycare	Generally the 2 nd Wed	All	Imaichi Community Center 21-5318
Ōtsu	Sukusuku Hiroba	Children not yet in daycare	Once or twice a month	All	Kenkō Zōshin-ka 21-6979, 21-6981
Enya	Enya Poyopoyo Club	Children not yet in daycare	Once a month	All	Kenkō Zōshin-ka 21-6981
Koshi	Ringochan	Children not yet in daycare	Generally every 1 st Wed	All	Koshi Community Center 21-0925
Takamatsu	Kosodate Hiroba “Tehomu”	Children not yet in daycare	1 st and 3 rd Fri	All	Takamatsu Community Center 21-0671
Yotsugane	Nakayoshi Koala	Children not yet in daycare	Once or twice a month	All	Yotsugane Community Center 21-0369
Takahama	Puchi Tomato Club	Children not yet in daycare	Four or five times a year	For area residents	Kenkō Zōshin-ka 21-6979 21-6981
Kawato	Donguri Hiroba	Children not yet in daycare	Generally every 4th Thursday of the month	All	Kawato Community Center 21-0694
	Pugichū	Those born in fiscal year 2019	Once or twice a month	All	Kenkō Zōshin-ka 21-6976, 21-6981
Tobisu	Piyokko Kyōshitsu	Children not yet in daycare	Twice a month	All	Tobisu Community Center 21-0174
Hiebara	Tonton Club	Children not yet in daycare	Generally every 3 rd Wed of the month	All	Hiebara Community Center 48-0001
Asayama	Sakuranbo Kyōshitsu	Children not yet in daycare	Once a month	All	Asayama Kindergarten 48-0126
Kamitsu	Tsukushinbo Kyōshitsu	Children not yet in daycare	About once a month	All	Kamitsu Community Center 48-0301
Kando	Smile Kids	From one year of age until enrollment in school	Twice a month (Fri)	All	Kando Community Center 21-1038
	Kosodate Hiroba “Anju”	Until about 12 months old	Generally the 4 th Wed	All	
Jinzai	Jinzai Fureai Kosodate Salon	Children not yet in daycare	Generally Every Tue	All	Jinzai Community Center 43-1001
Nagahama	Hiyoko Land	Children not yet in daycare	Once a month	All	Nagahama Community Center 28-0215
	Piyopiyo Park	Until about 12 months old	Generally 3 rd and 4 th Tue	All	

Area	Name	Child's Age	Meetings	Participation	Inquiries
Kunidomi	Kunidomi Kosodate Salon Kuppii	Until enrollment in school	Once a month	For area residents	Kunidomi Community Center 63-1372
Kutami	Donguri Circle	Newborns to elementary school students	2 times a year	All	Kutami Community Center. 63-1374
Hiyama	Kosodate Circle Tanpopo	Until enrollment in school	About 10 times a year	For area residents	Hiyama Community Center. 63-1375
Higashi	Higashi Kosodate Tanoshimukai	Until enrollment in school	Once a month (generally the 2 nd Tue)	All	Higashi Community Center 67-0020
Ino	Ino Kosodate Mama no Kai	Until enrollment in school	Once a month	For area residents	Ino Jidōkan 67-0938
Shussai	Shussai Kosodate Shien Eetoko	Until enrollment in school	Once or twice a month, generally the 2 nd Tue	All	Shussai Community Center 72-9204
Iwano	Iwano Kosodate Salon Honobono Kosodatekai	Until enrollment in school	Once a month	All	Izumo City Hikawa Administrative Center, Shimin
Shutto	Shutto Kosodate Salon Nikoniko Oshaberkai	Babies	Once a month	For area residents	Sābisu-ka 73-9112
Hirata	PiyoPiyo Salon	Until 1 years old	First Mon. of every month	All	Hirata Parenting Support Center (Hirata Kosodate Shien Sentā) 63-3990
	WaiWai Room	1 year olds with parents	First Thu. of every month	All	Hirata Parenting Support Center (Hirata Kosodate Shien Sentā) 63-3990
Sada	Puchikko Hiroba	Children not yet in daycare	Once a month	All	Sada Childcare Support Center (Sada Kosodate Shien Sentā) 84-0125
Taki	Akachan to Okāsan no Tsudoi	Until enrollment in school	Once a month	All	Taki Childcare Center (Taki Kodomoen)
	Wakuwaku Hiroba	Until enrollment in school	8 times a month	All	86-2711
Koryō	Apple Hiroba	Until enrollment in school	Every Tue. and Thu.	All	Koryou Childcare Center 43-2621
	Peter Pan (pīā pan)	Children not yet in daycare	Irregular	For area residents	Koryō Administrative Center Shimin Sābisu-ka 43-1215
Araki	Honobono Club	Children not yet in daycare	Once a month	All	Araki Community Center 53-5440
Kizuki	Waiwai Club	Children not yet in daycare	Twice a month	For area residents	Taisha Community Center. 53-4494
Yōkan	Nikoniko Circle	Children not yet in daycare	Once a month	All	Yōkan Community Center. 53-5529
Hinomisaki	Hiyoko Circle	Children not yet in daycare	Suspended		Hinomisaki Community Center 54-5443

Inquiries Izumo City Hall: Kenkō Zōshin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

○ Childcare Support Centers (kosodate shien sentā)

Childcare support centers (kosodate shien sentā) provide a place for parents and children to play to promote the healthy growth of children. These childcare support facilities also provide a variety of consultation services and information regarding childcare.

Name	Address/Phone number	Operating hours
Izumo Childcare Support Center (Izumo Kosodate Shien Sentā)	Enya-chō 641-9 Tel. 21-5772	Monday to Saturday 9:30–16:00 Closed: Saturdays, national holidays, New Year's holidays
Hirata Childcare Support Center	Hirata-chō 2112-1 Tel. 63-3990	Monday to Sunday, holidays 9:30–16:00 Closed: New Year's holidays
Sada Childcare Support Center	Sada-chō Susa 1146 (inside Susa Nursery School (hoikusho)) Tel. 84-0166	Monday to Friday 9:30–16:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays
Taki Childcare Support Center	Taki-chō Oda 50-5 (inside Taki Childcare Center (Taki Kodomoen)) Tel. 86-2711	<ul style="list-style-type: none"> • Kosodate Salon “Wakuwaku Hiroba” Twice a week (Tuesdays and Fridays) 9:30–11:30 ※Playtime for parents and children only at this time <ul style="list-style-type: none"> • Parenting consultation (kosodate sōdan) Monday to Saturday 9:30–16:00 Closed: Sundays, national holidays, New Year's holidays
Koryō Childcare Support Center	Koryō-chō Nibu 1751-4 (inside Hamanasu Nursery School (hoikuen)) Tel. 43-2621	<ul style="list-style-type: none"> • Kosodate Salon Twice a week (Tuesdays and Thursdays) 10:00–12:00 ※Playtime for parents and children only at this time <ul style="list-style-type: none"> • Parenting consultation Monday to Friday 10:00–16:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays
Taisha Childcare Support Center	Taisha-chō Kizukiminami 1397-2 (inside the Taisha Administrative Center) Tel. 53-2666	Monday to Friday 9:30–16:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays
Hikawa Childcare Support Center	Hikawa-chō Kamishōbara 1760-1 (inside Mamenaga Ichibankan) Tel. 73-7375	Monday to Friday 9:30–16:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays
Chūō Nursery School “Lemon Gumi” (Chūō Hoikusho)	Imaichi-chō 828-2 Tel. 21-0597	Monday to Friday 9:30–15:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays
Ekinaka Akachan Room	Ekikita-machi 10-3 (inside Atonesu Izumo) Tel. 21-1496	Monday to Friday 10:00–16:30 Closed: Saturdays, Sundays, national holidays, Atonesu Izumo's holidays, New Year's holidays
Childcare Support Center Haguhagu (Kenritsu Daigaku Kosodate Shien Sentā)	Nishihayashigi-chō 151 (University of Shimane Izumo campus, Building 2, 1 st floor) Tel. 22-6570	Monday to Friday 9:30–16:00 Closed: Saturdays, Sundays, national holidays, New Year's holidays, etc.

○ Family Support Centers (famirī sapōto sentā)

Family support centers bring together people who need help looking after their children and people willing to provide that help. Both parties must register at a family support center.

■ Becoming a Member

Anyone living or working in Izumo city can become a member. You can apply to become a member at any family support center.

Members are divided into the following categories:

- Onegai members: Those who need help with children up to 12 years of age
- Makasete members: Those who can help (qualification, experience and gender does not matter)
- Docchimo members: Those who both need help and can help others

■ Forms of Assistance

- Escorting children to and from a childcare facility or club activities.
- Temporarily looking after children at the member's house, etc.

■ Support Cost (30 min/child)

Standard: If you require assistance with more than one child at the same time, the cost of the service is halved starting with the second child (excluding sick children). The halved payments are refunded by the city according to application by the Makasete member.	Weekdays 7:00–19:00	300 yen
	Early morning, late at night	400 yen
	Saturdays, Sundays, national holidays	
	New Year period	400 yen
Sick children: (Mild fever or other illness that the Makasete member can handle)	★1 ★2	400 yen

★1 If your child is sick, make sure you get instructions for care from the hospital and give them to the Makasete member.

★2 In case of injuries, sudden high fever or other severe symptoms or contagious diseases, you cannot use the Makasete service for escorting to and from daycare/other activities.

■ Center Reception Hours

Monday to Friday 8:30–17:00 (closed on Saturdays, Sundays, national holidays and New Year's holidays)

■ Applying & Inquiries

● Izumo Family Support Center Main Office

Address: 693-0021 at Izumo Parenting Support Center, Enya-cho 641-9 Tel. 30-1261 (also fax)

E-mail: kosodate@local.city.izumo.shimane.jp

● Izumo Family Support Center Hirata Branch

Address: 691-0001 Hirata-chō 2112-1 inside Hirata Childcare Support Center (Hirata Kosodate Shien Sentā)

Tel. 63-4466 (also fax)

E-mail: famisapo-h@local.city.izumo.shimane.jp

● Izumo Family Support Center Hikawa Branch

Address: 699-0505 Hikawa-chō Kamishobara 1760-1 inside Mamenaga Ichibankan

Tel. 73-7375 Fax: 73-7376

E-mail : famisapo-hw@local.city.izumo.shimane.jp

○ Care of Sick and Recuperating Children (byōji・byōgoji hoiku)

■ Eligibility

Children who fall into category ① or ② below; and who, due to illness or injury, cannot be placed in group care or cared for at home due to the guardians working; and who have been determined eligible by a family physician to be placed in a facility providing care for sick or recuperating children.

- ① Children from birth to the 6th grade of elementary school, living in Izumo.
- ② Children living outside Izumo whose nursery school (hoikusho), kindergarten (yōchien), certified childcare center (nintei kodomoen), home-based daycare facility (katei-teki hoiku jigyō tō shisetsu), non-registered nursery (ninkagai hoiku shisetsu), or elementary school is located in Izumo.

■ Implementing Facilities

- **Care room for sick children (byōji hoikushitsu):** for children who are suffering from a progressive/worsened illness/injury.
- **Care room for recuperating children (byōgoji hoikushitsu):** for children who are recuperating from illness/injury.

Name of the Facility	Capacity	Location	Telephone	E-mail
For sick children “ Hiyoko ” (Watanabe Kodomo Redisu Kurinikku) 【adjacent to a medical institution】	4	Takeshi-chō 836-6	0853-25-8104	
For sick and recuperating children “ NicoNicoUsagi ” (Shimane University Hospital) 【adjacent to a medical institution】	4	Enya- chō 89-1	090-8999-3390	
For recuperating children “ Māma ” (Hamayama Aoi Nursery School) 【adjacent to a daycare center】	3	Tenjin-chō 111-1	090-4574-9753	hama.aoi.ma-ma @docomo.ne.jp
For recuperating children “ Iruka ” (Ōtsuka Nursery School) 【adjacent to a daycare center】	3	Ōtsuka-chō 790-1	080-1909-7479	ootuka-hoikuen.iruka @docomo.ne.jp
For recuperating children “ Asunaro Kids Room ” (Asunaro 2nd Nursery School) 【adjacent to a daycare center】	3	Shiroeda-chō 1337-8	080-2910-3521	a2kidsroom @docomo.ne.jp
For sick and recuperating children “ Hohoemi ” (Hirata Nursery Committee) 【adjacent to a daycare center】	6	Hirata- chō 475-9	0853-31-9995	

■ Before You Use the Facilities

- 1 Visit: Both children and their parents may feel uneasy having a stranger care for the child in an unfamiliar place. It is recommended that you visit the facility together when the child is healthy. (Please contact the facility before you visit.) In addition, please visit either the facilities or Izumo City Hall Hoiku Yōchien-ka to receive the “Riyō Book”
- 2 Reservation: Please contact the facility you would like to use directly at the latest on the day before.
- 3 Medical exam: Please ask your family physician to evaluate whether the child is eligible for care, have them fill out a contact form (ishi renrakuhyō) and pay the documentation fee. ※If the child is **not** considered eligible, please cancel your reservation.
- 4 Confirm: Please contact the facility and ask what you need to bring with you.

※If you take a break from using the facility, even if it is during the estimated period of use (riyō mikomi kikan) written in the doctor’s communication card (ishi renraku hyō) please have your family doctor fill out another communication card (ishi renraku hyō) before using the facility again.

■ Opening Hours

● Regular hours (closed on Sundays, national holidays and when the nursery school/clinic is closed)

【Monday to Friday】 8:30–17:30 【Saturdays】 8:30–12:30 (Reservation must be made by 17:00 the previous day.)

※Hiyoko and NicoNicoUsagi are closed also on Saturdays.

● Extended hours (reservations must be made by the previous day)

【Monday to Friday】 8:00–8:30, 17:30–18:00 【Saturdays】 8:00–8:30 ※Extended hours from 8:00 to 8:30 are not available at the Hiyoko care room.

■ Fees

● Regular care fee: One day (during normal hours) (including e.g. meals and diapers)

【Care room for sick children】 1,000 yen 【Care room for recuperating children】 500 yen

※There are instances in which the fee will be lowered for children living in Izumo based on the household's municipal inhabitant tax.

● Extended hours fee: 8:00–8:30, 17:30–18:00 each 500 yen

● Other: Bed sheet fee 150 yen/day, diapers 30 yen/diaper

※For those who have a Certified Need for Childcare, if your child is 3 years or older but not yet in school, and not enrolled in an Authorized Daycare Center, Kindergarten, Certified Daycare Center or a Business-led Nursery Schools, fees will be waived (also applies to 0-2 year old children whose households are exempt from paying municipal taxes).

Inquiries: Izumo City Hall Hoiku Yōchien-ka

Tel: 21-6119

○ Enrolling in an Authorized Daycare Center / Certified Childcare Center / Small-Scale Nursery

(ninka hoikusho ▪ nintei kodomoen (hoikusho-bubun) ▪ shoukibo hoikujigyou shisetsu e no nyūsho)

In this handbook, the phrase “childcare facility” refers to Izumo City’s Authorized Daycare Centers, Certified Childcare Centers, and Small-Scale Nurseries. Childcare centers are institutions that provide childcare on behalf of parents/guardians who are incapable of caring for their child at home due to issues such as work or illness. As such, simply wanting to introduce your child to large group settings, for example, will not be deemed a valid reason to enroll your child in a childcare center.

■ Certification of Need for Childcare

Applicants to childcare centers are required to receive approval of the child’s need for childcare assistance (hereinafter referred to as “Certified Need for Childcare”). If your request is approved, Izumo City will issue you a certificate called “shikyū nintei-shō”. If you do not have this certificate, you cannot enroll your child at a childcare facility. If necessary, contact the designated section for your residential area (listed at the end of this section).

■ Officially Recognized Need for Childcare

Childcare facilities accept children who cannot be cared for by any of their parents/guardians due to any of the reasons mentioned below:

- ① Work duties that meet or exceed 48 hours a month.
- ② Pregnancy or recent childbirth.
(※ The enrollment period is calculated from your expected delivery date, and lasts from whichever month it is 8 months prior to your expected delivery date, until the end of whichever month it is 8 weeks from the day AFTER you give birth (date of birth + 1 day + 8 weeks + → until end of that month). If you give birth earlier than expected, your child’s enrollment period may be shortened.)
- ③ Illness, injury, or mental disability.
- ④ Regularly caring for a family member who is ill or has a disability.
- ⑤ Recovering from a natural disaster (e.g., fire, storm, or flood).
- ⑥ Job searching (you will have 90 days to acquire a job and start work from the date of your child’s enrollment.).
- ⑦ Attending school or work training.
- ⑧ Child abuse or domestic violence.
- ⑨ If specially approved of by the city.

■ Amount of Childcare Need

In addition to Certified Need for Childcare, we also require our applicants to specify the reasons and their working hours to confirm the needed duration of enrollment (or the time needed for childcare assistance, referred to below as “Amount of Childcare Need”). Amount of Childcare Need is split into two categories based on duration: “Full-day” and “Part-time”.

- ① Applicants designated to the “Full-day” track can receive up to 11 hours in 1 day of childcare assistance.
- ② Applicants who are on the “Part-time” track can receive a maximum of 8 hours in 1 day of childcare assistance.
※It is possible that these duration limits can be extended for applicants who are seeking extended hours for their childcare assistance. Time outside of the hours of operation for childcare centers are deemed extended hours.

Amount of Childcare Need is decided based on the parents/guardians’ reasons for seeking childcare assistance and the parents/guardians’ hours spent at work. If either of the parents/guardians is deemed to be qualified for the Part-time track, the applicant will receive the Part-time childcare. Furthermore, if the applicant is seeking Part-time childcare assistance despite meeting the requirements for Full-day duration, the applicant will be granted Part-time childcare assistance.

■ Documents Necessary for Applying

- ① Financial Support Qualification Application for Education or Childcare Fees / Enrollment Application (kyōiku hoiku kyūfu nintei shineishoken nyūsho mōshikomisho): one copy per applying child.
- ② Documents that certify the applicant's need for childcare assistance (concerning the child's parents/guardians or grandparents living in the same household who are under 65 years of age)

※It is possible to apply without providing documents concerning the child's grandparents that set out reasons for the need for childcare assistance, but please be aware that the priority of your application will be lowered.

No.	Reason for Requiring Childcare	Necessary Documents	Notes
1	Work at a company, governmental office, etc. exceeding 48 hours a month	Certificate of Employment (Shūrō (yotei) shōmei-sho)	<p>[Izumo City Designated Forms]</p> <p>◆If you are employed by a company or a government office, please request a certificate from your employer.</p> <p>◆If you have not started working yet, please submit your Certificate of Employment after you have started work.</p> <p>◆If you are engaged in self-employment, agriculture, fishery, etc., please request certification from your suppliers or your district's commissioned welfare volunteer.</p> <p>◆If you are working from home, please request certification from your clients.</p> <p>◆Documentation verifying pre- and post-childbirth or childcare leave acquisition. You will be requested to submit a recovery plan certificate one month before enrollment.</p>
	Self-employment/farming/fishing business exceeding 48 hours a month		
	Home industry/side job exceeding 48 hours a month		
	※Applicants who are returning to work from post-childbirth or childcare leave mid-way through the fiscal year.		
2	Pregnancy or recent childbirth	(Documents that certify the need for childcare) Copy of Mother & Child Handbook (boshi kenkō techō)	Please submit a copy in which the mother's name and expected delivery date are visible.
3	Illness, injury or mental disability	(Documents that certify the need for childcare) Copy of medical certificate from your physician / medical practitioner or disability card (kakushu shōgaisha techō).	Medical certificates (Izumo City Designated Form) require proof from your physician.
4	Regularly caring for a family member who is ill or has a disability	(Documents that certify the need for childcare) Copy of the family member's medical certificate, disability card (kakushu shōgaisha techō), approved care insurance certificate (kaigo hoken-sho nintei-zumi), etc.	Medical certificates (Izumo City Designated Form) require proof from the family member's physician.
5	Recovering from a natural disaster	(Documents that certify the need for childcare) Documents showing the circumstances (risai shōmeisho).	
6	Job searching	(Documents that certify the need for childcare)	
7	Attending school or work training	(Documents that certify the need for childcare) Copy of your school-issued student identification card (gakuseishō) or proof of enrollment. Copy of documentation showing curriculum or enrollment in a work training course.	<p>If you were not enrolled in school at the time of application, please submit your notice of acceptance (gōkaku tsūchisho). After you have begun your studies, please submit proof of enrollment.</p> <p>If you are submitting your course curriculum, please be sure that the document indicates class duration and class meeting times.</p>
8	Child abuse • Domestic violence	Please consult with the Hoiku Yōchien-ka hoiku-gakari at Izumo City Hall.	

- ③ Consent Form and Written Pledge (dōishoken & seiyakusho)
- ④ Personal Number (My Number) Declaration Form (kojin bangō shinkokusho)

When submitting the documents, you will need (i) the guardian's My Number Card or equivalent and (ii) the driver's license or equivalent of the person who comes to the service counter
- ⑤ Daycare Enrollment Application Checklist (hoikusho nyūsho mōshikomi chekku hyō)
- ⑥ Documents necessary for determining daycare fees

If applying before you have moved to Izumo: Applicants who are paying taxes in a different municipality will be required to submit documentation indicating the payment of taxes from their municipality (shotoku kazei shōmeisho).

※These documents will also be required from grandparents or other relatives living in the same household.

If the child's parents/guardians paid municipal inhabitant tax (jūminzei) to Izumo City, submitting these documents will not be necessary.
- ⑦ Other (In cases when the child has a disability, etc.)

Copies of documents explaining the disability, copy of Certificate of Support Aid for Special-needs Children (tokubetsu jidō fuyō teate) or a medical certificate (shindanshō) (only forms designated by the city are applicable) ※These documents are optional

However, if you are registered as a taxpayer in Izumo City, or were registered as taxpayer outside Izumo City and completed the moving procedures before applying, submitting these documents will not be necessary

■ Application Period

Please gather all necessary documents and submit them between the 1st and the 12th (the previous working day if the City Hall is closed on the 12th) of the month preceding the desired month of enrollment. Please contact Child Care & Early Education Division (Hoiku Yōchien-ka) for monthly application deadlines.

Reservation applications are also accepted from those wishing to have their child enrolled after they return to work from maternity leave/childcare leave.

For those who wish to enroll their child for the following year, the necessary documents are available from the end of October. Applications are accepted by the city starting in mid-November.

■ Enrollment Decision

If applications exceed vacancies at childcare centers, enrollment will be decided by selecting children in order of eligibility based on an enrollment index, which is calculated from the submitted documents. Please also note that your child may not get a place at your preferred childcare center due to overcrowding and other factors.

Selections will be made at a meeting taking place around the 20th of the month preceding the desired month of enrollment in childcare.

■ Application & Inquiries

Izumo City Hall	Hoiku Yōchien-ka Nyu-en-gakari	Tel. 21-6964
Hirata Administrative Center	Shimin Sābisu-ka	Tel. 63-5567
Sada Administrative Center	Shimin Sābisu-ka	Tel. 84-0111
Taki Administrative Center	Shimin Sābisu-ka	Tel. 86-3116
Koryō Administrative Center	Shimin Sābisu-ka	Tel. 43-1215
Taisha Administrative Center	Shimin Sābisu-ka	Tel. 53-3116
Hikawa Administrative Center	Shimin Sābisu-ka	Tel. 73-9110

○ Fees for Using Childcare Facilities (hoikusho-no hoikuryō)

■ How Fees are Calculated (hoikuryō no santei)

Fees will generally be calculated on the first day of each month. Costs will vary based on the guardians' tax-paying status, whether the child lives in a single-parent household, whether there are handicapped/disabled individuals in the household, the order in which the children were born, the children's ages (on April 1st), and how necessary it is for the children to receive care.

Fees are waived for children who are 3 years or older, or for 0-2 year old children in households exempt from paying municipal taxes.

Fees will be split into 19 different levels (ranging from 0 yen to 55,000 yen).

In addition to the fees above, additional fees such as those for lunch (from 3 years old onwards), teaching materials, parent/guardian association membership, and other such things may be necessary.

■ Payment of Fees (hoikuryō no nōfu)

Payments will begin on the last day of each month following the month during which the child began enrollment (payments for November will be made on December 27). If the payment date falls on a public holiday, the deadline is generally the next banking day.

For fees at Certified Childcare Centers and Small- Scale Nurseries, please consult the facility about the payment periods.

■ Reduction of Fees for Multi-Children Households (Izumo-shi dokuji no tashisedai keigen seido)

If there are more than 3 children in the household, and any child after the third child is enrolled in a child care facility, that child may have their service fees reduced by half. However, if any payments for children within the family have been missed, this reduced rate cannot be provided. Additionally, an application is required each year to receive this reduced rate.

If you have any questions regarding child care fees, please contact the *Hoiku Yochien-ka Nyuen-gakari* Tel: 21-6964

○ List of Childcare Facilities (hoikusho no ichiran)

Region	Name of Facility	Public / Private	Address	Telephone	Spots	Operating Hours (Mon-Fri) (Sat)	Part-time Hours ※	Extended Hours	Holiday Care	Temp. Care
Izumo	Imaichi	Pri	Imaichi-chō 1694-8	21-0774	100	7:00~18:00 7:00~18:00	8:30~16:30	○		○
		PU	Imaichi-chō 828-2	21-0597	30	7:30~18:30 7:30~17:15	8:30~16:30	■		○
		Pri	Imaichi-chō 284	21-3620	150	7:00~18:00 7:00~18:00	8:30~16:30	○		○
		Pri	Ekininami-machi 12-1	22-8551	50	7:30~18:30 7:30~18:30	8:30~16:30	○		○
		Pri	Ekininami-machi 12-1	22-8551	20	11:00~22:00 11:00~22:00	13:00~21:00	☆ 8:00~26:00		○
	Ōtsu	Pri	Ōtsu-chō 3627-8	30-7077	120	7:00~18:00 7:00~18:00	8:30~16:30	○		○
		Pri	Ōtsu-chō 1409-3	21-8080	200	7:00~18:00 7:00~18:00	8:00~16:00	○	○	○
		Pri	Ōtsu-chō 2366-1	22-1124	50	7:20~18:20 7:20~18:20	8:30~16:30	○		○
		Pri	Ōtsu Shinzaki-chō 7-59	22-1313	100	7:15~18:15 7:15~18:15	8:15~16:15	○		○
		Pri	Ōtsu-chō 1608-1	22-8003	100	7:15~18:15 7:30~18:15	8:15~16:15	○		○
	Enya	Pri	Enya-chō 1192-2	25-7590	70	7:30~18:30 7:30~18:30	8:30~16:30	◎		○
		Pri	Enya-chō 971-1	24-1122	30	7:30~18:30 7:30~18:30	8:30~16:30	☆ ~25:00	○	○
		Pri	Tenjin-chō 111-1	23-8825	170	7:00~18:00 7:00~18:00	8:00~16:00	○		○
		Pri	Kamiyama-chō 1751-4	22-6528	100	7:15~18:15 7:15~18:15	8:30~16:30	○		○
		Pri	Enya-chō 338-1	21-3808	60	7:15~18:15 7:15~18:15	8:30~16:30	○		○
		Pri	Tenjin-chō 870-2	22-5172	100	7:00~18:00 7:00~18:00	8:30~16:30	○		○
		Pri	Enya-chō 869-1	23-5978	110	7:00~18:00 7:00~18:00	8:30~16:30	○		○
	Koshi	Pri	Koshi-chō 2450-1	23-1504	90	7:00~18:00 7:00~18:00	8:30~16:30	○	○	○
		Kando	Pri	Shimokoshi-chō 475	21-0846	110	7:00~18:00 7:00~18:00	8:00~16:00	○	
	Takamatsu		Pri	Nishi-shinmachi 3-1-2	24-6331	80	7:00~18:00 7:00~18:00	8:00~16:00	○	
		Pri	Hama-chō 90-1	22-1612	120	7:00~18:00 7:00~18:00	8:00~16:00	○		○
		Pri	Matsuyorishimo-chō 461-1	23-8828	60	7:00~18:00 7:00~18:00	8:00~16:00	○		○
		Pri	Shiroeda-chō 394-1	21-4848	240	7:00~18:00 7:00~18:00	8:30~16:30	○	○	○
	Yotsugane	Pri	Shiroeda-chō 1337-8	21-7188	220	7:00~18:00 7:00~18:00	8:30~16:30	○	○	○
Pri		Watarhashi-chō 662	23-1592	120	7:00~18:00 7:00~18:00	8:30~16:30	☆ ~20:00	○	○	
Pri		Ōtsuka-chō 790-1	23-4384	190	7:15~18:15 7:15~18:15	8:15~16:15	○		○	
Kawato	Pri	Oyama-chō 618-1	23-6008	120	7:00~18:00 7:00~18:00	8:30~16:30	○		○	
	Pri	Satogata-chō 7750-1	21-4517	140	7:00~18:00 7:00~18:00	8:00~16:00	○	○	○	
	Pri	Inaoka-chō 372	31-8839	120	7:00~18:00 7:00~18:00	8:00~16:00	○		○	
Jinzai	Pri	Nakano-chō 862	31-5163	110	7:00~18:00 7:00~18:00	8:30~16:30	○		○	
	Pri	Nakano Mihominami 3-1-1	22-5222	140	7:00~18:00 7:00~18:00	8:00~16:00	○		○	
	Pri	Ijizai Oki-chō 1315	43-7033	60	7:00~18:00 7:00~18:00	8:00~16:00	○		○	
Negahama	Pri	Nishizono-chō 329	28-0137	75	7:00~18:00 7:00~18:00	8:00~16:00	○		○	
	Pri	Sotozono-chō 204-1	28-0237	50	7:00~18:00 7:00~18:00	8:00~16:00	○		○	
	Pri	Arakaya-chō 1021-6	28-0940	80	7:15~18:15 7:15~18:15	8:00~16:00	○		○	

Region	Name of Facility	Public / Private	Address	Telephone	Spots	Operating Hours (Mon-Fri) (Sat)	Part-time Hours ※	Extended Hours	Holiday Care	Temp. Care
Hirata	Minami Daycare Center みなみ保育所	Pri	Hirata-chō 2390-33	62-2374	150	7:30~18:30 7:30~18:30	8:30~16:30	○		○
	Hirata Daycare Center 平田保育所	Pri	Hirata-chō 475-9	62-2374	220	7:30~18:30 7:30~18:30	8:30~16:30	○		○
	Hirata Nyūji Daycare Center ひらた乳児保育園 (Childcare age: 0 to 2 years old)※1	Pri	Nishihirata-chō 213-2	63-3493	12	7:30~18:30 7:30~18:30	8:30~16:30	◎		○
	Certified Childcare Center Hikari Yōhoen 認定こども園 光幼保育園	Pri	Nadabun-chō 266-2	63-3681	75	7:30~18:30 7:30~18:30	8:30~16:30	◎		○
	Hirata Nishi Daycare Center ひらた西保育園	Pri	Kunitomi-chō 57-1	63-7500	70	7:15~18:15 7:15~18:15	8:15~16:15	○	○	○
	Wanibuchi Daycare Center わにぶち保育所	Pri	Manda-chō 764-2	31-5101	60	7:30~18:30 7:30~18:30	8:30~16:30	○		○
Sada	Izumo Shiritsu Susa Daycare Center 出雲市立 須佐保育所	Pu	Sada-chō Susa 1146	84-0125	80	7:30~18:30 7:30~17:00	8:00~16:00	◎		○
	Izumo Shiritsu Kubota Daycare Center 出雲市立 窪田保育所	Pu	Sada-chō Hitokubota 1430-1	85-2224	50	7:30~18:30 7:30~17:00	8:00~16:00	■		
Taisha	Certified Childcare Center Taki Kodomoen 認定こども園 多伎こども園	Pri	Taki-chō Oda 50-5	86-2711	100	7:30~18:30 7:30~18:30	8:30~16:30	◎		○
	Hamanasu Daycare Center ハマナス保育園	Pri	Koryō-chō Nibu 1745-2	43-2621	120	7:00~18:00 7:00~18:00	8:00~16:00	○		○
Shobara	Koguma Daycare Center こぐま保育園	Pri	Taisha-chō Nyūnan 1307-5	53-1123	160	7:00~18:00 7:30~18:00	8:00~16:00	○		○
	Taisha Daycare Center たいしゃ保育園	Pri	Taisha-chō Kizukiminami 1235	53-2423	110	7:30~18:30 7:30~18:00	8:30~16:30	◎		○
Hikawa	Tōbu Daycare Center 東部保育園	Pri	Hikawa-chō Shōbara 2300-1	72-1331	130	7:15~18:15 7:15~18:15	8:30~16:30	○		○
	Shōbara Daycare Center 荘原保育園	Pri	Hikawa-chō Kamishobara 305-1	72-6984	120	7:15~18:15 7:15~18:15	8:30~16:30	○		○
	Warabenouchi Daycare Center わらべのうち保育園	Pri	Hikawa-chō Kanpi 2861-8	72-7788	35	7:15~18:15 7:15~18:15	8:30~16:30	○	○	○
	Aikawa Daycare Center あい川保育園	Pri	Hikawa-chō Aikawa 1500-1	31-8686	70	7:30~18:30 7:30~18:30	8:30~16:30	○		○
	Shussai Daycare Center 出西保育園	Pri	Hikawa-chō Shussai 1943-1	72-1107	110	7:15~18:15 7:15~18:15	8:30~16:30	○		○
Iwano	Iwano Daycare Center 伊波野保育園	Pri	Hikawa-chō Tobimura 1206	72-2051	140	7:30~18:30 7:30~18:30	8:30~16:30	○		○
	Certified Childcare Center Hokuryō Yōchien & Hokuryō Hoikuen 認定こども園 北陵幼稚園・北陵保育園	Pri	Hikawa-chō Kaminaoe 3337	73-7296	70	7:15~18:15 7:15~18:15	8:15~16:15	◎		○
Hisagi	Izumo Shiritsu Naoe Daycare Center 出雲市立 直江保育所	Pu	Hikawa-chō Minami 1500	72-2050	140	7:30~18:30 7:30~18:30	8:30~16:30	■		○
Shuttō	Certified Childcare Center Shuttō Kodomoen 認定こども園 出東保育園 ※3	Pri	Hikawa-chō Sanbuichi 1071-4	62-3362	100	7:15~18:15 7:15~18:15	8:30~16:30	○		○

※1 Hirata Nyūji Daycare Center is a small-scale nursery that only takes in babies and toddlers from 0 to 2 years old. Children who graduate from the 2-year-old class can continue on to Hirata Nursery Committee facilities (Hirata, Minami, Wanibuchi, Chūbu, Hokubu) the following fiscal year.

Extended Hours

Further care beyond the regular operating hours of the childcare facility (i.e. 11 hours) can be arranged for children who require it due to their guardian's work. A fee will be charged for such extended hours.

- indicates childcare facilities that provide extended childcare up to 1 hour past the established closing time.
- ☆ indicates childcare facilities that provide especially extended childcare.
- ◎ indicates childcare facilities that provide extended childcare up to 30 minutes past the established closing time.
- Indicates childcare facilities that do not offer childcare past their established 11 hours of operation.

(※) The field titled "Part-time Hours" refers to the part-time childcare covered by the childcare fees paid by those who have been granted part-time childcare. In the event that the child requires childcare beyond the said hours, a separate fee will be charged.

Inquiries Izumo City Hall: Hoiku Yōchien-ka Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

○ Various Childcare Services (kakushu hoiku sābisu)

■ Infant Care (nyūji hoiku)

Infants can be enrolled in all childcare centers, with the exception of Izumo Municipal Chūō Daycare Center (Izumo Shiritsu Chūō Hoikusho) , starting from the first day of the month following the end of maternity leave (8 weeks) (Chūō Nursery only accepts 1–2-year-old children that have been weaned off baby foods, whereas children 3 years and older will be enrolled in Chūō Kindergarten (Chūō Yōchien)).

■ Extended Care (enchō hoiku)

In order to accommodate the parents/guardians' work schedule, childcare can be extended in the evenings.

Extended childcare consists of either childcare that extends past the 11 hours of Full-day childcare or up to 11 hours of Full-day childcare for recipients of Part-time childcare.

Please consult with the facilities directly for inquiries about e.g. usage fees.

■ Saturday Care (doyō hoiku)

Hirata Nursery Committee's five daycare centers (Hirata, Minami, Wanibuchi, Chūbu, and Hokubu) have Saturday care available at Hirata Daycare Center.

Ōtsuka Fukushikai's two daycare centers (Nemunoki and Nemunoki Yakan) have Saturday care available.

■ Holiday Care (kyūjitsu hoiku) (childcare on Sundays, national holidays)

Children that due to the guardian's work cannot be cared for at home on Sundays or during national holidays can be enrolled in a facility offering care on Sundays and national holidays. This service can be used by children enrolled in other childcare centers.

● Facilities offering holiday care

- | | | |
|---------------------------|--------------------------------|--------------------------------|
| ▶Tachibana Daycare Center | ▶Izumo Sumire Daycare Center | ▶Koshi Himawari Daycare Center |
| ▶Asunaro Daycare Center | ▶Asunaro Dai-ni Daycare Center | ▶Watarihashi Daycare Center |
| ▶Satogata Daycare Center | ▶Hirata Nishi Daycare Center | ▶Warabenouchi Daycare Center |

■ Temporary Care (ichiji hoiku)

The child can be enrolled in temporary care when care at home is not possible due to sudden personal or work-related emergency situations.

Options for use are limited to 1 full day or a half-day.

Care during Sundays and national holidays is only available at facilities listed in the holiday care section above.

Please consult with the facilities directly for inquiries about e.g. days when the service is available and usage fees.

(Example) Usage fee: 1,800 yen/full day 900 yen/half-day (if no lunch)

※For those who have received Certificate for Eligibility for Childcare, their child is 3 years or older but not yet in school, and not enrolled in an Authorized Daycare Center, Kindergarten, Certified Childcare Center or a Business-led Nursery Schools the fees will be dispensed.(Also applies to 0-2 year olds whose households are exempt from paying municipal taxes.

■ Care of Disabled Children (shōgaiji hoiku)

Those wishing to enroll a child with disabilities please consult directly with the childcare facility of your choice.

○ Certified Daycare Centers in Izumo City

(Izumo-shi nintei hoikusho)

■ A Certified Daycare Center is:

A daycare center that is not officially authorized, but has met the requirements/standards set by Shimane Prefecture and has been certified to operate as an independent facility.

■ Overview of Certified Daycare Centers in Izumo City

Name	Address	Phone
Taisha Kodomo Land Daycare Center 大社こどもランド保育園	Izumo-shi Taisha-chō Shūrimen 466-1	53-3985

*Please contact the facility directly for detailed information and to apply for enrollment.

*Fees are determined by facility independently.

*For those who have a Certified Need for Childcare, if your child is 3 years or older but not yet in school, and not enrolled in an Authorized Daycare Center, Kindergarten, Certified Daycare Center, Small-Scale Nursery, or a Business-led Nursery School, fees will be waived (also applies to 0-2 year old children whose households are exempt from paying municipal taxes).

■ Regarding 1/2 Fee Reductions for Households with more than 3 Children enrolled in a Certified Daycare Center

Households with more than 3 children under the age of 18, and any child after the third child enrolled in a certified daycare center, may be eligible for a reduction in fees. If the household meets the conditions necessary for enrollment in an *authorized* daycare center, a 1/2 fee reduction will be provided to assist the household financially.

Applications will be necessary to apply for these reductions. The applications are available at individual facility. If you are eligible, please fill out and turn in the necessary documents.

○ Business-Led Nursery Schools

(kigyō shudō gata hoikujigyoushitsu)

■ A Business-Led Nursery School is:

A nursery school which receives support from the country, but is operated by a business as part of its office.

There are business-led nursery schools which accept children living within a certain region, in addition to those that accept children of their business's employees.

■ Overview of Business-Led Nursery Schools in Izumo City

Name	Address	Phone
Aiguran Daycare Center Izumo あいぐらん保育園出雲	Enya-chō 735-1	082-535-3721
Kids Plus Izumo Center キッズプラス出雲園	Imaichi-chō Kita-honmachi 1 chōme 1-15	27-9355
Kids Plus Viva Center キッズプラスVIVA園	Hirata-chō 1708-1	25-8062
Ohisama Daycare Center おひさま保育園	Imaichi-chō 827-21	31-9801
muRata Yume no Mori Daycare Center muRata ゆめの森保育園	Hikawa-chō Kaminaoe 2493-3	25-8520
NobiNobi Hiroba Izumo Daycare Center のびのび広場いずも保育園	Enya-chō 2130	25-8024

*Please contact each facility directly for detailed information and to apply for enrollment.

*Fees are determined by each facility independently.

*For those who have a Certified Need for Childcare, if your child is 3 years or older but not yet in school, and not enrolled in an Authorized Daycare Center, Kindergarten, Certified Daycare Center or a Business-led Nursery Schools, fees will be waived (also applies to 0-2 year old children whose households are exempt from paying municipal taxes).

Contact Us Hoiku Yōchien-ka Nyuen-gakari Tel: 21-6964

○ Enrollment in Kindergarten and Kindergarten Section of Certified Childcare Centers

(yōchien・nintei kodomoen (yōchien bubun) e no nyūen)

■ Enrollment in Kindergarten

Kindergartens (yōchien), along with the child's household and community, are places where children cultivate the strength that becomes the foundation for the healthy development of both body and mind through group interaction. It is at these places that children are taught the basis for proper lifestyle and study habits necessary in elementary school. Applications to enter kindergarten at the beginning of the fiscal year are accepted by all kindergartens simultaneously. However, if the amount of applications exceeds the number of open spots, children will be randomly selected to take the open positions. You may enroll your child in kindergarten in the middle of the year if there is a vacant spot. For more details, please contact the kindergarten of your choice directly.

■ Eligible Children (entering kindergarten during the 2022 fiscal year)

1-year child care (5-year-olds)	Children bom April 2 nd , 2016 – April 1 st , 2017
2-year child care (4-year-olds)	Children bom April 2 nd , 2017 – April 1 st , 2018
3-year child care (3-year-olds)	Children bom April 2 nd , 2018 – April 1 st , 2019

■ Childcare Days and Times

Monday to Friday (excluding holidays) 9:00–14:30

※Hours for 3-year-olds: beginning of fiscal year 9:00–11:00 (Hours of operation vary slightly by kindergarten.)

Childcare times will be extended as the child becomes accustomed to interacting in a group setting.

■ Closure Days

- Saturday, Sunday, national holidays
- Beginning of school year holidays: April 1st–April 7th
- Summer holidays : July 21st–August 31st
- Winter holidays: December 26th–January 7th of the following year
- End of school year holidays: March 25th–March 31st

■ Documents Necessary for Enrollment at Kindergarten Facilities

- ① Application for Kindergarten Admission
- ② Application for Certificate of Eligibility for Schooling and Daycare
- ③ Personal Number (My Number) Declaration Form (kojin bangō shinkokusho)

When submitting the documents, you will need (i) the guardian's My Number Card or equivalent and (ii) the driver's license or equivalent of the person who came to the service counter

※Those who wish to also use temporary childcare services free of charge must also provide the following documents.

Fees for temporary childcare during the period of your Certification of Need for Childcare will be waived.

- ④ Application to Certify/Change Financial Support for Use of Childcare Facilities (kosodate no tame no shisetsutō riyō kyūfu nintei shinseisho)

※One application is needed for each child.

- ⑤ Documents certifying need for child care (please submit for both parents).

※ Please see page 34 for a list of reasons for officially recognized need for childcare.

■ Application for Kindergarten for the 2023 Fiscal Year

For enrollment from April 2023, childcare facilities will distribute application documents starting from the end of October 2022, and will accept applications starting in mid-November.

■ Classes for Children Under 3 Years Old Not Enrolled in Childcare

There are certain kindergartens and certified childcare centers that offer classes to children currently not enrolled in childcare and their guardians. Please consult with the kindergartens directly for more information.

Inquiries For more information on municipal kindergartens in Izumo, please contact:

Izumo City Hall Hoiku Yōchien-ka Nyuen-gakari Tel. 21-6964

○ List of Kindergartens (yōchien no ichiran)

Name	Public or Private	Location	Telephone	Extended Hours Childcare	Notes
Imaichi Kindergarten	Public	Imaichi-chō 1205	21-0958	○	
Ōtsu Kindergarten	Public	Ōtsu-chō 1683	21-0768	○	
Kamitsu Kindergarten	Public	Kamishima-chō 884	48-0061	○	
Enya Kindergarten	Public	Enya-chō 900	21-0706	○	
Koshi Kindergarten	Public	Koshi-chō 1949	21-1024	△	
Takamatsu Kindergarten	Public	Matsuyorishimo-chō 722-1	22-2123	○	
Nagahama Kindergarten	Public	Arakaya-chō 3812	28-0723	△	
Yotsugane Kindergarten	Public	Oyama-chō 655	21-0991	○	
Takahama Kindergarten	Public	Satogata-chō 30	23-0894	△	
Kawato Kindergarten	Public	Inaoka-chō 24-1	21-0695	○	
Tobisu Kindergarten	Public	Higashihayashigi-chō 890-4	21-0888	○	
Asayama Kindergarten	Public	Tokorobara-chō 185	48-0126	○	
Hiebara Kindergarten	Public	Hiebara-chō 2825	48-0087	○	
Kando Kindergarten	Public	Chiimiya-chō 481-1	21-0845	○	
Jinzai Kindergarten	Public	Jinzaioki-chō 447	43-1425	△	
Chūō Kindergarten	Public	Imaichi-chō 828	21-0597	○	
Hirata Kindergarten	Public	Nishihirata-chō 17	63-2616	○	
Higashi Kindergarten	Public	Sono-chō 1334-1	63-2617	○	
Koryō Kindergarten	Public	Koryō-chō Nibu 1117	43-0466	○	
Taisha Kindergarten	Public	Taisha-chō Kizukiminami 1201	53-2225	○	
Araki Kindergarten	Public	Taisha-chō Kita-araki 310	53-1352	○	
Yōkan Kindergarten	Public	Taisha-chō Yōkan 73-1	53-2434	○	
Shōbara Kindergarten	Public	Hikawa-chō Shōbara 2300-6	72-1530	○	
Nishino Kindergarten	Public	Hikawa-chō Tobimura 537	72-6188	○	
Chubu Kindergarten	Public	Hikawa-chō Naoe 4243	72-8908	○	
Certified Childcare Center Hikari Kindergarten (Nintei Kodomoen Hikari Yōhoen)	Private	Nadabun-chō 266-2	63-3681	※4	For more info, please consult with the facility directly.
Certified Childcare Center Hokuryo Kindergarten (Nintei Kodomoen Hokuryō Yōchien & Hokuryō Hoikuen)	Private	Hikawa-chō Kaminaoe 3337	73-7296	※4	For more info, please consult with the facility directly.
Taki Certified Childcare Center (Nintei Kodomoen Taki Kodomoen)	Private	Taki-chō Oda 50-5	86-2711	※4	For more info, please consult with the facility directly.
Shuttō Certified Childcare Center (Nintei Kodomoen Shuttō Kodomoen)	Private	Hikawa-chō Sanbuichi 1071-4	62-3362	※4	

※1 It may not be possible to enroll into a childcare facility if the facility is at its maximum capacity, etc.

※2 At childcare facilities marked with ○ the temporary care hours are 7:30-8:30 and 14:30- 18:30 (full care hours are 7:30-18:30)

※3 At childcare facilities marked with △ the temporary care hours are 14:30-16:30 (full care hours are 8:30-16:30)

※4 Regarding the use of the kindergarten at a certified childcare center, please contact the facility directly.

■ Kindergarten Fees

Childcare fees at kindergartens are free of charge. However, you may be charged fees for temporary childcare, lunch, membership to the parents' association, and teaching materials. In order to receive temporary childcare for free, you will need to apply for a Certification of Need for Childcare.

■ Temporary Childcare at Municipal Kindergartens

Temporary childcare is a system by which a child enrolled at a facility receives childcare at their enrolled facility outside of the standard instructional hours.

	Day of Use	Time of Use	Fee (per single use)
Childcare until 16:30	Weekdays	14:30 - 16:30	200 yen
	Summer holidays, winter holidays, start of the school year, end of the school year holidays	3 hours or less from 8:30 - 16:30	300 yen
		More than 3 but 5 hours or less from 8:30 - 16:30	500 yen
		More than 5 hours from 8:30 - 16:30	800 yen
Childcare until 18:30	Weekdays	7:30 - 8:30	100 yen
		14:30 - 16:30	200 yen
		14:30 - 18:30	400 yen
	Summer holidays, winter holidays, start of the school year, end of the school year holidays	3 hours or less from 7:30 - 18:30	300 yen
		More than 3 but 5 hours or less from 7:30 - 18:30	500 yen
		More than 5 but 8 hours or less from 7:30 - 18:30	800 yen
		More than 8 hours from 7:30 - 18:30	1,100 yen

Childcare within the hours of your certified amount of childcare need is free of charge. There are formal proceedings to certify your need for childcare. You will need the following documents for these proceedings.

① Financial Support Qualification Application for Institutional Childcare Fees (shisetsu nado riyō kyūfu nintei mōshikomisho)

※One copy per child

② Documents proving your need for childcare (for both of the child's parents)

※See page 34 for a list of official recognized reasons for childcare need

■ Payment of Temporary Childcare Fees

For temporary childcare, payment should be made by the end of the month following the month of use (for usage in November, pay by the 27th of December). If the payment date falls on a public holiday, the deadline is generally the next banking day.

○ Children's Clubs (jidō kurabu)

Children's clubs are intended for elementary school children whose guardian is absent during the day due to work or other obligations. These programs provide supervised play and care for such children during after-school hours and long holidays. Children's clubs are managed in cooperation with the community by a local steering committee.

■ Eligible Children

The clubs are open to elementary school students who live in Izumo City and generally do not have a guardian at home during the daytime.

■ Hours of Operation

- Monday – Friday, after school until 18:00 (actual times may vary)
- Saturdays and during long holidays in general from 8:00–18:00
- *Saturday hours and extensions (until 18:30) may differ depending on the club.

■ Closure Dates

Sunday, national holidays, 13th – 16th August,
New Year's holidays (29th December – 3rd January of the following year), other

■ Enrollment

Please contact the children's club of your choice directly. Admission is decided on evaluation of your application. Applications may be rejected if there are no vacant spots. We ask for your understanding. Also, as clubs accept children on a year-long participation basis, please understand that it is not possible to apply only for the summer holidays.

■ Guardian's Share of Expenses

- Monthly cost: 7,000 yen/month
- Cost of time extensions: 100 yen/10 minutes
- In addition, children's clubs may collect fees for snacks and teaching materials, etc.
- The following reduction and exemption systems exist for those who are eligible.

Type	Reduced Cost	
	Monthly Cost	Cost of Time Extensions
Child (excluding oldest) if 2 or more children of the same household are enrolled.	1,000 yen/month	/
Child or, if 2 or more children are enrolled, the oldest child of a household not paying any income-based levy on their municipal inhabitant tax during said year. Reduction and exemption application procedures (genmen shinsei) necessary.	1,500 yen/month	50 yen/10 minutes
The second oldest child when 2 or more children enrolled of a household not paying any income-based levy on their municipal inhabitant tax during said year. Reduction and exemption application procedures necessary.	2,000 yen/month	50 yen/10 minutes
When 3 or more children are enrolled, the child (excluding the oldest and second oldest child) of a household not paying any income levy on their municipal taxes during said year. Reduction and exemption application procedures necessary.	3,000 yen/month	50 yen/10 minutes
Child of a household receiving welfare under the Livelihood Protection Law. Reduction and exemption application procedures necessary.	Full exemption	50 yen/10 minutes

Inquiries For inquiries about the guardian's share of expenses, please contact: Kodomo seisaku-ka jidō kurabu-gakari Tel. 21-6131

○ List of Children's Clubs

(jidō kurabu ichiran)

Elementary school district	Name	Address	Telephone
Imaichi	Imaichi Dai-ichi Children's Club	Imaichi-chō Kitahon-machi 2-chōme 1-1 (Imaichi Elementary School)	25-3735
	Imaichi Dai-ni Children's Club	Imaichi-chō Kitahon-machi 2-chōme 1-1 (Imaichi Elementary School)	25-3735
Ōtsu	Ōtsu Dai-ichi Children's Club	Ōtsu-chō 394 (Ōtsu Elementary School)	25-2206
	Ōtsu Dai-ni Children's Club	Ōtsu-chō 588-4	22-3800
Enya	Enya Dai-ichi Children's Club	Enya-chō 675-2	22-6364
	Enya Dai-ni Children's Club	Enya-chō 653-2	22-8492
	Enya Dai-san Children's Club	Enya-chō 423-4	22-7484
	Enya Dai-yon Children's Club	Enya-chō 473	22-5660
Yotsugane	Yotsugane Dai-ichi Children's Club	Ōtsuka-chō 821-3 (Yotsugane Elementary School)	24-4881
	Yotsugane Dai-ni Children's Club	Ōtsuka-chō 827-1	23-7115
	Yotsugane Dai-san Children's Club	Ōtsuka-chō 821-3 (Yotsugane Elementary School)	24-7719
Hokuyo	Hokuyō Dai-ichi Children's Club	Inaoka-chō 14-3 (Hokuyo Elementary School)	25-3740
	Hokuyō Dai-ni Children's Club	Ogitochi-chō 211-1	21-1602
Takahama	Takahama Children's Club	Hirano-chō 1209-2	20-0288
Kandogawa	Kandogawa Dai-ichi Children's Club	Chiimiya-chō 481-1 (Kando Kindergarten)	30-1257
	Kandogawa Dai-ni Children's Club	Ashiwata-chō 790	25-1750
	Koshi Children's Club	Koshi-chō 1955 (Koshi Sports Center)	22-7400
Takamatsu	Takamatsu Dai-ichi Children's Club	Shiroeda-chō 396-1 (Asunaro Nursery School)	21-5887
	Takamatsu Dai-ni Children's Club	Hama-chō 2110-4 (Kyū Hamayama Nursery School)	22-8466
Nagahama	Nagahama Children's Club	Arakaya-chō 3901	28-3871
Jinzai	Jinzai Children's Club	Jinzaiki-chō 479-1	43-1910
Kamitsu	Kamitsu Children's Club	Kamishima-chō 869 (Kamitsu Elementary School)	48-9222
Minami	Asayama Children's Club	Tokorohara-chō 185	48-2772
	Ottachi Children's Club	Ottachi-chō 1028-4 (at Ottachi Elementary School)	45-0609
Hiebara	Hiebara Children's Club	Hiebara-chō 2825 (Hiebara Elementary School)	48-2250
Hirata	Hirata Cosmos Children's Club	Nishihirata-chō 6-1 (Hirata ES grounds)	63-3357
Nadabun	Nadabun Inaho Children's Club	Nadabun-chō 2091 (Nadabun ES grounds)	63-2636
Kundomi	Kunidomi Aozora Children's Club	Kundomi-chō 381 (Kundomi Elementary School)	63-0560

Elementary school district	Name	Address	Telephone
Nishida Wanibuchi, Kitahama,	Hikari Children's Club	Mandachō 790-1 (Nishida Pottery Workshop)	62-0555
Sakura	Himawari Children's Club	Tōfuku-chō 453 (Sakura Elementary School)	63-2883
Asahi	Asahi Children's Club	Sono-chō 64-2 (Asahi ES grounds)	62-0355
Susa	Susa Children's Club	Sada-chō Susa 1137-1 (Susa Elementary School)	84-1850
Kubota	Kubota Children's Club	Sada-chō Hitokubota 1988-1 (Kubota Chuo Kaikan)	85-2911
Taki	Taki Children's Club	Taki-chō Oda 50 (Taki Area Welfare Center)	86-7055
Koryō	Koryō Children's Club (Ichigokan)	Koryō-chō Nibu 1117 (Koryō kindergarten)	43-8811
Taisha	Kizuki Children's Club	Taisha-chō Kizuki-minami 1201 (Taisha Kindergarten)	53-2245
Araki	Araki Children's Club	Taisha-chō Shūrimen 752-1 (South of Taisha Go-en Hiroba)	53-0552
Yōkan	Yōkan Children's Club	Taisha-chō Yōkan 73 (Yōkan ES grounds)	53-5800
Shōbara	Shōbara Children's Club	Hikawa-chō Kanba 273 (Shōbara Elementary School)	72-7725
Nishino	Nishino Dai-ichi Children's Club	Hikawa-chō Tobimura 520-1 (Nishino Kindergarten)	72-7198
	Nishino Dai-ni Children's Club	Hikawa-chō Tobimura 519-1 (Nishino Kindergarten)	72-4822
Chūbu	Chūbu Children's Club	Hikawa-chō Naoe 4244 (Chūbu Elementary School)	72-5276
Shutto	Shuttō Children's Club	Hikawa-chō Sanbuichi 1076 (Shuttō ES)	090-6403-6834

■ Children's Clubs managed by community welfare NPOs, etc. (shakai fukushi hōjin nado)

Meeting dates/times, fees, application period, application method, etc. are different from municipally operated children's clubs. For inquiries, please contact the club directly.

Elementary school district	Name	Address	Telephone
Enya	Wakuwaku Childrens' Club	Enya-chō 2128	080-8653-1623
Takamatsu	Asunaro Childrens' Club	Shiroeda-chō 397-2	21-7070
Takahama	Deha Ichi NicoNico Childrens' Club	Satogata-cho 754-1 (Next to Satogata Daycare Center)	31-4557
Kandogawa	Kando Ohisama Childrens' Club	Ashiwata-cho 822-15	25-8275
Nagahama	Arakaya Childrens' Club	Arakaya-cho1021-4 (Next to Arakaya Daycare Center)	25-7402
Hirata	NobiNobi Childrens' Club	Hirata-chō 475-9 (Next to Hirata Daycare Center)	31-6233
Nishino	Shussai Children's Club	Hikawa-cho Shussai 1495 (Next to Shussai Daycare Center)	31-7177

■ Childcare Centers that Accept Elementary School Children

There are also childcare centers that accept elementary school children. For more details, please contact the institution directly.

- ▶Izumo Misono Maria-en Telephone: 21-3620
- ▶Izumo Sumire Daycare Center Telephone: 24-1122
- ▶Warabenouchi Daycare Center Telephone: 72-7788
- ▶Hokubu Daycare Center Telephone: 68-0106
- ▶Hirata Nyūji Daycare Center Telephone: 63-3493
- ▶Hokuyō Daycare Center Telephone: 31-8839

■ Jidōkan

Elementary school district	Name	Address	Telephone
Ino	Ino Jidōkan	Nozato-chō 490-3	67-0938

○ Afterschool Classes for Children

(hōkago kodomo kyoshitsu)

- Thanks to the help of local residents, various schools and community centers are providing children with places to learn and play after school, during summer holidays, etc. Each class decides their opening hours independently. For details, contact them directly.
 - All elementary school students can participate, regardless of their parent/guardians' job status.
 - Participation is free on principle. However, fees may be collected for materials, insurance, etc. Additionally, there may be cases where you will be asked to contribute for special events.
 - ※Unlike Children's Clubs, after-school classes are not held daily.
- ★ After-school classes for children are possible thanks to the support of the local residents and volunteers. Many of these classes are searching for volunteers who can help conduct the activities.

Inquiries Izumo-shi Kyōiku Iinkai Kyōiku Seisaku-ka (Izumo City Board of Education) Phone: 0853-21-6909

Elementary School District	Class Name	Main Location	Contact	Phone Number
Ōtsu	Yayoi no Mori Kodomo Hiroba	Ōtsu Community Center	Ōtsu Community Center	21-0172
Kamitsu	Kamitsukko Michikusa Kyōshitsu	Kamitsu Community Center	Kamitsu Community Center	48-0301
Enya	Enya Hōkago Kodomo Kyoshitsu	Enya Elementary School	Supervisor: Narai-san	090-4579-4432
Takamatsu	Matsubokkuri Kyōshitsu	Takamatsu Community Center	Takamatsu Community Center	21-0671
Yotsugane	Yotsugane Kodomo School	Yotsugane Community Center	Yotsugane Community Center	21-0369
Takahama	Takahama Kodomo School	Takahama Community Center	Coordinator: Yoneyama-san	23-5355
Hokuyō	Kawato Challenge Hiroba	Kawato Community Center	Kawato Community Center	21-0694
Hokuyō	Tobisu Yume Hiroba	Tobisu Community Center	Tobisu Community Center	21-0174
Hirata	Hasudakko Kodomo Kyōshitsu	Hirata Elementary School Gym	Representative: Takahashi-san	070-3773-7836
Kunidomi	Honsogo school	Kunidomi Community Center	Kunidomi Community Center	63-1372
Sakura	Jumo Kyōshitsu	Sakura Elementary School	Kutami Community Center	63-1374
Ino	Inokko	Ino Community Center	Ino Community Center	69-1526
Koryō	KIDS • STATION	Koryō Elementary School	Koryō Community Center	43-2480
Araki	Araki Kodomo Club	Araki Community Center	Araki Community Center	53-5440

Elementary School District	Class Name	Main Location	Contact	Phone Number
Shōbara	Shōbara Hōkago Kodomo Kyoshitsu	Shōbara Community Center	Shōbara Community Center	72-4600
Nishino	Nakayoshi Club	Iwano Community Center	Iwano Community Center	72-1311
Nishino	Shussai Wakuwaku Kyōshitsu	Shussai Community Center	Shussai Community Center	72-9204
Shuttō	Shuttō Niji Kyōshitsu	Shuttō Community Center	Shuttō Community Center	62-5033

○ Short-term Childcare Support Program

(kosodate tanki shien jigyo)

～For households struggling with parenting that are lacking support from relatives, friends, etc.～
(in the case of ineligibility under other support systems)

City-designated welfare facilities offer temporary childcare for households that due to e.g. illness or work would like to have their child placed in short-term care but lack a place to put the child or a nearby friend or family member who can care for the child.

■ Eligibility

Eligible children: Children junior high school age and under who are residents of Izumo city.

Reasons for eligibility: A guardian becomes eligible when they temporarily cannot raise the child due to the following reasons.

- hospitalization, regular hospital visits or recuperation at home due to illness, child birth, injury, etc.
- nursing or taking care of an ill or injured relative
- victim of an accident or natural disaster
- absence due to ceremonial family occasions, participation in official events
- business trips due to work
- returning home late at night due to work
- fatigue from childcare, when parenting is difficult due to parenting anxiety etc.

※Please be aware that receiving support through this program is not allowed if there is someone else available to take care of the child, another system is applicable, or if medical assistance is necessary.

■ Usage Fee

Usage between 8:00 and 17:00	2,000 yen
Usage between 17:00 and 22:00	2,500 yen
Usage between 22:00 and 08:00	6,000 yen

※There are reduction and exemption measures for households on welfare and single-parent households as well as for households exempt from municipal inhabitant tax or households only paying the per capita levy.

※In addition, meals, diapers, and other personal expenses are to be paid for by the applicant.

■ Facilities

Satogata Nursery School (Hoikuen) (Satogata-chō)

CS Izumo After-school Day Service Taisha Office

CS Izumo After-school Day Service Chiimiya Office

※Direct inquiries to the facilities are not possible.

■ Applications

Please consult with Izumo City Hall employees if you are interested in using these services.

Apply at: Izumo City Hall Kodomo Seisaku-ka Kodomo-katei Sodan-shitsu Tel. 21-6604

○ Children with Developmental Issues and Children with Disabilities

(hattatsu ga ki ni kakaru okosan *shōgai no aru okosan no tame ni)

○Types of Counseling

■ Support & Counseling for Individuals with Disabilities (sōdan shien jigyōsho)

Counseling and Support Facilities provide comprehensive counseling regarding various disabilities and issues with juvenile development, and help you connect to welfare services you may need.

	Name of the Facility	Address	Telephone	Targeted Disabilities
1	Heartopia Izumo	Izumo-shi Takeshi-chō 693-4	23-2720	Physical, intellectual, emotional, juvenile ※
2	Care Plan Yawaragi	Izumo-shi Chiimiya-chō 1192-9	21-4820	Physical, intellectual, emotional, juvenile
3	Sazanami Gakuen	Izumo-shi Jinzaioki-chō 2534-2	31-9996	Juvenile, intellectual※
4	Izumo Sunhome	Izumo-shi Jinzaioki-chō 1315	43-7575	Physical, intellectual, emotional, juvenile※
5	Firia	Izumo-shi Nadabun-chō 532-1	62-4782	Physical, intellectual, emotional, juvenile
6	Purēge	Izumo-shi Nadabun-chō 613	62-2977	Physical, intellectual, emotional, juvenile※
7	Ponponsen	Izumo-shi Taki-chō Taki 892-7	86-7022	Physical, intellectual, emotional, juvenile
8	Kōfūen	Izumo-shi Koryō-chō Ōike 240-1	43-0025	Physical, intellectual, emotional, juvenile※
9	CS Izumo	Izumo-shi Taisha-chō 80-1	53-8066	Physical, intellectual, emotional, juvenile
10	Jidō Hattatsu Shien Sentā Wakko	Izumo-shi Chiimiya-chō 238 (Izumo Shimin Rehabilitation Byōin)	21-2733	Juvenile
11	Yoshino-en	Izumo-shi Yoshino-chō 1694-2	67-0500	Physical, intellectual, emotional, juvenile
12	Kuma & Rosemary Sōdan-shitsu	Izumo-shi Koryō-chō Ōike 482	77-4332	Physical, intellectual, emotional, juvenile
13	Sōdan Shien Jigyōsho Reve	Izumo-shi Takeshi-chō 182-3	25-8602	Physical, intellectual, emotional, juvenile
14	Sōdan Shien Jigyōsho Wānpaku	Izumo-shi Tōfuku-chō 156-1	62-4872	Physical, intellectual, emotional, juvenile
15	Sōdan Shien Jigyōsho Heian-dō	Izumo-shi Watarihashi- chō 334-1	27-9788	Physical, intellectual, emotional, juvenile
16	Sōdan Shien Jigyōsho Ricotto	Izumo-shi Watarihashi- chō 1198 Kusunoki TenantoA	23-2288	Physical, intellectual, emotional, juvenile
17	Sōdan Shien Jigyōsho Birietto	Izumo-shi Hirata- chō 2194-5	77-5147	Physical, intellectual, emotional, juvenile
18	Inkuru Netto Izumo	Izumo-shi Asayama-chō 284	77-6212	Physical, intellectual, emotional, juvenile
19	Sōdan Shien Jigyō-sho Rirēshon	Izumo-shi Ōtsuka-chō 869-1 Plant A-1	25-7353	Physical, intellectual, emotional, juvenile
20	Sōdan Shien Jigyō-sho Kirameki	Izumo-shi Satogata-chō 753-1	31-4528	Juvenile
21	Aika Sōdan Shien Jigyōsho	Izumo-shi Nishizono-chō 3913-1	090-4645-5844	Physical, intellectual, emotional, juvenile
22	Fuatto	Izumo-shi Takeshi-chō 693-1	25-0130	Emotional ※
23	Furaie	Izumo-shi Oyama-chō 362-1	21-9779	Physical, emotional
24	Kanon	Izumo-shi Jinzaioki-chō 2476-1	25-8811	Physical, intellectual, emotional ※
25	Yamabikoen	Izumo-shi Sada-chō Hitokubota 1988	85-8005	Physical, intellectual, emotional

	Name of the Facility	Address	Telephone	Targeted Disabilities
26	Sōyū Sōdan Sentā	Izumo-shi Hikawa-chō Gakuto 1625-4	72-7200	Intellectual, emotional ※
27	Taiyō no Sato	Izumo-shi Hikawa-chō Nashima 90	25-7370	Intellectual※
28	Hotto	Izumo-shi Sada-chō Hitokubota 1961-5	85-8000	Physical, intellectual, emotional
29	Tasukeai Hirata	Izumo-shi Nishidai-chō 1032-4	62-0257	Physical, intellectual, emotional
30	Tokutei Sōdan Shien Jigyōsho Potato-house	Izumo-shi Hirano-chō 1183	27-9171	Intellectual
31	Mugi no Ie	Hikawa- Gakuto 1510-2	31-4832	Physical, intellectual, emotional

※Counseling and Support Facilities established by Izumo City

○Special Education Support Classes (tsūkyū shidō kyōshitsu)

■ Special Education Support Classes for Young Children (yōji tsūkyū shidō kyōshitsu)

Special education support classes and educational counseling for children in regular classes who are in need of support.

Locations & Inquiries Imaichi Kindergarten (Imaichi Yōchien), Jinzai Elementary School (ES), Hirata ES, Taisha ES, Chubu ES

■ Special Education Support Classes (tsūkyū shidō kyōshitsu)

Special education support classes and educational counseling for students enrolled in regular classes who are thought to need individual support.

Locations & Inquiries Imaichi ES, Kandogawa ES, Jinzai ES, Hirata ES, Taisha ES, Chubu ES, Dai-san Junior High School (JHS), Hamayama JHS, Hirata JHS, Koryō JHS, Hikawa Nishi JHS

○Local Mini Rehabilitation Projects (chiki mini ryōiku jigyō)

■ Omocha no Ie (Local Mini Rehabilitation Project for Children with Disabilities)

Offers information to the guardians of children with disabilities regarding childcare consultation and raising children with disabilities. Additionally, this project provides opportunities for these children to interact with other nursery school children.

Locations & Inquiries Omocha no Ie (Naoe Daycare Center (Naoe Hoikusho))

○Welfare Services (fukushi sābisu ni tsuite)

For more information on welfare services for the disabled, please contact one of the following sections.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ In-Home Care Service (kyotaku kaigo sābisu)

An aide who provides physical care and outpatient assistance is dispatched to households with disabled children.

■ After School Day Services, Child Development Support (hōkagotō dei sābisu, jidō hattatsu shien)

Rehabilitative guidance, training, etc., is offered to children with disabilities and their guardians.

※For those who have difficulty leaving the house because of strong psychosomatic symptoms, we provide support with home visits.

■ Childcare Center Visits (hoikusho tō hōmon shien)

Children with disabilities can visit childcare centers and other facilities while receiving special support for social interaction between children in group settings.

■ Short-Stay Service (tanki nyūsho)

Short-term care, including night-time care, involving the daily necessities of looking after children with disabilities is provided to those who need it due to family reasons or other circumstances.

■ Communication Support Project (komyunikēshon shien jigyō)

When a child with cognitive or expressive difficulties that make communication difficult is admitted to a hospital or clinic, an in-home care worker who has an understanding of the child's condition is dispatched to the admitting facility in order to facilitate smooth communication with the hospital staff.

■ Temporary Daytime Support Project (nicchū ichiji shien jigyō)

A child with disabilities in need of temporary short-time daytime supervision due to family circumstances, etc. can be cared for temporarily at a welfare service organization or facility offering support for individuals with disabilities.

■ Movement Support Project (idō shien jigyō)

Support is provided for children who have difficulties moving around outside to help them leave the house.

○Disability Cards (shintai shōgaisha techō, ryōiku techō, seishin shōgaisha hoken fukushi techō)

Depending on the degree of disability, individuals who possess Disability Cards may receive, for example, tax reductions, support for medical expenses, discounts on public transportation fees, durable medical equipment (prosthetic, orthotic and mobility devices), and/or goods necessary for everyday living. Please familiarize yourself with the Fukushi Suishin-ka's pamphlet called "Disability & Welfare Guidebook (for children)" (shōgaisha (ji) fukushi no shiori).

If you are looking to seek information about these services, please see the contact information below.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Physical Disability Card (shintai shōgaisha techō)

A Physical Disability Card is issued to individuals who have disabilities above a certain degree in their limbs, vision, hearing or balance function, speech, language or chewing functions, kidney, heart, liver, respiratory organs or urinary bladder, rectum or small intestine.

■ Rehabilitation Card (ryōiku techō)

Rehabilitation Card is issued if there is cognitive development delay that causes trouble in daily life and consideration for welfare benefits is necessary.

■ Cognitive Disability Card (seishinshōgaisha hoken fukushi techō)

A Cognitive Disability Card is issued to individuals with mental disabilities (including developmental disorders, such as autism, learning disorders, and attention deficit hyper-activity disorder (ADHD)) that put constraints on their daily living and social life.

○Allowances, etc.

For more information on the allowances listed below, please see the following contact information.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Support Aid for Special-needs Children (tokubetsu jidō fuyō teate)

Allowance paid to those who are raising a child under 20 years old who possesses a moderate to severe mental/physical disorder.

Monthly allowance amount as of April 2022. This may be revised even in the middle of the fiscal year.

Level 1 52,400 yen Level 2 34,900 yen

■ Allowance for Children with Disabilities (shōgaiji fukushi teate)

Allowance paid to individuals who are under 20 years old who, due to a serious mental/physical disability, need constant care in their daily lives. Monthly allowance amount as of April 2022. This may be revised even in the middle of the fiscal year.

Allowance amount: 14,850 yen.

○ Medical Care Benefits (iryōhi seido ni tsuite)

■ Medical Care for Disabled Children (ikusei iryō)

Early treatment and medical care benefits are offered for children with a physical disability who are younger than 18 to simplify daily life. In general, a 10% self-pay is required, but considering the tax status and income of the household, an upper limit for self-pay may be set. The city also has an aid system.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Independence Support Medical Care (jiritsu shien iryō / seishin tsūin iryō)

This program provides financial support in order to perform early medical treatment for individuals with mental disabilities (including developmental disorders, such as autism, learning disabilities, and attention deficit hyper-activity disorder (ADHD)) that put constraints on their daily living and social life. Generally, a 10% self-pay is required. The city also has an aid system.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Medical Welfare System (fukushi iryō)

This system assists with the self-pay portion of medical costs to maintain and promote the health of individuals with severe disabilities. The self-pay is 10%, but the monthly maximum costs are 2,000 yen for hospitalization at a medical institution and 1,000 yen for outpatient/home visits. There is no self-pay for medicines purchased at a pharmacy, etc.

Eligible children:

- ① Individuals ranked as level 1 or 2 on their Physical Disability Card
- ② Individuals ranked A on their Rehabilitation Card
- ③ Individuals ranked as level 1 on their Cognitive Disability Card
- ④ Individuals ranked as level 3 or 4 on their Physical Disability Card in addition to having an IQ of under 50 due to an intellectual disability※
- ⑤ Individuals ranked as level 3 or 4 on their Physical Disability Card in addition to being ranked as level 2 on their Cognitive Disability Card
- ⑥ Individuals ranked as level 2 on their Cognitive Disability Card in addition to having an IQ under 50 due to an intellectual disability※

※ The individual's IQ is subject to evaluation by a specific organization.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

○ Assistance in Purchasing Assistive Tools and Equipment (fukushi yōgu kōnyū no jyosei ni tsuite)

For more information on the assistance programs listed below, please see the following contact information.

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Allowance for Support Equipment Costs (hosōguhi no shikyū)

This allowance covers part of the cost of acquiring, repairing, etc. support equipment for a physical disability.

Eligible children: Individuals with a Physical Disability Card, Individuals with designated intractable diseases

■ Assistive Grant Project for the Purchase of Hearing Aids for Children with Hearing Disabilities (nanchōji hochōki kōnyūhi josei jigyo)

This grant partially assists with the cost of purchasing a hearing aid for a child who is slightly/moderately hard-of-hearing and not eligible for a Physical Disability Card.

Eligible children: Children under 18 years old whose hearing level in both ears averages from 30 decibels to under 70 decibels.

■ Daily Life Goods Provision (nichijō seikatsu yōgu no kyūfu)

Individuals with severe disabilities can receive provisions for daily life goods and home improvements to make their daily lives easier.

Eligible children: Children with a Physical Disability Card or a Rehabilitation Card, Individuals with designated intractable diseases

■ Daily Life Goods Provision for Children with a Chronic Pediatric Condition (shōni mansei tokutei shikkanji nichijō seikatsu yōgu no kyūfu)

Children with a shōni mansei tokutei shikkan-shō certificate can receive a daily life goods provision in order to lessen daily expenses.

Eligible children: Children who possess a shōni mansei tokutei shikkan-shō certificate.

○ Other Services (sono hoka)

Inquiries ▶ Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Regular Treatment for Kidney Dysfunction Aid Project (jinzō kinō shōgaisha tsūinhi josei jigyo)

A portion of traveling expenses is covered for individuals receiving regular artificial dialysis. Individuals receiving free transportation to and from the hospital by a medical care agency are not applicable.

Eligible children: Children living over 5 km away from the medical facility.

■ Issuing of Welfare Taxi Tickets for the Physically Disabled (shōgaisha fukushi takushī riyōken no kōfu)

Welfare taxi tickets are granted to those with serious disabilities receiving care in the home.

Applicable individuals: ①Children ranked as level 1 or 2 on their Physical Disability Card

②Children with a Rehabilitation Card

③Children ranked as level 1 or 2 on their Cognitive Disability Card

④Children who cannot go outside without the use of a wheelchair or stretcher

※However, depending on the time of application, it may be necessary for individuals under 18 years old to live in a household exempt from residence taxes (jūminzei) to qualify for this program.

■ Mutual Aid Support for Individuals with Mental/Physical Disabilities (shinshin shōgaisha fuyōkyōsai)

If the guardian of a disabled individual pays the applicable fixed premiums, a permanent allowance pension is paid to the disabled individual if their guardian passes away or is severely disabled in order to stabilize their life and promote their welfare.

Applications / Inquiries: Shimane Shōgai Fukushi-ka TEL: 0852-22-6686

Pamphlets about this system are available at the Fukushi Suishin-ka at City Hall and the Shimin Sābisu-ka at each administrative center.

■ Automobile Accessibility Modification Fee Support (jidōsha kaizōhi no josei, jōkōkei)

Fees for modifying cars for persons with physical disabilities may be covered based on prior consulting.

Eligibility: Modifications to a car owned by either a homebound person with a severe physical disability (Level 1 or 2), or a person who lives with them.

There are specific conditions required for this financial support, so please consult with the city for details before purchasing vehicle modifications.



Single-parent Households (hitori oya katei no kata no tame ni)

■ Consultation (sōdan)

Eligibility: Single-parent households, etc.

Parent & Child Independence Support staff (boshi/fushi jiritsu shien-in) are available to help resolve problems regarding daily life and work, information on support systems for single parents, acquiring child support payments, and worries concerning the child's wellbeing..

Inquiries Izumo City Hall: Kodomo Seisaku-ka

■ Child Support Aid (jidō fuyō teate)

Eligibility: Single-parent households, etc.

In the event that, due to the parents' divorce, etc., the child lives separately from their mother or father with the other parent; or if the child is being raised by someone else, Child Support Aid will be paid to the person rearing the child in order to support the livelihood and independence of their household.

The amount of aid is determined based on income.

Inquiries Izumo City Hall: Kodomo Seisaku- ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Welfare Loan System for Single-Parent Widows and Widowers (boshi • fushi kafu fukushi shikin kashitsuke seido)

Eligibility: Single-parent households, etc.

Loans are granted for the child's high school and university fees, moving costs, fees to cover the single parent obtaining a qualification in order to promote financial independence, etc.

Starting from October 1st, 2014, single-father households are also covered under this program.

Loan interest rate: No interest or 1.0% per year.

Inquiries Izumo City Hall: Kodomo Seisaku-ka

■ Loans Supporting the Independence of Single-Parent Households (boshikateitō jiritsu shien kyūfukin)

Eligibility: Single-parent households, etc.

In order to support the employment of single mothers/fathers, there are benefits such as partial monetary aid for lesson fees to acquire qualifications and aid to reduce living expenses during studies. Prior consultation is necessary.

Inquiries Izumo City Hall: Kodomo Seisaku-ka

■ Daily Life Support Program (nichijō seikatsu shien jigyō)

Eligibility: Single-parent households, etc.

Household support staff (katei seikatsu shien'in) will be dispatched to provide temporary daily life support and childcare services to single-parent homes when necessary.

Classification	Daily Life Support	Childcare Support
Households receiving welfare benefits and households exempt from municipal inhabitant tax	Free	Free
Households receiving Child Support Aid (jidō fuyō teate)	150 yen/hour	70 yen/hour
Other households	300 yen/hour	150 yen/hour

Inquiries Izumo City Hall: Kodomo Seisaku-ka

■ Medical Welfare System (fukushi iryō seido)

Eligibility: Single-parent households, etc.

This system assists with the coinsurance payment (i.e. the out-of-pocket fees) of the mother's/father's and child's medical costs for single-parent households and orphans (there are limitations based on income).

The coinsurance payment is 10% of the medical fees. There is no coinsurance payment for medicines purchased at a pharmacy, etc.

The upper limit of the coinsurance payment is decided based on the household's municipal inhabitant tax status.

Inquiries Izumo City Hall: Fukushi Suishin-ka Hirata • Sada • Taki • Koryō • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ School Enrollment Support System (shūgaku enjo seido)

Eligibility: Single-parent households receiving Child Support Aid, and guardians of elementary or junior high school students in need of monetary aid due to financial reasons

This system offers support for school supply fees, lunch fees, etc. For those who are not receiving Child Support Aid, eligibility will be judged based on household income.

Inquiries Izumo City Hall: Kyōikuin-kai Kyōiku Seisaku-ka Tel. 21-6190 or your child's elementary or junior high school

○ Consultation (sōdangoto ha)

■ Izumo City Hall (Izumo shiyakusho)

Consultation issues: **Procedures for Child Allowance (jidō teate) and Child Support Aid (jido fuyō teate), Child Abuse, Raising a Child as a Single Parent, Infant Development, Children's Clubs.**

Inquiries Izumo City Hall: **Kodomo Seisaku-ka**
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

Consultation issues: **Enrollment in nursery school (hoikusho) or kindergarten (yōchien)**

Inquiries Izumo City Hall: **Hoiku Yōchien-ka**
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

Consultation issues: **Concerns about pregnancy or the health of your infant (development, childcare, feeding your infant, dental health, etc.).**

Inquiries Izumo City Hall: **Kenkō Zōshin-ka**
Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka
Telephone : Please see the page entitled Inquiries List (toiawase ichiran) for the list of contact numbers.
Consultation hours: Monday to Friday, 8:30–17:15

■ Izumo City Mother and Child Comprehensive Support Center Kizuna

(Boshi kenkō hokatsu shien sentā)

Consultation issues: **Concerns about pregnancy, childbirth, childcare. There is a separate consultation room.**

Inquiries Izumo City Hall **Kenkō Zōshin-ka, Boshi hoken-kakari** Tel. 0853-21-6818
Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays and New Year's holidays)

■ Kodomo-katei Sodan-shitsu

Consultation issues: Developmental issues, child abuse

Inquiries Tel. 0853-21-6604
Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays)

■ Izumo Child Consultation Center (Izumo jidō sōdansho)

Professional consultants offer **women's consultation and consultation regarding children, such as development and growth, personality and discipline, parenting, and child abuse.**

Inquiries Tel. 21-0007 (children's consultation) 21-8789 (women's consultation)
Consultation hours: Monday to Friday, 8:30–17:15
women's consultation until 17:00, excluding national holidays and New Year's holidays
Location: Oyama-chō 70

■ Nationwide Child Consultation Hotline (Jidōsōdansho zenkoku kyōtsū daiyaru)

If you suspect child abuse, call immediately.

Inquiries Telephone: 189 (ichi-haya-ku)

■ Izumo Health Center (Izumo hokensho)

Consultation issues: **Family health, health promotion, medical benefit systems.**

Inquiries Tel. 21-1190 (switchboard)
Consultation hours: Monday to Friday, 8:30–17:00
Location: Enya-cho 223-1

■ Izumo Children & Young People Support Center (Izumo-shi kodomo • wakamono shien sentā)

Consultation issues: **Children and youth issues, social withdrawal, refusal to attend school etc.**

Inquiries Tel. 0120-84-7867 21-4444

Consultation hours: Monday to Friday, 8:30–17:00 (excluding national holidays and New Year’s holidays)

Location: Imaichi-chō Kitahon-machi 1-7 (at Izumo Children’s Home)

■ Children and Household Phone Consultation Room (kodomo to katei denwa sōdanshitsu)

Consultation issues: **Personal worries of both children and parents, such as studies, friends, school, parenting, discipline, and misconduct.**

Inquiries Tel. 0120-258-641

Consultation hours: Daily, 9:00–21:30 (excluding national holidays and New Year’s holidays)

Organizer: Shimane Prefecture

■ Women’s Consultation Dial (josei sōdan daiyaru)

Consultation issues: A female counselor offers consultation on **worries related to violence from a spouse/partner, family trouble and work and community relationships.**

- Shimane Prefecture Women’s Consultation Center (Shimane-ken josei sōdan sentā)

Inquiries Tel. 0852-25-8071

Consultation hours: Daily, 8:30–17:00

(excluding national holidays, New Year’s holidays, and 12:00-13:00 on Saturdays and Sundays)

Address: Matsue-shi, Kitatamachi 48-1

- Shimane Women’s Consultation Center Western Annex – Asuterasu Women’s Consultation Room

(Shimane josei sōdan sentā nishi-bu bunshitsu, Asuterasu josei sōdan-shitsu)

Inquiries Tel. 0854-84-5661

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Address: Ōda-shi, Ōda-chō, Ōda-i 236-4

- Izumo Child Consultation Center (Izumo jidō sōdansho)

Inquiries Tel. 0853-21—8789 (Women’s Consultation)

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Location: Oyama-chō 70

- Izumo Citizen Activities Support Division (Izumo-shi Shimin Katsudo Shien-ka)

Tel. 22-2085 (Women’s Consultation)

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Location: Imaichi-chō 70 (Izumo City Hall 4th floor)

■ Childcare & Women’s Health Support Center Shimane (josanshi daiyaru)

Consultation issues: A midwife offers consultation on **childcare and women’s concerns.**

Inquiries Tel. 090-7135-4637 (1st – 15th of the month)

090-7136-4609 (16th – 31st of the month)

Consultation hours: All year round, 8:00 – 23:00

Organizer: Shimane Midwives’ Association (Shimane-ken josanshi-kai)

■ Sterility Issues Consultation Center (funin senmon sōdan sentā)

Consultation issues: Telephone or in-person consultation on **sterility examination and treatments** for couples with sterility issues.

Inquiries Tel. 21-3584

Consultation hours: Monday to Friday, 15:00–17:00 (excluding national holidays and New Year's holidays)

Organizer: Shimane Prefecture

■ Shimane Life Telephone (shimane inochi no denwa)

Consultation issues: **Various concerns and issues regarding life, depression.**

Inquiries Tel. 0852-26-7575

Consultation hours: All year round, Monday to Friday 9:00–22:00; Saturday 9:00 – Sunday 22:00

Organizer: Social Welfare Corporation Shimane Life Telephone

■ Heart Dial (kokoro no daiyaru)

Consultation issues: **Mental health.**

Inquiries Tel. 0852-21-2885

Consultation hours: Monday to Friday, 9:00–17:00 (excluding national holidays, New Year's holidays)

Location: Shimane Prefectural Kokoro to Karada no Sōdan Center

■ Commissioned Welfare Volunteer & Commissioned Child Welfare Volunteer,

Chief Child Welfare Volunteer (minsei'in & jidō'in, shuminjidō'in)

Consultation issues: **Daily life and children.** If necessary, help is offered in contacting a related facility and setting up welfare services. Please inquire about applicable districts.

Inquiries Izumo City Hall: Fukushi Suishin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

■ Parenting Support Centers (kosodate shien sentā)

Child and Family Consultation:

A certified clinical psychologist offers consultation regarding **worries about parenting** (reservation required).

Inquiries Izumo Childcare Support Center (21-5772) or Hirata Childcare Support Center (63-3990).

■ Children's Rights #110 (kodomo no jinken 110 ban)

Consultation issues: **Questions regarding children's rights.**

Inquiries Tel. 0120-007-110 or 0852-26-7867

Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays and New Year's holidays)

Organizer: Matsue District Legal Affairs Bureau (Matsue chihō hōmukyoku)

■ Bullying Consultation Telephone (ijime sōdan terefon)

Consultation issues: **Educational worries resulting primarily from bullying.**

Inquiries Tel: 0120-0-78310 (24 hours Children's SOS Dial)

0120-779-110 (Bullying Consultation Telephone)

Consultation hours: Monday to Friday, 9:00–19:00

Saturday, Sunday, national holidays 10:00–17:00 (excluding New Year's holidays).

Organizer: Shimane Prefectural Board of Education (Shimane-ken kyōiku i'inkai)

■ Purarinetto

Safe space for adolescents and youths who have trouble with social interaction and are prone to social withdrawal.

Inquiries

Tel. 25-2189

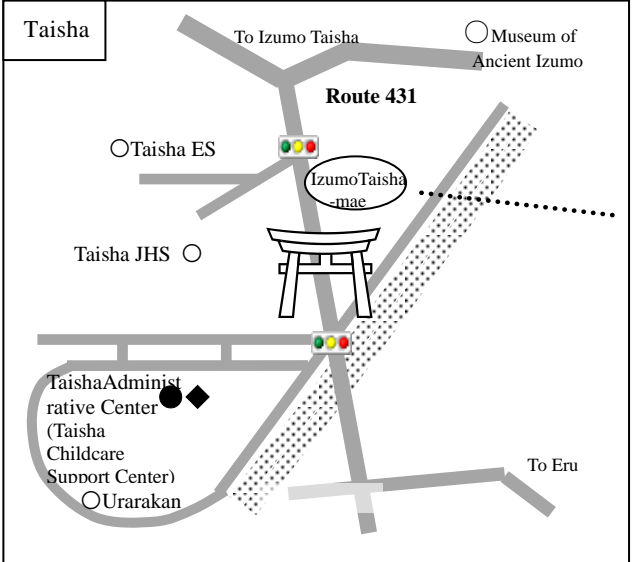
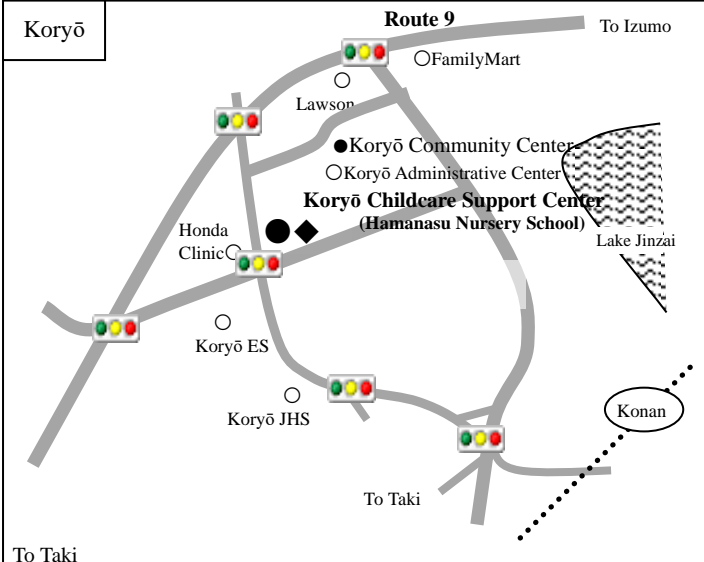
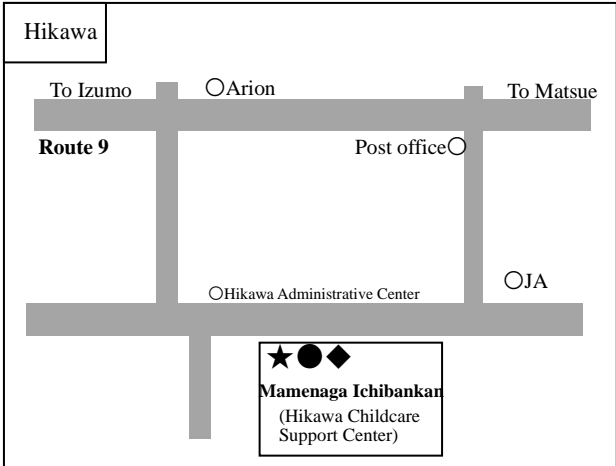
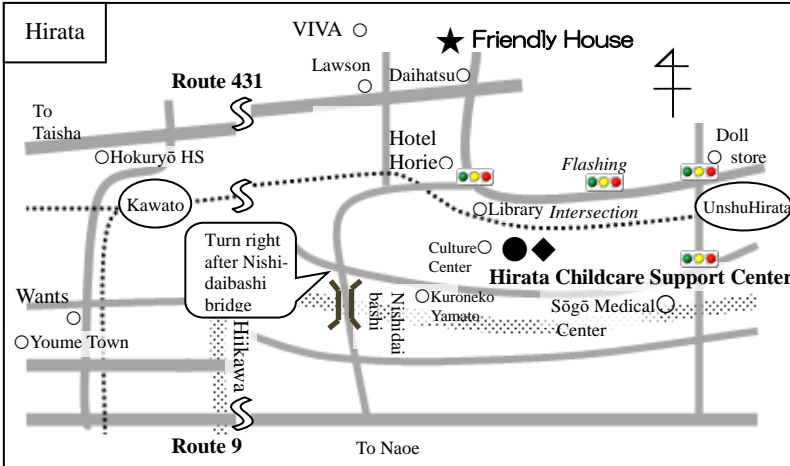
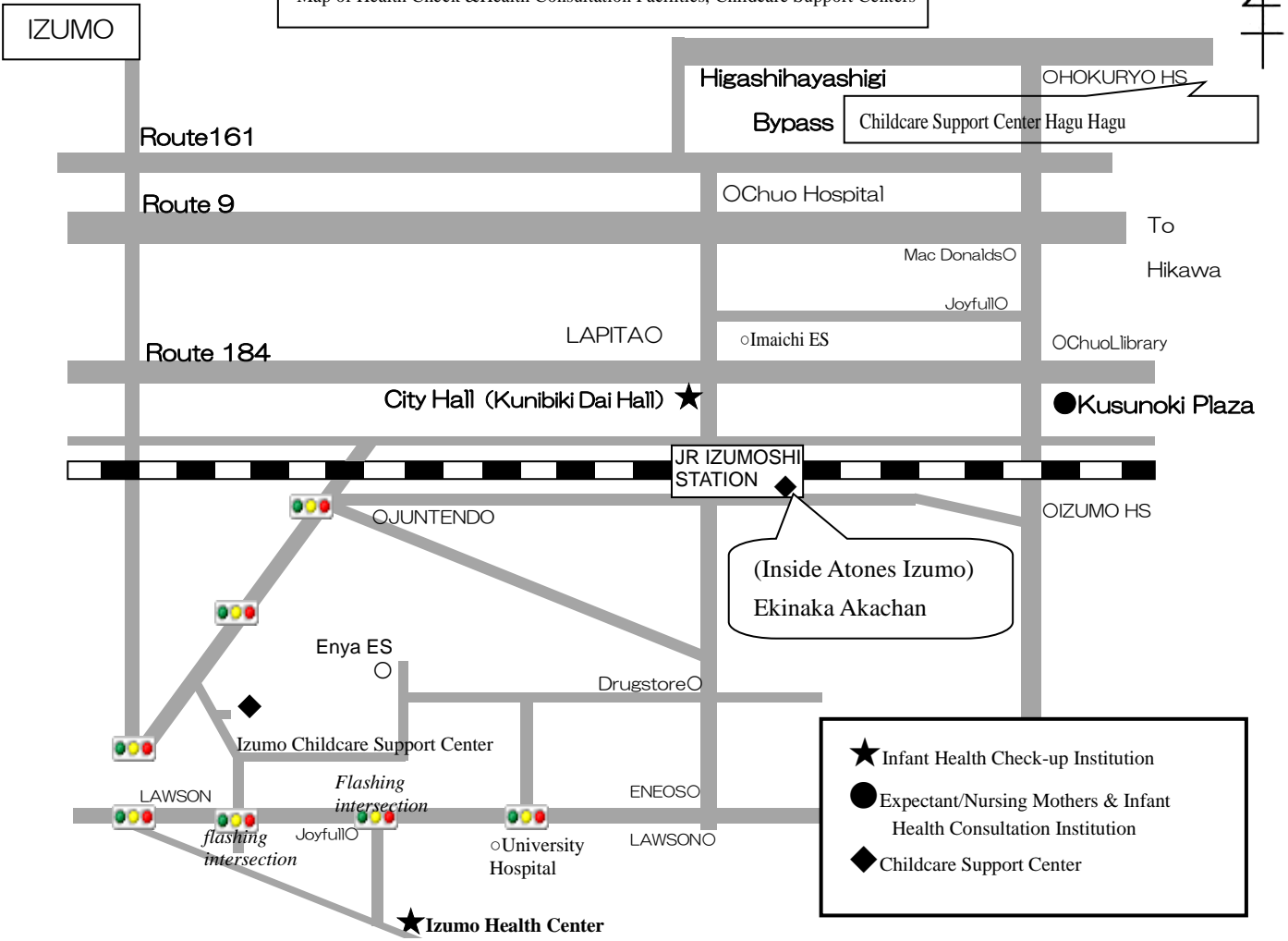
Consultation hours: Monday to Friday, 9:15–16:45

Location: Imaichi-chō 1213 (within the Izumo Public Health Center (hoken sentā))

○ Contact Information List (toiawase ichiran)

Institution Name	Division Name	Section Name	Summary of Duties	Telephone	
Izumo City Hall	Izumo City Hall	Switchboard		21-2211	
		Kenkō Zōshin-ka	Boshi Hoken-gakari	Maternal and child health, childcare consultation, etc.	21-6981
			Seijin Hoken-gakari	Adult health promotion, cancer examination, etc.	21-6979
			Kenkō Kikaku-gakari	Vaccinations	21-6829
		Iryō Kaigo Renkei-ka	Iryō Taisaku-shitsu	Night-time and holiday medical consultation, etc.	21-6121
		Kodomo Seisaku-ka	Kosodate Shien-gakari	Child allowance, infant medical fee aid, children's medical fee aid, family support centers, etc.	21-6963
				Childcare support centers, consultation for single-parent households, child support aid (for single parents), etc.	21-6218
			Kodomo-katei Sodan-shitsu	Consultation on child abuse, support consultation for families with children, infant development consultation, etc.	21-6604 21-6132
		Hoiku Yōchien-ka	Jidō Kurabu-gakari	Children's clubs	21-6131
			Nyugaku-gakari	Daycare centers, kindergartens, authorized daycare centers, etc.	21-6964
	Hoken Nenkin-ka	Kikaku-gakari	Care rooms for sick and recuperating children	21-6119	
		Kokuho Nenkin-gakari	Lump-sum allowance for childbirth & nursing, etc.	21-6982	
	Fukushi Suishin-ka	Fukushi Suishin-ka	Fukushi Kikaku-gakari	Commissioned welfare volunteer, commissioned child welfare volunteer, chief child welfare volunteer	21-6694
			Shōgaisha Fukushi-gakari	Disability Cards, independence support medical care (outpatient mental health services, medical care for disabled children), support aid for special-needs children, allowance for children with disabilities, medical welfare system, etc.	21-6959
			Jiritsu Shien Kyūfū-gakari	Welfare services, welfare support equipment, daily life goods, etc.	21-6961
			Sōdan Shien-gakari	Consultation on welfare for children with disabilities, etc.	21-6905
	Hirata	Shimin Sābisu-ka	Kenkō-Fukushi-gakari	Childcare centers, child allowance, child support aid, public welfare & district welfare commissioner, commissioned child welfare volunteers, disability welfare, medical welfare system, etc.	63-5567
				Health consultation, medical examinations, vaccinations, etc.	63-5780
			Shimin Seikatsu-gakari	Infant health care, lump-sum allowance for childbirth & nursing, etc.	63-5500
	Sada	Shimin Sābisu-ka	Shimin Sabisu-gakari	Infant healthcare, child allowance, childcare facilities, etc.	84-0111
Taki	Shimin Sābisu-ka	Shimin Sabisu-gakari	Infant healthcare, child allowance, childcare facilities, etc.	86-3116	
Koryō	Shimin Sābisu-ka	Shimin Sabisu-gakari	Infant healthcare, child allowance, childcare facilities, etc.	43-1215	
Taisha	Shimin Sābisu-ka	Shimin Sabisu-gakari	Infant healthcare, child allowance, childcare facilities, etc.	53-3116	
Hikawa	Shimin Sābisu-ka	Shimin Seikatsu-gakari	Infant medical care, lump-sum allowance for childbirth & nursing, etc.	73-9102	
			Kenkō-Fukushi-gakari	Disability welfare, childcare centers, child allowance, child support aid, parent-child & infant consultation, medical welfare system, etc.	73-9110
				Health consultation, medical examination, vaccinations, etc.	73-9112
Izumo City Board of Education	Jidō Seito Shien-ka	Tokubetsu Shien Kyōiku-gakari	School enrollment consultation, special education	21-6324	
		Seito Shidō-gakari	Consultation on elementary/junior high school, bullying, refusal to attend school, etc.	21-6204	
Shimane Prefecture	Iryō Seisaku-ka	Chīki Iryō Shien group	Children's medical phone consultation (#8000)	0852-22-5688	
	Izumo Hoken-sho	Kokoro no Kenkō Shien-ka	Mental health consultation, depression	21-1653	
		Kenkō Zōshin-ka	Medical aid for chronic pediatric conditions Specific fertility treatment cost aid Treatment aid for pregnancy-induced hypertension	21-8785	
Izumo City Traffic Safety Association (Izumo-shi Kōtsū Anzen Kyōkai)			Child seat rental project	23-2002	
Japan Health Insurance Association Shimane Branch (Zenkoku Kenkō Hoken Kyōkai Shimane-shibu)			Lump-sum allowance for childbirth & nursing for enrolled members	0852-59-5139	

Map of Health Check & Health Consultation Facilities, Childcare Support Centers



Child Seats



Cradling your child in your arms is completely ineffective in protecting him/her during a collision

The force of impact of a vehicle crash at 40 km/h is equivalent to 30 times one's body weight. The force a 10-kg child feels is 300 kg! No matter how strong you are, your child cannot be properly protected without a car seat.

Protect your child by using the appropriate child seat!

According to the Japanese Road Traffic Act, a child seat must be used when a child under 6 years old rides in the car (one demerit point is added to your traffic record for breaking this law.)



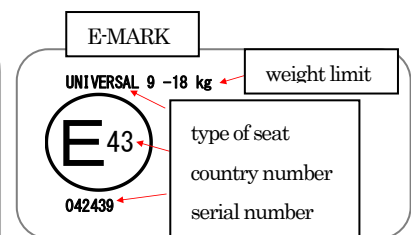
For infants
Weight -10kg



For toddlers
Weight 9-18kg



For school children
Weight 15-36kg



For details, see the JAF (Japan Automobile Federation) homepage: <http://www.jaf.or.jp/>

What if my child doesn't like the seat?

Getting your child used to using a car seat is a task that requires discipline, so taking the child out of the seat and holding them just because they start to cry is nothing short of counterproductive.

Instead, consider adjusting the temperature and humidity inside the car or playing your child's favorite music to create a comfortable atmosphere and relaxing mood ♪

Try to take breaks during long drives for a change of pace!

Please remain patient while your child becomes used to the car seat.

Child Seat Rental Project: Izumo City Traffic Safety Association (Izumo-shi Kōtsū Anzen Kyōkai)

Child seats are rented out to members of the Izumo City Traffic Safety Association (Tel. 23-2002), which is located within the Izumo Police Station (becoming a member is possible at any time).

Rental period: Please contact the Izumo City Traffic Safety Association for details.

Usage fee: Free ※ Upon return, a cleaning fee of 1,000 yen will be collected.

- 
- Questions regarding this pamphlet

Izumo City Hall Kodomo-mirai -bu Kodomo Seisaku-ka

693-8530 Izumo-shi Imaichi-chō 70

Tel: (0853) 21-6963

- To those reading the Practical Parenting Handbook

Please direct any questions/concerns regarding this pamphlet and suggestions on additional information to the above address.Last updated April 2022

