

■ 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