Preface

This child-rearing guidebook has been written in order to relieve foreign residents’ anxieties regarding child-rearing, in the hope that they can enjoy raising their children in Higashihiroshima City. We hope that this guidebook will be useful and helpful for people who are devoting themselves to child-rearing away from their home countries.

April 2017

Mayor of Higashihiroshima City

[Phone numbers for inquiries]

● Higashihiroshima City Office (Higashihiroshima Shiyakusho, 東広島市役所):
  http://www.city.higashihiroshima.lg.jp
  ○ Citizens’ Affairs Division (Shimin-ka, 市民課): ☎️ 082-420-0925
  ○ Childcare Division (Hoiku-ka, 保育課): ☎️ 082-420-0934 ☏️ 082-422-6669
  ○ Children and Family Support Division (Kodomo Katei-ka, こども家庭課):
    ☎️ 082-420-0407 ☏️ 082-424-1678
  ○ National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課):
    ☎️ 082-420-0933
  ○ Disabled Persons Welfare Division (Shougai Fukushi-ka, 障害福祉課):
    ☎️ 082-420-0180 ☏️ 082-420-0181
  ○ Holiday Emergency Clinic (Kyuujitsu Shinryousho, 休日診療所):
    ☎️ 082-422-5400
  ○ Child-raising and Disability Support Center “Heartful” (Kosodate Shogai Sogo Shien Center, 子育て・障害総合支援センター(はあとふる)):
    ☎️ 082-493-6071 ☏️ 082-424-3841
  ○ Children and Youth Center “Friends Square” (Jidou Seishouen Center, 児童青少年センター(フレンズスクエア)):
    ☎️ 082-493-7625
  ○ School Affairs Division (Gakuji-ka, 学事課):
    ☎️ 082-420-0975
  ○ Teaching Instruction Division (Shidou-ka, 指導課):
    ☎️ 082-420-0976
  ○ Youth Development Division (Seishounen Ikusei-ka, 青少年育成課):
    ☎️ 082-420-0929

● Hiroshima Prefecture
  ○ Seibu-Higashi Public Health Center (Seibu-higashi Hokenjo, 西部東保健所):
    ☎️ 082-422-6911

● Hiroshima Regional Immigration Bureau (Hiroshima Nyuukoku Kanrikyoku, 広島入国管理局)
  ○ Foreign Residents’ General Residence Information Center (Gaikokujin Zairyu Sogo Information Center, 外国人在留総合インフォメーションセンター):
    ☎️ 0570-013-904 (from an IP phone, PHS, or from overseas: 03-5796-7112)
    (Available languages: English, Korean, Chinese and Spanish)

※☎: Telephone number   ☏️: Fax number
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This booklet has been created based on information correct as of April 2017. Some systems and
procedures, etc., detailed in this booklet may have changed. For the most up-to-date information, please
enquire at the relevant departments.
## What to do and when

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**Diphtheria, whooping cough, tetanus, polio**

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**Measles and rubella**

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**Japanese encephalitis**

**Medical examination before elementary school**

**‘Sukusuku’ childbirth and child-raising support center**

**Before- and after-birth support**

**Childcare Classes**

**Childcare consultations**

**Child-raising Support Centers, Children and Youth Center, Children’s Centers, libraries**

**Yume Mokuba**

**Buranko**

**Before- and after-birth support**
1. Pregnancy (妊娠)

When you become pregnant (妊娠したら)

‘Sukusuku’ pregnancy and childbirth support center (Ninshin/Shussan Support Center Sukusuku, 妊娠・出産サポートセンターすくすく)  Inquiries: Children and Family Support Division

Mother and Child health coordinators (with qualifications as health workers or midwives) provide support from pregnancy to childbirth, so that mothers can raise their children without worries.

Sukusuku support provides the following services:

1. Issuing Mother and Child Health Handbooks
2. Before- and after-childbirth support
3. Maternity classes, mother and father classes (Papa mama classes), working maternity classes
4. Support and advice (face-to-face, telephone, home visits) from pregnancy to child-raising.
5. After-birth care (one-day or overnight)
6. Feeding advice
7. Refresh classes for mothers who have given birth

Notification of pregnancy (Ninshin Todokede-sho, 妊娠届出書)  Inquiries: Children and Family Support Division

If you become pregnant, submit a Notification of Pregnancy to the Children and Family Support Division, or to a Branch Office or Sub-branch Office of the city.

Mother and Child Health Handbook (Boshi Kenko Techo, 母子健康手帳)  Inquiries: Children and Family Support Division

After submitting a Notification of Pregnancy, you will receive a Mother and Child Health Handbook and a separate volume containing vouchers for examinations (Boshi Kenko Techo Bessatsu Jushin Setto, 母子健康手帳別冊受診券セット). This handbook will be used from the early stage of your pregnancy until your child begins attending elementary school, and provides an integrated health register for mother and child. English versions are available. Take the handbook with you when you or your child undergo medical examinations, health consultations and vaccinations.

If moving to Higashihiroshima City from another municipality in Japan, you are not required to change your handbook.

Expectant mothers’ health care (妊娠の健康管理)

Prenatal Medical Examination (Ninpu Kenko Shinsa, 妊婦健康診査)  Inquiries: Children and Family Support Division

A total of 14 health examinations, etc., during pregnancy will be supported by grants. The separate volume of the Mother and Child Health Handbook (containing examination vouchers) includes Prenatal Medical Examination Vouchers. Using these vouchers, you can receive medical examinations at a medical facility in Hiroshima Prefecture. If you want to use the vouchers at medical facilities or maternity
hospitals outside Hiroshima Prefecture, please consult the relevant division.

If you change your address to another municipality, you will not be able to use these vouchers there. Please direct any inquiries to the municipality you are moving to. If you have moved into Higashihiroshima City, the vouchers issued by your previous municipality need to be changed to those of this city.

**Prenatal Dental Health Examination (Ninpu Shika Kenko Shinsa, 妊婦歯科健康診査)**
Inquiries: Children and Family Support Division

Pregnant women can receive a free dental health examination once during pregnancy at a medical facility designated by Higashihiroshima City. The separate volume of the Mother and Child Health Handbook (containing examination vouchers) includes a Prenatal Dental Health Examination Voucher (orange color). Please use this voucher when you see a dentist (appointments are required).

Matters related to changing your address (moving from Higashihiroshima City to another municipality, or moving from another municipality to Higashihiroshima City) are the same as for Prenatal Medical Examinations.

**Child-rearing knowledge（子育ての知識）**

**Papa Mama Classes (Papa mama kyoshitsu, パパママ教室)**
Inquiries: Children and Family Support Division

In Papa Mama Classes, parents who are expecting their first baby can learn about delivery and child-rearing. Participating in these classes during the stable period, i.e. six to eight months into a pregnancy, is recommended.

- **Target:** Women who are pregnant for the first time, and their husbands
- **Content:** Video learning, experience of being a pregnant woman, practice in giving a baby a bath
- **What to bring:** Mother and Child Health Handbook, writing instruments
- **How to apply:** Make an appointment (first-come-first-served basis)

**Maternity Classes (Maternity kyoshitsu, マタニティ教室)**
Inquiries: Children and Family Support Division

In Prenatal Classes, women who are pregnant for the first time can learn about what should be prepared before having a child, health care while pregnant and new-born baby care. These classes will also provide opportunities to interact with other pregnant women. Participating in these classes during the stable period, i.e. six to eight months into a pregnancy, is recommended.

- **Target:** Pregnant women, who can participate in both scheduled classes
- **Content:** Health care while pregnant, discussions about delivery, learning about babies’ minds and bodies, interaction with experienced mothers and their babies
- **What to bring:** Mother and Child Health Handbook, textbook (to be distributed in the first class), writing instruments
- **How to apply:** Make an appointment (first-come-first-served basis)
Working Maternity Classes (*Working maternity kyoshitsu*, ワーキングマタニティ教室)

Inquiries: Children and Family Support Division

Classes for women who are pregnant for the first time, and who are working on weekdays, making it difficult to attend weekday classes. These classes are a good opportunity to learn about giving birth and child-raising, from the perspective of working mothers.

- **Target**: Women who are pregnant for the first time, and who are working
- **Content**: Advice about giving birth in general, and about pregnancy, giving birth and child raising for working mothers, discussion of support, general conversation
- **How to apply**: Make an appointment (first-come-first-served basis)

Maternity Cooking Classes (*Maternity cooking kyoshitsu*, マタニティクッキング教室)

Inquiries: Children and Family Support Division

A class where participants can learn about healthy eating while pregnant, while actually cooking. It is recommended that participants in these classes be in the stable period, i.e. over six months into their pregnancy.

- **Target**: Women who are pregnant (six or more months into pregnancy)
- **Content**: Cooking, discussion about healthy eating while pregnant
- **How to apply**: Make an appointment (first-come-first-served basis)
2. Childbirth (出産)

Necessary notifications（必要な届出）

Birth Registration (Shussei Todoke, 出生届)

Inquiries: Citizens’ Affairs Division

Foreign nationals living in Japan are also required to inform the City Office when they give birth in Japan. This procedure can be done at a Branch Office or a Sub-branch Office of the city in your neighborhood. In addition, you must apply for a Certificate of Items Recorded on the Birth Registration (Shussei Todoke Kisai Jiko Shomeisho, 出生届記載事項証明書) (a document to prove that a Birth Registration has been accepted) when the need arises, such as obtaining the Status of Residence for your newborn baby.

- Registration period: Within 14 days from the day of delivery
- Notifying person: The child’s father or mother must sign and add his/her name seal (If the father/mother cannot come to the City Office, they can entrust a proxy to submit the registration form.)
- What to bring: Birth Registration (with details of the hospital where the child was born in the Birth Certificate space), Mother and Child Health Handbook, and name seal
  ☆ When having given birth in a hospital: Obtain a Birth Registration form at the hospital after the delivery.

Procedures for joining National Health Insurance (Kokumin Kenko-hoken, 国民健康保険)

Inquiries: National Health Insurance and Pension Division

If your newborn baby is not covered by health insurance, the baby must be enrolled in the National Health Insurance system. You may complete the procedures at a Branch Office or a Sub-branch Office of the city in your neighborhood. It is recommended that you complete these procedures along with the Birth Registration.

If a parent/caregiver of the newborn baby is enrolled in corporate health insurance, they should enquire about their baby’s health insurance with their company.

- What to bring: a document identifying the person who has given birth (a Residence Card, etc.)

Obtaining Status of Residence (Zairyu Shikaku, 在留資格)

Inquiries: Hiroshima Regional Immigration Bureau

You are required to apply for your baby’s status of residence within 30 days from the birth.

- What to bring: Certificate of Items Recorded on the Birth Registration (Shussei Todoke Kisai Jiko Shomeisho, 出生届記載事項証明書), parents’ Residence Cards, parents’ passports, Mother and Child Health Handbook, copy of the Certificate of Residence (Juminhyo, 住民票) showing all recorded details of all family members.

For details, please contact the Hiroshima Regional Immigration Bureau.
Obtaining nationality (Kokuseki, 国籍)

- If one of the parents holds Japanese nationality:

  If either the father or mother is Japanese and they are legally married, the baby to be born is entitled to Japanese nationality.

  If the father holds Japanese nationality, the mother holds foreign nationality and they are not legally married, their child is not entitled to Japanese nationality unless the father admits fathering the child. If the father files a notification of the acknowledgment of the fetus, the fetus becomes entitled to Japanese nationality at the time of the birth. However, if the father files a notification of the acknowledgment of the baby after the birth, obtaining the baby’s Japanese nationality requires completion of the regular procedures at the Legal Affairs Bureau.

  If one parent holds foreign nationality, the other holds Japanese nationality and they are not legally married, in order for the child to obtain the nationality of the foreign parent, the same procedures as in a case where both parents hold foreign nationality should be followed. For further details, please contact the Embassy or Consulate of your country in Japan.

- If both parents hold foreign nationality:

  If both parents hold foreign nationality, their child is not entitled to Japanese nationality even if the child was born in Japan. The procedure for obtaining the child’s nationality must comply with his/her parents’ countries’ laws. Since this matter is handled differently by each country, please confirm how to complete the procedure and obtain all necessary documents at the Embassy or Consulate of your country in Japan.

Payment of allowances（各種手当の支給）

Payment of Lump-sum Maternity Allowance (Shussan Ikuji Ichiji-kin, 出産育児一時金) of National Health Insurance

Inquiries: National Health Insurance and Pension Division

When a person who is enrolled in the National Health Insurance Scheme gives birth (including miscarriages and stillbirths on or after 85 days of pregnancy), a Lump-sum Maternity Allowance is paid by the city. This payment can be made directly from the city to the hospital in which the child was born. If you use this system, the procedures can be completed at the hospital (no procedures at the City Office are necessary), and the amount of money you will need to pay yourself at the hospital will be reduced.

If you do not want to take advantage of this direct payment arrangement, you will need to pay the full costs of the childbirth yourself at the hospital. You will then need to apply at the City Office for the allowance to be paid to you.

Whichever system you use, if the cost of the birth is less than the amount of the allowance, you must notify the City Office after the birth. In the case of childbirth overseas, please consult the City Office.

- What to bring: National Health Insurance Certificate, the documents regarding direct payment issued by the hospital, etc., the receipt & bill for the childbirth costs, a bankbook (showing the account number) in the name of the head of your household, name seal
Child Allowance (Jido Teate, 児童手当)

Inquiries: Children and Family Support Division

This allowance is paid to persons who are raising a child aged between 0 and 15, until the time the child finishes junior high school (i.e. until the first March 31 after the child reaches 15 years old).

Payment of the allowance starts from the month after the month of application. If you have just moved into Higashihiroshima City from another city, you are required to apply again for this allowance. The application form can be downloaded from Higashihiroshima City’s website, and submission by mail is also accepted. Since your application will be accepted even if you have not yet prepared all of the necessary documents, early submission of the application form is recommended.

- Application period: Within 15 days from the day after the day of childbirth or of moving into Higashihiroshima City. (Any delay in applying may mean that the date from which you can receive the allowance is also delayed.)

- Amount of monthly payments:
  - Children under 3 years of age: 15,000 yen
  - Children between age 3 and an age equivalent to the end of elementary school:
    - First child, second child: 10,000 yen
    - Third child and onwards: 15,000 yen
  - Junior high school students: 10,000 yen
  - For parents/guardians whose income is over the fixed limit:
    - Children up to the end of junior high school: 5,000 yen (fixed rate)

- What to bring: Health Insurance Certificate of the applicant (the parent/caregiver of the child who is the main breadwinner) (this is not necessary if the applicant has enrolled in the National Pension System (Kokumin Nenkin, 国民年金)), Residence Cards of all members of the household, bankbook in the name of the applicant, passports of all members of the household (in the case of applicants moving into Higashihiroshima City from outside Japan), Certificate of Income and Tax (Shotoku Kazei Shomeisho, 所得課税証明書) (in the case of applicants moving to Higashihiroshima City from another municipality in Japan), name seal

- Note: Even after the application, you must submit a notification of present circumstances (Genkyo Todoke, 現況届) every year. If you fail to submit the notification, payment of this allowance will stop.

Provision of medical costs for infants/toddlers (Nyuyoji-to Iryo-hi no shikyu, 乳幼児等医療費の支給)

Inquiries: Children and Family Support Division

This is a system by which hospital charges for infants, toddlers, etc are provided. A certificate of eligibility for subsidy of medical costs for infants/toddlers (Nyuyoji-to Iryo-hi jukyusha-sho, 乳幼児等医療費受給者証) will be issued. When your child sees a doctor or is hospitalized, please show the certificate along with the Health Insurance Certificate at the hospital.

There is an income limit for those who are eligible for this system.

- Application period: Within 14 days from the date of childbirth or of moving into Higashihiroshima City. (Any delay in submitting the application results in the determination of your eligibility from the day of...
application.)

- **Target:**
  - **Outpatient costs:** Children aged from 0 to until the first March 31 after the child reaches 6 years of age (i.e. pre-elementary school children)
    From August 2017: Children aged from 0 to until the first March 31 after the child reaches 9 years of age (i.e. children up to the end of the third grade of elementary school)
  - **Inpatient costs:** Children aged from 0 to until the first March 31 after the child reaches 15 years of age (i.e. children up to the end of the third grade of junior high school)

- **Amount of subsidy:** The amount exceeding the amount payable as an individual contribution will be covered, for medical costs for which health insurance can be used.

In the case of medicine and assistive devices (braces, etc.) from pharmacies where health insurance can be used (prescriptions filled outside the medical facility), no individual contribution is payable.

(The amount payable as an individual contribution: Up to 500 yen per day per medical institution, for 14 days per month per medical institution for inpatients, and 4 days per month per medical institution for outpatients)

- **What to bring:** Your child’s Health Insurance Certificate, the applicant’s Residence Card, passport (if you have moved to Higashihiroshima City from another country), Certificate of Income and Tax (Shotoku Kazei Shomeisho, 所得課税証明書) (if you have moved to Higashihiroshima City from another city), name seal

- **Note:** If you change your address or Health Insurance Certificate, you must notify the City Office.

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**Requesting refunds of infants’/toddlers’ medical costs & medical costs paid by single parents**

（Nyuyoji-to iryo • Hitori-oya iryo-hi no henkan-seikyu, 乳幼児等医療・ひとり親医療費の返還請求）

Inquiries: Children and Family Support Division

Within the period of validity of the certificate of eligibility for subsidy of medical costs for infants/toddlers or the certificate of eligibility for subsidy of medical costs of single-parent families, etc. (see the section “Subsidies for medical costs of single-parent families, etc.”), medical costs incurred before the issuance of these certificates, and medical costs incurred outside Hiroshima Prefecture, can be refunded. However, any medical costs paid for treatment not covered by health insurance and the individual contribution amounts are not refundable.

- **What to bring:** Certificate of eligibility for subsidy of medical costs for infants/toddlers or certificate of eligibility for subsidy of medical costs of single-parent families, etc., Health Insurance Certificate, receipts of hospital charges (showing the amount paid, name of the medical examinee and insurance points), bankbook (in the name of the child’s parent/caregiver shown on the relevant certificate of eligibility, as mentioned above), name seal

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**Payment of subsidies for nursing and medical treatment of children (medical aid for premature infants) (Yoiku Iryo (Mijukuji Iryo), 善育医療（未熟児医療））**

Inquiries: Children and Family Support Division

If a doctor finds that in-hospital nursing is necessary for a premature newborn baby weighing 2,000g...
or less at the time of birth, part or all of the medical costs for the treatment at a designated medical institution will be paid (subsidy for medical costs). The maximum amount you have to cover yourself varies depending on the income of your household.

- **What to bring:** doctor’s written opinion regarding nursing/medical treatment for the premature baby, Mother and Child Health Handbook, Health Insurance Certificate (for the infant in question or for the person having a duty to support the infant), documents that indicate the amount of your income tax (e.g. copies of paperwork showing tax withheld, tax return form, etc.), documents that prove your payment status for municipal/prefectural tax (Municipal/Prefectural Tax Notice, Notice of Municipal Tax/Prefectural Tax deducted from wages, etc.), name seal

**Payment of subsidies for medical care to support independence (rehabilitative treatment for disabled children) (Jiritsu Shien Iryo (Ikusei Iryo), 自立支援医療 (育成医療))**

Inquiries: Children and Family Support Division

If a child aged under 18 has a disability (a physical disability, impaired sight, etc.), and it is deemed that with surgery this condition could be improved, part of the costs of the treatment will be paid. If you are eligible to receive this payment, the amount you have to cover yourself is as a rule 10% of the medical costs, but this can vary depending on the income of your household.

- **What to bring:** doctor’s written opinion regarding medical care to support independence (rehabilitative treatment), Health Insurance Certificates for each member of the household, Certificate of Income and Tax (Shotoku Kazei Shomeisho, 所得課税証明書) (in the case of applicants moving to Higashihiroshima City from another municipality in Japan), name seal

**In the case of disabled children (障害児の場合）**

Inquiries: Disabled Persons Welfare Division

Various systems are available to help families with physically or mentally disabled children aged under 20. Please enquire for more details.

**Health care for mothers and babies（母親と赤ちゃんの健康管理）**

**Home visit to families with infants (Hello Baby Visit) (Nyuji Katei Zenko Homon (Konnichiwa Akachan Homon), 乳児家庭全戸訪問 (こんにちは赤ちゃん訪問)**

Inquiries: Children and Family Support Division

This service is intended for all newborn babies. Public health nurses or midwives visit your home, and measure the baby’s body weight and provide child-rearing advice. After childbirth, please fill in your desired day for the home visit, etc., on the “Newborn Baby & Low Birth Weight Infant Consultation Card (Hello Baby Visit Postcard)” (Shinseiji & Teitaijuji Sodan-hyo (Konnichiwa Akachan Homon Hagaki), 新生児・低体重児相談票(こんにちは赤ちゃん訪問ハガキ)), which is included in the separate volume of the Mother and Child Health Handbook (containing examination vouchers), and submit the postcard to the Children and Family Support Division. The postcard can be submitted by mail or by directly dropping it
into the dedicated mailboxes at the Citizens’ Affairs Division and Children and Family Support Division, and at the branch offices and sub-branch offices of the city.

In particular, if your newborn baby weighs less than 2,500g, you should notify the Children and Family Support Division. Be sure to submit the postcard.

Refresh classes for mothers who have given birth (Sango mama no refresh koza, 産後ママのリフレッシュ講座)

Classes to help mothers who have given birth, if they are feeling in a bad condition.

- Target: Mothers between one month (after the one-month health checkup) and six months after giving birth (mothers can bring their children to the classes)
- How to apply: Make an appointment

Health check for new mothers (Sanpu kenshin, 産婦健診)

Health checks are available at medical facilities for mothers, two weeks and one month after giving birth. The mother’s health, as well as the state of breast feeding and child-raising, are checked.

Health exam for 3 - 4 month-old infants (3 – 4-kagetsu-ji Kenko Shinsa, 3 - 4か月児健康診査)

This is a group health checkup for 3 – 4 month-old infants, where physical measurements are taken, and any problems in motor development can be discovered. There are also medical examinations by pediatricians. In addition, the checkup includes explanations on the preparation of baby foods (weaning foods) and how to receive vaccinations. Families with an infant in the applicable age range will be notified of this health exam in advance.

Confirmatory survey regarding motor development of 7-month-old infants (7-kagetsu-ji Undo Hattatsu Kakunin-hyo, 7か月児運動発達調査)

This is a survey in the form of a questionnaire, to check the motor development of 6-7-month-old infants. After receiving the questionnaire, please fill it out and return it to the Children and Family Support Division.

Health exam for 18-month-old infants (1-sai 6-kagetsu-ji Kenko Shinsa, 1歳6か月児健康診査)

This is a group health checkup for 18-month old infants. Physical measurements are taken, and urine tests are conducted. There are also medical examinations by pediatricians and dentists. In addition, the checkup includes checks on speech and walking abilities, and consultations regarding dental cavity prevention, infant foods and child-rearing. Families with an infant in the applicable age range will be
notified of this health exam in advance.

**Health exam for 3-year-old infants (3-sai-ji Kenko Shinsa, 3歳児健康診査)**
Inquiries: Children and Family Support Division

This is a group health checkup for 3-year-old infants (when they are 3 years and 2 months of age). Physical measurements are taken, urine tests are conducted, and medical examinations by pediatricians and dentists are provided. In addition, the checkup includes consultations regarding infant foods and child-rearing. Families with an infant in the applicable age range will be notified of this health exam in advance.

**Childhood vaccinations (予防接種)**

Around 6 months of age, infants start to lose the immunity inherited from their mothers and need to develop immunity on their own. Receiving vaccinations at the appropriate time helps prevent infants from contracting infectious diseases. **There is no individual notification of the schedule of vaccinations.**

For details of scheduled (routine) vaccinations, please see the page entitled 'Be Sure To Get Your Child Vaccinated'.
Heartful is a complex that provides multi-faceted support for families raising children, such as child-rearing support and advice, and support for the disabled.

- **Place**: Sunsquare Higashihiroshima 1F, 28-6 Saijo Nishihonmachi
- **A.I.T. 101, 1300-3 Saijo-Higashi, Saijo-cho**
- **Phone**: ☎ 082-493-6071
- **Fax**: 082-424-3841

**Family and Children Consultation Office (Katei Jido Sodan-shitsu, 家庭児童相談室)**

This office gives advice regarding child-rearing at home and on the independence of single-parent families.

- **Open**: Tue. – Thu., 10:00 – 17:00 (closed on National Holidays and over the year end/New Year holidays)
- **Place**: Sunsquare Higashihiroshima
- **Phone**: ☎ 082-493-6072

**Consultation & Support Center for the Disabled (Shogaisha Sodan Shien Center, 障害者相談支援センター)**

This center provides advice and support to the disabled and their families, and assistance with improving their living environment, with using welfare services, and with enhancing their life in society.

- **Open**: Mon. – Sat., 8:30 – 17:15 (closed on National Holidays and over the year end/New Year holidays)
- **Place**: Sunsquare Higashihiroshima
- **Phone**: ☎ 082-493-6073

**Family Support Center (ファミリー・サポート・センター)**

This is a membership organization which joins those wishing to receive childcare assistance (client members) and those wishing to render childcare assistance (provider members), and provides mutual support activities in the community for child-rearing. Provider members render childcare support on a paid-for basis according to the requests of the client members, such as seeing off and meeting children when they attend nursery school or an 'Iki-iki Kodomo Club', or and looking after children. Membership...
registration is necessary before taking advantage of this service.

Children shall be looked after at the provider members’ homes as a general rule.

Although the services may be available early in the morning or late at night, children do not stay over at provider members’ homes as a general rule. In addition, children with a fever or illness cannot be looked after.

**Fees**

<table>
<thead>
<tr>
<th>Time of childcare</th>
<th>Rate for one hour’s childcare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between 7:00 and 19:00, Mondays to Fridays</td>
<td>600 yen</td>
</tr>
<tr>
<td>Times other than the above</td>
<td>700 yen</td>
</tr>
</tbody>
</table>

- Membership registration: Please telephone the Family Support Center in advance, and then visit the center to apply
  - Open: Mon. – Sat. 10:00 – 17:00
  - Closed: Sundays, holidays, year-end and New Year holidays
  - Place: Sunsquare Higashihiroshima
  - Phone: ☎ 082-493-6072

**Kids Plaza, Yume Mokuba (キッズプラザ ゆめもくば)**

Yume Mokuba is a place where children aged mainly under 3 and their parents/caregivers can relax and enjoy themselves. Use of the facility is free of charge, but participation fees in events such as the parent-child activities and courses for child-rearing must be covered by the participants. Also, there are events planned by the parents, and consultations and information on child-rearing are available. With different-aged children catered for at different times, and the Twins’ Day, Yume Mokuba helps children make friends!

- Open: Mon. – Sat., 10:00 – 15:00
- Closed: Sundays, National Holidays, and over the year end/New Year holidays (the facility may also be closed on some Thursdays and Saturdays)
- Place: A.I.T. 101, 1300-3 Saijo-Higashi, Saijo-cho
- Phone: ☎ 082-431-3350

- Main activities
  - Free play inside
  - Courses about parent-child play and child-raising
  - Consultations and advice about child-raising
  - Lending of books

**Kids Plaza, Buranko (キッズプラザ ブランコ)**

Buranko is a place where children mainly from 3 years old to the 3rd year of elementary school and their parents/caregivers can gather, and provides healthy play for children. Make use of this facility as a place to make friends. Use of the facility is free of charge, but participation fees in events must be
covered by the participants.
* Infants must be accompanied by their parents/caregivers.
* Elementary school students are required to be taken to and from this facility by their parents/caregivers.

● Open: Mon. – Sat., 10:00 – 17:00
● Closed: Sundays, National Holidays, and over the year end/New Year holidays
● Place: A.I.T. 101, 1300-3 Saijo-Higashi, Saijo-cho
● Phone: ☎ 082-493-5904

Examples of healthy child-rearing activities (Target: Elementary school students)
• 'Let's have fun with English together!' (Eigo-de Asobo, 英語であそぼう),
• 'Sign Language is Fun! ✡ Club' (Shuwatte Suteki Club, 手話ってステキ☆クラブ),
• 'Kendama Club', etc.

Examples of child-rearing support activities (Target: Infants/toddlers and parents/caregivers)
• Hello Expectant Mothers (Konnichiwa Ninpu-san, こんにちは妊婦さん): Exchanging information through chatting and sharing the anxieties, worries and joys of having a baby
• Enjoy Kids: Hand games, picture books, arts and crafts, exercises, etc.
• Branko Sukusuku Plaza (Buranko Sukusuku Hiroba, ブランコすくすくひろば): Measuring children's height and weight. Parents/caregivers' blood pressure can also be measured.

Children and Youth Center (Friends Square) (Jido-seishonen Center, 児童青少年センター)
This is a facility for children and young people. It is equipped with education and child-rearing consultation rooms, seminar rooms, etc., available free of charge.

● Open: Tue. – Sun., 9:00 – 21:00
● Closed: Mondays, holidays, year-end and New Year holidays
● Place: Sunsquare Higashihiroshima 1F, 28-6 Saijo Nishihonmachi
● Phone: ☎ 082-493-7625

● Floor guide:
  • Fureai Floor: 2,000 comic books are available to read for free.
  • Seminar room: Available for students' self-study, and meetings of groups related to the raising of young people (capacity about 30 people).
  • Play room: A space for children and their parents/caregivers to play freely.
  • Internet corner: Internet access is available free of charge (up to two 30 min. sessions per day).
  • Children and Youth General Consultation Room (Jido-seishonen Sogo Sodan-shitsu, 児童青少年総合相談室): Open for consultations from children aged between childhood and adolescent years, and for consultations from parents/caregivers about their children in this age range.

● Main activities:
  • Consultation on child-rearing: Dealing with worries of parents/caregivers such as anxieties about childcare
Consultation days/times: Tue., Wed., Thu., Sat., 9:00 - 15:30
Phone: ☎ 082-493-7625
• Educational Consultations: Advice is offered about problems such as bullying and non-attendance at school. Every Tuesday and Friday, there will be consultations by counselors (appointments are required).

Consultation days/times: Tue. – Sun., 10:00 – 12:00, 13:00 – 16:30
Consultations with counselors: Tuesdays and Fridays (appointments are required), 13:00 – 16:00
Phone: ☎ 082-422-3749

No. 2 Children and Youth Center (Dai-ni Jido-seishonen Center, 第2児童青少年センター)

● Open: Tue. – Sat., 15:00 – 21:00
● Closed: Mondays, Sundays, holidays, year-end and New Year holidays
● Place: 1334-2 Kinehara, Takaya-cho (inside Takaya sub-branch office)
● Phone: ☎ 082-434-0339
● Floor guide:
  • There is a reading space and a self-study space. Both of these can be used freely.

Community Child-rearing Support Centers (Chiiki Kosodate Shien Center, 地域子育て支援センター)

Child-rearing support centers provide places and opportunities for pre-elementary school children to play with other children in their own age group in the presence of their parents/caregivers. The centers also offer advice to parents/caregivers on their anxieties about child-rearing. For further information, please contact the facilities directly.

<table>
<thead>
<tr>
<th>Name</th>
<th>Place / Phone No.</th>
<th>Opening days / times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seiun Nursery School Community Child-rearing Support Center</td>
<td>1427 Jike, Saijo-cho ☎ 082-424-8081 <a href="http://seiun-hoiku.com/">http://seiun-hoiku.com/</a></td>
<td>‘Nikoniko room’: Mon. - Wed. 9:00 – 14:00 (reservations required)</td>
</tr>
</tbody>
</table>
  Email consultations: yurikago@aikuen.org |
  * Closed 12:00 – 13:00
  Email consultations: miduki@magoshi.jp |
<p>| Samuel Saijo Approved Kodomo-en Community Child-rearing Support Center | 1179-1 Doyomaru, Saijo-cho ☎ 082-424-3008 | ‘Wonder Rabbit’ (open space): Tue., Wed., Thu., 9:00 – 14:00 (reservations required) |</p>
<table>
<thead>
<tr>
<th>Nursery School</th>
<th>Community Child-rearing Support Center</th>
<th>Address</th>
<th>Phone Number</th>
<th>Open Space Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myotoku Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>572 Iida, Hachihonmatsu-cho</td>
<td>082-428-4678</td>
<td>‘Niji no heya’ (open space): Mon., Wed., Thu., 9:00 - 14:00</td>
</tr>
<tr>
<td>Hachihonmatsu Aoi Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>6-6-28 Hachihonmatsu-higashi</td>
<td>082-428-5551</td>
<td>‘Konpeito’ (open space): Mon. - Fri., 9:00 - 14:00, Tue., Thu., 10:00 – 11:00 (reservations required)</td>
</tr>
<tr>
<td>Higashihiroshima Samuel Kodomo-no-en Community Child-rearing Support Center</td>
<td></td>
<td>490-5 Nakajima, Takaya-cho</td>
<td>082-420-4300</td>
<td>‘Mother Goose no Heya’ (open space): Mon. - Fri., 8:30 - 13:30 (reservations required) Email consultations: <a href="mailto:mother-hh@igl.or.jp">mother-hh@igl.or.jp</a></td>
</tr>
<tr>
<td>Shiwa Ryujo Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>1456-3 Shiwa-nishi, Shiwa-cho</td>
<td>082-433-5701</td>
<td>‘Tatsunoko’ (open space): Tue., Thu., Fri., 9:30 - 14:30</td>
</tr>
<tr>
<td>Nyuno Hikari Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>868-3 Nyuno, Kochi-cho</td>
<td>082-437-0516</td>
<td>‘Kosodate Hiroba’ (open space): Mon., Tue., Thu., 9:00 - 14:00</td>
</tr>
<tr>
<td>Misonou Kobato-no-Mori Approved Kodomo-en Community Child-rearing Support Center</td>
<td></td>
<td>4481-1 Misonou, Saijo-cho</td>
<td>082-431-5559</td>
<td>Mon. - Sat., 9:00 - 14:00 (Saturdays: Play With Dad Day)</td>
</tr>
<tr>
<td>Saijo Aoi Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>5017-3 Jike, Saijo-cho</td>
<td>082-430-7373</td>
<td>‘Kizuna-no-ki’ (open space): Mon. - Fri., 9:00 – 14:00 (reservations required)</td>
</tr>
<tr>
<td>Higashi-Shiwa Nursery School</td>
<td>Community Child-rearing Support Center</td>
<td>1210 Shiwa Higashi, Shiwa-cho</td>
<td>082-433-5800</td>
<td>‘Risu-gumi-san’ (open space): Mon., Wed., Thu., 9:30 - 14:30 (reservations required)</td>
</tr>
<tr>
<td>Fukutomi Child-rearing Support Center ‘Hohoemi’</td>
<td></td>
<td>1545-1 Kuba, Fukutomi-cho</td>
<td>082-435-2343</td>
<td>Mon. - Fri., 10:00 – 15:00</td>
</tr>
<tr>
<td>Kochi-nishi Child-rearing Support Center ‘Sukusuku’</td>
<td></td>
<td>802-2 Kodo, Kochi-cho</td>
<td>082-430-3373</td>
<td>Mon. - Fri., 10:00 – 15:00</td>
</tr>
<tr>
<td>Akitsu Child-rearing Support Center ‘Jaga Kids’</td>
<td></td>
<td>5545-2 Mitsu, Akitsu-cho</td>
<td>0846-46-1401</td>
<td>Mon. - Fri., 10:00 – 15:00</td>
</tr>
<tr>
<td>Toyosaka Child-rearing Support Center ‘Smile’</td>
<td></td>
<td>577-1 Kajiya, Toyosaka-cho</td>
<td>082-432-2019</td>
<td>Mon. - Fri., 10:00 – 15:00</td>
</tr>
</tbody>
</table>
Himawari Approved Kodomo-en Child-rearing Support Center
29-5 Matsugaoka, Kurose
☎ 0823-82-6707
'Open class' (open space): Mon. - Fri., 9:00 - 15:00 (reservations required)
* Closed 12:00 – 13:00

Midorigaoka Yochien Approved Kodomo-en Child-rearing Support Center
1606-2 Maruyama, Kurose-cho
☎ 0823-82-2844
'Suimi' (open space): Tue., Wed., Thu., 10:00 - 15:00

Minaga Taiyo Nursery School Child-rearing Support Center
730-19 Shimo-Minaga, Saijo-cho
☎ 082-426-2177
'Ohisama Hiroba' (open space): Mon. - Fri., 10:00 - 15:00 (reservations required)

Sazanami-no-Mori Child-rearing Support Center
261 Jike, Saijo-cho
☎ 082-422-3788
center@isazanami.net
'Ao' (open space): Tue., Thu., Fri. or Sat., 8:30 – 13:30 (reservations required)

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**Children’s Centers (Jidokan, 児童館)**

Children’s Centers are facilities available for children aged from 0 to 17, and provide healthy play and events. (Infants must be accompanied by their parents/caregivers.)

**Kurose Children’s Center**
- Place: 1450-1 Maruyama, Kurose-cho
- Phone: 0823-70-4371
- Open: Mon. – Sat., 9:00 – 17:00
- Closed: Sundays, holidays, year-end and New Year holidays
- Details of activities can be found on the City website.

**Akitsu Children’s Center**
- Place: 3092-1 Kazahaya, Akitsu-cho
- Phone: 0846-45-3689
- Open: Mon. – Sat., 9:00 – 17:00
- Closed: Sundays, holidays, year-end and New Year holidays
- Website: http://www1.megaegg.ne.jp/~akitukko
  (Japanese)
Child-rearing Circles and Salons (子育てサークル・子育てサロン)

Child-rearing Circles are independent groups in which parents/guardians who are raising children come together to play with their children in a community setting, and to hold seasonal events, etc. The groups meet regularly, and members help each other with child-rearing, etc. Child-rearing Salons are child-rearing support activities held regularly in the community. These salons are held by chief commissioned child welfare volunteers and local support workers. Child-rearing Circles and Salons are also places where parents/guardians can share information related to child-rearing with each other. Please enquire for more details.

Contact: Core Child-raising Support Center
- Place: Sunsquare Higashihiroshima 1F, within the General Support Center for Child-raising and the Disabled (Kosodate・Shogai Sogo Shien Center, 子育て・障害総合支援センター)
- Phone: ☎ 082-493-6072
- Open: Mon. – Fri., 9:30 – 15:30 (Closed on National Holidays, and over the year end/New Year holidays)

Other child-rearing support facilities and services（その他の子育て支援施設・サービス）

Access to nursery school, approved kodomo-en and kindergarten playgrounds (Hoikusho (en)・nintei kodomo-en・yochien・entei-kaiho, 保育所（園）・認定子ども園・幼稚園・園庭開放)

Inquiries: Each nursery school or kindergarten

Pre-nursery school children and their parents/caregivers are able to use nursery school, approved kodomo-en, and kindergarten playgrounds. Pre-nursery school children can play with nursery school children there and parents/caregivers can consult with nursery school teachers regarding their problems in child-rearing. To participate in this program, please apply directly to each facility.

Nursery room for sick children & convalescing children (Byoji Hoiku-shitsu, 病児保育室)

Inquiries: Child Care Division

If parents/caregivers cannot provide care due to work or illness when their children are sick or in convalescence and need rest, the children can be temporarily taken care of in these facilities.
- Tanpopo (Kisaka Clinic): ☎ 082-421-4300 (fax also available on this number)
  Appointments required (dedicated phone number for appointments: 090-1685-4443)
- Usagi (Kodomo Clinic Hachihonmatsu): ☎ 082-428-2255
  Appointments required (make reservations through the Kodomo Clinic Hachihonmatsu website)

Short Stay (Short stay life support care service (Tanki Nyusho Seikatsu Enjo, 短期入所生活援助))

Inquiries: Children and Family Support Division

If parents/caregivers temporarily have difficulty taking care of their children due to illness or other reasons, their children can be taken care of in a facility for about one week.
Twilight Stay (Nighttime care) (Yakan Yogo-to, 夜間養護等)
Inquiries: Children and Family Support Division

If parents/caregivers have difficulty taking care of their children during nighttime or on holidays due to work or other reasons, their children can be taken care of in a facility for a certain period of time.

Before- and after-childbirth support (Sanzen/Sango support jigyo, 産前・産後サポート事業)
Supporters can be dispatched to give advice about or help with child-raising or household chores, in the period before and after a woman gives birth.

- Target: women who do not have anyone close they can talk to, or anyone who can support them while pregnant or after giving birth, with child care, etc.
- Period: before giving birth: women who have been given their Mother and Child Health Handbook, but have not yet given birth
  - after giving birth: women who gave birth within the previous six months
- Content: daily life support (listening to the woman's problems, etc.), and help with preparing for the birth, child-raising, household chores, etc.
- Cost: 1,000 yen per session (90 minutes). For households receiving welfare support (seikatsu hogo), or households exempt from municipal tax, the service is free.
- Maximum use: 15 times each, before and after giving birth (30 times for mothers giving birth to multiple children)

Childcare consultations (Ikuji Sodan, 育児相談)
Inquiries: Children and Family Support Division

Children’s physical measurements can be taken, and individual consultations regarding childcare are available. This service is provided monthly at several places in Higashihiroshima City. For information about dates and locations, please contact the relevant division.

Childcare Class (Ikuji Kyoshitsu, 育児教室)
Inquiries: Children and Family Support Division

Children’s physical measurements can be taken, individual consultations regarding childcare are available, and study sessions on specific themes each session (e.g. parent-child interactions through play, cooking classes, etc.) will be held. These classes are held monthly. There will be time for child-parent interaction. For information about dates and locations, please contact the relevant division.

Mogumogu Class (Baby Food Class) (Mogumogu Kyoshitsu (Rinyushoku Kyoshitsu), モグモグ教室（離乳食教室）)
Inquiries: Children and Family Support Division

This class will deal with questions and consultations regarding when and how to make and feed your child baby food (weaning food), and provide opportunities to sample weaning food. Information on oral health & care will also be provided. If your child uses a toothbrush, bring it to the class. Appointments are
required.

**Parent-child Cooking Class (Oyako Cooking, 親子クッキング)**

Inquiries: Children and Family Support Division

This class is designed for children aged 3 or older and their parents/caregivers to develop a greater interest in food through cooking together. A dietician will also talk about food.

Appointments are required.

**Allergy Consultations (Allergy Sodan, アレルギー相談)**

Inquiries: Hiroshima Prefectural Health Division Seibu-Higashi Public Health Center

Individual consultations regarding food and lifestyle will be provided by dieticians and health nurses for those who suffer from atopic dermatitis, bronchial asthma and hayfever. Appointments are required.

**Kids☆Merumaga Email Information Service (Kids☆Merumaga, Kids☆めるまが)**

Inquiries: Children and Family Support Division

This is a service by which information on child-rearing (including events, preventive medicine, crime prevention, etc.) is sent by email to registered members' mobile phones.

- **Membership fee:** Free of charge (subscription fees must be covered by users.)
- **How to register:** Access the website below from the mobile phone, smartphone or computer at which you wish to receive the information, and search for ‘Kids☆めるまが’. (Japanese only)

Registration website: http://www.ikuchan.or.jp/kids
4. Nursery schools, Approved Kodomo-en, and Small-scale child care facilities (Hoikusho/Nintei Kodomo-en/Shokibo Hoiku Jigyo, 保育所・認定こども園・小規模保育事業)

Admission to a nursery school（保育所への入所）

Inquiries: Childcare Division

Nursery schools are designed to take care of pre-elementary school infants and toddlers from when they are 0 years old for parents/caregivers who cannot take care of them at home due to work or illness. Admission is limited to children who meet the above-mentioned conditions.

There are public and private nursery schools, both of which satisfy the standards of nursery schools, and are not in principle different in their services.

- How to apply: Please apply for admission at the Childcare Division or at the relevant counter at branch offices of the City Office. For admission in months other than April, application forms are accepted until the 15th of every month for admission beginning from the 1st of the following month. For admission in April, please refer to the November issue of the Monthly City Newsletter “Higashihiroshima”.
- Childcare fee: Fees are decided individually based on the amount of income tax and municipal tax paid by the household in the previous year.
- Note: There may be cases where admission to a desired nursery school is difficult due to insufficient capacity, etc., at the nursery school.

Extended Hours Childcare (Encho Hoiku, 延長保育)

Inquiries: Each nursery school providing extended hours childcare services

This service is available for parents/caregivers who cannot make it to the nursery school to drop off or pick up their children within the regular opening hours due to unavoidable reasons, for example working hours.

- How to apply: Please apply directly to the nursery school.
- Fee: The fee varies depending on the nursery school.

Temporary Childcare (Ichiji Hoiku, 一時保育) Inquiries: Each nursery school providing temporary childcare services

This service is available for parents/caregivers who need emergency/temporary childcare help because of such reasons as their work, urgent business, or illness, or in order to reduce the burden of child-rearing. However, there may be cases where your child cannot be accepted due to conditions such as the nursery school in question being full.

- How to apply: Please apply directly to the nursery school.
- Opening hours: Mon. - Fri., 8:30 – 16:30 in principle
- Fees: 2,000 yen, for childcare exceeding 4 hours
1,000 yen, for a period not exceeding 4 hours
1,200 yen, for a period not exceeding 4 hours, and with lunch provided

- Note: Childcare hours and fees may be different in some nursery schools.

**Approved Kodomo-en (Nintei kodomo-en, 認定子ども園)**

These are facilities where a nursery school and kindergarten are operated together, offering support to all families raising children.

**Small-scale Nurseries (Shokibo hoiku, 小規模保育)**

These are nurseries with between 6 and 19 children, aimed at infants between 0 and 2 years of age.

● Please see the List of Nursery Schools.
5. Kindergartens (Yochien, 幼稚園)

Admission to a kindergarten（幼稚園への入園）

Admission to a Higashihiroshima Municipal Kindergarten（東広島市立幼稚園への入園）

Inquiries: School Affairs Division

Admission to a Higashihiroshima Municipal Kindergarten is limited to pre-elementary school infants of 4 years of age and above (before entrance into elementary school). The education period is 2 years.

- How to apply: Kindergarten entrance as a rule is in April. Applications for admission are accepted in December every year. For further information, please refer to the November issue of the Monthly City Newsletter 'Higashihiroshima'. Although kindergarten entrance is accepted in other months, admission may not be possible in some cases, for example if the kindergarten’s admissions quota is already filled.
- Admission fee: 5,000 yen, Monthly childcare fee: 6,300 yen
  There is a system of reduced fees or exemption from fees, for households on welfare and households exempt from paying Municipal Tax during the relevant fiscal year.

Admission to a National / Private Kindergarten（国立・私立幼稚園への入園）

Inquiries: Each kindergarten

If you wish to enroll your child in a national/private kindergarten, please contact the kindergarten directly.

Subsidy for Private Kindergarten Fees (Shiritsu Yochien Shuen Shorei-hi, 私立幼稚園就園奨励費)

Inquiries: School Affairs Division

This is a system to relieve the burden of kindergarten fees for parents/caregivers whose children attend private kindergartens.

- Target: Parents/caregivers of children aged 3 to 5 who live in Higashihiroshima City and attend a private kindergarten, in households whose income-graded portion of municipal tax is below a certain level (this level differ depending on the number of people making up the household).
- How to apply: Apply directly to your child’s kindergarten, with the “Statement regarding reduction or exemption of childcare fees and charges” (Hoikuryo-to Genmensochi ni Kansuru Chosho, 保育料等減免措置に関する調書) provided by your child’s kindergarten, and documents that show the amount of municipal tax you pay.
- Amount of subsidy: The amount of the subsidy differs depending on your taxation status and the number of children enrolled in kindergarten you have. (The amount varies each financial year.)
<table>
<thead>
<tr>
<th>Type</th>
<th>Name of Kindergarten</th>
<th>Address</th>
<th>Phone No.</th>
<th>Capacity</th>
<th>Pick-up bus</th>
<th>Extended hours childcare</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>Kindergarten attached to Hiroshima University</td>
<td>333-2 Kagamiyama-kita</td>
<td>☎️082-424-6190</td>
<td>80</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://home.hiroshima-u.ac.jp/yochien/">http://home.hiroshima-u.ac.jp/yochien/</a></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Municipal</td>
<td>Hachihonmatsu Chuo Kindergarten</td>
<td>10127-1 Hara Hachihonmatsu-cho</td>
<td>☎️082-428-2465</td>
<td>210</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.takaya.ednet.jp/">http://www.takaya.ednet.jp/</a> E-mail: <a href="mailto:takayakg@carrot.ocn.ne.jp">takayakg@carrot.ocn.ne.jp</a></td>
<td></td>
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</tr>
<tr>
<td>Municipal</td>
<td>Misonou Kindergarten</td>
<td>3-6-27 Kagamiyama</td>
<td>☎️082-422-4640</td>
<td>140</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Private</td>
<td>Saijo Kindergarten</td>
<td>6-13 Saijo Asahi-machi</td>
<td>☎️082-422-2915</td>
<td>220</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://saijo1931.net/">http://saijo1931.net/</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>Saijo Lutheran Kindergarten</td>
<td>1523 Doyomaru, Saijo-cho</td>
<td>☎️082-422-2252</td>
<td>200</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://jelc-saijo.jp/kindergarten/">http://jelc-saijo.jp/kindergarten/</a> E-mail: <a href="mailto:slk-22@guitar.ocn.ne.jp">slk-22@guitar.ocn.ne.jp</a></td>
<td></td>
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</tr>
<tr>
<td>Private</td>
<td>Takaya Kindergarten</td>
<td>1277-2 Gou, Takaya-cho</td>
<td>☎️082-434-0174</td>
<td>390</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.takaya.ednet.jp/">http://www.takaya.ednet.jp/</a> E-mail: <a href="mailto:takayakg@carrot.ocn.ne.jp">takayakg@carrot.ocn.ne.jp</a></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>Froebel Kindergarten</td>
<td>4-28-3 Takaya Takamigaoka</td>
<td>☎️082-434-7686</td>
<td>270</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.rijo.ac.jp">http://www.rijo.ac.jp</a> E-mail: <a href="mailto:froebel@rijo.ac.jp">froebel@rijo.ac.jp</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>Higashihiroshima Kusunoki Kindergarten</td>
<td>5539-3 Jike, Saijo-cho</td>
<td>☎️082-431-5432</td>
<td>300</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>E-mail: <a href="mailto:kusunoki-higashi@cube.ocn.ne.jp">kusunoki-higashi@cube.ocn.ne.jp</a></td>
<td></td>
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</tr>
<tr>
<td>Private</td>
<td>Kurumigaoka Kindergarten</td>
<td>3-7-5 Kurose Kiritagaoka</td>
<td>☎️0823-82-6480</td>
<td>100</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://kurumigaoka.jp/info/">http://kurumigaoka.jp/info/</a> E-mail: <a href="mailto:info@kurumigaoka.jp">info@kurumigaoka.jp</a></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Private</td>
<td>Sarnath Kindergarten</td>
<td>3-9-7 Nyuno Nakayamadai</td>
<td>☎️082-437-0594</td>
<td>100</td>
<td>Yes</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.sa-runa-to.com">http://www.sa-runa-to.com</a> E-mail: <a href="mailto:info@sa-runa-to.com">info@sa-runa-to.com</a></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private</td>
<td>Kazahaya Kindergarten</td>
<td>1539-2 Kazahaya, Akitsu-cho</td>
<td>☎️0846-45-4065</td>
<td>50</td>
<td>None</td>
<td>Provided</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.kazahaya-yochien.net/">http://www.kazahaya-yochien.net/</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

※☎：Telephone number  ☎️：Fax number
For further information, please refer to the website of each kindergarten or contact them directly by e-mail or phone.
- Hiroshima Private Kindergarten League: [http://www.hiroshima-kenyo.or.jp/](http://www.hiroshima-kenyo.or.jp/) (Japanese)
6. Elementary schools (Shogakko, 小学校)

Japan has a 6-3-3-4 education system, which consists of nine years of compulsory education – six years of elementary school (for children aged from 6 to 12) and three years of junior high school (children aged from 12 to 15) – followed by three years of high school and four years of university. The new academic year starts in April. Foreign residents are not required to enroll their children in school, but may have them admitted or transferred to the appropriate grade in an elementary or junior high school in Higashihiroshima City once they reach school age. Please consult the School Affairs Division if you wish to have your child enrolled in one of these schools. Admission, tuition and textbooks at municipal elementary and junior high schools are all free of charge. Expenses for teaching materials, school supplies, school lunches, outings and school trips must be covered by parents/caregivers.

Procedures for starting school（新入学の手続き）

Process of admission to elementary school（小学校入学までの流れ）
Inquiries: School Affairs Division

[Medical examination before elementary school (Shugaku-ji Kenshin, 就学時健診)] Medical examinations are conducted for children before they enter elementary school. Parents/caregivers will receive details of their child’s medical examination (Kenko Shindan-hyo 健康診断票) by mid-October. If you do not receive this paperwork, or if your child cannot attend the examination for some reason (such as illness on the day of examination), please contact the School Affairs Division.

[Delivery of School Enrollment Notification (Njugaku Tsuchisho, 入学通知書)] Notification of the date of your child’s admission to school and the elementary school they will attend (Nyugaku-kijitsu oyobi Gakkoshitei Tsuchisho, 入学期日及び学校指定通知書) will be sent out on the last day of January in the year your child is scheduled to enter elementary school. If you do not receive the notification, please contact the School Affairs Division.

[Admission to elementary school]
Your child’s elementary school will be decided based on his/her address. However, a change of school will be accepted if certain conditions are met, as follows: (Admission to your desired school may be limited in some cases, such as when the facilities are insufficient for the number of children.)

① When there is a certain distance to the notified school, and a neighboring school is closer than the notified school.

② When you are having a new house built in another area, and you wish to have your child attend in advance the school in the area to which you will transfer your Certificate of Residence.
Procedures for transferring to another school（転入学の手続き）

Inquiries: School Affairs Division

If you have moved into Higashihiroshima City from outside the city, or changed your address within Higashihiroshima City, please take the certificate of enrollment (Zaigaku Shomeisho, 在学証明書) and textbook grant certificate (Kyokasho Kyuyo Shomeisho, 教科書給与証明書) from your child’s previous school to the school specified by the School Affairs Division (the City Office). However, this is not required if your child transfers to a school in the city from a school in another country. If you move to a place outside Higashihiroshima City, please obtain your child’s certificate of enrollment, etc., from your child's current school and complete the procedures in the place to which you are moving.

Japanese Language Classes (Nihongo Shido Gakkyu, 日本語指導学級)

Inquiries: School Affairs Division

Foreign students who are having difficulties in learning at school due to insufficient understanding of the Japanese language can receive Japanese language lessons, up to a maximum of 5-8 hours per week per student.

School Expense Subsidies (Shugaku Enjo, 就学援助)  
Inquiries: School Affairs Division

Some of the expenses for elementary and junior high school may be subsidized for parents/caregivers who find it difficult to have their children attend school due to financial reasons. For details, please contact the School Affairs Division.

- Types of expenses to be subsidized:
  - Expenses for school supplies, necessary items for commuting to and from school, school supplies for starting school, school trips, school meals, commuting to school, field trips and medical treatment for ‘school diseases’
  - Expenses for sports equipment (junior high school only)

- How to apply:
  - Submit the application documents to your child’s school after consultation with the school. Applications are accepted at any time.

After School Children’s Clubs (Hokago Jido Club, 放課後児童クラブ)

Iki-iki Kodomo Clubs (いきいきこどもクラブ) (After school children’s clubs)

Inquiries: Childcare Division

These are facilities to take care of children who cannot be with their parents/caregivers at home after school because of the parents/caregivers’ work, illness, or for other reasons.

For the children’s safety, they should as a rule be taken to and from their club by their parents/caregivers (except when the children are on their way from school to the club).
● Children entitled to use one of these clubs:
  • Children going to the elementary school at which the club is held or living in the school zone of the elementary school.
  • First-year to third-year elementary school students as a rule. (Until the sixth year of elementary school in the case of children requiring special consideration, such as disabled children. Also, children up to the sixth grade in elementary schools in Shiwa-cho, Takaya-cho, Kurose-cho, Fukutomi-cho, Toyosaka-cho, Kochi-cho, and Akitsu-cho, and in elementary schools in the catchment areas of Koyo, Hachihonmatsu and Isomatsu Junior High Schools.)
  • Children whose parents and all other persons living at the same residence are absent from home on an ongoing basis during after-school hours due to work or other unavoidable reasons.

● Service hours and fees:
  1. Types of attendance and fees:

<table>
<thead>
<tr>
<th>Types of attendance</th>
<th>Weekdays (Mon. - Fri.)</th>
<th>Saturdays</th>
<th>Days In long school vacations</th>
<th>Fees (monthly)</th>
<th>Expenses for snacks and teaching materials (monthly)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. - Fri. (5 days/week)</td>
<td>14:00 – 18:00 ✓ On days when the school finishes earlier than 14:00, the service is provided from the end of the last class. ※ It is possible to extend this until 19:00.</td>
<td>8:00 – 18:00 ※ It is possible to extend this until 19:00.</td>
<td></td>
<td>3,000 yen (3,700 yen if using the service until 19:00)</td>
<td>1,500 yen</td>
</tr>
<tr>
<td>Mon. – Sat. (6 days/week)</td>
<td>8:00 – 18:00 ※ It is possible to extend this until 19:00.</td>
<td></td>
<td></td>
<td>4,500 yen (5,400 yen if using the service until 19:00)</td>
<td>1,800 yen</td>
</tr>
</tbody>
</table>

You are required to pay separately for accident insurance (about 800 yen annually).

2. Saturday services:
   Children living in a school zone with an Iki-iki Kodomo Club that is closed on Saturdays, can use another Iki-iki Kodomo Club in a neighboring area to their school that is open on Saturdays (a club in the same junior high school zone in principle).

3. Fee exemption system:
   Households on welfare, households who are exempt from paying the income-graded portion of municipal tax, households whose residence has been damaged by fire, wind, floods, or earthquakes will be exempt from all types of fees. Children's parents/caregivers must apply for this system on their own.

● How to apply:
  • Please note that it is necessary to apply for membership each year.
  • For details of membership beginning from April, please refer to the December issue of the Monthly City Newsletter “Higashihiroshima”. The deadline for applications is the end of January.
To join the club starting from another month, apply at the Childcare Division or the relevant counter at a branch office of the city by the 15th of the month before the month from which you wish to join this club (except when joining the club during summer vacation and in August).

School Life Consultations (*Gakko Seikatsu Sodan, 学校生活相談*)

Mental health supporters and school counselors are available in municipal elementary and junior high schools for consultations.

**Mental health supporters（心のサポートー）**
- Details: Mental health supporters are available to talk to children about their problems or concerns. Please contact your child’s school for details.
- Target: Students, parents/caregivers, and members of staff.

**School counselors（スクールカウンセラー）**
- Details: Counselors hold specialist consultations in all junior high schools.
- Target: Students and parents/caregivers.
7. Support for Single-parent families (ひとり親家庭への支援)

Subsidies & allowances (助成・手当など)

Subsidies for medical costs of single-parent families, etc. (Hitori-oya katei-to iryo-hi no josei, ひとり親家庭等医療費の助成)

Inquiries: Children and Family Support Division

There are subsidies for medical costs of single-parent families. Eligibility certificates will be issued to those eligible for these subsidies. Please present your eligibility certificate at the counter of a medical institution. To apply for the subsidy, contact the relevant division in advance.

- Target: Fathers/mothers and their children in single-parent families raising a child aged up to 18, where the household is exempt from paying income tax. Eligibility applies until the first March 31 after the child has reached 18 years of age.
- Subsidy details: The amount exceeding the amount payable as an individual contribution will be covered, for medical costs for which health insurance can be used.
  (The amount payable as an individual contribution: Up to 500 yen per day per medical institution, for 14 days per month per medical institution for inpatients, and 4 days per month per medical institution for outpatients)
  In the case of medicine and assistive devices (braces, etc.) from pharmacies where health insurance can be used (prescriptions filled outside the medical facility), there is no individual contribution payable.
- What to bring: The Health Insurance Certificates of all of your eligible household members, proof of your single-parent family status, Certificate of Income and Tax (Shotoku Kazei Shomeisho, 所得課税証明書) (if you have moved to Higashihiroshima City from another city), name seal
- Note: The factors determining your eligibility for this subsidy (for example, income) are reviewed every year, and your eligibility certificate will be renewed on August 1.
  If you change your address, name and type of insurance, you must notify the relevant division.

Child-rearing Allowance (Jido Fuyo Teate, 児童扶養手当)

Inquiries: Children and Family Support Division

This allowance is paid to single-parent families raising a child aged up to 18. It is paid until the first March 31 after the child has reached 18 years old. There is an income limit for eligibility.

- What to bring: Full copies of the applicant’s and eligible child’s family register details (these should have been issued less than one month before the application) and Residence Card, the applicant’s and eligible child’s Health Insurance Certificates, certificate of acceptance of divorce, Certificate of Income and Tax (Shotoku Kazei Shomeisho, 所得課税証明書) (if you have moved to Higashihiroshima City from another city), a bankbook in the name of the applicant, name seal
- Note: You must submit a notification of present circumstances (Genkyo-todoke, 現況届) in August every year. (The relevant documents will be mailed from the City Office in advance.)
When this allowance has been paid to a person for five years or more, part of the allowance may be stopped if that person has, without having any special reasons, shown no willingness to work.

Welfare Loan Fund for fatherless families and widows (*Boshi Kafu Fukushi-kin no Kashitsuke*, 母子・寡婦福祉資金の貸付)

This is a system by which Hiroshima Prefecture loans funds to mothers of fatherless families and to widows.

- Types of loans: Funds for attending school, starting school, etc.
- What to bring: Full copy of your family register, Certificate of Residence (*Juminhyo*, 住民票), Residence Card, Certificate of Income and Tax (*Shotoku Kazei Shomeisho*, 所得課税証明書), a bankbook in the name of the applicant, name seal, etc.

Since what to bring differs according to the type of loan, please contact the relevant division in advance.


Subsidies are available for expenses incurred when single mothers train for advanced skills or obtain qualifications. Since there are limitations regarding the training courses covered and income limits for eligibility, etc., please consult the relevant division before attending any training courses.

- Types:
  - Grant for Advanced Skills Training (target: training for nursery school teachers, nurses, care workers, etc.)
    
    This grant is paid monthly from the month of application, for the entire period of a one-year or longer curriculum.
  
  - School Entrance Support Curriculum Completion Lump Sum (*Nyugaku Shien Shuryo Ichiji-kin*, 入学支援修了一時金)
    
    This can be applied for after completing a one-year or longer curriculum.
  
  - Benefits for Independence Support Education and Training (target: training for newly-qualified nurses, medical office staff, etc.)
    
    You must apply for this benefit prior to the start of the course. 60% of the expenses will be subsidized, up to a limit of 200,000 yen.

- What to bring: Full copy of your family register, Certificate of Residence (*Juminhyo*, 住民票), Residence Card, Certificate of Income and Tax (*Shotoku Kazei Shomeisho*, 所得課税証明書), Certificate of Tax Payment, certificate of enrollment in a training institute, name seal, etc.

Since what to bring differs according to the type of grant and the conditions of the grant, please contact the relevant division in advance.
Discount for purchasing JR commuter passes (JR Tsukin Teiki Konyu Waribiki, JR 通勤定期購入割引)

If a person receiving Child-rearing Allowance commutes to work using JR, a discount certificate (Waribiki Shomeisho, 割引証明書) can be issued for purchasing a commuter pass.

- What to bring: Certificate of Child-rearing Allowance, certificate of person receiving Child-rearing Allowance (Tokuteisha Shikaku Shomeisho, 特定者資格証明書) (or your photo, 3 cm x 2.5 cm, full face without hat, if you do not have this certificate), name seal

Other systems for support (その他の支援制度):

Inquiries: Children and Family Support Division

Other than the above-mentioned systems of support, there are various others, including the “System of subsidies for obtaining qualifications and attending courses” and the “Mother-child/Father-child Independence Support Program (Boshi/Fushi Jiritsu Shien Program, 母子・父子自立支援プログラム)”. For further information, contact the relevant division.

Consultation and Advice Counters (相談窓口)

Family and Children Consultation Counter (Katei Jido Sodan Shitsu, 家庭児童相談室)

Advice counters have been established to deal with consultations regarding child-rearing problems and financial independence. Dedicated counselors are available to give advice.

- Open: Mon. - Fri., 8:30 – 17:00
- Place: Children and Family Support Division, Higashihiroshima City Office
- Phone: ☎ 082-420-0407

Child-raising and Disability Support Center “Heartful” (Kosodate Shogai Sogo Shien Center, 子育て・障害総合支援センター(はあとる) Family and Children Consultation Office (Katei Jido Sodan-shitsu, 家庭児童相談室)

- Open: Wed. - Thu. 10:00 – 17:00
- Place: Sunsquare Higashihiroshima
- Phone: ☎ 082-493-6072

Women’s Telephone Consultation Service (Josei no Denwa Sodan no Kai, 女性の電話相談の会)

This service offers advice over the phone on a wide range of women’s problems.

- Service day/hours: Wed. 13:00 – 15:00
- Phone: ☎ 082-424-3833
8. Preventing Abuse （虐待防止）

Main types of abuse （虐待の主な種類）

- Physical abuse
  Punching, kicking or strangling a child, locking a child out of the home, burning a child with a lit cigarette, scalding a child with boiling water, etc.

- Mental abuse
  Directly telling a child, “I wish you had never been born,” treating a child differently from his or her brothers and sisters, using violence against one's spouse in front of a child, etc.

- Sexual abuse
  Rape, forced sex, sexual assault, forcing a child to see sexual acts, forcing a child to be a subject of pornography

- Neglect (child-rearing abandonment and negligence)
  Not providing a child with proper meals, not allowing a child to take a bath, abandoning a child in a house or a car, leaving the child’s environment or clothes extremely dirty, not controlling a situation where the child experiences assault from persons living in the same residence

Counters for consultation and contact （相談・連絡の窓口）

If you suspect abuse, please report it immediately.

Higashihiroshima City

- Family and Child Consultation Office (in the Children and Family Support Division) ☎ 082-420-0407
  Mon. - Fri. (except holidays), 8:30 – 17:00

- Children and Family Support Division
  Outside the above-mentioned times (for reports of child abuse only) ☎ 082-422-2111 (switchboard)

Hiroshima Prefecture

- West Hiroshima Children and Family Center (Seibu Kodomo Katei Center, 西部こども家庭センター): ☎ 082-254-0381

All-Japan Number

- Child Consultation Office (Jido-sodansho, 児童相談所) ☎ 189
9. Emergency medical treatment

Children may develop a fever, become limp or suffer deteriorating symptoms at night or on a holiday. Please familiarize yourself with the emergency medical facilities in advance.

Holiday and nighttime medical treatment

※ For details of emergency holiday and nighttime medical facilities, please see the foreign-language versions of the City newsletter (‘Higashihiroshima’), or the City website.

Holiday Emergency Clinic (Kyujitsu Shinryosho, 休診所)

- Open: Sundays, holidays, year-end and New Year holidays (Dec. 30 – Jan. 3)
- Hours: 9:00 – 12:00, 13:00 – 16:00
  From the end of the year to the 2nd Sunday of March, the internal medicine and pediatrics departments only are open until 20:00
- Medical Departments: Internal medicine, pediatrics and dentistry
- Place: 1113 Doyomaru, Saijo-cho (1F, Higashihiroshima Health and Medical Center)
- Phone: ☎ 082-422-5400

Emergency medical care

Higashihiroshima Medical Association (Higashihiroshima-chiku Ishikai, 東広島地区医師会) website: http://www.east-hiroshima-med.or.jp/ (Japanese) (To access this site from a mobile phone, put “/” at the end of this address.)

Kamo Tobu Medical Association (Kamo Tobu Ishikai, 賀茂東部医師会) website: http://www.geocities.jp/kamotobu/ (Japanese)

Hiroshima Prefecture Emergency Medical Information Network (HMIN) (Hiroshima-ken Kyukyu Iryo Joho Network, 広島県救急医療情報ネットワーク) website: http://www.qq.pref.hiroshima.jp/ (Japanese), spoken guidance: ☎ 0120-169901 (Japanese; available 24 hours a day)

Fire Department (Shobo-kyoku, 消防局)

- Service days/hours: every day, 24 hours a day
- Phone: ☎ 082-422-0119

Call Center for Emergency First-aid for Children (Kodomo Kyukyu Denwa Sodan, こども救急電話相談)

- Service days/hours: every day, 19:00 – 8:00 the following morning
- Phone: #8000 (area code unnecessary) (also available from mobile phones)
From an IP phone or “Hikari” optical fiber phone: ☎ 082-505-1399

If you go to a hospital or a clinic whose details you obtained from this service, please contact the hospital/clinic in advance.

'Home Nursing' mobile phone support site for parents (Hiroshima Kodomo Yume Zaidan) (Papa mama oen 'ouchi no kango' keitai site, パパママ応援 おうちの看護 携帯サイト) (Hiroshima Kodomo Yume Zaidan, ひろしまこども夢財団)

This service supports home nursing of children by providing details of how to deal with cases of developing fevers, vomiting and accidental ingestion.

- Website: http://www.ikuchan.or.jp/kango
- Phone: ☎ 082-212-1007

<Information about parks>

Roadside Station 'Kohan-no-sato Fukutomi' (Michi-no-eki 'Kohan-no-sato Fukutomi', 道の駅「湖畔の里福富」)

Kohan-no-sato Fukutomi, which is on the Route 375 Bypass, is situated in a location with beautiful scenery, surrounded by the waters of Fukutomi Dam.

Its Exchange Hall boasts shops featuring local specialties (vegetables, processed goods, wood crafts, etc.), a restaurant which prides itself on serving dishes cooked with in-season local ingredients, a bakery selling bread fresh from the oven and a shop for a local dairy farmer’s hand-made gelato.

In the Fureai Plaza, there are large pieces of play equipment for children to play with for free: they can climb things, cross things, jump on things, slide down things and crawl through things.

At the day campsite, which is equipped with cooking facilities, cooking stoves for barbecue and tarps can be lent out for families and groups of friends to enjoy barbecues. The campsite also has a multipurpose ground.

If you get worn out from all the fun things to do, you can lie down on the grass or take a rest at the observation platform, which commands a great view of Fukutomi Dam. The Hands-on Learning Room and Multipurpose Hall are available for use by parents and children, and by groups.

Why not take a stroll out from the Roadside Station, enjoying Fukutomi’s natural scenery? Your children will have a great time!

- Closed: Every Wednesday (the following day, if Wednesday is a holiday), year-end and New Year holidays
- Location: 1506 Kuba, Fukutomi-cho
- Access: Approximately 30 minutes by car from Sanyo Expressway Shiwa IC
  Approximately 30 minutes by car from Sanyo Expressway Saijo IC

Kagamiyama Park (Kagamiyama Koen, 鏡山公園)

This is a general park located on the Boulevard, in the southern part of the Saijo city area. In the park,
which is equipped with play equipment, Mt. Kagamiyama embraces the remains of Kagamiyama Castle. Kagamiyama Park is also a tourist attraction with its Cherry Blossom Garden (Sakura-enchi, 桜園地), in which 33 types of cherry trees (approximately 500 trees in total) have been planted.

- Location: 2-chome, Kagamiyama
- Access: 10 minutes by bus or 30 minutes on foot from JR Saijo Station
  15 minutes by bus from JR Higashihiroshima Station
  20 minutes by car from Sanyo Expressway Saijo IC

Ikoinomori Park (Ikoinomori Koen, 嵐いの森公園)

Ikoinomori Park is located at the southern foot of Mt. Ryuo, to the north of the center of Saijo-cho. The observation platform at the top of the mountain commands fine views of the townscape of Saijo-cho, of the Noro mountain range to the south, and, on fine days, of the mountain range of Shikoku.

The park is criss-crossed with paths, and is equipped with various facilities, including a multipurpose open square, the Mountain Stream Square, the central grassed area, the Children’s Square, a day campsite, a forest camping area, an auto campsite, a Seminar House, and so on.

In spring, a total of 2,000 cherry trees blossom in this park, especially in the cherry forest near the top of the mountain. During the Golden Week season, the azalea blossoms are at their best. The Children’s Square offers great opportunities for athletic play. The happy shouts of children can be heard all the time.

This park can be used in diverse ways in every season, such as playing in the water in the Mountain Stream Square, barbecues at the day campsite, and playing catch in the multipurpose open square.

- Place: 941-17 Jike, Saijo-cho
- Access: 30 minutes on foot from JR Saijo Station
  10 minutes by car from Sanyo Expressway Saijo IC

Mitsujo Tumulus (Mitsujo Kofun, 三ッ城古墳) (next to the Central Library)

Hiroshima Prefecture’s largest keyhole-shaped tomb, measuring 92m in length, is situated in Saijo-chuo. It is said that the name of the tumulus- ‘Mitsujo (three castles) Tumulus’- comes from the fact that it consists of three elevated parts- the first tomb’s front part and round rear part, and the second tomb. It is thought that these are the tombs of an ancient baronial family, and a recent study revealed that the first tomb was constructed in the first half of the 5th Century.

Currently, this area, as Mitsujo Park, is equipped with open squares and play equipment for children to play near the tumulus, and is visited by many families with children during holidays.

- Place: 7-24 Saijo-chuo
- Access: 7 minutes by bus or 20 minutes on foot from JR Saijo Station
While pregnant, you gave your child a precious gift: an immune system to fight off disease. But this immune system is only temporary and naturally wears off when your baby reaches around six months of age. In addition, the more opportunities your child has to go outside, the higher the risk he or she has of catching an infection. An infection can result in serious complications and may even threaten the life of your child.

Vaccinations are a way of building up the baby's native immune system to help the body protect itself against illness.

**Things to know before you get your child vaccinated**

- **The city will not notify you** about vaccinating your child. Please plan yourself when you will have your child vaccinated, based on your his/her age and condition. Go directly to a medical facility within the city where vaccinations can be administered.
- **During your Hello Baby visit,** a city official will give you vaccination coupons and a brochure that explains the immunization process, titled *Vaccinations and Your Child’s Health.* You can also obtain these at the Children and Family Support Division in the City Office, at branch offices, and at health care facilities where vaccinations are able to be administered.

Be sure to read *Vaccinations and Your Child’s Health* to understand the effects of vaccinations, any potential side effects, and general precautions.

**What to take with you when you get your child vaccinated:**
- Your Mother and Child Health Handbook
- A vaccination coupon

**Can a vaccine be given after a child has caught an illness?**

If your child catches measles or chicken pox, has an acute rash, or experiences seizures, you should wait a certain length of time following recovery before getting your child vaccinated. In addition, you may need to obtain permission from your child’s doctor. Be sure to consult your child’s regular doctor in such a case.

**Can my child be vaccinated outside Higashihiroshima City?**

If you are a registered resident of Higashihiroshima City, as a rule your child should be vaccinated within the city. However, if for some reason you wish your child to be vaccinated outside the city, you'll need to fill out some paperwork in advance. Visit either the Children and Family Support Division or a branch office for more details. Please note that the city may not pay for vaccinations performed outside the city.

**How long should I wait until the next vaccination? (The standard intervals)**

**1. If the vaccines are different**

<table>
<thead>
<tr>
<th>Live vaccines</th>
<th>Inactivated vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>[BCG, Measles / Rubella (MR), Chicken pox]</td>
<td>[Hepatitis B, Hib, Infant pneumococcus, Quadruple combined vaccine (DPT-IPV), Double combined vaccine (DT), Polio, Japanese encephalitis, Cervical cancer]</td>
</tr>
</tbody>
</table>

- 27 days or more
- 6 days or more

**2. If the vaccines are same**

<table>
<thead>
<tr>
<th>Dose</th>
<th>Time intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dose 1</td>
<td>27 days or more</td>
</tr>
<tr>
<td>Dose 2</td>
<td>27 days or more</td>
</tr>
<tr>
<td>Dose 3</td>
<td>7.13 months</td>
</tr>
</tbody>
</table>

- At least 139 days from the first dose
- At least 60 days (one year of age or over)

**Contacts**

Higashihiroshima City Children and Family Support Division (Mother and Child Health Section)

- Open weekdays from 8:30 a.m. to 5:15 p.m.
- 8-29 Sakae-machi, Saijo, Higashihiroshima City 739-8601  Tel : (082) 420-0407  Fax: (082) 424-1678
- Kurose Branch Office (Welfare and Public Health Division) :  (0823) 82-0220
- Toyoasaka Branch Office (Regional Promotion Division) :  (082) 432-2563
- Kochi Branch Office (Regional Promotion Division) :  (082) 437-1109
- Akitsu Branch Office (Welfare and Public Health Division):  (0846) 45-2065
Routine Vaccinations for Children (free if the child is an applicable periods)

As a rule, your baby should undergo these vaccinations. The law stipulates the recommended ages, etc., for various vaccinations. Wherever possible, you should have your child vaccinated during the ideal vaccination period; these take into account when your child is likely to be most vulnerable to each disease.

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Available periods</th>
<th>Standard periods</th>
<th>Start age</th>
<th>Doses</th>
<th>Standard intervals</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hib</td>
<td>From 2 months to under 5 years old (The number of doses depends on the age of the child at the time of the first dose)</td>
<td>From 2 to 7 months old</td>
<td>From 2 to under 7 months old (typical schedule)</td>
<td>Initial 3 doses</td>
<td>27 days or more. (Generally 27-56 days.)</td>
<td>If it is not possible to begin the vaccinations after 2 months and before 7 months old, and to complete the initial doses by 12 months after birth, any remaining initial doses will not be administered. At least 27 days after the last of the initial doses which were administered, it will be possible to receive the booster.</td>
</tr>
<tr>
<td>Pediatric pneumococcus</td>
<td>From 2 months to under 5 years old (The number of doses depends on the age of the child at the time of the first dose)</td>
<td>From 2 to 7 months old</td>
<td>From 2 to under 7 months old (typical schedule)</td>
<td>Initial 2 doses</td>
<td>27 days or more. (Generally 27-56 days.)</td>
<td>If it is not possible to begin the vaccinations after 7 months and before 12 months old, and to complete the initial doses by 24 months after birth, any remaining initial doses will not be administered. The booster can be given.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>From 2 to under 5 years old</td>
<td>1 booster</td>
<td>7 months or more after initial 3 doses. (Generally 7-13 months.)</td>
<td>If it is not possible to begin the vaccinations after 2 months and before 7 months old, and to complete the initial doses by 12 months after birth, any remaining initial doses will not be administered. At least 27 days after the last of the initial doses which were administered, it will be possible to receive the booster.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Available periods</th>
<th>Standard periods</th>
<th>Start age</th>
<th>Doses</th>
<th>Standard intervals</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>Before 1 year of age</td>
<td>From 2 months after birth to before 9 months of age</td>
<td>2</td>
<td>At least 27 days apart</td>
<td>At least 139 days after the first dose</td>
<td>If a child was born of a mother who tested positive for HBs antigen, and if that child has received all doses or a part of the required doses of the hepatitis B vaccine (anti-HBs-human immunoglobulin), that child is not part of the target group for vaccination.</td>
</tr>
<tr>
<td>Diphtheria, Pertussis, Tetanus, Polio (DPT-IPV)</td>
<td>Stage 1: initial doses From 3 months to under 7 years and 6 months old</td>
<td>From 3 to 12 months old</td>
<td>12 to 18 months after the initial doses (at least 6 months after the initial doses)</td>
<td>3</td>
<td>20 days or more. (usually 20-56 days)</td>
<td>Scheduled vaccinations using the triple combined vaccine will now be administered using the quadruple combined vaccine.</td>
</tr>
<tr>
<td></td>
<td>Stage 1: booster From 3 months to under 7 years and 6 months old</td>
<td></td>
<td></td>
<td>1</td>
<td>20 days or more. (usually 20-56 days)</td>
<td>Stage 2 is a combination diphtheria / tetanus vaccine.</td>
</tr>
<tr>
<td></td>
<td>Stage 2 (DT) 11 or 12 years of age</td>
<td>11 years of age</td>
<td>1</td>
<td>20 days or more. (usually 20-56 days)</td>
<td>Stage 2 is a combination diphtheria / tetanus vaccine.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>From 2 to under 5 years old</td>
<td></td>
<td>1</td>
<td>20 days or more. (usually 20-56 days)</td>
<td>Stage 2 is a combination diphtheria / tetanus vaccine.</td>
<td></td>
</tr>
</tbody>
</table>

The target age range and ideal age range for the single polio vaccination is the same as for the quadruple combined vaccine.

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Available periods</th>
<th>Standard periods</th>
<th>Start age</th>
<th>Doses</th>
<th>Standard intervals</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCG</td>
<td>Within 1 year old</td>
<td>From 5 to 8 months old</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>This is a vaccine to prevent tuberculosis.</td>
</tr>
<tr>
<td>Measles/ Rubella (MR)</td>
<td>Stage 1 From 12 to under 24 months old</td>
<td>From 12 to under 24 months of age</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>It is recommended to receive vaccination as soon as possible after the first birthday.</td>
</tr>
<tr>
<td></td>
<td>Stage 2 From 5 to under 7 years old, one year before entering elementary school</td>
<td>One year before entering elementary school, (from Apr. 1 to Mar. 31)</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>Have your child vaccinated early because measles and rubella tend to spread during the period from spring to summer.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>As a rule, both first and second doses are combination measles / rubella vaccines.</td>
</tr>
</tbody>
</table>

Chicken pox
1st dose From one year of age to before three years of age From one year of age to before 15 months of age 1 — Please have your child vaccinated as soon as possible after her/she reaches one year of age.
2nd dose Between 6 months and one year after the completion of the first dose 1 At least 3 months

Japanese encephalitis
<table>
<thead>
<tr>
<th>Diseases</th>
<th>Available periods</th>
<th>Standard periods</th>
<th>Start age</th>
<th>Doses</th>
<th>Standard intervals</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stage 1: initial doses From 6 to under 7 years and 6 months old</td>
<td>3 years old</td>
<td>2</td>
<td>6 days or more. (usually 6-28 days)</td>
<td>3 years old</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Stage 1: booster From 6 to under 7 years and 6 months old</td>
<td></td>
<td></td>
<td>1</td>
<td>6 days or more. (usually 6-28 days)</td>
<td>3 years old</td>
</tr>
<tr>
<td></td>
<td>Stage 2 From 9 to under 13 years old</td>
<td>9 years old (Generally, five years after the completion of the first stage booster vaccination)</td>
<td>1</td>
<td>6 days or more. (usually 6-28 days)</td>
<td>3 years old</td>
<td>2</td>
</tr>
</tbody>
</table>

At the present time, vaccination is not positively recommended.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Applicable period</th>
<th>Standard period</th>
<th>Doses</th>
<th>Standard (pattern)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical cancer (Human papillomavirus)</td>
<td>Grade 6, elementary school to grade 1, high school (girls only)</td>
<td>Girls of an age equivalent to grade 1, junior high school</td>
<td>3 doses (standard pattern)</td>
<td>The 2nd dose should be administered 1 or 2 months after the 1st dose. The 3rd dose should be administered 6 months after the 1st dose.</td>
<td></td>
</tr>
</tbody>
</table>

※ Note 1 ※ The special target group
a) Children born between April 2nd 2007 and October 1st 2009 can receive any missing 1st stage doses (three in total), as long as they are still within the second stage period (aged 9 to under 13). b) Those born between April 2nd 1996 and April 1st 2007 can receive any missing doses out of the four doses, as long as they have not reached 20 years of age.

Recommended vaccination periods and procedures may change due to changes in the law. Any new information will be posted in the City Newsletter.

Other than the vaccinations shown above, there are also voluntary vaccinations, which are not free. These include vaccinations against mumps, and influenza, a rotavirus vaccine, etc.

※ If you wish your child to be given these vaccinations, please contact directly a medical facility which can administer the vaccinations.

Current as of March, 2017
## Authorized childcare facilities in Higashihiroshima City

<table>
<thead>
<tr>
<th>Area</th>
<th>Type</th>
<th>Name of nursery school</th>
<th>Quota</th>
<th>Address</th>
<th>Phone No.</th>
<th>Acceptance age</th>
<th>Opening hours (<em>Note 1</em>)</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saijo</td>
<td>Public</td>
<td>Teranishi</td>
<td>120</td>
<td>7735-3 Jike, Saijo-cho</td>
<td>423-4138</td>
<td>12 months after birth or older</td>
<td>7:30<del>18:30; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Public</td>
<td>Saijo Higashi</td>
<td>110</td>
<td>11-24 Saijo-nishihommachi</td>
<td>423-6987</td>
<td>12 months after birth or older</td>
<td>7:00<del>19:00; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Public</td>
<td>Itaki</td>
<td>110</td>
<td>966-1 Morichika, Saijo-cho</td>
<td>425-1101</td>
<td>12 months after birth or older</td>
<td>7:30<del>18:30; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Public</td>
<td>Gota</td>
<td>80</td>
<td>1133-2 Gousou, Saijo-cho</td>
<td>425-0576</td>
<td>12 months after birth or older</td>
<td>7:30<del>18:30; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Public</td>
<td>Enjoji</td>
<td>90</td>
<td>6975 Misonou, Saijo-cho</td>
<td>423-3206</td>
<td>12 months after birth or older</td>
<td>7:00<del>19:00; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Private</td>
<td>Seiun</td>
<td>120</td>
<td>1427 Jike, Saijo-cho</td>
<td>423-9704</td>
<td>6 months after birth or older</td>
<td>7:00<del>19:00; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Private</td>
<td>Gyokuho</td>
<td>100</td>
<td>6-3-65 Saijo-shitami</td>
<td>422-5599</td>
<td>6 months after birth or older</td>
<td>7:00<del>19:00; 8:30</del>16:30</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td></td>
<td>Private</td>
<td>Ai (Saijo-cho)</td>
<td>90</td>
<td>5-17-11 Saijo-cho</td>
<td>490-3773</td>
<td>3 months after birth or older</td>
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Note:  *1: opening times are shown for weekdays (upper line) and Saturdays (lower line). For nursery schools with extended child care hours, the weekday time shown includes these extended hours. Extra fees will be payable if the child stays at the nursery school during these extended hours.
Note 2: capacities for approved 'kodomo-en' are shown for the nursery school section (total for Group 2 and Group 3 children) (upper line), and for the kindergarten section (Group 1 children).