



# Higashihiroshima City Child-Raising Guidebook (English)



Higashihiroshima City

## Preface

This child-raising guidebook has been written in order to relieve foreign residents' anxieties regarding child-raising, 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-raising away from their home countries.

April 2023

Mayor of Higashihiroshima City

### [Phone Numbers for Enquiries]

● 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): ☎ 082-420-0915

○ Child Care 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):

General Child Raising Section (*Kosodate Somu-gakari*, 子育て総務係): ☎082-420-0941

Child Raising Support Section (*Kosodate Shien-gakari*, 子育て支援係):

Mother and Child Health Section (*Boshi Hoken-gakari*, 母子保健係):

☎ 082-420-0407 📠 082-424-1678

○ National Health Insurance and Pension Division (*Kokuho Nenkin-ka*, 国保年金課):

☎ 082-420-0933 📠 082-422-0334

○ 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

○ 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 📠 082-422-5048

● 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 March 2023. 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

	During pregnancy	Birth	Around 1 month after birth	3-4 months after birth	Around 6 months after	Around 1 year after birth	Around 18 months after birth	Around 3 years after birth	6 years after birth
<b>Child's development</b>				Able to hold his/her head up	Able to roll over in bed	Able to crawl and stand up holding onto something	Able to walk on his/her own	Making progress in talking	Soon to become an elementary school student
<b>Notifications &amp; Subsidies</b>	<ul style="list-style-type: none"> <li>Notification of pregnancy</li> <li>Mother and Child Health Handbook</li> </ul>	<ul style="list-style-type: none"> <li>Registration of Birth</li> <li>Enrollment in National Health Insurance</li> <li>Obtaining Status of Residence or Japanese</li> <li>Lump-sum Maternity Allowance</li> </ul>		Nursery school			Nursery school	Kindergarten	Procedures for admission to elementary school
<b>Medical exams &amp; Vaccinations</b>	<ul style="list-style-type: none"> <li>Prenatal Medical Examination</li> <li>Prenatal Dental Health Examination</li> </ul>	<ul style="list-style-type: none"> <li>Child Allowance, medical costs for infants/toddlers, etc.</li> </ul>		<ul style="list-style-type: none"> <li>Health exam for 3-4 month-old</li> <li>Hepatitis B</li> <li>Hib, pneumococcus</li> <li>Diphtheria</li> <li>Whooping cough</li> <li>Tetanus</li> <li>Polio</li> </ul>	<ul style="list-style-type: none"> <li>Check of motor development of 7-</li> <li>BCG</li> </ul>		<ul style="list-style-type: none"> <li>Health exam for 18-month-old infants</li> <li>Diphtheria, whooping cough, tetanus, polio</li> <li>Measles and rubella</li> <li>Chicken pox</li> <li>Japanese encephalitis</li> </ul>	<ul style="list-style-type: none"> <li>Health exam for 3-year-old infants</li> </ul>	<ul style="list-style-type: none"> <li>Medical examination before elementary school</li> </ul>
<b>Counselling and home visits</b>			<ul style="list-style-type: none"> <li>Home visit services for families with infants (Hello Baby Visits)</li> <li>After birth care</li> </ul>	<ul style="list-style-type: none"> <li>*Suzukuku* childbirth and child-raising support center</li> </ul>					
<b>Available facilities &amp; Child-raising knowledge</b>	<ul style="list-style-type: none"> <li>Papa Mama</li> <li>Working Maternity</li> <li>Maternity Classes</li> <li>Maternity Cooking</li> </ul>				<ul style="list-style-type: none"> <li>Mogumogu Class</li> </ul>		<ul style="list-style-type: none"> <li>Childcare consultations</li> </ul>	<ul style="list-style-type: none"> <li>Childcare Classes</li> </ul>	<ul style="list-style-type: none"> <li>Child-raising Support Centers, Children and Youth Center, Children's Centers, Libraries</li> <li>Yume Mokuba</li> </ul>

# 1. Pregnancy (妊娠)

## When you become pregnant (妊娠したら)

### Notification of pregnancy (*Ninshin Todokede-sho*, 妊娠届出書)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

If you become pregnant, submit a Notification of Pregnancy to the Children and Family Support Division or Community Sukusuku Support. You will obtain a Mother and Child Health Handbook and a Higashihiroshima Sukusuku Plan (booklet), and will receive guidance on each system from pregnancy to child-rearing, as well as consultation on any concerns.

※Please make a reservation and enter your responses to the online questionnaire from the Citizens' Portal Site. For more details, please see the [city website](#).

### Mother and Child Health Handbook (*Boshi Kenko Techo*, 母子健康手帳)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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

### '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)

Enquiries: Children and Family Support Division (Tel: 082-420-0470)

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.

Location: Children and Family Support Division, Higashihiroshima City Office (open weekdays 8:30-17:15, tel.: 082-420-0407)

Sukusuku Support provides the following services:

1. Issuing Mother and Child Health Handbooks
2. The before- and after-birth 'Mama Helper' scheme and the 'Multiple Childbirth Supporter' scheme
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

• Community Sucusuku Support brings Sucusuku Support closer to mothers

With the aim of creating an environment where it is easier to ask questions and get advice, Sucusuku Support is available at child-raising support centers in 12 locations across the city. Sucusuku Support can be used from the period of pregnancy, so please feel free to visit one of the support centers.

Name	Place	Opening days / times	Phone No.
Sucusuku Support Saijo-Kita (Nikoniko Room, Seiun Nursery School)	1427 Jike, Saijo-cho	Mon.- Fri., 9:00-14:00 (national holidays excepted, reservations required)	082-426-4114
Sucusuku Support Saijo-Minami (YUrikago, Aiiku-en Approved Kodomo-en)	6245-1 Misonou, Saijo-cho	Mon. - Fri., 10:00 -15:00/ Sun. (once or twice a month) 10:00-15:00 (Times may change on events)	082-424-3932
Sucusuku Support Jike (Seikyo Hiroshima Kodomo Co-Plaza Higashihiroshima)	6579-1 Jike, Saijo-cho Seikyo	Sun. - Thu., 9:00-14:00 (national holidays excepted, reservations required)	070-7428-8008
Sucusuku Support Hachihonmatsu (Konpeito, Hachihonmatsu Aoi Nursery School)	6-6-28 Hachihonmatsu-higashi	Mon. - Fri., 9:00-14:00 (national holidays excepted, reservations required)	082-428-0030
Sucusuku Support Hachihonmatsuchuo (Hachihonmatsu Taiyo Approved Kodomo-en)	10128-196 Hara, Hachihonmatsu-cho	Mon.- Fri., 9:30-12:00/ 13:00-15:30 (national holidays excepted)	080-8246-8119
Sucusuku Support Shiwa (Tasunoko, Shiwa Ryujo Approved Kodomo-en)	1456-3 Shiwa-nishi, Shiwa-cho	Tue., Thu., Fri., 9:30-14:30 (national holidays excepted, reservations required)	080-6240-4406
Sucusuku Support Takaya (Mother Goose no Heya, Samuel Higashihiroshima Kodomo-no-en)	490-5 Nakajima, Takaya-cho	Mon. - Thu., 8:30-13:30/ Fri., 8:30-12:30, 14:00-16:00 (national holidays excepted, national holidays excepted)	080-6263-0665
Sucusuku Support Kurose (Kurose Health and Welfare Center)	1286-1 Maruyama, Kurose-cho	Mon.- Fri., 10:00-15:00 (national holidays excepted, reservations may be required)	080-8984-9601 080-8984-9602
Sucusuku Support Toyosaka (Smile, Toyosaka Child-raising Support Center)	577-1 Kajiya, Toyosaka-cho	Mon. - Fri., 10:00-15:00 (national holidays excepted, reservations may be required)	082-401-2022
Sucusuku Support Fukutomi (Hohoemi, Fukutomi Child-raising Support Center)	1545-1 Kuba, Fukutomi-cho (in Fukutomi Branch Office)	Mon. - Fri., 10:00-15:00 (national holidays excepted, reservations may be required)	082-435-2343
Sucusuku Support Kochi (Sucusuku, Kochi-Nishi Child-raising Support Center)	802-2 Kodo, Kochi-cho (in Kochi-nishi Nursery School)	Mon. - Fri., 10:00 – 15:00 (national holidays excepted, reservations may be required)	082-430-3373

Sukusuku Support Akitsu (Jaga Kids, Akitsu Child-raising Support Center)	5545-2 Mitsu, Akitsu- cho	Mon. - Fri., 10:00 – 15:00 (national holidays excepted, reservations may be required)	0846-46-1401
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### Electronic Mother and Child Handbook App (Pocket Sukusuku)

This app allows you to manage the schedule for your child's vaccinations and your health during pregnancy, and record your child's growth. You can also receive information about child-raising in the city, events, etc. <https://www.city.higashihiroshima.lg.jp/soshiki/kodomomirai/1/7/22702.html>



### Expectant mothers' health care (妊婦の健康管理)

#### Prenatal Medical Examination (*Ninpu Kenko Shinsa*, 妊婦健康診査)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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 Enquiries 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)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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-raising knowledge (子育ての知識)

#### Papa Mama Classes (*Papa mama kyoshitsu*, パパママ教室)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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

is recommended.

- Target: Pregnant women, and their husbands
- Content: Practice in giving a baby a bath, etc.
- 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

In maternity classes, pregnant women 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, 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

In maternity classes, pregnant women can learn about what should be prepared before having a child. Classes for pregnant women who are at work 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: Pregnant women who are working
- Content: Advice about giving birth in general, and about pregnancy, giving birth and child raising for working mothers, discussion of support
- 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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 (*Shusseï Todoke*, 出生届)

Enquiries: Citizens' Affairs Division (Tel: 082-420-0915)

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 (*Shusseï 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)

Enquiries: National Health Insurance and Pension Division (Tel: 082-420-0933)

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.), and a document showing the individual number ('My Number') of the head of the household.

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

Enquiries: 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 (*Shusseï Todoke Kisai Jiko Shomeisho*, 出生届書記載事項証明書), 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**

Enquiries: National Health Insurance and Pension Division (Tel: 082-420-0933)

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

**Exemption from National Pension payments in the period before and after childbirth (Sanzen-sango kikan no Kokumin Nenkin Hokenryo no menjo, 産前産後期間の国民年金保険料の免除)**

Enquiries: National Health Insurance and Pension Division(Tel: 082-420-0933)

When a person enrolled in the National Pension Scheme gives birth (including a stillbirth on or after the 85<sup>th</sup> day of pregnancy, a miscarriage or a premature birth), it is possible to apply for an exemption from National Pension payments in the period before and after childbirth. This exemption begins from the month before the month in which the due date or the date of birth falls, and applies to four months' National Pension payments. In the case of a multiple pregnancy, the exemption begins from the month three before the month in which the due date or the date of birth falls, and applies to six months' National Pension payments. Applications can be accepted from six months before the due date.

- What to bring: Mother and Child Health Handbook (if applying before giving birth)

**Child Allowance (Jido Teate, 児童手当)**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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 restriction limit but under the upper limit:

Children up to the end of junior high school: 5,000 yen (fixed rate)

For parents/guardians whose income is over the upper limit: No payment

- 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), a bankbook in the name of the applicant, passports of the mother and father (in the case of applicants moving into Higashihiroshima City from outside Japan), a document showing the applicant's individual number ('My Number')

**Provision of medical costs for infants/toddlers (*Nyuyoji-to Iryo-hi no shikyu*, 乳幼児等医療費の支給)**  
Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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 15 years of age (i.e. children up to the end of junior high school children)  
• Inpatient costs (stays in hospital): Children aged from 0 to until the first March 31 after the child reaches 18 years of age (i.e. children up to the end of 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, passports of the mother and father (if you have moved to Higashihiroshima City from another country), a document showing the applicant's individual number ('My Number')
- Note: If you change your address or Health Insurance Certificate, you must notify the City Office.

**Requesting refunds of infants'/toddlers' medical costs & medical costs paid by single parents (*Nyuyoji-to iryo · Hitori-oya iryo-hi no henkan-seikyu*, 乳幼児等医療費・ひとり親医療費の返還請求)**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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)

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

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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), a document showing the applicant's individual number ('My Number')

### **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))**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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, a document showing the applicant's individual number ('My Number')

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

Enquiries: Disabled Persons Welfare Division (Tel: 082-420-0180)

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))**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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-raising advice.

After childbirth, please complete the formalities to select a date for the visit and enter your responses to the online questionnaire from the Citizens' Portal Site. When your preferred date is close, you will receive a telephone call from the City with full details of the date and time. In particular, if your baby was less than 2500g at birth, a notification is necessary.

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

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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)
- Content: Changes to the body after giving birth, posture, etc. (light exercise is included)
- How to apply: Make an appointment (places are allocated on a first-come-first-served basis)

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

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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.

### **After-childbirth Care Scheme (*Sango care jigyo*, 産後ケア事業)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

After-childbirth Care Scheme helps mothers can rest and receive counselling to get rid of worries with anxiety about childcare.

- Target: A Mother with a child aged under 1 (for those who cannot receive sufficient support for housework and childcare, and those who have worries with physical discomfort or anxiety about childcare. Siblings cannot accompany.)

- Content: (1) One-Day: Fee 2,000 yen

Location: accommodations, medical facilities and maternity hospitals in the city

- (2)Overnight: Fee 7,500 yen (15,000 yen for 2 days and 1 night),

Location: medical facilities in the city, maternity hospitals belonging to the Hiroshima Midwife Association

- (3) Home Visit: Fee 1,000 yen

Location: Midwives visit your home

- How to apply: Make an appointment (please contact the relevant division for more details)

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

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

This is an individual 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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.

### **Sukusuku Baby Advice Event (Sukusuku Akachan Sodan-kai, すくすく赤ちゃん相談会)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

Advice events, book introductions, etc., are held at community sukusuku support centers for children aged between around 7 months and 1 year old and their parents. Vouchers for books, etc., are sent by post to families with children in the applicable age range.

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

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

This is a group health checkup for 18-month old infants. Physical measurements are taken, and there are also medical examinations by pediatricians and dentists. In addition, the checkup includes consultations regarding foods for infants, development, and tooth-brushing. 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

This is a group health checkup for 3-year-old infants (when they are 3 years and 5 months of age). Physical measurements are taken, urine tests are conducted and vision is checked, and medical examinations by pediatricians and dentists are provided. In addition, the checkup includes consultations regarding infant foods, child-raising, child development, and tooth-brushing. 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'.

## 3. Using Child-raising Support Centers, etc. (子育て支援施設等を利用する)

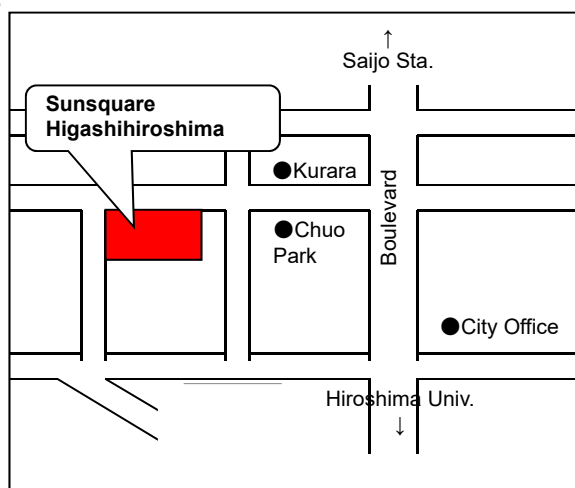
### Child-raising and Disability Support Center 'Heartful' (Kosodate Shogai Sogo Shien Center, 子育て・障害総合支援センター)

Heartful is a complex that provides multi-faceted support for families raising children, such as child-raising support and advice, and support for the disabled.

- Place: Sunsquare Higashihiroshima 1F, 28-6

Saijo Nishihonmachi

- 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-raising at home and on the independence of single-parent families.

- Open: Wed., 10:00 – 17:00 (closed on National Holidays and over the year end/New Year holidays)
- 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)
- 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-raising. 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.

- Membership registration: Please apply to the Family Support Center, to the Children and Family Support Division, or to a branch office of the City Office. Applications for membership are accepted at any time.
- 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

Time of childcare	Rate for one hour's childcare
Between 7:00 and 19:00, Mondays to Fridays	600 yen
Times other than the above	700 yen

- Reception: Mon. – Sat. 10:00 – 17:00 (closed on National Holidays and over the year end/New Year holidays)
- Phone: ☎ 082-493-6072

## Children and Youth Center (*Jido-seishonen Center*, 児童青少年センター)

This is a facility where children and young people can spend time safely and without worrying on holidays and after school.

- Open: Tue. – Sun., 10:30 – 20:00
- Closed: Mondays, holidays, year-end and New Year holidays
- Place: Sunsquare Higashihiroshima 1F, 28-6 Saijo Nishihonmachi
- Phone: ☎ 082-493-7625

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

Child-raising support centers provide places and opportunities for infants and their parents to play together. The centers also offer advice to parents/caregivers on any anxieties they may have about child-raising. For further information, please contact the facilities directly.

Name	Place / Phone No.	Opening days / times
Seiun Nursery School Community Child-raising Support Center 'Nikoniko room'	1427 Jike, Saijo-cho ☎ 082-424-8081	Mon. - Fri. 9:00 – 14:00
Aozora Hiroba Child-raising Support Base	178-2 Miyaryo, Takaya-cho ☎ 082-491-0030	Tue., Thu., Sat., 9:00 – 12:00, 13:00 – 15:00 (reservations required)
Aiikuen Approved Kodomo-en Community Child-raising Support Center 'Yurikago'	6245-1 Misonou, Saijo-cho ☎ 082-424-3932	Mon. - Fri., 10:00 – 15:00, Sun. (once or twice a month)
Saijo Mizuki Approved Kodomo-en Community Child-raising Support Center	7377 Jike, Saijo-cho ☎ 082-423-0332	Mon. - Fri., 9:30 – 15:30(reservations required)
Samuel Saijo Approved Kodomo-en Community Child-raising Support Center 'Wonder Rabbit'	1179-1 Doyomaru, Saijo-cho ☎ 082-424-3008	Mon. – Fri., 9:00 – 14:30 (reservations required)
Community Café funfan Hidamari Child-raising Support Base	1-5-7 Saijo Doyomaru (3F, Youme Town Higashihiroshima) ☎ 082-430-7007	Tue. - Sat., 10:00 – 16:00
Kids Plaza Higashihiroshima, Yume Mokuba	Halows Higashihiroshima 2F 28-30 Saijo Nishi-Honmachi ☎ 082-431-3350	Mon. – Sat., 10:00 – 12:00. 13:00 – 15:00 (16:00 on Fridays) (reservations required for some events)
Misonou Kobato-no-Mori Approved Kodomo-en Community Child-raising Support Center	4481-1 Misonou, Saijo-cho ☎ 082-431-5559	Mon. - Fri., 9:00 - 14:00
Saijo Aoi Nursery School Community Child-raising Support Center 'Kizuna-no-ki'	5017-3 Jike, Saijo-cho ☎ 082-430-7373	Mon. - Fri., 9:00 – 14:00 (reservations required)
Minaga Taiyo Nursery School Child-raising Support Center 'Ohisama Hiroba'	730-19 Shimo-Minaga, Saijo-cho ☎ 082-426-2177	Mon. - Fri., 10:00 - 15:00 (reservations required for events only)
Sazanami-no-Mori Child-raising Support Center 'Ao'	252 Jike, Saijo-cho ☎ 082-422-3788 center@isazanami.net	Tue., Thu., Fri., 8:30 - 13:30 (reservations required)
Ai Kids Club Shoji Jike Station Branch Child-raising Support Center	4326-1 Jike, Saijo-cho (inside Shoji Jike Station Branch) ☎ 082-421-1075	Mon. – Fri., 9:00 – 14:00
Myotoku Approved Kodomo-en Child-raising Support Center	572 Iida, Hachihonmatsu-cho ☎ 082-428-4678	Mon., Wed., Thu., 9:00 - 14:00
Hachihonmatsu Aoi Nursery School Community Child-raising Support Center 'Konpeito'	6-6-28 Hachihonmatsu-higashi ☎ 082-428-5551	Mon. - Fri., 9:00 - 14:00
Hachihonmatsu Mizuki Approved Kodomo-en Child-raising Support Center	6-6-33 Iida, Hachihonmatsu ☎ 082-437-5020	Mon. - Fri., 9:30 - 15:30 (reservations required)
Hachihonmatsu Taiyo Approved Kodomo-en 'Hinatabokko'	10128-196 Hara, Hachihonmatsu-cho ☎ 082-497-1026	Mon.- Fri., 10:00 - 15:00 (reservations required)
Higashihiroshima Samuel Kodomo-no-en Community Child-raising Support Center 'Mother Goose no Heya'	490-5 Nakajima, Takaya-cho ☎ 082-420-4300	Mon. - Thu., 8:30 - 13:30 Fri., 8:30 - 12:30. 14:00 - 16:00

Shiwa Ryujo Nursery School Community Child-raising Support Center 'Tatsunoko'	1456-3 Shiwa-nishi, Shiwa-cho ☎ 082-433-5701	Tue., Thu., Fri., 9:30 - 14:30
Nyuno Hikari Nursery School Community Child-raising Support Center 'Kosodate Hiroba Hikari Land'	868-3 Nyuno, Kochi-cho ☎ 082-437-0516	Mon., Tue., Thu., 9:00 - 14:00
Higashi-Shiwa Nursery School Community Child-raising Support Center 'Risu-gumi-san'	1210 Shiwa Higashi, Shiwa-cho ☎ 082-433-5800	Mon., Wed., Thu., 9:00 - 14:00
Fukutomi Child-raising Support Center 'Hohoemi'	1545-1 Kuba, Fukutomi-cho (in Fukutomi Health & Welfare Center, Fukutomi Branch Office) ☎ 082-435-2343	Mon. - Fri., 10:00 – 15:00 (reservations may be required)
Kochi-nishi Child-raising Support Center 'Sukusuku'	802-2 Kodo, Kochi-cho (in Kochi-nishi Nursery School) ☎ 082-430-3373	Mon. - Fri., 10:00 – 15:00 (reservations may be required)
Akitsu Child-raising Support Center 'Jaga Kids'	5545-2 Mitsu, Akitsu-cho (in Mitsu Nursery School) ☎ 0846-46-1401	Mon. - Fri., 10:00 – 15:00 (reservations may be required)
Toyosaka Child-raising Support Center 'Smile'	577-1 Kajiya, Toyosaka-cho (in Toyosaka Nursery School) ☎ 082-432-2019	Mon. - Fri., 10:00 – 15:00 (reservations may be required)
Himawari Approved Kodomo-en Child-raising Support Center 'Open class'	29-5 Matsugaoka, Kurose ☎ 0823-82-6707	Mon., Wed., Fri., 9:30 – 12:30. 13:30 – 15:30
Midorigaoka Yochien Approved Kodomo-en Child-raising Support Center 'Suimi'	1606-2 Maruyama, Kurose-cho ☎ 080-8353-4681	Tue., Wed., Thu., 10:00 - 15:00 (reservations required)
Seikyo Hiroshima Kodomo Co-Plaza Higashihiroshima	6579-1 Jike, Saijo-cho Seikyo Hiroshima Co-op Higashihiroshima ☎ 082-422-0050	Sun. – Thu., 9:00 – 14:00

## Children's Centers (*Jidokan*, 児童館)

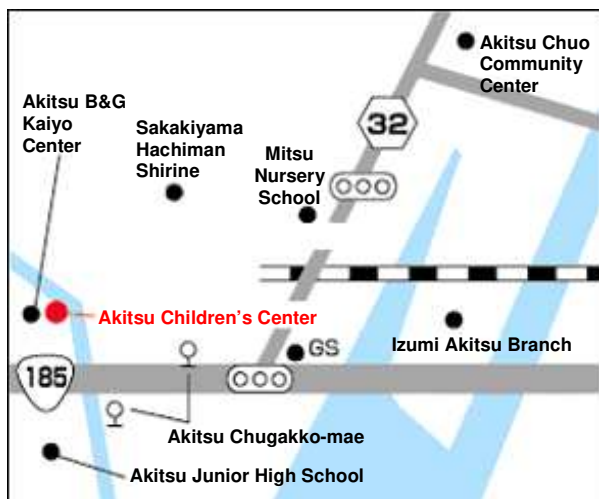
Children's Centers are facilities available for children aged from 0 to 17, and provide healthy play and events. (Infants must be accompanied by their parents/caregivers.)

### 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 \(in Japanese\)](#).

## 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>  
(in Japanese)

## Child-raising Circles and Salons (子育てサークル・子育てサロン)

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

Child-raising 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-raising, etc.

Child-raising Salons are child-raising support activities held regularly in the community. These salons are held by child welfare volunteers and local support workers.

Child-raising Circles and Salons are also places where parents/guardians can share information related to child-raising with each other. Please enquire for more details.

## Other child-raising 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)

Enquiries: 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-raising. To participate in this program, please apply directly to each facility. The dates and times for public nursery schools are published in the city newsletter (Japanese version).

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

Enquiries: Child Care Division (Tel: 082-420-0934)

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))**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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 ‘Mama Helper’ Scheme (*Sanzen/Sango Mama Helper Haken Jigyo*, 産前・産後ママヘルパー派遣事業)**

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: pregnant 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., and members of the same family of the pregnant woman living in the same accommodation
- Period: Before giving birth: women who have been given their Mother and Child Health Handbook, but have not yet reached their due date  
After giving birth: women are within six months of the day after their due date (in the case of multiple births, within one year of the days after the due date)
- 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), up to 2 times per day. 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)

### **Multiple Childbirth Supporter Scheme (*Tatai Ninshin Supporter Haken-jigyo*, 多胎産婦サポーター派遣事業)**

Supporters can be dispatched to families raising children born as twins, triplets, etc., to provide assistance with child-raising, going out, etc.

- Target: Those in families raising children born as twins, triplets, etc., who ask for assistance when going out, support for child-raising, etc.

- Period: until the children in question become 2 years old.
- Content: support and assistance with child-raising, when going out, etc., and listening to the woman's concerns, problems, etc.
- Cost: free

### **Childcare consultations (*Ikuji Sodan*, 育児相談)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

Children's physical measurements can be taken, and individual consultations regarding childcare are available.

### **Childcare Class (*Ikuji Kyoshitsu*, 育児教室)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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. There will be time for child-parent interaction. For information about dates and locations, will be posted on the city website.

### **Baby Food (weaning food) Class (*Rinyushoku Kyoshitsu*, 離乳食教室)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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.

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

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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

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

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

Individual consultations regarding food and lifestyle will be provided by dietitians and health nurses for those who suffer from allergic illnesses such as atopic dermatitis or bronchial asthma. Appointments are required.

## 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)

### Infant education and childcare was made free (幼児教育・保育の無料化)

There is a system by which childcare fees are free for children enrolled in classes for three- to five-year olds at kindergarten, nursery school, etc. However, some facilities may charge fees over a certain amount. Also, fees for lunches, transport costs, etc., are still payable.

Please note that it is necessary to obtain 'recognition of need for childcare' in advance. Formalities may vary depending on the facility, so please enquire at the Child Care Division, or at the kindergarten or nursery school, etc., in question.

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

Enquiries: Child Care Division (Tel: 082-420-0934)

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, attending school, 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 Child Care Division or at the relevant counter at branch offices of the City Office. For admission in months other than April, please apply by the last day of the month two before the month in which you wish to enroll your child (for example, for admission from August, please apply by the end of June).

For admission in April, please refer to the details posted on the city website around October the previous year.

- 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.

Authorized childcare facilities provides two types of childcare services, which is extended hours childcare and temporary childcare. There may be cases some authorized childcare facilities does not provide the services, so please see the separate 'List of Nursery Schools'.

### Extended Hours Childcare (*Encho Hoiku*, 延長保育)

Enquiries: 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)**

Enquiries: 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-raising. 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
- Note: Childcare hours and fees may differ between nursery schools.

There are three types of authorized childcare facilities, nursery school, approved kodomo-en, and small-scale childcare facility.

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

These are facilities where a nursery school and kindergarten are operated together.

Please apply for admission of a nursery school at the Child Care Division or the relevant counter at a branch office of the city. Application for kindergarten, please contact the kindergarten directly.

### **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.

At the time of graduation, your child can apply other authorized childcare facilities, etc., if they wish.

### **List of Nursery Schools (*Hoikusho (en) ichiran*, 保育所 (園) 一覧)**

For a list of authorized childcare facilities in Higashihiroshima city, please see the separate 'List of Nursery Schools'.

### **Non-Authorized Childcare Facilities (*Ninkagai hoiku shisetsu*, 認可外保育施設)**

These are facilities which have not received official authorization, but which have submitted notifications to the City as required by the Child Welfare Law.

Details of services available, childcare fees, etc. differ between facilities, and applications for admission are made directly to the facility concerned. For more details, please contact the facility concerned directly.

**List of Non-Authorized Childcare Facilities (*Ninkagai hoiku shisetsu ichiran*, 認可外保育施設一覧)** please see the separate 'List of Non-Authorized Childcare Facilities '.



## 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)

Enquiries: Child Care Division (Tel: 082-420-0934)

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: For details relating to admission from the new academic year (from April), please refer to the information posted on the city website around autumn of the previous year.  
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 fees and monthly childcare fees are free. Costs such as those for educational materials and lunches, etc., are payable by the parents/guardians.

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

Enquiries: Each kindergarten

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

### List of kindergartens (幼稚園一覧)

Type	Name of Kindergarten	Address	Phone No.	Capacity	Pick-up bus	Extended hours childcare
National	Kindergarten attached to Hiroshima University	333-2 Kagamiyama-kita	☎ 082-424-6190	80	None	None
	Website: <a href="https://yochien.hiroshima-u.ac.jp/">https://yochien.hiroshima-u.ac.jp/</a> E-mail: <a href="mailto:youchien@hiroshima-u.ac.jp">youchien@hiroshima-u.ac.jp</a>					
Municipal	Misonou Kindergarten	3-6-27 Kagamiyama	☎ 082-422-4640	140	None	None
Private	Saijo Kindergarten	6-13 Saijo Asahi-machi	☎ 082-422-2915	220	Yes	Provided
	Website: <a href="https://saijo1931.net/">https://saijo1931.net/</a>					
Private	Saijo Lutheran Kindergarten	1523 Doyomaru, Saijo-cho	☎ 082-422-2252	200	Yes	Provided
	Website: <a href="http://jelc-saijo.jp/kindergarten/">http://jelc-saijo.jp/kindergarten/</a> E-mail: <a href="mailto:slk-22@quitar.ocn.ne.jp">slk-22@quitar.ocn.ne.jp</a>					
Private	Takaya Kindergarten	1277-2 Gou, Takaya-cho	☎ 082-434-0174	390	Yes	Provided
	Website: <a href="https://takayakindergarten.ed.jp/">https://takayakindergarten.ed.jp/</a> E-mail: <a href="mailto:takayakg@carrot.ocn.ne.jp">takayakg@carrot.ocn.ne.jp</a>					
Private	Higashihiroshima Kusunoki Kindergarten	5539-3 Jike, Saijo-cho	☎ 082-431-5432	300	Yes	Provided
	Website: <a href="https://kusunoki-gakuen.ed.jp/">https://kusunoki-gakuen.ed.jp/</a> E-mail: <a href="mailto:kusunoki-higashi@cube.ocn.ne.jp">kusunoki-higashi@cube.ocn.ne.jp</a>					
Private	Kurumigaoka Kindergarten	3-7-5 Kurose Kiritagaoka	☎ 0823-82-6480	100	Yes	Provided
	Website: <a href="http://www.kurumigaoka.jp/info/">http://www.kurumigaoka.jp/info/</a> E-mail: <a href="mailto:info@kurumigaoka.jp">info@kurumigaoka.jp</a>					
Private	Sarnath Kindergarten	3-9-7 Nyuno Nakayamadai	☎ 082-437-0594	100	Yes	Provided
	Website: <a href="http://www.sa-run-a-to.com">http://www.sa-run-a-to.com</a> E-mail: <a href="mailto:info@sa-run-a-to.com">info@sa-run-a-to.com</a>					

☎ : 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/> (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)

Enquiries: School Affairs Division (Tel: 082-420-0975)

#### Process of admission to elementary school (小学校入学までの流れ)

[Medical examination before elementary school (*Shugaku-ji Kenshin*, 就学時健診)]



[Delivery of School Enrollment Notification (*Nyugaku 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 by the end 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.



[Orientation Meetings for Parents of New Students (*Nyugaku Setsumeikai*, 入学説明会)]

Between the end of January and the middle of February, orientation meetings are held at each school, to provide information regarding preparing for starting school.



[Admission to elementary school (*Nyugaku*, 入学)]

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)

### Procedures for transferring to another school (転入学の手続き)

Enquiries: School Affairs Division (Tel: 082-420-0975)

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)

Enquiries: School Affairs Division (Tel: 082-420-0975)

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)

Enquiries: School Affairs Division (Tel: 082-420-0975)

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 which are 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, medical treatment (for specified illnesses), graduation albums.
  - 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)

Enquiries: Youth Development Division (Tel: 082-420-0929)

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.
  - 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:

Types of attendance	Weekdays (Mon. - Fri.)	Saturdays	Days In long school vacations	Fees (monthly)	Expenses for snacks and teaching materials (monthly)
Mon. - Fri. (5 days/week)	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.	/	8:00 – 18:00 ※ It is possible to extend this until 19:00.	3,000 yen (3,700 yen if using the service until 19:00)	1,500 yen
Mon. – Sat. (6 days/week)	※ It is possible to extend this until 19:00.	8:00 – 18:00 ※ It is possible to extend this until 19:00.		4,500 yen (5,400 yen if using the service until 19:00)	1,800 yen

You are required to pay separately for accident insurance (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.
- The deadline for applications joining in April is the end of January.
- To join the club starting from another month, apply at the Youth Development 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 your child to join the club (except when joining the club during summer vacation and in July, August and March).
- Even if you are still looking for work, you should complete the formalities for enrolling your child by

the deadlines detailed above.

## 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 (心のサポーター)**

- 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. For more details, please contact the school directly.
- 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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, a document showing the applicant's individual number ('My Number'), proof of identity (Residence Card)
- 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-raising Allowance (*Jido Fuyo Teate*, 児童扶養手当)**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

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), the applicant's and eligible child's Health Insurance Certificates, certificate of acceptance of divorce, a bankbook in the name of the applicant, a document showing the applicant's individual number ('My Number'), proof of identity (Residence Card), a document showing the pension number of the applicant, the lease/rental agreement for your accommodation, etc..
- 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 One-Parent Families and Widows (*Boshi/Fushi Kafu Fukushi-kin no Kashitsuke*, 母子・父子寡婦福祉資金の貸付)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

This is a system by which Hiroshima Prefecture loans funds to mothers and fathers in one-parent 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), 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, document showing the applicant's individual number ('My Number'), proof of identity (Residence Card)  
Since what to bring differs according to the type of loan, please contact the relevant division in advance.

### **Grant for Advanced Job Training (*Koto Shokugyo Kunren Sokushin Kyufu-kin*, 高等職業訓練促進給付金), Grant for Advanced Job Training Curriculum Completion (*Koto Shokugyo Kunren shuryo Kyufu-kin*, 高等職業訓練修了給付金), and Benefits for Independence Support & Training**

### **(Jiritsushien Kyoiku Kunren Kyufu-kin, 自立支援教育訓練給付金)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

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 Job 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.

- ◆ Grant for Advanced Job Training Curriculum Completion

This can be applied for after completing 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.

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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0941)

If a person receiving Child-raising 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-raising Allowance, certificate of person receiving Child-raising 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)

### **Other systems for support (その他の支援制度) :**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

Other than the above-mentioned systems of support, there are various others, including 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)**

Enquiries: Children and Family Support Division (Tel: 082-420-0407)

Advice counters have been established to deal with consultations regarding child-raising 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

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

- Open: Wed. 10:00 – 17:00
- Place: 1F, 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-raising 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 – 17:15
- City Office Duty Room  
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 (緊急時の医療)

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 (休日・夜間の診療)

※ 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*, 休日診療所)

- Open: Sundays, holidays, year-end and New Year holidays (Dec. 30 – Jan. 3)
- Hours: 9:00 – 12:00, 13:00 – 16:00

During the year-end/New Year period, when the clinic is busy, 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 (救急医療案内)

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/> (the website can be translated automatically into English)

Spoken guidance: ☎ 0120-169901 (Japanese only; 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.

### **Emergency Consultation Center Hiroshima Region Metropolitan Area (*Kyukyu Sodan Center Hiroshima Koiki Toshiken* 救急相談センター広島広域都市圏) #7119**

If you cannot decide whether to call an ambulance or go to a hospital in the case of a sudden illness or accident, this service can provide you with advice.

- Service days/hours: every day, 24 hours a day
- Phone: #7119 (area code unnecessary) (also available from mobile phones)

## **<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.

There are large pieces of play equipment for children to play with for free. At the day campsite, barbecues can be enjoyed, and the Multipurpose Ground, the Hands-on Learning Room and Multipurpose Hall are also available for use by parents and children, and by groups.

- Closed: Open seven days a week (the restaurant is closed on Wednesdays)
- 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*, 憩いの森公園)**

It 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.

In spring, a total of 2,000 cherry trees blossom in this park, especially in the cherry forest near the top of the mountain.

The park is criss-crossed with paths, and is equipped with various facilities, including a multipurpose open square, the Mountain Stream Square, the Children's Square, a day campsite, a forest camping area, an auto campsite, and so on. The Children's Square offers play equipment for children to play with.

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 so on.

- 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*, 三ツ城古墳) (next to the Central Library)**

One of the largest keyhole-shaped tombs in Hiroshima Prefecture, 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 study revealed that the first tomb was constructed in the first half of the 5<sup>th</sup> 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: 7-24-1 Saijo-chuo
- Access: 7 minutes by bus or 20 minutes on foot from JR Saijo Station



# Be Sure To Get Your Child Vaccinated!

April 2023—March 2024

~Protect your child from infectious diseases~

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.

### What to take with you when you get your child vaccinated:

- Your Mother and Child Health Handbook
- A vaccination coupon
- Your Health Insurance Certificate
- A document to show that you are a citizen of Higashihiroshima City (your Health Insurance Certificate, your My Number Card, etc.)

### 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.

※ The 'Pocket Sucusuku' child-raising support app is useful for managing your child's vaccination schedule. For details of how to download, etc., please see the City website (use the QR Code on the right).

■ 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.**



Details of the 'Pocket Sucusuku' app (city website)



Details of routine vaccinations (city website)

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.

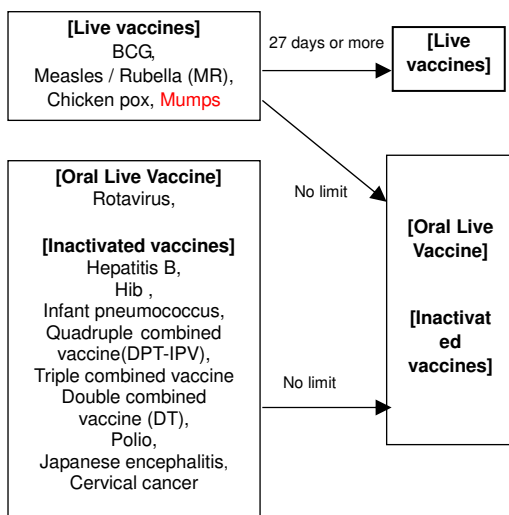
Can my child be vaccinated outside Higashihiroshima City?

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.

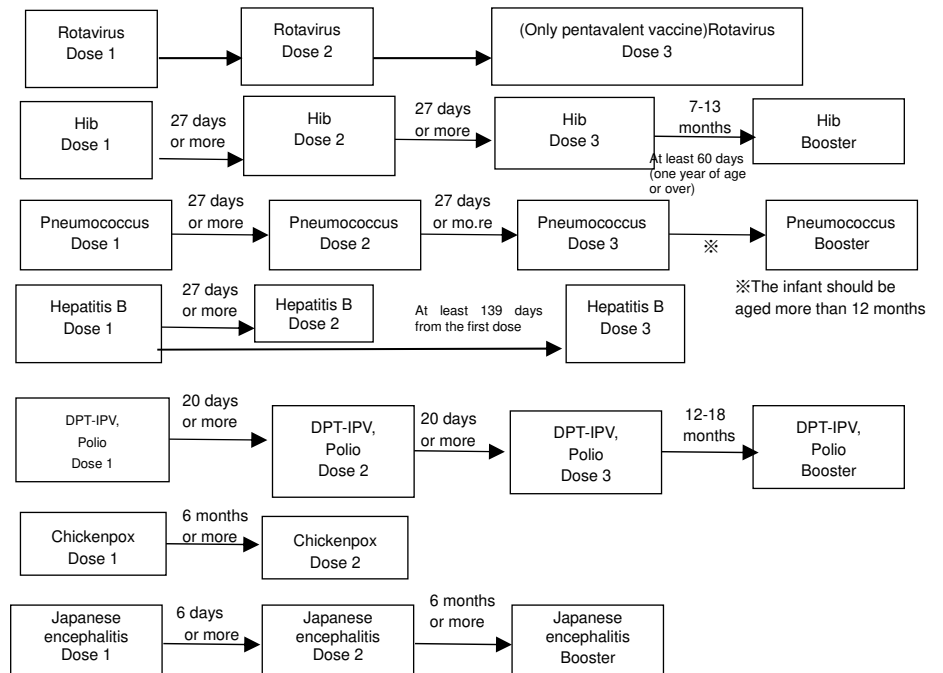


## How long should I wait until the next vaccination? (The standard intervals)

### ① If the vaccines are different



### ② If the vaccines are the same



■ The vaccination period and the method of vaccination, etc. may change due to revisions to the relevant laws. If there are changes, etc., information will be published in the Higashihiroshima City newsletter, etc., as it becomes available.

[Enquiries] 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 Toyosaka 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.

Diseases	Available periods	Standard periods	Start age	Doses	Standard intervals
Hib	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)	From 2 to 7 months old	From 2 to under 7 months old (typical schedule)	Initial 3 doses ----- 1 booster	27 days or more. (Generally 27- 56 days.) ----- 7 months or more after initial 3 doses. (Generally 7-13 months.)
			From 7 to under 12 months old	Initial 2 doses ----- 1 booster	27 days or more. (Generally 27- 56 days.) ----- 7 months or more after initial 2 doses. (Generally 7-13 months.)
			From 12 months to under 5 years old	1 dose	-
※If it is not possible to begin the vaccinations after 2 months and before 12 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.					
Pediatric pneumococcus	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)	From 2 to 7 months old	From 2 to under 7 months old (typical schedule)	Initial 3 doses ----- 1 booster	At least 27 days. ----- 60 days or more after initial 3 doses. (Generally 12-15 months old).
			From 7 to under 12 months old	Initial 2 doses ----- 1 booster	Generally at least 27 days, to be completed by 12 months old. ----- At least 60 days after initial 2 doses. (Generally 12-15 months old).
			From 12 months to under 2 years old	2 doses	2 doses at least 60 days apart.
			From 2 to under 5 years old	1 dose	-
※If it is not possible to begin the vaccinations after 2 months and before 7 months old, and to complete the initial doses by 24 months after birth, any remaining initial doses will not be administered. Also, if the second initial dose is given after 12 months old, the third initial dose will not be administered. The booster can be given. ※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.					

Diseases	Available periods		Standard periods	Dose s	Intervals	Notes
Monovalent : Rotarix	Between 6 and 24 weeks after birth		Between 2 months and 24 weeks after birth. (The first dose is until 14 weeks and 6 days.)	2	At least 27 days	Those born on or after August 1 <sup>st</sup> , 2020 are eligible for the vaccinations.
Pentavalent : Rotateq	Between 6 and 32 weeks after birth		Between 2 months and 32 weeks after birth. (The first dose is until 14 weeks and 6 days.)	3	At least 27 days	
Hepatitis B	Before 1 year of age		From 2 months after birth to before 9 months of age	2 ----- 1	At least 27 days apart ----- At least 139 days after the first dose	※ If a child was born of a mother who tested positive for HBs antigens, and if that child has received all doses or a part of the required doses of the hepatitis B vaccination (anti-HBs human immunoglobulin), that child is not part of the target group for vaccination.
Diphtheria, Pertussis, Tetanus, Polio (DPT-IPV)	Stage 1: initial doses	From 3 months to under 7 years and 6 months old	From 3 to 12 months old	3	20 days or more. (usually 20-56 days)	The sale of triple combined vaccine has been restarted. If you wish to receive a booster vaccination using triple combined vaccine, please discuss this with the medical facility in advance.
	Stage 1: booster	From 3 months to under 7 years and 6 months old	12 to 18 months after the initial 3 doses (at least 6 months after the initial doses)	1	—	
	Stage 2 (DT)	11 or 12 years of age	11 years of age	1	—	Stage 2 is a combination diphtheria / tetanus vaccine.
BCG	Within 1 year old		From 5 to 8 months old	1	—	This is a vaccination to prevent tuberculosis.
Measles/ Rubella (MR)	Stage 1	From 12 to under 24 months old	From 12 to under 24 months of age	1	—	It is recommended to receive vaccination as soon as possible after the first birthday
	Stage 2	From 5 to under 7 years old, one year before entering elementary school	One year before entering elementary school. (from Apr. 1 to Mar. 31)	1	—	Have your child vaccinated early because measles and rubella tend to spread during the period from spring to summer.
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 he/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	Stage 1: initial doses	From 6 to under 7 years and 6 months old	3 years old	2	6 days or more. (usually 6- 28 days)	※ See note 1 below Those aged under 20 (even if outside the target age ranges shown to the left) can receive vaccinations to make up for any doses they missed because the vaccinations were not recommended. (The special target group) For details of the special measures, access the QR Code (Higashiroshima City website):
	Stage 1: booster	From 6 to under 7 years and 6 months old	3-4years old	1	—	
	Stage 2	From 9 to under 13 years old	9 years old (Generally, five years after the completion of the first stage booster vaccination)	1	—	
Cervical cancer (Human papillomavirus) (females only)	Standard vaccination	From 6 <sup>th</sup> grade of elementary school to 1 <sup>st</sup> grade of high school	1 <sup>st</sup> grade of junior high school	[Under the age of 15]. (2-valent/4-valent) 3 doses 2nd vaccination 1 month or 2 months after 1st vaccination. 3rd vaccination 6 months after 1st vaccination.		
	Catch-up vaccination	Those born between April 2 <sup>nd</sup> , 1997 and April 1 <sup>st</sup> , 2007	Those who missed the vaccination because it was not recommended at the time can receive any doses they didn't receive.	(9-valent) 2 doses 2nd vaccination at least 6 months after 1st vaccination. [15 years old and over] (2-valent, 4-valent, 9-valent) 3 doses 2nd vaccination 1 month or 2 months after 1st vaccination. 3rd vaccination 6 months after 1st vaccination		

**Subsidies for the cost of vaccinations for mumps are available (from April 2022)**

Eligible age range: from 1 year of age to under 2 years of age  
 Maximum amount of subsidy: 6,000 yen (depending on the medical facility, you may be required to pay part of the cost yourself)  
 ※ If you wish your child to be vaccinated outside Higashiroshima City, it is necessary to complete the relevant formalities.  
 For details, please access the QR Code (Higashiroshima City website):



Authorized childcare facilities in Higashihiroshima City (as of April 2023)

A: Extended hours childcare B: Temporary childcare C: Sick child care D: Community Child-rearing Support

Area	Type	Name of nursery school	Places	Address	Phone No.	Acceptance age	Opening hours (*Note 1)		A	B	C	D
							Standard child care hours	Short child care hours				
Saijo	Public	Teranishi	142	7735-3 Jike, Saijo-cho	423-4138	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Public	Saijo Higashi	140	11-24 Saijo-nishihonmachi	423-6987	12 months after birth or older	7:00~19:00 7:00~17:00	8:30~16:30 8:30~16:30	○	○		
	Public	Itaki	110	966-1 Morichika, Saijo-cho	425-1101	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Public	Gota	80	1133-2 Goso, Saijo-cho	425-0576	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Private	Seiun	150	1427 Jike, Saijo-cho	423-9704	6 months after birth or older	7:00~19:00 7:00~17:00	8:30~16:30 8:30~16:30	○	○		○
	Private	Gyokuho	100	6-3-65 Saijo-shitami	422-5599	6 months after birth or older	7:00~19:00 7:30~17:00	8:30~16:30 8:30~16:30	○	○		
	Private	Aiguran (Saijo-chuo)	90	5-17-11 Saijo-chuo	490-3773	3 months after birth or older	7:30~19:00 7:30~19:00	8:30~16:30 8:30~16:30	○			
	Private	Aozora Kids School	30	6454 Jike, Saijo-cho	423-8888	From 6 months after birth to under 3 years	7:15~19:15 7:15~17:30	8:30~16:30 8:30~16:30	○	○		
	Private	Aiguran (Saijo-higashi)	90	751-1 Saijo-higashi, Saijo-cho	490-4299	3 months after birth or older	7:30~19:30 7:30~19:30	8:30~16:30 8:30~16:30	○			
	Private	Saijo Aoi	120	5017-3 Jike, Saijo-cho	430-7373	6 months after birth or older	7:15~19:15 7:15~17:30	8:30~16:30 8:30~16:30	○	○		○
	Private	Aoi	180	737 Jike, Saijo-cho	493-5000	6 months after birth or older	7:15~19:15 7:15~17:30	8:30~16:30 8:30~16:30	○	○		
	Private	Minaga Taiyo	150	10730-19 Shimominaga, Saijo-cho	426-2177	3 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○	○	○	○
	Private	Aiguran (Jike)	120	4759 Jike, Saijo-cho	437-4300	3 months after birth or older	7:30~19:30 7:30~19:30	8:30~16:30 8:30~16:30	○		○	
	Private	O-enu Daiichi	40	9-2 Saijo-showa-machi	490-3189	2 months after birth or older	7:00~20:00 7:00~20:00	8:30~16:30 8:30~16:30	○			
	Private	Saijo Niji-iro	82	11-13 Saijo-honmachi	490-5211	3 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○	○		
	Private	Aiguran (Teranishi)	150	3233-1 Jike, Saijo-cho	437-5822	3 months after birth or older	7:30~19:30 7:30~19:30	8:30~16:30 8:30~16:30	○		○	
	Private	Aiguran (Hiroshima University mae)	130	1-7-5 Kagamiyama	427-6341	3 months after birth or older	7:30~19:30 7:30~19:30	8:30~16:30 8:30~16:30	○			
Private	Misonou Niji-iro	130	4907-1 Misonou, Saijo-cho	426-3300	6 months after birth or older	7:00~19:00 7:00~17:30	8:30~16:30 8:30~16:30	○	○	○		
Hachihonmatsu	Public	Yoshikawa	30	351-1 Yoshikawa, Hachihonmatsu-cho	429-1055	12 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30				
	Public	Hara	80	6782-1 Hara, Hachihonmatsu-cho	429-0950	12 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30				
	Public	Kawakami Chubu	115	2-17-5 lida, Hachihonmatsu	428-2823	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Private	Hachihonmatsu Aoi	120	6-6-28 Hachihonmatsu-higashi	428-5551	6 months after birth or older	7:15~19:15 7:15~17:30	8:30~16:30 8:30~16:30	○	○		○
	Private	Aiguran (Kawakami)	90	2-5-3 lida Hachihonmatsu	426-5666	3 months after birth or older	7:30~19:30 7:30~19:30	8:30~16:30 8:30~16:30	○	○		
Takaya	Public	Takaya Higashi	90	631-1 Shiraiichi, Takaya-cho	434-0303	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Public	Kodani	90	1694 Kodani, Takaya-cho	434-0537	12 months after birth or older	7:30~18:30 7:30~17:15	8:30~16:30 8:30~16:30				
	Public	Zoka	60	3686 Zoka, Takaya-cho	436-0012	12 months after birth or older	7:30~18:30 7:30~17:00	8:30~16:30 8:30~16:30				
	Public	Takayachuo	120	407 Nakashima, Takaya-cho	434-4032	10 months after birth or older	7:00~19:00 7:00~17:00	8:30~16:30 8:30~16:30	○	○		
Shiwa	Public	Shiwahori	30	839-6 Shiwahori, Shiwa-cho	433-2515	12 months after birth or older	7:30~19:00 7:30~12:30	8:30~16:30 7:30~12:30	○			
	Private	Higashi Shiwa	40	1210 Shiwa-higashi, Shiwa-cho	433-5800	3 months after birth or older	7:00~19:00 7:00~19:00	8:00~16:00 8:00~16:00	○	○	○	○
	Private	Nishi-Shiwa Chuo	40	1249 Shiwa-kabusaka, Shiwa-cho	433-4961	3 months after birth or older	7:00~19:00 7:30~17:30	8:30~16:30 8:30~16:30	○	○		

## Telephone numbers omit the area code (082).

Area	Type	Name of nursery school	Places	Address	Phone No.	Acceptance age	Opening hours(*1)		A	B	C	D
							Standard child care hours	Short child care hours				
Kurose	Public	Itaki Nishi	60	438-1 Otada, Kurose-cho	0823-82-5051	6 months after birth or older	7:30~18:00 7:30~18:00	8:30~16:30 8:30~16:30		○		
	Public	Kami-Kurose	60	1411 Minamigata, Kurose-cho	0823-82-5243	6 months after birth or older	7:30~18:00 7:30~18:00	8:30~16:30 8:30~16:30				
	Public	Nominoo	70	2131 Nominoo, Kurose-cho	0823-82-5241	6 months after birth or older	7:30~18:30 7:30~18:00	8:30~16:30 8:30~16:30				
	Public	Naka-Kurose	180	1453-4 Maruyama, Kurose-cho	0823-82-3122	6 months after birth or older	7:00~19:00 7:00~18:00	8:30~16:30 8:30~16:30	○	○		
	Public	Akatsuki	105	857 Tsue, Kurose-cho	0823-82-3121	6 months after birth or older	7:30~18:30 7:30~18:00	8:30~16:30 8:30~16:30				
Kochi	Public	Kochi Nishi	40	802-2 Kodo, Kochi-cho	438-0283	3 months after birth or older	7:30~19:00 7:30~12:30	8:30~16:30 7:30~12:30	○			○
	Private	Nyuno Hikari	80	868-3 Nyuno, Kochi-cho	437-0516	3 months after birth or older	7:15~18:30 7:15~17:00	8:00~16:00 8:00~16:00				○
Akitsu	Public	Kidani	40	1218 Kidani, Akitsu-cho	0846-45-4322	10 months after birth or older	7:30~18:00 8:00~12:30	8:30~16:30 8:00~12:30				
	Public	Mitsu	63	5545-2 Mitsu, Akitsu-cho	0846-45-2170	10 months after birth or older	7:30~18:30 7:30~18:00	8:30~16:30 8:30~16:30		○		○
	Public	Kazahaya	58	367-3 Kazahaya, Akitsu-cho	0846-45-1476	10 months after birth or older	7:30~18:00 7:30~18:00	8:30~16:30 8:30~16:30				

(Approved 'kodomo-en') \*Note :

Telephone numbers omit the area code (082).

Saijo	Private	Sazanami-no-mori	120 180	261 Jike, Saijo-cho	422-3788	6 months after birth or older	7:15~19:15 8:15~16:15	7:15~15:15 8:15~16:15	○			○
	Private	Sazanami Noie	22 0	252 Jike, Saijo-cho	422-3788	From 6 months after birth to under 3 years	7:15~19:15 8:15~16:15	7:15~15:15 8:15~16:15	○			○
	Private	Misono Kobato-no-Mori	160 30	4481-1 Misonou, Saijo-cho	431-5559	6 months after birth or older	7:00~19:00 8:00~17:00	8:00~16:00 8:00~16:00	○	○	○	○
	Private	Samuel Saijo	245 10	1179-1 Doyomaru, Saijo-cho	424-3000	3 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○	○	○	○
	Private	Aiikuen	185 5	6245-1 Misonou, Saijo-cho	424-3932	3 months after birth or older	7:00~19:00 7:30~17:30	8:00~16:00 8:00~16:00	○			○
	Private	Saijo Mizuki	60 15	7377 Jike, Saijo-cho	423-0332	12 months after birth or older	7:30~19:00 Available at Hachihonmatsu Mizuki	8:30~16:30	○	○		○
	Private	Sakuragaoka	142 5	7175-1 Jike, Saijo-cho	495-1717	10 months after birth or older	7:00~19:00 8:00~18:00	8:30~16:30 8:30~16:30	○	○		○
Hachihonmatsu	Private	Azalea Kids Station	40 25	2-5-21 Hachihonmatsunishi	428-3535	9 months after birth or older	<del>7:00~18:30</del>	<del>8:30~16:30</del>	○			
	Private	Hachihonmatsu Mizuki	30 35	6-6-33 Iida, Hachihonmatsu	437-5020	12 months after birth or older	7:30~18:30 8:00~17:00	8:30~16:30 8:30~16:30	○	○		○
	Private	Myotoku	90 10	572 Iida, Hachihonmatsu-cho	428-4678	6 months after birth or older	7:00~19:00 7:30~17:00	8:00~16:00 8:00~16:00	○	○		○
	Private	Hachihonmatsu Taiyo Samuel	138 10	10128-196 Hara, Hachihonmatsu-cho	497-1024	3 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○			○
Takaya	Private	Higashihiroshima	240 15	490-5 Nakashima, Takaya-cho	420-4333	3 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○	○	○	○
	Private	Froebel Yochien	162 90	4-28-3 Takaya Takamigaoka	434-7686	10 months after birth or older	7:00~19:00 7:00~17:00	8:30~16:30 8:30~16:30	○			
Shiwa	Private	Shiwa Ryujo	55 5	1456-3 Shiwa-Nishi, Shiwa-cho	433-5701	3 months after birth or older	7:00~19:00 7:00~19:00	8:00~16:00 8:00~16:00	○	○		○
Kurose	Private	Himawari	30 35	29-5 Matsugaoka, Kurose	0823-82-6707	6 months after birth or older	7:00~18:30	8:00~16:00	○	○		○
	Private	Midorigaoka Yochien	80 144	1606-2 Maruyama, Kurose-cho	0823-82-2844	6 months after birth or older	7:15~19:15 8:00~12:30	7:15~15:15 8:00~12:30	○			○
Fukutomi	Public	Kuba	40 10	3327 Kuba, Fukutomi-cho	435-2034	12 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30				
	Public	Takeni	40 10	534-2 Shimodakeni, Fukutomi-cho	435-2371	12 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30				
Toyosaka	Public	Toyosaka	70 10	577-1 Kajiya, Toyosaka-cho	432-2019	10 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30		○		○

(Small-scale child care facilities)

Saijo	Private	Kaede-no-Mori	12	10549-20 Misonou, Saijo-cho	437-3200	From 6 months after birth to under 3 years	7:30~19:00 8:00~17:00	8:00~16:00 8:00~16:00	○	○		
Hachihonmatsu	Private	Mebae	19	2-4-14 Hachihonmatsuminami	428-8850	From 6 months after birth to under 3 years	7:00~19:00 7:00~17:00	8:00~16:00 8:00~16:00	○	○		

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).

Non-Authorized Childcare Facilities					As of March 1st, 2023
Area	Facility name	Location	Telephone number	Age range	Notes
Saijo	Hoikuen Chibikko Land Saijo Chuo En	9-12 Saijo Sakae-machi	082-424-1155	6 months old ~ before starting school	
	Kaeru Hoikuen	5-4-35 Saijo Doyomaru	082-421-4410	6 months old ~ before starting school	
	Higashihiroshima YMCA General Nursery	28-6 Saijo Nishi-Honmachi (4F, Sunsquare)	082-423-1717	2 years old ~ before starting school	
	Kids Academy Kodomo-en	6231-1 Misonou, Saijo-cho	082-431-4174	0 months old ~ 12 years old	
	Kids Mickey	12-1 Saijo Nishi-Honmachi	082-437-3888	0 years old ~ before starting school	
	Natsume Hoikuen	4732-1 Jike, Saijo-cho (201 Tabo Building)	082-437-3030	6 months old ~ 2 years old	Enterprise-oriented Childcare Business
	Nozomi-no-Mori Hoikuen	1182-1 Sukezane, Saijo-cho (2F, Nozomi Seikei-Geka Clinic)	082-426-3222	6 months old ~ before starting school	Enterprise-oriented Childcare Business
	Aiwa Hoikuen Saijo	6-32 Saijo Kamiichi-cho	082-437-4156	4 months old ~ 2 years old	Enterprise-oriented Childcare Business
	Aiguran Hoikuen Saijo	1-6-5 Saijo Chuo	082-426-5213	57 days after birth ~ 2 years old	Enterprise-oriented Childcare Business
	Fureai Hoikuen Saijo	7409 Jike, Saijo-cho	082-421-2220	0 months old ~ before starting school	Enterprise-oriented Childcare Business
	Kamo Hoikuen Haccherry	5557-1 Misonou, Saijo-cho	082-437-3388	6 months old ~ before starting school	Enterprise-oriented Childcare Business
	International Kids Community	7093-7 Jike, Saijo	082-437-3388	57 days old ~ before starting school	Enterprise-oriented Childcare Business
	Little nuts Hoikuen	6537-13 Jike, Saijo-cho	082-424-8666	0 months old ~ 2 years old	Enterprise-oriented Childcare Business (with nursery room for sick children & convalescing children)
	C&E	997-1 Shitami, Saijo	082-421-0667	2 years old ~ before starting school	
	MK International Yojien·Jidoen	6231-1 Misonou, Saijo-cho	0120-006-206	1 month old ~ 12 years old	
Hachihonmatsu	Higashihiroshima Steiner Kodomo-en Sakura	86 Sasa, Hachihonmatsu-cho	082-427-3337	3 years old ~ before starting school	
	Multi-generation Exchange and Support Center Tokiwa	5946-7 Hara, Hachihonmatsu-cho	082-420-9200	1 year old ~ before starting school	
	Aiwa Hoikuen Hachihonmatsu	2-13-17 Hachihonmatsu Higashi	082-437-5232	4 months old ~ 2 years old	Enterprise-oriented Childcare Business
Takaya	Aozora Hoikuen	178-2 Miyaryo, Takaya-cho	082-491-0031	6 months old ~ 3 years old	Enterprise-oriented Childcare Business
Kurose	Mugiwara-boshi Kodomo-en	1199-1 Minamigata, Kurose-cho	0823-83-0803	2 years old ~ before starting school	
Akitsu	Hoikusho Akitsu-en	4372-1 Mitsui, Akitsu-cho	0846-46-0290	6 months old ~ before starting school	
	Kazahaya Yochien	1539-2 Kazahaya, Akitsu-cho	0846-45-4065	2 years old	
An Enterprise-oriented Childcare Business is a childcare facility inside a place of business, but in some cases it may be available for use (community use) by people other than the employees of the business.					