



# Higashihiroshima City Child-Raising Guidebook

(English)



Higashihiroshima City

## Preface

This child-rearing guidebook was created with the hope that it will alleviate the anxieties of foreign residents about raising children and help them enjoy raising their children in Higashihiroshima City.

We hope that this guidebook will be useful to all of you who are raising children in Japan, a country that may be different in many ways from your home country.

April 2026

Mayor of Higashihiroshima City

### [Phone Numbers for Enquiries]

● Higashihiroshima City Office (*Higashihiroshima Shiyakusho*, 東広島市役所):

<https://www.city.higashihiroshima.lg.jp/en/index.html>

- Citizens' Affairs Division (*Shimin-ka*, 市民課): ☎ 082-420-0915
- Medical Treatment and Health Division (*Iryo Hoken-ka*, 医療保健課): ☎ 082-420-0936
- 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 Sections 1 and 2 (*Boshi Hoken Dai-ichi/Dai-ni gakari*, 母子保健第1・第2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 (*Kyuuujitsu 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)): ☎ 082-493-6073 📠 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 2026. Some systems and procedures, etc., detailed in this booklet may change. For the most up-to-date information, please enquire at the relevant departments.

# 1. What to do and when

	While pregnant	At birth	About 1 month after the birth	3-4 months after the birth	6 months after the birth	When the child is about 1	When the child is about 18 months	When the child is about 3	When the child is 6		
The baby's development				The baby becomes able to hold up his/her head	The baby becomes able to turn over in his/her sleep	The child becomes able to stand up by holding on to something	The child becomes able to walk on his/her own	The child becomes better at talking	The child will start elementary school soon		
Notifications and subsidies	<p>Notification of pregnancy</p> <p>Mother &amp; Child Health Handbook</p>	<p>Notification of birth Enrollment in National Health Insurance</p> <p>Acquisition of residence status Acquisition of nationality</p> <p>Lump-sum childbirth and childcare allowance</p> <p>Child Allowance, Medical Expenses Payments Scheme for Children</p>		Nursery school						Kindergarten	Elementary school admission procedures
Health and vaccinations	<p>Health check for pregnant women</p> <p>Dental health check for pregnant women</p> <p>RSV virus vaccination (between 28 weeks 0 days and 36 weeks 6 days of pregnancy)</p>	Health check for women who have given birth		4-month health check	General medical checkup for infants		18-month health check	3-year old health check	School entrance health check		
				Pneumococcus						5-year old health check	
				Hepatitis B							
				Diphtheria, pertussis, tetanus, polio, hib							
					BCG	Measles, rubella, mumps			Measles, rubella		
				Rotavirus		Chicken pox		Japanese encephalitis			
Consultations and visits	'Sukusuku Support' Childbirth and Child-Raising Support Center/Community Sukusuku Support										
			House visit for households with a newborn child ('Hello Baby' visits)		Baby Consultations (Odekake Sukusuku)						
			After-childbirth care scheme								
				BP Program							
			Prenatal and postnatal mama helper dispatch scheme / Multiple birth supporter dispatch scheme								
Child-raising knowledge facilities available	<p>Papa Mama Classes</p> <p>Working Maternity Classes</p> <p>Maternity Classes</p>			Baby Food (weaning food) Classes	Child-Raising Classes						
				Child-Raising Consultations							
				Community Child-Raising Support Centers, Children and Youth Center, Children's Centers, Libraries							
					Playgrounds open						

# 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.

### Pregnancy and childbirth support center (*Ninshin/Shussan Support Center 'Sukusuku Support'*, 妊娠・出産サポートセンター「すくすくサポート」)

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, overnight, or visit)
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., 9:00-14:30 (national holidays excepted, reservations required)	082-428-0030
Sucusuku Support Hachihonmatsu-chuo (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
Sucusuku 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

## 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. (19 for multiple births) 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.

### **Mentoring-style Consultation Support (Odekake Sukusuku) (Banso-gata Sodan Shien, 伴走型相談支援)**

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

#### ● Support benefits for pregnant women

Support is provided to reduce the financial burden of childbirth and childcare purchases, etc., so that new mothers can spend their pregnancy, childbirth, and child-raising period with peace of mind. If you have moved to the city, please consult us when you have completed the procedures for the transfer.

- Contents (1): We discuss matters with the pregnant woman when she notifies us of her pregnancy, provide the application form, and accept the application.

Amount of payment: 50,000 yen

- Contents (2): After notifying us of the number of children you are expecting, the mother can make an application eight weeks before the expected date of delivery or later. We can accept the application at this time.

Amount of payment: 50,000 yen x the number of children you are pregnant with

## ●Odekake Sucusuku

We provide mentoring-style consultation support that provides consultation and necessary support close to you from pregnancy to childbirth and child-raising. Eligible individuals will receive a personal notification. After a discussion of matters at Sucusuku Support, support items will be handed over to you.

- (1) Sucusapo (Sucusuku Support) debut for pregnant women  
Target: Pregnant women around 8 months pregnant (generally after 24 weeks)  
Contents: Products for preparing for childbirth
- (2) Sucusapo debut for parents and children  
Target: Mothers with children around 4 months old  
Contents: Childcare support products
- (3) Book debut for parents and children  
Target: Mothers with children around 7 months old  
Contents: Book debut set

## 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 partners
- Content: Bathing experience (how to give your baby a bath), experience of being a pregnant father, parent-child interaction (talking to the baby in the womb)
- 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: (1st session) Midwives and nutritionists will talk about pregnancy, childbirth, and how to spend the period after birth, etc.  
(2nd session) Baby care, after-birth support, etc.
- What to bring: Mother and Child Health Handbook, writing instruments
- 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.

- Registration period: Within 14 days from the day of delivery (including the day of delivery)
- Notifying person: The child's father or mother must sign the form (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

☆ 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, parents' taxation certificate and tax payment certificates.

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: 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 Kenko Hokenzei no menjo, 産前産後期間の国民健康保険税の免除)**

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

When a person enrolled in National Health Insurance gives birth (including stillbirth, miscarriage, and premature birth after more than 85 days of pregnancy), they can apply for exemption from the income-related portion and per capita portion of National Health Insurance tax for the period before and after childbirth. National Health Insurance tax equivalent to 4 months, from the month before the month in which which the due date or delivery date falls (for woman pregnant with multiple children, National Health Insurance tax equivalent to 6 months, from 3 months before the month in which which the due date or delivery date falls) is covered. You can submit the paperwork from 6 months before the expected date of delivery.

- What to bring: Mother and Child Health Handbook, personal identification for the person submitting the paperwork (driving license, etc.), document showing the My Number for the head of the 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), personal identification for the person submitting the paperwork (driving license, etc.)

### **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 18, until the time the child finishes high school (i.e. until the first March 31 after the child reaches 18 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 the month of birth or moving into Higashihiroshima City, or within 15 days

of the day following the birth or 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:

First child, second child: 15,000 yen

Third child: 30,000 yen

Children between age 3 and an age equivalent to the end of high school:

First child, second child: 10,000 yen

Third child: 30,000 yen

- What to bring: Document showing the health insurance qualification information of the applicant (the parent/caregiver of the child who is the main breadwinner) (this is not necessary if the applicant is 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)

**Medical Expenses Payments Scheme for Children (*Kodomo Iryo-hi no shikyu*, こども医療費の支給)**

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

This is a system by which hospital charges for children are provided. A Certificate of Eligibility for Subsidy of Medical Expenses for Children (*Kodomo Iryo-hi Jukyusha-sho*, こども医療費受給者証) will be issued. When your child sees a doctor or is hospitalized, please show the certificate along with a document showing the health insurance qualification information at the hospital.

- 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 providing from the day of application.)
- Eligibility: • 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 prescriptions and prosthetic devices from pharmacies where health insurance can be used, no individual contribution is payable.

(The amount payable as an individual contribution is a maximum of 500 yen per day per medical institution, with a limit of up to 14 days per month per medical institution for inpatients, and 4 days per month per medical institution for outpatients)

- What to bring: A document showing your child's health insurance qualification information, the passports of the mother and father (if you have moved to Higashihiroshima City from another country),
- Note: If you change your address or Health Insurance Certificate, you must notify the City Office.

**Requesting Refunds of Medical Expenses Payments for Children & Medical Costs Paid by Single Parents (Reimbursements) (Kodomo Iryo-hi · Hitori-oya Iryo-hi no Henkan-seikyū (Shokan harai), こども医療費・ひとり親医療費の返還請求 (償還払い) )**

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

Within the period of validity of the Certificate of Eligibility for Subsidy of Medical Expenses for Children or the Certificate of Eligibility for Subsidy of Medical Expenses of Single-parent Families, etc. (see the section “Subsidies for medical expenses 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., a document showing the health insurance qualification information, 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 apply online for the visit 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)

The after-childbirth care scheme helps mothers rest and receive counselling to get rid of worries with anxiety about childcare.

- Eligibility: Those who have a resident registration in Higashihiroshima City and meet either of the following criteria:
    - (1) Women who have given birth and infants under one year old, who require after-birth care
    - (2) Those who have experienced a miscarriage or stillbirth within the past year
- \* For details on eligibility, please see the City website.

- Content: (1) One-Day Care: Fee 2,000 yen  
Location: accommodation, medical facilities and maternity hospitals in the city
- (2) Overnight Care: 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 1 month-old infants (*1-kagetsu-ji Kenko Shinsa*, 1か月児健康診査)**

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

This is an individual health check. You will be given information about this when you receive your Mother and Child Health Handbook. Your child's physical measurements will be taken and he/she will be examined by a pediatrician.

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

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

This is an individual health check for 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.

### **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.

### Health exam for 5-year-old infants (5-sai-ji Kenko Shinsa, 5歳児健康診査)

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

This is a group health checkup for 5-year-old infants. Pediatric examinations as well as consultations on child-rearing and development are available. 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 '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.

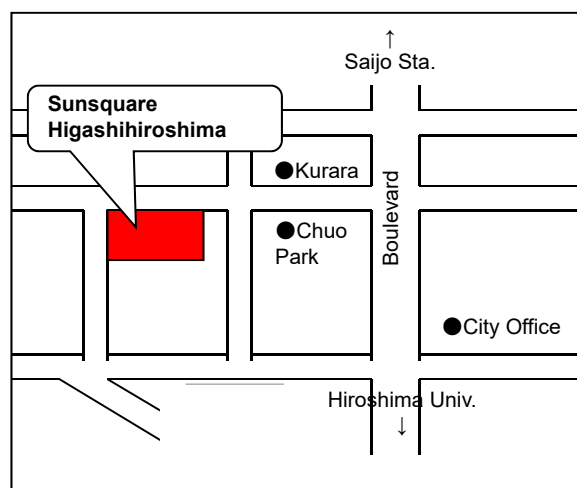
- Place: Sunsquare Higashihiroshima 1F, 28-6

Saijo Nishihonmachi

- Phone: ☎ 082-493-6073

- Fax: 📠 082-424-3841

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### 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 run by the City that supports child-raising in the local community by connecting people who need support (client members) with people who want to provide support (provider members).

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

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

- 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: Mon. – Sun., 10:30 – 20:00
- Closed: National 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 (telephone reservations required on the day), garden open 9:30 – 15:30
Aozora Hiroba Child-raising Support Base	178-2 Miyaryo, Takaya-cho ☎ 082-491-0031	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 <a href="https://aiwa-aiikuen.ed.jp/">https://aiwa-aiikuen.ed.jp/</a>	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 <a href="http://www.magoshi.jp">http://www.magoshi.jp</a>	Mon. - Fri., 9:30 – 11:30, 12:30 – 15:30 (reservations required) メール相談: miduki@magoshi.jp
Samuel Saijo Approved Kodomo-en Community Child-raising Support Center 'Wonder Rabbit'	1179-1 Doyomaru, Saijo-cho ☎ 082-424-3008	Mon. - Fri., 9:00 – 12:00, 13:00 – 15:00 (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 Usage fee: 100 yen per day for each family
Kids Plaza Higashihiroshima, Yume Mokuba	Halows Higashihiroshima 2F 28-30 Saijo Nishi-Honmachi ☎ 082-431-3350	Mon. – Sat. (Saturdays twice a month) 10:00 – 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 – 12:00, 12:00 – 14:00 (reservations required for the period from 12:00 to 14:00)
Minaga Taiyo Nursery School Child-raising Support Center 'Ohisama Hiroba'	10730-19 Shimo-Minaga, Saijo-cho ☎ 080-1930-7365	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 <a href="mailto:center@isazanami.net">center@isazanami.net</a>	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 (reservations required for event times only)
Myotoku Approved Kodomo-en Child-raising Support Center	572 Iida, Hachihonmatsu-cho ☎ 082-428-4678	Mon., Wed., Thu., 9:00 - 14:00 (reservations required for event times only)
Hachihonmatsu Aoi Nursery School Community Child-raising Support Center 'Konpeito'	6-6-28 Hachihonmatsu-higashi ☎ 082-428-0030	Mon. - Fri., 9:00 - 14:30 Sat. (once a month) 9:00 – 11:30 (reservations required for event times only)
Hachihonmatsu Mizuki Approved Kodomo-en Child-raising Support Center	6-6-33 Iida, Hachihonmatsu ☎ 082-437-5020	Mon. - Fri., 9:30 – 11:30, 12:30 - 15:30 (reservations required)

Hachihonmatsu Taiyo Approved Kodomo-en 'Hinatabokko'	10128-196 Hara, Hachihonmatsu-cho ☎ 082-497-1026	Mon.- Fri., 9:30 – 12:00, 13:00 – 15:30 (reservations required for event times only)
Higashihiroshima Samuel Kodomo-no-en Community Child-raising Support Center 'Mother Goose no Heya'	490-5 Nakajima, Takaya-cho ☎ 082-420-4300 <a href="http://samuel-kosodate.shien.sblo.jp/">http://samuel-kosodate.shien.sblo.jp/</a>	Mon. - Fri., 9:00 – 12:00, 13:00 – 15:00 (reservations required for event times only) Email: mother-hh@igl.or.jp
Shiwa Ryujo Nursery School Community Child-raising Support Center 'Tatsunoko'	1456-3 Shiwa-nishi, Shiwa-cho ☎ 080-6240-4406 <a href="http://ryujohukusikai.or.jp">http://ryujohukusikai.or.jp</a>	Tue., Thu., Fri., 9:30 - 14:30 (reservations required)
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 (reservations required for event times only)
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 - 14:30 (reservations required for event times only)
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 required for event times only)
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 required for event times only)
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 required for event times only)
Toyosaka Child-raising Support Center 'Smile'	577-1 Kajiya, Toyosaka-cho (in Toyosaka Nursery School) ☎ 082-401-2022	Mon. - Fri., 10:00 – 15:00 (reservations required for event times only)
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 (reservations required)
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 for event times only)
Seikyo Hiroshima Kodomo Co-Plaza Higashihiroshima	6579-1 Jike, Saijo-cho Seikyo Hiroshima Co-op Higashihiroshima ☎ 090-8233-9487	Sun. – Thu., 9:00 – 14:00 (closed on Fridays, Saturdays and national holidays) (reservations required)

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

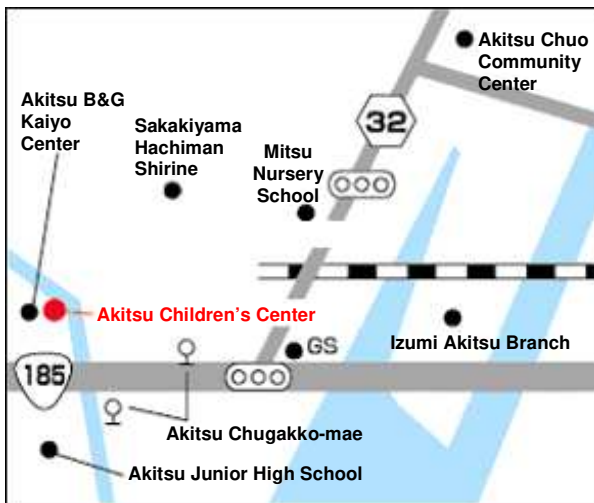
Children's Centers are facilities available for children aged from 0 to 17, and provide healthy play and events. (Infants must be accompanied by their parents/caregivers.)

### 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
- Website:  
[https://www.city.higashihiroshima.lg.jp/soshiki/kyoiku/iiinkaishogaigakushu/4\\_1/6/2342.html](https://www.city.higashihiroshima.lg.jp/soshiki/kyoiku/iiinkaishogaigakushu/4_1/6/2342.html)

### 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:  
[https://www.city.higashihiroshima.lg.jp/soshiki/kyoiku/iiinkaishogaigakushu/4\\_1/6/8782.html](https://www.city.higashihiroshima.lg.jp/soshiki/kyoiku/iiinkaishogaigakushu/4_1/6/8782.html)

## 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 nursery room for sick and convalescing children (Kisaka Clinic):** ☎ 082-421-4300 (fax also available on this number)

Appointments required (dedicated phone number for appointments: 090-1685-4443)

- **Usagi nursery room for sick children (Kodomo Clinic Hachihonmatsu):** ☎ 082-428-2255

Appointments required (make reservations through the [Kodomo Clinic Hachihonmatsu website](#))

- **Ai-Gran Nursery School Kawakami:** ☎082-426-5066

Advance reservations required. Please make a reservation by telephone.

- **Little Nuts Nursery Room (enterprise-led):** ☎082-424-8667

Advance reservations required. Please make a reservation by telephone.

### 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.
- 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 who have given 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

### **Child-Raising 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.

### **Child-Raising 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 20<sup>th</sup> 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). If the 20<sup>th</sup> day of that month is a day on which the City Office is closed, then the deadline is the next day on which the City Office is open.

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 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)

This is childcare provided in small groups for children aged 0 to 2 years old, with a capacity of between 6 and 19 children. When children are no longer eligible for the provided childcare, they may advance to affiliated nursery schools, certified childcare centers, or other partner facilities (which vary depending on the facility). If desired, families may also apply to other licensed childcare facilities.

### List of Childcare Facilities (*Hoiku-shisetsu ichiran*, 保育施設一覧)

For a list of authorized childcare facilities in Higashihiroshima City, please see the 'List of Authorized Childcare Facilities in Higashihiroshima City' (table 3).

### 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 'List of Non-Authorized Childcare Facilities' (table 4).

## 5. Kindergartens (Yochien, 幼稚園)

### Admission to a kindergarten (幼稚園への入園)

#### 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="http://home.hiroshima-u.ac.jp/yochien/">http://home.hiroshima-u.ac.jp/yochien/</a>					
Private	Saijo Lutheran Kindergarten	1523 Doyomaru, Saijo-cho	☎ 082-422-2252	180	Yes	Provided
	Website: <a href="http://ielc-saijo.jp/kindergarten/">http://ielc-saijo.jp/kindergarten/</a> E-mail: <a href="mailto:slk-22@guitar.ocn.ne.jp">slk-22@guitar.ocn.ne.jp</a>					
Private	Takaya Kindergarten	1277-2 Gou, Takaya-cho	☎ 082-434-0174	240	Yes	Provided
	Website: <a href="http://www.takaya.ednet.jp/">http://www.takaya.ednet.jp/</a> E-mail: <a href="mailto:takayakg@carrot.ocn.ne.jp">takayakg@carrot.ocn.ne.jp</a>					
Private	Higashihiroshima Kusunoki Kindergarten	5539-3 Jike, Saijo-cho	☎ 082-431-5432	150	Yes	Provided
	E-mail: <a href="mailto:kusunoki-higashi@cube.ocn.ne.jp">kusunoki-higashi@cube.ocn.ne.jp</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)

##### [Health check before elementary school (*Shugaku-ji Kenshin*, 就学時健診)]

Information about the health check will be sent out by the end of September.

If you have not received the information by the end of September, please contact the School Affairs Division.

##### [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, in some cases, you may be able to change the designated school. (There may be limits depending on the status of school facilities, etc.) For more information, please contact the School Affairs Division.

## 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, 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)

Iki-iki Kodomo Clubs are intended for children who are unable to spend time with their parents at home

after school due to parents' employment or other reasons. It provides an appropriate place for play and daily activities after classes, with the aim of supporting the healthy development of children.

To ensure children's safety, parents or guardians are generally asked to drop off and pick up their children (except for the journey from school to the club after school classes end).

- 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:

Type of attendance (Notes ※1 and ※2)	Monthly usage fee (Note ※3)	Monthly fee for snacks and teaching materials
Monday to Friday, until 18:00	3,000 yen	1,500 yen
Monday to Friday, until 19:00	3,700 yen	
Monday to Saturday, until 18:00	4,500 yen	1,800 yen
Monday to Saturday, until 19:00	5,400 yen	

Note 1: On school days, services begin from 2:00 p.m. However, on days when classes finish early, children may attend from the end of classes.

Note 2: On Saturdays and school holidays, services begin from 8:00 a.m.

Note 3: If you are enrolling your child in the optional accident insurance plan, a separate insurance fee (approximately 800 yen per year) is required.

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.

\*An application is required each academic year.

\*Charges for snacks and teaching materials are not eligible for exemption.

●How to apply:

- Please note that it is necessary to apply for membership each year.
- Please apply online.
- The deadline for applications joining in April is the end of November in the previous year.

- To have your child join a club starting from May onward, please apply by the application deadline for the month in which you wish to begin using the service.
- 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)

Enquiries: Teaching Instruction Division (Tel: 082-420-0976)

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 and parents/caregivers.

#### **School counselors (スクールカウンセラー)**

- Details: Specialist consultations are provided. 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
- 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, or health insurance qualification, 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: The applicant's and eligible child's Health Insurance Certificates, a bankbook in the name of the applicant, 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 preparation for school (educational expenses when advancing to the next level of education), tuition fees (tuition fees when when advancing to the next level of education), 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 the period of the course is completed.

- ◆ 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 (there is a subsidy limit).

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

## 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 a 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

### 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: ☎ 082-555-8870

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 and Bingo Area (*Kyukyu Sodan Center Hiroshima Koiki Toshiken/Bingo Keniki* 救急相談センター—広島広域都市圏・備後圏域) #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)

If you cannot get through on the above number, please call 082-246-2000.

## 10. Parks · Libraries (公園 · 図書館)

### <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

#### Roadside Station 'Saijo Nonta no Sakagura' (*Michi-no-eki 'Saijo Nonta no Sakagura'*, 道の駅「西条のん太の酒蔵」)

Located along the Route 2 Saijo Bypass, this roadside station features the indoor play area “Kodomo Hiroba,” where children can enjoy playground equipment and toys regardless of the weather or season. There is also an infant area and tatami space, making it comfortable for families with small children.

Near the play area, you will also find diaper-changing stations, nursing rooms, and hot water facilities, so

families with young children can use the facility with peace of mind.

- Location: 10020-43 Jike, Saijo-cho, Higashihiroshima
- Access: About 10 minutes by car from Sanyo Expressway Shiwa IC  
About 20 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

### **Roadside Station 'Saijo Nonta no Sakagura' (道の駅西条のん太の酒蔵)**

The roadside station 'Saijo Nonta no Sakagura' is located along the National Route 2 Saijo bypass. In the indoor playground equipment theater 'Kodomo Hiroba', children can play with playground equipment and toys without worrying about the weather or the season. There is also an infant space and tatami space, and there are diaper changing sheets, nursing rooms, water heaters, etc. near the children's area, so families with small children can use it with confidence.

- Place: 10020-43 Jike, Saijo-cho

- Access:

About 10 minutes by car from Shiwa IC on the Sanyo Expressway.

About 20 minutes by car from Sanyo Expressway Saijo IC

### **<Libraries>**

#### **Central Library (中央図書館)**

Opening hours: Weekdays 9:00-18:00, Saturdays, Sundays, and holidays 10:00-18:00

7-25-11 Saijo Chuo, Higashihiroshima City, 739-0025

Tel.: 082-422-9449, fax: 082-422-9447

#### **Sunsquare Children's and Youth Library (サンスクエア児童青少年図書館)**

Opening hours: Weekdays 10:00-20:00, Saturdays and Sundays 10:00-18:00

28-6 Saijo Nishihonmachi, Higashihiroshima City, 739-0043 (2F Sunsquare Higashihiroshima)

Tel.: 082-424-3899, fax: 082-424-3877

#### **Kurose Library (黒瀬図書館)**

Opening hours: Weekdays 10:00-19:00, Saturdays and Sundays 10:00-18:00

10-Sugeta, Kurose-cho, Higashihiroshima City, 739-2624 (1F Kurose Lifelong Learning Center)

Tel.: 0823-82-1101, fax: 0823-82-1104

#### **Fukutomi Library (福富図書館)**

Opening hours: 10:00-18:00

1545-1 Kuba, Fukutomi-cho, Higashihiroshima City, 739-2303 (2F Fukutomi Branch Office)

Tel.: 082-435-3520, fax: 082-435-3521

#### **Toyosaka Library (豊栄図書館)**

【opening hours】 9:00-17:00

〒739-2317 271 Kajiya, Toyosakacho, Higashihiroshima City (1F Toyosaka Lifelong Learning Center)

TEL 082-432-3611 FAX 082-432-2075

**Kouchi Children's Library (河内こども図書館)**

【opening hours】 10:00-18:00

〒739-2201 1166 Nakagouchi, Kouchicho, Higashihiroshima City (2F Kouchi Branch)

TEL 082-437-1711 FAX 082-437-1722

**Akitsu Library (安芸津図書館)**

【opening hours】 10:00-18:00


〒739-2402 4398 Mitsu, Akitsucho, Higashihiroshima City (2F Akitsu Lifelong Learning Center Hall)

TEL 0846-45-2335 FAX 0846-41-1021

~Protect your child from infectious diseases~

# Get Your Child Vaccinated!



■ What to take to the medical facility when having your child vaccinated: 

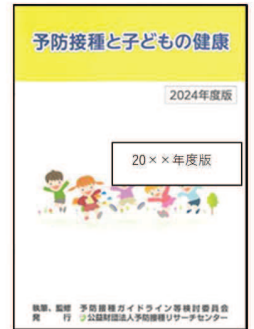
- **Your Mother and Child Health Handbook**
- **The Vaccination Questionnaire**

Vaccination Questionnaires are distributed at the 'Hello Baby Visits' organized by the city. They are also available at medical facilities, as well as at the Medical Treatment and Health Division and at each Branch Office (except Fukutomi).

■ Before having your child vaccinated: 

Please plan your vaccination schedule based on your child's age and health condition, and visit a medical facility in the city that offers vaccinations. (See the reverse of this sheet)

Please carefully read the vaccination guide 'Vaccinations and Children's Health' distributed by the city, and make sure you understand the effects, side effects, and precautions before getting your child vaccinated.



■ If you have your child vaccinated outside Higashihiroshima City: 

## It is necessary to complete formalities in advance

Please apply online, at the Medical Treatment and Health Division, or at a Branch Office (except Fukutomi Branch Office). The process may take 1-2 weeks.

If you have your child vaccinated outside the city, you may have to pay a fee.

You can apply online from the city website!



Details on vaccinations outside the city and a list of medical facilities ▼



Higashihiroshima City website  
How to receive routine vaccinations

### 【 Enquiries 】

Medical Treatment and Health Division, Health and Welfare Department,  
Higashihiroshima City

Tel.: (082) 420-0936 Fax: (082)422-2416

〒739-8601 8-29 Saijo Sakae-machi, Higashihiroshima City Opening hours: Weekdays 8:30 - 17:15

Kurose Branch Office: (0823) 82-0220 Toyosaka Branch Office: (082) 432-2563

Kochi Branch Office: (082) 437-1109 Akitsu Branch Office: (0846) 45-2065

## Routine vaccinations (free for those in the target age range)

These vaccinations are stipulated under the Preventive Vaccination Act, which specifies the types of vaccines, eligible recipients, and vaccination periods. Please try to have your child receive vaccinations as closely as possible to the recommended schedule.

Vaccination		Available period	Recommended period	Doses		Interval	Notes
Hepatitis B		Before 1 year of age	From 2 months to under 9 months after birth	Initial	2	At least 27 days	Infants born to HBs antigen-positive mothers who have received the hepatitis B vaccine (in combination with anti-HBs human immunoglobulin) are not eligible.
				Booster	1		
Rotavirus	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	This is an oral vaccine. You can choose one of the types available.
	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	
Pediatric pneumococcus		From 2 months to under 5 years of age	Beginning from 2 to under 7 months of age	Initial	3	At least 27 days (before 12 months of age)	The number of vaccinations varies depending on the age at which vaccinations begin. Please refer to the information in the guide 'Vaccinations and Children's Health' distributed by the city.
			From 12 months to under 15 months of age	Booster	1	At least 60 days after the completion of the initial doses, after reaching 12 months of age	
Diphtheria, Pertussis, Tetanus, Polio Hib (5-type combined vaccine)		From 2 months to under 7 years and 6 months of age	From 2 months to under 7 months after birth	Stage 1 initial	3	At least 20 days	
			6 to 18 months after the completion of the initial doses	Stage 1 booster	1	At least 6 months after the initial doses	
		11 or 12 years of age	11 years old	Stage 2 (DT)	1	—	
BCG		Before 1 year of age	From 5 months to under 8 months after birth	1		—	This is a vaccine to prevent tuberculosis.
Measles/ Rubella (MR)		From 12 to under 24 months of age	From 12 to under 24 months of age	Stage 1	1	—	Those who were unable to receive the vaccine in 2024 due to a shortage of vaccines can receive it as a regular vaccination until 2026.
		From 5 to under 7 years of age, one year before entering elementary school	One year before entering elementary school. (from Apr. 1 to Mar. 31)	Stage 2	1	—	
Chicken pox		From 1 to under 3 years of age	From one year of age to before 15 months of age	2		At least 3 months (normally between 6 and 12 months)	
Japanese encephalitis		From 6 months to under 7 years and 6 months of age	3 years old	Stage 1 initial	2	At least 6 days (normally between 6 and 28 days)	[Special exceptions] Those under the age of 20 who missed the opportunity to be vaccinated due to the suspension of the recommendation can receive the missed doses.
			4 years old	Stage 1 booster	1	At least 6 months after the completion of the initial doses (normally around 1 year)	
		From 9 to under 13 years of age	9 or 10 years of age	Stage 2	1	—	



Cervical Cancer (9-valent)	Available period	Recommended period	Doses	Interval
	Females 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	(First vaccination before 15 years of age) 2 doses (First vaccination at or after 15 years of age) 3 doses	At least 5 months (normally after 6 months) Second dose: at least 1 month after the first (typically 2 months after the first dose) Third dose: at least 3 months after the second (typically 6 months after the first dose)

## Routine vaccinations for pregnant women

RSV (maternal immunization vaccine)	Eligibility	Recommended period	Doses
	Those between 28 weeks 0 days and 36 weeks 6 days pregnant	From 28 weeks 0 days to 36 weeks 6 days of pregnancy	Once per pregnancy



## Optional vaccinations

Vaccination	Target age	Subsidy amount limit	Notes
Mumps	From 1 to under 2 years of age	7,000 yen (only available once) (Depending on the medical institution, you may have to pay a portion of the fee.)	For details →

For vaccinations not listed, please contact the Medical Treatment and Health Division or a medical facility.

Hospital / Clinic	Location	Telephone number	Hepatitis B	Rotavirus		Influenza pneumococcus	Pentavalent vaccine	BCG	Measles / Rubella (MR)	Childhood pox	Japanese encephalitis	Double vaccine (DT)	Cervical cancer	Mumps	RSV	Vaccination availability and times (Notes)	Closed	Reservations
				Movalent: Rotarix	Pentavalent: Rotarix													
Saito	Urabe Sanfujinka	Sukezane	082-431-4103													14:00 - 15:30 on Tuesdays, Fridays and Saturdays Please check the reservation website for the dates and times of RSV vaccinations. (Japanese language only)	Sundays and national holidays / Thursday afternoons	Needed (online reservation)
	Kato Kids Clinic Allergy Depart	Dojomanu	082-421-5522	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 15:30 - 18:00 (reception until 17:00) (Time exclusively for vaccinations: 14:00 - 15:30 during consultation times. Reception until 15:00.)	Sundays and national holidays / Tuesday afternoons / Thursday afternoons	Needed for RSV vaccinations
	Kawaguchi Naika Clinic	Chuo 7	082-422-3518													9:00 - 11:30 / 15:00 - 17:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Kawahara Kodomo Clinic	Chuo 7	082-493-8882	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 13:00 / 15:00 - 17:00	Sundays and national holidays / Wednesdays	Needed
	Kubonishi Shonika Naika Clinic	Osawa	082-420-2222	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 15:00 - 17:00 (Time exclusively for vaccinations: 15:00 - 16:00 on Tuesdays) Reservations can be made on days other than Tuesdays.	Sundays and national holidays / Wednesday afternoons / Saturday afternoons	Needed
	Komazawa Shonika	Jike	082-493-6566	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 14:00 - 18:00 (9:00 - 12:00 on Saturdays) (Time exclusively for vaccinations: 14:00 - 15:00 during consultation times on Mondays, Tuesdays, Thursdays and Fridays.)	Sundays and national holidays / Wednesday afternoons / Saturdays after 12:00	Needed for RSV vaccinations
	Sajo Tokiwa Clinic	Chuo 5	082-493-5115													8:30 - 12:00 / 14:30 - 17:30	Sundays and national holidays / Thursday afternoons / Saturday afternoons / 2nd and 4th Thursdays of the month	Needed
	Sajo Sukoyaka Clinic	Sukezane	082-437-5959													9:00 - 13:00 / 15:00 - 18:00	Sundays and national holidays / Thursdays	Needed
	Jike Naika Clinic	Jike	082-493-8555	○	○	○	○	○	○	○	○	○	○	○	○	8:30 - 12:00 / 14:00 - 18:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed (appointments should be made two or more days in advance)
	Tonari no Clinic	Umaki	082-437-3015	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:30 / 14:30 - 18:00 (until 16:00 on Saturdays)	Sundays and national holidays / Wednesdays	Needed
	Shimoyama Memorial Clinic	Jike	082-424-1121													8:30 - 12:30 / 14:00 - 17:30 (14:00 - 17:00 on Saturdays)	Sundays and national holidays	Needed
	Sekito Naika Shokakka Clinic	Misonou	082-493-8551	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 15:30 - 18:30	Sundays and national holidays / Wednesday afternoons / Saturday afternoons	Needed
	Sone Naika Clinic	Misonou	082-426-6855	○	○	○	○	○	○	○	○	○	○	○	○	9:00-12:00 / 14:30 - 17:30 ※ For children of 3 years of age and above.	Sundays and national holidays / Wednesday afternoons / Saturday afternoons	Needed
	Niji no Kodomo Clinic	Jike	082-426-6600	○	○	○	○	○	○	○	○	○	○	○	○	15:00-15:30 on Mondays, Tuesdays, Thursdays, Fridays and Saturdays when the clinic is open. ※ For more details, please see the website.	Sundays and national holidays / Wednesday afternoons. Non-regular holidays over the year-end/new year periods, at o-Bon (August), and on Saturdays and Mondays	Needed
	Hara Clinic Higashiroshima	Sakaemachi	082-423-2332													9:00 - 12:00 / 14:30 - 18:00 on Mondays, Tuesdays, Thursdays, and Fridays 9:00 - 12:00 on Wednesdays and Saturdays	Sundays and national holidays / Wednesday afternoons / Saturday afternoons	Needed (appointments should be made one week in advance)
Higashiroshima Memorial Hospital	Yoshiyuki	082-423-6661													14:30 - 17:00 on Tuesdays	Sundays and national holidays / Thursday afternoons	Needed	
Fujiwara Naika Iin	Misonou	082-422-6262	○	○	○	○	○	○	○	○	○	○	○	○	8:30 - 11:00 / 15:30 - 17:00 (8:30 - 11:00 on Thursdays and Saturdays)	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed	
Honjo Naika Shonika	Chuo 8	082-422-6744	○	○	○	○	○	○	○	○	○	○	○	○	8:00 - 11:30 / 14:30 - 17:00 (Time exclusively for vaccinations: 14:30 - 15:30 on Thursdays and Saturdays)	Tuesday and Friday afternoons	Needed	
Matsubayashi Ladies' Clinic	Misonou	082-493-8600													9:00 - 12:30 / 15:00 - 18:00 (until 17:00 on Saturdays)	Sundays and national holidays / Wednesdays	Needed	
Miwa Kodomo Clinic	Sajo-Higashi	082-431-4555	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 11:00 / 14:00 - 17:00 (Time exclusively for vaccinations: 14:00 - 15:00 on Mondays, Tuesdays and Fridays)	Sundays and national holidays / Thursdays / Saturday afternoons	Needed (consultation needed for rotax)	
Matsunaga Hospital	Okamachi	082-423-2666													9:00 - 12:00 on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays	Sundays and national holidays / Thursdays	Needed	
Hachihonmatu	Kodomo Clinic Hachihonmatu	Minami 2	082-428-1150	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 14:30 - 18:00	Sundays and national holidays	Needed (online reservations are possible)
	Naoto Naka/Tonyoby Clinic	Minami 2	082-437-3110													9:00 - 14:30 on Mondays, Tuesdays, Wednesdays and Fridays 9:00 - 12:30 on Saturdays	Sundays and national holidays / Thursdays	Needed
	Sasaki Iin	Hara	082-429-0255	○	○	○	○	○	○	○	○	○	○	○	○	8:30 - 11:30 / 15:30 - 18:30	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Takahashi Home Clinic	Iida 6	082-428-0147	○	△	○	○	○	○	○	○	○	○	○	△	8:30 - 12:30 / 15:00 - 18:00 (on Mondays and Fridays)	Sundays and national holidays / Tuesday afternoons / Wednesday afternoons / Thursday afternoons / Saturday afternoons	Needed (consultation needed for rotax and RSV vaccinations)
	Nakata Naika Iin	Minami 5	082-497-3077													9:00 - 12:30 / 14:30 - 18:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	My Clinic	Higashi 3	082-497-3232													8:30 - 12:00 / 15:00 - 18:00	Sundays and national holidays / 2nd and 4th Thursday afternoons / Saturday afternoons	Needed
	Matsuda Iin	Iida	082-428-0019	○	○	○	○	○	○	○	○	○	○	○	○	10:00 - 12:00 / 16:00 - 18:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
Shiwa	Sasaki Iin	Shiwa-Higashi	082-433-3733													9:00 - 12:30 / 15:00 - 18:00 ※ Vaccinations for measles/rubella and Japanese encephalitis are only for the second stage. Pentavalent vaccinations are only for children of 5 or over.	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Shiwa Iin	Shichijo-kabusaka	082-433-2228	○	○	○	○	○	○	○	○	○	○	○	○	9:00-12:00 / 14:00 - 18:00	Sundays and national holidays / Tuesday afternoons / Thursday afternoons / Saturday afternoons	Needed
	Miki Iin	Befu	082-433-2501						△	○	○	○	○	○	○	9:00 - 12:00 / 14:30 - 18:00 (9:00 - 11:40 on Thursdays) For children aged 3 and over. Vaccinations for measles/rubella and mumps are available for the second stage only.	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
Takaya	Imajo Clinic	Hiyama	082-426-6830 (For appointments: 080-8237-9662)													9:00 - 12:00 / 15:00 - 18:00 (until 17:00 on Saturdays)	Sundays and national holidays / Thursdays	Needed
	Kadokawa Naika Iin	Kodani	082-434-6010													9:00 - 12:00 / 15:00 - 17:00	Sundays and national holidays / Thursday afternoons	Needed (multiple vaccinations cannot be given at the same time)
	Kawanaka Iin	Miyayo	082-434-0138	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 / 15:00 - 18:30	Sundays and national holidays / Thursday afternoons	Needed
	Konishi Nogeika Naika Iin	Zoka	082-430-2020													8:30 - 12:00 / 15:00 - 18:00	Sundays and national holidays / Tuesday afternoons / Saturday afternoons	Needed
	Shiraichi Shinryoyo	Shiraichi	082-434-2020													9:00 - 12:00 on Mondays to Saturdays 15:00 - 18:00 on Tuesdays and Fridays	Sundays and national holidays / Monday afternoons / Wednesday afternoons / Thursday afternoons / Saturday afternoons	Needed
	Zoka Nobuhara Iin	Zoka	082-436-0100	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 on Mondays to Saturdays 17:00 - 18:30 on Mondays, Tuesdays, Wednesdays and Fridays	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Takamiyagaoka Clinic	akamiyagaoka	082-434-8110	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 (9:00 - 11:00 on Tuesdays)	Sundays and national holidays / Thursday afternoons	Needed
	Takami Chuo Clinic	akamiyagaoka	082-434-1128	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:30 / 14:30 - 18:30 (until 17:00 on Saturdays)	Sundays and national holidays / Wednesday afternoons	Needed
	Nambu Naika Iin	Kodani	082-434-7822													9:00 - 11:00 / 15:00 - 17:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Fujiwara Iin	Hiyama	082-434-0029													9:00 - 11:00 / 15:30 - 17:00	Sundays and national holidays / Thursdays	Needed
Kurose	Honda Clinic	Kinehara	082-434-8811													10:00 - 12:00 / 15:00 - 17:30 Vaccinations are only given to children of ages 3 and up. Measles and rubella vaccinations are only for the second stage.	Sundays and national holidays / Tuesday afternoons / Thursday afternoons / Saturday afternoons	Needed
	Makida Clinic	Nakashima	082-491-1751	○	○	△	○	○	○	○	○	○	○	○	○	9:00 - 12:30 / 14:30 - 18:00 (until 17:30 on Saturdays) (Time exclusively for vaccinations: 14:30 - 15:30 on Mondays, Wednesdays, Fridays and Saturdays)	National holidays / Sunday afternoons / Thursdays	Needed (consultation needed for rotax)
	Yokoyama Sanfujin-ka	Nakashima	082-434-7777													9:00 - 12:00 / 15:00 - 17:00	Sundays and national holidays / Tuesday afternoons / Thursday afternoons / Saturday afternoons	Needed
	Shimizu Iin	Maruyama	0823-82-2011	○	○	○	○	○	○	○	○	○	○	○	○	15:30 - 17:20 on Mondays, Wednesdays, Fridays and Saturdays	Sundays and national holidays / Thursdays	Needed (appointments should be made seven days in advance)
	Shingai Iin	Kanesawa	0823-82-2074													8:30 - 11:00 / 15:00 - 17:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Hatano Shonika	Kanehiro	0823-83-1011	○	○	○	○	○	○	○	○	○	○	○	△	9:00 - 11:30 / 14:30 - 17:30 RSV vaccinations are available only with a referral from an obstetrician.	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed for rotax. For other vaccinations, please make a reservation one day in advance.
	Maeda Iin	Kunichika	0823-82-2179													8:30 - 12:30 / 15:00 - 18:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
Matsugaoka Iin	Matsugaoka	0823-82-0123													17:00 - 21:00 on Mondays, Wednesdays, Thursdays, Fridays and Saturdays (19:00 - 21:00 on Tuesdays) 10:00 - 12:00 on Mondays, Wednesdays and Saturdays ※ As a rule, vaccinations are for children aged 6 and over.	Sundays and national holidays	Needed (as a rule, vaccinations are available only for regular (existing) patients)	
Toyosaka	Fukutomi Naika Geka Iin	Kuba	082-430-1101	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:30 / 14:30 - 18:00	Sundays and national holidays / Thursday afternoons / Saturday afternoons	Needed
	Toyosaka Shinryoyo	Nomi	082-432-2005	○	○	○	○	○	○	○	○	○	○	○	○	9:00 - 12:00 on Mondays, Wednesdays and Fridays, and the 1st, 3rd and 5th Saturdays of the month 13:30 - 18:00 on Mondays and Thursdays	Sundays and national holidays / Tuesday / Wednesday / Thursday afternoons / Saturday mornings	Needed
Aitsu	Kochi Clinic	Nakagochi	082-420-7665	○	○	○	○	○	○	○	○	○	○	○	○	8:00 - 11:30	Afternoons (there may be irregular days when the clinic is open)	Needed
	Kanda Iin	Kazahaya	0846-45-0039	○	○	○	○	○	○	○	○	○	○	○	○	8:15 - 12:00 / 16:00 - 18:15 on Mondays, Tuesdays, Wednesdays and Fridays (8:15 - 12:00 on Thursdays) 8:15 - 12:00 / 16:00 - 17:00 on Saturdays	Sundays and national holidays / Thursday afternoons	Needed
	Aikitsu Prefectural Hospital	Mitsu	0846-45-0055	○	○	○	○	○	○	○	○	○	○	○	△	9:00 - 10:30 / 15:30 - 18:30 on Tuesdays, Wednesdays and Thursdays (for elementary school students over) Telephone reservations: 9:00 - 17:00 RSV vaccinations require prior consultation (only with a referral letter from a doctor).	Sundays and national holidays / Saturdays	Needed (appointments should be made three or more days in advance)

Childcare Facilities in Higashiroshima City (as of April 2026)

A: Extended hours childcare B: Temporary childcare C: Sick child care D: Community Child-rearing Support ※Telephone numbers omit the area code (082).

Area	Type	Name of nursery school	Places	Address	Phone No. (area code (082))	Acceptance age	Opening hours (*Note 1)		A	B	C	D
							Standard child care	Short child care				
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 Shimo-minaga, 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-N Dai-ichi	40	9-2 Saijo-showa-machi	490-3189	2 months after birth or older	7:00~20:00 7:00~20:00	Please check with the facility	○			
	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	180	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	○	○	○	
Hachi- hon- matsu	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		○		
	Private	Hachihon- matsu 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 Iida 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	○	○		
	Private	Aiguran (Yonemitsu)	90	1039-1 Yonemitsu Hachihonmatsu	430-7738	3 months after birth or older	7:30~19:30 7:30~19:30	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	30	1249 Shichijo-kabusaka, Shiwa-cho	433-4961	3 months after birth or older	7:00~18:45	8:30~16:30	○	○		
Takaya	Public	Takaya Higashi	90	631-1 Shiraichi, 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				
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				

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				
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	70	868-3 Nyuno, Kochi-cho	437-0516	4 months after birth or older	7:30~18:30 7:30~17:00	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 At Mitsu Nursery School	8:30~16:30				
	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		○		○

(Approved 'kodomo-en') \*Note 2

Telephone numbers omit the area code (082).

Saijo	Public	Misonou Kindergarten	56 70	3-6-27 Kagamiyama	422-4640	12 months after birth or older	7:30~18:30 7:30~12:30	8:30~16:30 7:30~12:30				
	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	8:15~16:15 8:15~16:15	○		○	○
	Private	Sazanami Noie	22 2	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	140 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	163 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	45 15	7377 Jike, Saijo-cho	423-0332	12 months after birth or older	7:30~19:00 Available at Hachihonmatsu Mizuki	8:00~16:00	○	○		○
	Private	Sakuragaoka	142 5	7175-1 Jike, Saijo-cho	495-1717	10 months after birth or older	7:00~19:00 8:00~17:00	8:30~16:30 8:30~16:30	○	○	○	
	Private	Saijo Kindergarten	60 123	6-13 Asahi-machi, Saijo	422-2915	12 months after birth or older	7:30~19:30	8:30~16:30	○	○	○	
Hachihonmatsu	Private	Azalea Kids Station	40 25	2-5-21 Hachihonmatsu-nishi	428-3535	9 months after birth or older	7:00~18:30	8:30~16:30	○	○		
	Private	Hachihonmatsu Mizuki	30 25	6-6-33 Iida, Hachihonmatsu	437-5020	12 months after birth or older	7:30~18:30 8:00~17:00	8:00~16:00 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	170 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	○	○	○	○
Shiwa	Private	Shiwa Ryujo	40 5	1456-3 Shiwa-Nishi, Shiwa-cho	433-5701	3 months after birth or older	7:00~19:00 7:00~17:30	8:00~16:00 8:00~16:00	○	○		○
Takaya	Public	Takaya	115 5	1276 Kinehara, Takaya-cho	434-4032	10 months after birth or older	7:00~19:00 7:00~19:00	8:30~16:30 8:30~16:30	○	○		
	Private	Samuel 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	137 41	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	○			
Kurose	Private	Academic Himawari	30 35	2-2-3 Narahara-Kita, Kurose	0823-69-5858	6 months after birth or older	7:00~18:30	8:00~16:00	○	○		○
	Private	Midorigaoka Yochien	80 114	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		○		○
Akitsu	Private	Kazahaya	35 15	3185-1 Kazahaya, Akitsu-cho	0846-45-4065	12 months after birth or older	7:30~18:00	8:00~16:00		○		

(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	○	○		
	Private	Sakura-iro	18	7081-1 Jike, Saijo-cho	495-1739	From 10 months after birth to under 3 years	7:00~18:00 8:00~18:00	8:30~16:30 8:30~16:30		○	○	
	Private	Yuzukko Misonou	19	5585-1 Misonou, Saijo-cho	436-4351	From 6 months after birth to under 3 years	7:30~18:30 7:30~18:30	8:30~16:30 8:30~16:30		○	○	
	Private	Yuzukko Shitami	19	Mayfair 101, 6-4-36, Saijo Shitami	436-4155	From 6 months after birth to under 3 years	7:30~18:30 Available at Yuzukko Misonou.	8:30~16:30		○	○	
Hachihonmatsu	Private	Mebae	19	2-4-14 Hachihonmatsu-minami	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) (lower line).

Non-Authorized Childcare Facilities					As of April 1st, 2026
Area	Facility name	Location	Telephone number	Age range	Notes
Saijo	Kaeru Hoikuen	5-4-35 Saijo Doyomaru (Keio Building)	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	
	Natsume Hoikuen	4732-1 Jike, Saijo-cho (201 Tabe 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	6 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	6 months old ~ 2 years old	Enterprise-oriented Childcare Business (with nursery room for sick children & convalescing children)
	C&E International Preschool	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	
Toyosaka	Seikatsu-no-Mori Ochien	1311-3 Kiyotake, Toyosaka-cho	0824-01-3848	3 years old ~ before starting school	
Akitsu	Hoikusho Akitsu-en	4372-1 Mitsu, Akitsu-cho	0846-46-0290	6 months old ~ before starting school	
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.					