

To help your child grow up in good health.

*Please refer to the dates in the Japanese version.

4-Month Checkup

Place : Health Center
Registration time : 1:15 p.m. - 1:45 p.m.
Details : height, weight,
head circumference and
chest circumference check,
medical examination, baby
food lecture, child-care
consultation
Finish time : 3:30 p.m. - 4:00 p.m.

7-Month Consultation

Place : Health Center
Registration time : 9:15 a.m. - 9:45 a.m.
Details : lecture about development
and baby food for 7-month
old child, sampling of baby
food, child care consultation,
nutrition consultation,
Bookstart (receive a free
book and read to your child)
Finish time : 11:00 a.m.

1 Year and 6-Month Checkup

Place : Health Center
Registration time : 1:15 p.m. - 1:45 p.m.
Details : height and weight check,
medical examination by
doctor and dentist, teeth
brushing consultation,
child-care consultation,
nutrition consultation
Finish time : 3:30 p.m. - 4:00 p.m.

Vaccinations

Please see the back
for information.



Home visitation for your baby

A Public Health Nurse or Midwife will visit your home. They will check your child's height and weight and do a care consultation.

* If you want to have an earlier date for the home visitation please, send the postcard that is on the MCH pamphlet or contact the Health Promotion Section directly.

Checkup for new mothers and infants

(Around one month after birth)

Please have the checkup at a hospital in Ishikawa. Bring the registration card that is on the MCH pamphlet.

10-Month Consultation

Place : Health Center
Registration time : 9:15 a.m. - 9:45 a.m.
Details : height and weight check,
lecture about development
and baby food for 10-month
child, sampling of baby food,
child care consultation,
nutrition consultation,
parent-child play
Finish time : 11:30 a.m.

Checkup for infants (From 11 months old to the day before 1 year and 1 month old)

Please have the checkup at a hospital in Ishikawa and bring the registration card (for infants) that is attached to the MCH pamphlet.

* If you have the checkup outside of Ishikawa Prefecture, only part of the checkup cost will be subsidized.

Telephone Consultation

We accept telephone consultations about your child's growth, meals, vaccinations, as well as the mother's health and any other concerns.

Health Center 076-248-3511

Feel free to call about your concerns.

3 Years and 4-Month Checkup

Place : Health Center
Registration time : 1:15 p.m. - 1:45 p.m.
Details : height and weight check,
medical examination by
doctor and dentist, urinalysis,
child-care consultation,
nutrition consultation
Finish time : 3:30 p.m. - 4:00 p.m.
• Please perform vision test and whisper test at home.
• Please bring your child's urine sample in the container provided on the day of the checkup.

Attention

• We will notify you individually about your child's 4-month, 1 year 6-month, and 3 year 4-month checkup and about the 7-month and 10-month consultation and vaccinations. If you recently moved, you may not have received the notice. Please contact the Health Center. Also, if you cannot make it on the specified date, please contact us in advance.

Vaccinations

Vaccination Name			Age	Number of Inoculations	Notification
Haemophilus influenza type B Vaccine			2 months to 4 years	4 times <small>* The number depends on when the first inoculation was recieved.</small>	It will be mailed the month following the child's birthday.
Pediatric Pneumococcal			2 months to 4 years	4 times <small>* The number depends on when the first inoculation was recieved.</small>	
DPT-IPV (Diphtheria, Pertussis, Tetanus and Poliomyelitis)	Phase 1	First Time	3 months to 7 years 5 months	3 times	
		Additional Time		1 time	
DT (Diphtheria and Tetanus)			11 years old, 12 years old	1 time	It will be mailed one month before the child's 11th birthday.
BCG (Tuberculosis)			3 months to 11 months	1 time	It will be mailed the month following the child's birthday.
Measles • Rubella		Phase 1	1 year	1 time	It will be mailed the month following the child's birthday.
		Phase 2	6 years	1 time	It will be mailed one month before the child's 6th birthday.
Variella			1 year to 2 years	2 times	It will be mailed the month following the child's birthday.
Japanese Encephalitis	Phase 1	First Time	3 years to 7 years 5 months	2 times	It will be mailed one month before the child's 3rd birthday.
		Additional Time		1 time	
	Phase 2		9 years to 12 years	1 time	We are not sending notifications. It is only sent to people who request it.

If your child had a medical condition that required a long-term recuperation and he/she couldn't get the vaccination in time, then please consult the Health Center.
People who have not been inoculated 3 times, and were born between 4/2/95~4/1/07, and are under 19 years old can receive the Japanese Encephalitis vaccination.

Child immunization cost subsidies

Available for these vaccinations

- Mumps, Influenza, Rotavirus, Hepatits A/B
- Only if you were inoculated with any vaccine after the suggested inoculation period.

Amount : Each time up to 1000 yen (Up to 2 times per year per vaccination type.)

Age: Birth ~ third year junior high school

Application acceptance period : From within one year following the month of vaccination date.

Send application : To the Health Center



Nonoichi family education guidance

1. Early to bed, Early to rise, Eat breakfast as a family
2. Helping, Read, Keeping family promises
3. Praise, Reprimand, Family ties

Please contact the child-hearing services section for inquiries about medical expenses.

☎ 076-227-6077

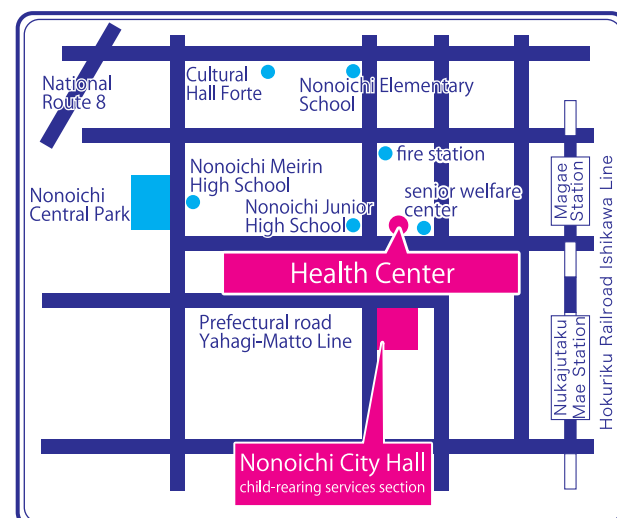
Please contact

The Health Center ☎ 076-248-3511

for any other concerns

3-128 Sanno, Nonoichi-shi

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Important Dates for Your Child's Healthy Growth

Your baby's body begins with a single cell and grows to 3 trillion cells before birth. Then, the cells increase to 60 trillion in a full-grown adult. The foundation of your baby's body is important for healthy growth. Through classes and individual consultations, let's work together to think about how you can spend your pregnancy to give your baby a solid foundation for healthy growth.

Class for expecting mothers and fathers

Class location : Health Center

The mother's body is connected to the baby's body. During pregnancy, women's bodies change in ways that can and cannot be seen, such as the quantity of blood and hormonal changes, as well as the size of the abdomen. Together, let's think about important points, such as how to interpret checkup results so that both baby and mother can maintain a healthy life.

* Please register for the class **in advance**.

* Both mother and father should participate together.

(It's ok if only the mother can participate.)

☆ 1st session ☆ 10:00 a.m. - 11:30 a.m. (90 min.)

☆ 2nd session ☆ 10:00 a.m. - 12:00 p.m. (120 min.)

* For participants who attended the first session

- The role of the placenta that connects baby and mother
- What is involved in the pregnancy checkup?
- The necessary nutrition to help babies grow

- Mother's physical changes in the second trimester of pregnancy
~Why do I crave sweets?~
- Life after your baby is born
- Baby's tooth decay prevention during pregnancy
- Carrying your baby, practice changing a baby's clothes (experience for the father)

What to bring • Maternity record book

*Please refer to the dates in the Japanese version.

What to bring • Maternity record book
• Handouts from the first class

