

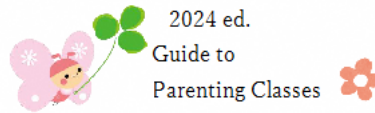
Announcement about 2024 Oshu Parenting Classes

Details about the Classes

The city provides parenting classes, to serve as a space to connect people who are giving birth at around the same time, as well as helping to prepare for a peaceful birth. Everyone is welcome.

For details on dates, times, etc. please see the info sheet below or contact the Maternal Health Office. (This sheet is also distributed to eligible people when they get their Mother/Parent-Child Health Handbook.)

People who are interested in participating should apply via the link below, at least three days before the class they wish to take. <https://logofrom.jp/404>



Congratulations on your pregnancy! You must be looking forward to the arrival of your sweet baby.
 These classes are for preparing for a peaceful birth, as well as providing a space to connect people who are giving birth at around the same time.
 Everyone is welcome.



※ Appointments required Class days will differ depending on your due month.
 Check the class time and the application start date, and apply online at least 3 days in advance.

Class date	5/27 (Mon)		7/22 (Mon)		9/17 (Tues)		11/18 (Mon)		1/20 (Mon)		3/17 (Mon)	
Due month	2024 Aug	Sept.	Oct.	Nov.	Dec.	2025 Jan.	Feb.	March	April	May	June	July
Applications start on	5/13 (Mon)		7/8 (Mon)		9/3 (Tues)		11/5 (Tues)		1/6 (Mon)		3/3 (Mon)	

[Details]

- Lecture from a midwife: Birth, about breastmilk and formula, and stretches for pregnancy
- Dental lecture: Maternal nutrition: dental care for mom and baby
- Nutritional lecture: Maternal nutrition: meal advice for mom and baby
- Lecture from a public health nurse: from pregnancy to childrearing, an introduction to services you can use



【When? 】 1:10PM-3:30PM (front desk: 1:00PM-1:10PM)

【Where? 】 Mizusawa Public Health Center
 Mizusawa Otomachi 3-2

【Who? 】 Those who are 6-8 months pregnant (no sibling accompaniment, please)

[Participant limit] 16 people

【What to bring.】 Health Handbook, something to write with, bath towel
 * Oshu Childrearing Guide, Health Handbook Supplementary Reader
 (resources that are distributed when you get your Health Handbook)

Important Notes:
 Wearing a mask to participate is recommended, so as to protect all pregnant people themselves from infections.
 Those who are experiencing symptoms such as bloating, and those who have been given bed rest orders from a hospital, should not participate.
 Please use the Mizusawa Public Health Center parking lot, or Mizusawa Hospital's multistory parking area (1st floor, south side.)
 Please give notice if you need to cancel.
 Contact: Oshu Health & Children's Dept. Health Promotion Division, Maternal Health Section (TEL: 0197-34-2904)

Request for Everyone

Important Notes

- Wearing a mask to participate is recommended, so as to protect all pregnant people themselves from infection.
- Those who are experiencing symptoms such as bloating, and those who have been given bed rest orders from a hospital, should not participate.
- Please use the Mizusawa Public Health Center parking lot, or Mizusawa Hospital's multistory parking area (1st floor, south side.)
- If you need to cancel, please give notice. Those who can't participate can have the materials from the class sent to them.