

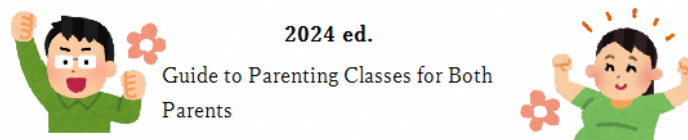
Announcement about Parenting Classes for Both Parents in 2024

Details about the Classes

The city provides classes for both parents-to-be. You can get accurate information about pregnancy, giving birth, and childrearing, while getting ready to peacefully welcome the baby. It's also a space to process your feelings about parenting as a team. 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://logoform.jp/form/cAjx/286367>



Congratulations on the pregnancy! You must be looking forward to the arrival of your sweet baby. In these classes, you can get accurate information about pregnancy, giving birth, and childrearing, while getting ready to peacefully welcome the baby. It's also a space to process your feelings about parenting as a team. Everyone is welcome.

Class date	4/20 (Sat)		6/22 (Sat)		8/24 (Sat)	
Class time	AM	PM	AM	PM	AM	PM
Due month	2024 Aug.	Sept.	Oct.	Nov.	Dec.	2025 Jan.
Applications start on	4/8 (Mon)		6/10 (Mon)		8/13 (Tues)	

※ Appointments required

Class times 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	10/26 (Sat)		12/14 (Sat)		2025 2/22 (Sat)	
Class time	AM	PM	AM	PM	AM	PM
Due month	2025 Feb.	March	April	May	June	July
Applications start on	10/15 (Tues)		12/2 (Mon)		2/10 (Mon)	

Make your online appointment here!



[Details]

- ♥ Experiential lessons: giving a bath, pregnancy simulation, holding a baby, changing diapers, changing clothes
- ♥ Dental lecture: Caring for a Baby's Teeth/Watch Out for the Sweetness of Juice!
- ♥ Nutritional lecture: A Little Advice about Food and Eating (with easy breakfast recipes)
- ♥ DVD lesson: The Newest Subject: Childrearing for Husbands! Men's and women's brains, and their relationship to parenting
- ♥ Lecture from a public health nurse: Thinking about Lifestyle after Birth as a Couple: Using Childcare Leave

【When?】 AM 9:00~12:10 PM 13:00~16:10
 (Front desk 8:50AM-9:00AM) (Front desk 12:50PM-1:00PM)

【Where?】 Mizusawa Public Health Center (Mizusawa Otemachi 3-2)

【Who?】 People who are 5-7 months pregnant and their partners (no siblings, please)

【Participant limit:】 15 pairs per session

【What to bring:】 Health Handbook and something to write with



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, those who have been given bed rest orders from a hospital, and anyone who is feeling unwell, should not participate.

Please use the Mizusawa Public Health Center parking lot, or Mizusawa Hospital's multistory parking area (1st floor, south side.)

Please use the following numbers for inquiries/cancellations: For cancellations in advance: Oshu Health & Children's Dept. Health Promotion Division, Maternal Health Section (TEL: 0197-24-2904) For cancellations on the day: Oshu City Hall (0197-24-2111)

※ Subject to change depending on the infection situation; thank you for your understanding.

Requests for Everyone

- Masking is considered to be effective at protecting pregnant people themselves from infections, so wearing a mask to participate is recommended.
- Those who are experiencing symptoms such as bloating, those who have been given bed rest orders from a hospital, and anyone who is feeling unwell, 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.