

About Parenting Classes for Both Parents

Oshu offers classes to learn all about pregnancy, giving birth, and childrearing. Get ready to welcome the baby while processing your feelings about parenting as a team. Everyone is welcome.

Up till now, classes have been held at Yuyukan in Isawa, but from now on they will take place at a conference room at Oshu City Hall.

Those who are eligible and interested in participating should call to apply three days before the class they wish to take. (See contact info at the bottom of the page.)

※ For information about specific dates, please check the info sheet that comes with the Health Handbook, or contact the office at the bottom of this page.

Times: Morning session 10:00AM – 11:30AM Afternoon session 1:00PM – 2:30PM (Please arrive 10 minutes early for sign-in.)
Place: Oshu City Hall 3 rd floor, conference room 302/303
Eligible participants: 5-7 month pregnant people and their partners ※No accompaniment from siblings, please.
Participant limit: 15 pairs per session
Contents: Dental hygiene lecture, nutrition lecture, video lessons

Important Notes:

- Infection prevention measures, such as ventilation of the venue, are in effect.
 - Participants must wear masks.
 - Please cooperate with temperature checks and using hand sanitizer at the venue entrance.
 - Those who have been told by their main healthcare provider to take bedrest, or those experiencing bloating or cold-like symptoms, should not participate.
- ※ Depending on the current COVID-19 situation, classes may be canceled or the content may change.
Thank you for your understanding and cooperation.

Contact

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