

About Parenting Classes: Updates for 2022

Outline

The city offers parenting classes as a space to connect people who are becoming parents at 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 call the number listed below, and apply at least three days before the class they wish to take.

2022

Parenting Classes

Guide

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

Due month:	2022					2023						
	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	July
Class date:	May 16 th (Mon)		July 11 th (Mon)		Sept. 12 th (Mon)		Nov. 14 th (Mon)		Jan. 16 th (Mon)		March 13 th (Mon)	
Applications start on:	May 2 nd (Mon)		June 27 th (Mon)		Aug. 29 th (Mon)		Oct. 31 st (Mon)		Jan. 4 th (Wed)		Feb. 27 th (Mon)	

※ Important: Check the application start date, and apply by phone at least 3 days in advance.

Applications, contact: Oshu Health & Children's Dept. Health Promotion Division, Maternal Health Section (TEL: 0197-34-2904)

When?	1:10PM – 3:20PM (front desk 1:00PM – 1:10PM)
Where?	Mizusawa Health Office (3-2 Mizusawa Otemachi)
Who?	Those who are 6-8 months pregnant (no sibling accompaniment please)
Participant limit:	16 people
Contents:	Experiential lessons: changing a baby's clothes, how to hold a baby, diaper changes Lectures: about dental hygiene, about nutrition
What to bring:	Health Handbook and something to write with
Important Notes:	<ul style="list-style-type: none">- Please wear a mask.- Temperature checks, hand sanitizer, ventilation, and similar infection prevention measures are in effect.- Please use Mizusawa Health Office's parking lot or the 2nd floor of Mizusawa Hospital's multilevel parking lot.- Those who are experiencing symptoms such as bloating, and those who have been told by their main healthcare provider to take bed rest, should not participate.- Please give notice if you need to cancel.
Contact:	Oshu Health & Children's Dept. Health Promotion Division, Maternal Health Section (TEL: 0197-34-2904)

※ Depending on the COVID-19 situation, classes may be canceled or the content may change. Thank you for your understanding.

Request for Everyone

About Infection Prevention Measures

- On the day of your class, please wear a mask.
- As a precautionary measure, only pregnant people may participate.
- Other children may not accompany participants.
- Please cooperate with temperature checks and using hand sanitizer at the venue entrance.
- Depending on the COVID-19 situation, classes may be canceled or the content may change. In this case, would-be participants will be contacted; as well, details will be regularly updated on the city website, so please check the homepage for the newest information.

If the following applies to you, please contact the Maternal Health Office, since you may not be permitted to participate in the parenting class.

- 1) If you have a sore throat, cough, shortness of breath, fever of 37.5 C (99.5 F) or above, or other symptoms that resemble those of COVID-19
- 2) If you or anyone in your household has had contact with someone who had COVID-19, or that you suspect had COVID-19, within the past week
- 3) If anyone in your household has had school, work, or childcare temporarily closed due to the spread of COVID-19

Other Requests

※ If you become unable to participate in the parenting class for any reason, please give notice, since the materials from the class can be sent to you.