

About Parenting Classes for Both Parents: Updates for 2022

Outline

The city offers classes for both parents-to-be, to provide accurate information about pregnancy, giving birth, and childrearing. Get ready to welcome the baby while processing 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 call the number listed below, and apply at least three days before the class they wish to take.

2022

Parenting Classes for Both Parents

Guide

Congratulations on the pregnancy! You must be looking forward to the arrival of your sweet baby.

These classes are a space to provide accurate information about pregnancy, giving birth, and childrearing. Get ready to welcome the baby while processing your feelings about parenting as a team. Everyone is welcome.

Class date:	April 23 rd (Sat)		June 25 th (Sat)		August 27 th (Sat)		Oct. 22 nd (Sat)		Dec. 17 th (Sat)		Feb. 25 th (Sat)	
Class time:	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Due month:	2022 Aug. Sept.		Oct.	Nov.	Dec.	2023 Jan.		Feb.	March	April	May	June July
Applications start on:	April 11 th (Mon)		June 13 th (Mon)		Aug. 15 th (Mon)		Oct. 11 th (Tues)		Dec. 5 th (Mon)		Feb. 13 th (Mon)	

※ Important: Class times may vary depending on your due month. Check the class time and 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?	Morning: 9:00AM – 12:00PM (front desk 8:50AM – 9:00AM) Afternoon: 1:00PM – 4:00PM (front desk 12:50PM – 1:00PM)
Where?	Mizusawa Health Office (3-2 Mizusawa Otemachi)
Who?	People who are 5-7 months pregnant and their partners (no sibling accompaniment)
Participant limit:	15 pairs per session
Contents:	Video lesson: A Message from Your Baby Experiential lessons: how to give a bath, how it feels to be pregnant Lectures: about dental hygiene, about feeding
What to bring:	Mask, Health Handbook, and something to write with
<p>Important Notes:</p> <ul style="list-style-type: none"> - Please wear a mask. - Please use Mizusawa Health Office's parking lot or Mizusawa Hospital's multilevel parking lot. - Temperature checks, hand sanitizer, ventilation, and similar infection prevention measures are in effect. - 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. <p>Contact: Oshu Health & Children's Dept. Health Promotion Division, Maternal Health Section (TEL: 0197-34-2904)</p>	

※ 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 and their spouses 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 any would-be participant 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.