

# To help your child grow up in good health.

\*Please refer to the dates in the Japanese version.

## 4-Month Checkup

Place : Health Center  
 Registration time : 1:15 p.m. - 1:45 p.m.  
 Details : height, weight, head circumference and chest circumference check, medical examination, baby food lecture, child-care consultation  
 Finish time : 3:30 p.m. - 4:00 p.m.

## 7-Month Consultation

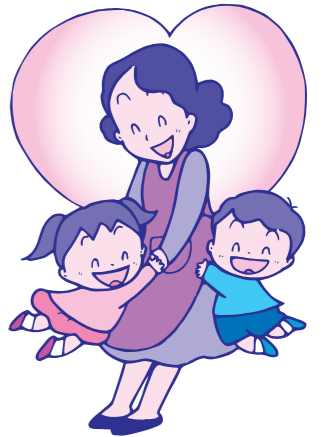
Place : Health Center  
 Registration time : 9:15 a.m. - 9:45 a.m.  
 Details : lecture about development and baby food for 7-month old child, sampling of baby food, child care consultation, nutrition consultation, Bookstart (receive a free book and read to your child)  
 Finish time : 11:00 a.m.

## 1 Year and 6-Month Checkup

Place : Health Center  
 Registration time : 1:15 p.m. - 1:45 p.m.  
 Details : height and weight check, medical examination by doctor and dentist, teeth brushing consultation, child-care consultation, nutrition consultation  
 Finish time : 3:30 p.m. - 4:00 p.m.

## Vaccinations

Please see the back for information.



### Home visitation for your baby

A Public Health Nurse or Midwife will visit your home. They will check your child's height and weight and do a care consultation.  
 \* If you want to have an earlier date for the home visitation please, send the postcard that is on the MCH pamphlet or contact the Health Promotion Section directly.

### Checkup for new mothers and infants

(Around one month after birth)

Please have the checkup at a hospital in Ishikawa. Bring the registration card that is on the MCH pamphlet.

## 10-Month Consultation

Place : Health Center  
 Registration time : 9:15 a.m. - 9:45 a.m.  
 Details : height and weight check, lecture about development and baby food for 10-month child, sampling of baby food, child care consultation, nutrition consultation, parent-child play  
 Finish time : 11:30 a.m.



## Checkup for infants (From 11 months old to the day before 1 year and 1 month old)

Please have the checkup at a hospital in Ishikawa and bring the registration card (for infants) that is attached to the MCH pamphlet.  
 \* If you have the checkup outside of Ishikawa Prefecture, only part of the checkup cost will be subsidized.

## Telephone Consultation

We accept telephone consultations about your child's growth, meals, vaccinations, as well as the mother's health and any other concerns.  
 Health Center 076-248-3511  
 Feel free to call about your concerns.

## 3 Years and 4-Month Checkup

Place : Health Center  
 Registration time : 1:15 p.m. - 1:45 p.m.  
 Details : height and weight check, medical examination by doctor and dentist, urinalysis, child-care consultation, nutrition consultation  
 Finish time : 3:30 p.m. - 4:00 p.m.  
 • Please perform vision test and whisper test at home.  
 • Please bring your child's urine sample in the container provided on the day of the checkup.



## Attention

• We will notify you individually about your child's 4-month, 1 year 6-month, and 3 year 4-month checkup and about the 7-month and 10-month consultation and vaccinations. If you recently moved, you may not have received the notice. Please contact the Health Center. Also, if you cannot make it on the specified date, please contact us in advance.

# Vaccinations

Vaccination Name	Age	Number of Inoculations	Notification
Haemophilus influenza type B Vaccine	2 months to 4 years	4 times * The number depends on when the first inoculation was received.	It will be mailed the month following the child's birthday.
Pediatric Pneumococcal	2 months to 4 years	4 times * The number depends on when the first inoculation was received.	
DPT-IPV (Diphtheria, Pertussis, Tetanus and Poliomyelitis)	3 months to 7 years 5 months	3 times	
		1 time	
DT (Diphtheria and Tetanus)	11 years old, 12 years old	1 time	It will be mailed one month before the child's 11th birthday.
BCG (Tuberculosis)	3 months to 11 months	1 time	It will be mailed the month following the child's birthday.
Measles · Rubella	Phase 1 1 year	1 time	It will be mailed the month following the child's birthday.
	Phase 2 6 years	1 time	It will be mailed one month before the child's 6th birthday.
Variella	1 year to 2 years	2 times	It will be mailed the month following the child's birthday.
Japanese Encephalitis	Phase 1 First Time	3 years to 7 years 5 months	2 times
			Additional Time
	Phase 2	9 years to 12 years	1 time

If your child had a medical condition that required a long-term recuperation and he/she couldn't get the vaccination in time, then please consult the Health Center.  
 People who have not been inoculated 3 times, and were born between 4/2/95~4/1/07, and are under 19 years old can receive the Japanese Encephalitis vaccination.

## Child immunization cost subsidies

Available for these vaccinations

- Mumps, Influenza, Rotavirus, Hepatitis A/B
- Only if you were inoculated with any vaccine after the suggested inoculation period.

Amount: Each time up to 1000 yen (Up to 2 times per year per vaccination type.)  
 Age: Birth ~ third year junior high school  
 Application acceptance period: From within one year following the month of vaccination date.  
 Send application: To the Health Center

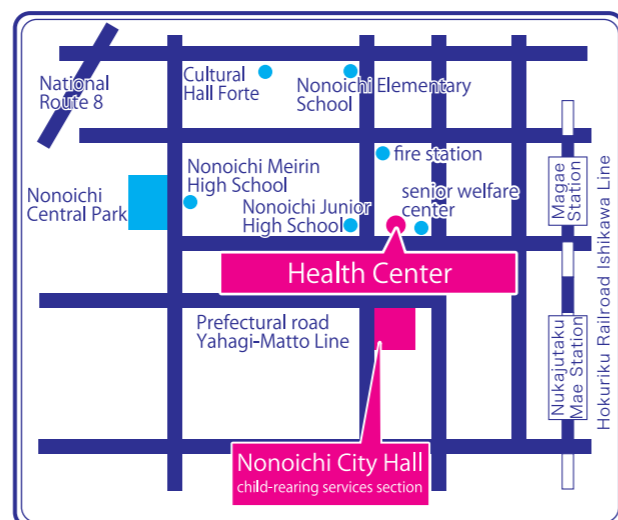


### Nonoichi family education guidance

1. Early to bed, Early to rise, Eat breakfast as a family
2. Helping, Read, Keeping family promises
3. Praise, Reprimand, Family ties

Please contact the child-hearing services section for inquiries about medical expenses.  
 ☎ 076-227-6077

Please contact  
**The Health Center ☎ 076-248-3511**  
 for any other concerns  
 3-128 Sanno, Nonoichi-shi



# Important Dates for Your Child's Healthy Growth

Your baby's body begins with a single cell and grows to 3 trillion cells before birth. Then, the cells increase to 60 trillion in a full-grown adult. The foundation of your baby's body is important for healthy growth. Through classes and individual consultations, let's work together to think about how you can spend your pregnancy to give your baby a solid foundation for healthy growth.

## Class for expecting mothers and fathers Class location: Health Center

The mother's body is connected to the baby's body. During pregnancy, women's bodies change in ways that can and cannot be seen, such as the quantity of blood and hormonal changes, as well as the size of the abdomen. Together, let's think about important points, such as how to interpret checkup results so that both baby and mother can maintain a healthy life.



- \* Please register for the class **in advance**.
- \* Both mother and father should participate together.

(It's ok if only the mother can participate.)

- ☆ 1st session ☆ 10:00 a.m. - 11:30 a.m. (90 min.)
- ☆ 2nd session ☆ 10:00 a.m. - 12:00 p.m. (120 min.)

\* For participants who attended the first session

- The role of the placenta that connects baby and mother
- What is involved in the pregnancy checkup?
- The necessary nutrition to help babies grow
- Mother's physical changes in the second trimester of pregnancy ~Why do I crave sweets?~
- Life after your baby is born
- Baby's tooth decay prevention during pregnancy
- Carrying your baby, practice changing a baby's clothes (experience for the father)

- \*Please refer to the dates in the Japanese version.
- What to bring** • Maternity record book
- What to bring** • Maternity record book
- Handouts from the first class



**Health checkups for pregnant women**  
 Please have checkups at a hospital or maternity hospital in Ishikawa using the registration card that is attached to the MCH pamphlet.  
 Have prenatal health checkups periodically to check the state of health of the mother and baby.

**Health counseling for pregnant women**  
 Based on results of the health checkups for pregnant women (weight increase, blood pressure, urinalysis), public health nurses, nutritionists and midwives are available for counseling about your pregnancy. If you have any concerns, we are available for consultations.