



Local Health Center is a hopeful place for child care support

Let's go to local health center! Have you heard about your local health center? The name may be differ according to your local area but it is an indispensable place for child care. Various support such as pregnancy, birth, or child-rearing are available at the health center (Local health support group). This time information of Fujimino-shi is mainly introduced here. For details, ask at your local government office.

1. Pregnancy and birth

(1) Boshikenkotecho (maternity record book) and assisting ticket

Those who confirmed fetal heart rate and pregnancy at a medical facility, notify the health center of your pregnancy and receive a maternity record book and health check tickets for the pregnant. You can fill in the number of weeks of pregnancy, the name of the hospital and others.



Person who can make the notification: Pregnant woman who has resident registration in Fujimino-shi

Necessary documents: Personal status certificates (such as resident card, passport, driving license, or insurance card, etc.)

Application window: Health center (1st floor, Fukutopia)

(2) Seminar for parents (reservation needed)

In this seminar you can learn how to spend times during the period of pregnancy or how to take care babies, so that you can wait for your baby to born feeling relieved. (You can participate with a couple.) You can exchange information among the participants here. Please check the web site or city report of your local city for the schedule of the seminar.

(3) Health check for adults (including pregnant women) (reservation is needed)

They will advise you how to spend times during pregnancy period. For the schedule check the health calendar or the back page of the city report.



2 When a baby is born

(1) Visiting newborn child

The staff of the health care center will visit all the home where a baby is born during 4 months after the newborn and supply child rearing information and consultation of child rearing.

(2) Health examination for infants

Health examination for children of 4 months, 10 months, one and a half, and 3 years old are performed. Somatometry, medical advice (excluding 10 months child) and consultation of child rearing are performed. Subjects are notified for the opening day individually beforehand. The schedule is also printed on "Health calendar" distributed to each house in the end of March every year. This calendar is also placed at the window of citizen's section in the health center.

(3) Consultation of child rare (reservation is needed)

Consultations about physical growth and development of infants, nursing, food and brushing teeth are performed.

(4) Consultation of mother's milk (reservation is needed)

Consultation of mother's breast and mother's milk during pregnancy and lactating.

(5) Consultation of health (reservation is needed)

Pediatrician, physical therapist and public health nurse will consult technical issue for children's physical growth and development.

(6) Consultation of children's health care (reservation is needed)

Consultation of child rearing by physical therapist.

[Inquiry]

Health center, Fujimino-shi (Local health care support group)

1-2-5, Fukuoka, Fujimino-shi (Fukutopia 1F) Zip code 356-0011

TEL: 049-293-9045

Mail: kenkoushien@city.fujimino.sai



Year-end bazaar held at FICEC

Once in six months, FICEC opens bazaar. You can find everyday sundries, dinner set, clothes, stationery, and other good bargains. How about finding your treasure in this bazaar place?

Date: December 6 (Wednesday) to 10 (Sunday)

Time: 10:00 to 16:00

Place: Special space at FICEC 2nd floor

Tel: 049-256-4290



Let's ride on the Japan's first scenic railway

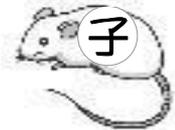
Scenic railway of Musashi green-park at Fujimi-shi near Tsuruse station is the first Japan's scenic railway. This railway started 30 years ago and it runs with smoking on second and forth Sunday, from 10:00 to 12:00 and from 13:00 to 14:00, from April to December. It goes 120 meter making a circuit. Riding fee is free. In December, the railway runs only on the second week of Sunday.

FICEC Japanese language class

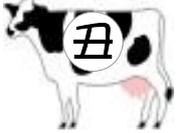
★Profound Knowledge★

Twelve horary signs

Ne (the Rat)



Ushi (the Ox)



Tora (the Tiger)



Wo (the Hare)



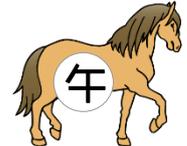
Tatsu (the Dragon)



Mi (the Serpent)



Uma (the Horse)



Hitsuji (the Sheep)



Saru (the Monkey)



Tori (the Cock)



Inu (the Dog)



Ei (the Boar)



These animals are called the Twelve horary signs and goes twelve years. This year (2017) is Tori (the Cock) and the next year is Inu (the Dog). The Twelve horary signs are used for decoration in the new-year day or illustration for new-year cards.