

英語/English

Daycare Centers and Childcare Services Support Book

–For International Parents and Guardians–

～外国人の保護者向け～

保育所・保育事業のご利用サポートブック



April 2021

Nabari City

令和3年4月 名張市

目 次

1. はじめに（サポートブックの目的とご利用方法）	1
2. 保育する施設・サービスの概要	3
3. 保育所等の利用について	7
ポイント① 保育を必要とする事由	7
ポイント② 保育所等の保育料	9
ポイント③ 保育所等の利用手続き	11
ポイント④ 利用手続きに必要な書類	13
4. その他	15
育児休業明け予約について	15
保育所等を利用する際には・・・	17

Contents

1 . Preface (Purpose of this Support Book and How to Use It).....	2
2 . Overview of Childcare Facilities and Services.....	4
3 . Regarding the Use of Childcare Facilities	8
Point① Circumstances Necessitating Childcare.....	8
Point② Fees for Childcare Facilities	10
Point③ Application Procedures for Childcare Facilities	12
Point④ Documents Required When Applying	14
4 . Miscellaneous.....	16
Reservation for Childcare Service after Childcare Leave	16
Important Points When Using Childcare Facilities.....	18

1. はじめに（サポートブックの目的とご利用方法）

このサポートブックは、子どもをどうやって保育所に預けたらいいのか分からない、日本の保育の仕組みが分からないなど、主に保育施設や保育事業のご利用に悩みを抱えている外国人の保護者の皆様向けに作成したものです。

保育施設・事業の概要や、利用手続きなどを分かりやすくまとめています。

「仕事があるので小学校入学前の子どもを預けたいけど、どこで預かってもらえるのか分からない」

「手続きがよく分からない」

「どこに相談したらいいか分からない」

「日本語に自信がなくて、窓口で説明を受けてもよく分からない」

…こんなときにご活用いただけます。

お子様の保育施設への入所や、保育事業のご利用手続きを少しでもサポートできれば幸いです。

1 . Preface (Purpose of this Support Book and How to Use It)

This support book was made for international parents and guardians who do not know how to enroll their children in childcare facilities, do not understand the Japanese childcare systems, or are facing difficulties regarding childcare.

This book gives an easy-to-understand outline of childcare facilities and services, and the application procedures.

“I want someone to look after my preschool children because I have a job, but I don’t know where I can get childcare.”

“I don’t understand the procedures.”

“I don’t know where I should go for a consultation.”

“I don’t have confidence in my Japanese, and can’t really understand the explanation I receive at the information counter.”

... You can use this book when you find yourself in these types of situations.

We hope this book can provide some support as you enroll your child in a childcare facility and conduct application procedures for childcare services.

2. 保育する施設・サービスの概要

家庭で保育できない保護者に代わって、小学校就学前の子どもの保育をする施設・サービスとして、「保育所」、「地域型保育」、「認定こども園」があります。このサポートブックでは、主にこの3つにおける保育のご利用を希望される場合の手続きなどをご紹介します。

※ 以下、この3つの施設・サービスをあわせて、「保育所等」と表現します。

保育所 0～5さい

就労などのため家庭で保育のできない保護者に代わって保育する施設

利用時間

夕方までの保育のほか、園により延長保育を実施。

利用できる保護者

共働き世帯、親族の介護などの事情で、家庭で保育のできない保護者（P7 参照）。

地域型保育 0～2さい

保育所(原則 20 人以上)より少人数の単位で、0～2歳の子どもを保育する事業

利用時間

夕方までの保育のほか、園により延長保育を実施。

利用できる保護者

共働き世帯、親族の介護などの事情で、家庭で保育のできない保護者(P7 参照)。

① 家庭的保育（保育ママ）
家庭的な雰囲気のもとで、少人数（定員 5 人以下）を対象にきめ細かな保育を行います。

② 小規模保育
少人数（定員 6～19 人）を対象に、家庭的保育に近い雰囲気のもと、きめ細かな保育を行います。

③ 事業所内保育
会社内の保育施設などで、従業員の子どもと地域の子どもを一緒に保育します。

2. Overview of Childcare Facilities and Services

“Daycare centers,” “municipal-level childcare services,” and “centers for early childhood education and care” are childcare facilities and services which look after preschool children of households in which the parents/guardians are unable to do so. This support book mainly focuses on the procedures necessary for applying to one of these three types of childcare facilities/services.

※ **Below, we refer to these three types of facilities/services as “childcare facilities.”**

Daycare Centers (0 to 5 years old)

Facilities that provide childcare to children whose parents/guardians cannot look after their children at home because of work, etc.

Hours Available Until evening. Extended hours available depending on the facility.

Eligible Parents/Guardians Parents/guardians who cannot look after their child at home because both parents are working, caring for a relative, etc. (see P.8)

Municipal-level Childcare Services (0 to 2 years old)

Provide childcare to children aged from 0 to 2 years in a smaller number compared to daycare centers (which, in principle, accommodate 20 or more children)

Hours Available Until evening. Extended hours available depending on the facility.

Eligible Parents/Guardians Parents/guardians who cannot look after their child at home because both parents are working, caring for a relative, etc. (see P.8)

<p>① Family-Style Childcare Services</p> <p>Provide closely supervised childcare to a small number (5 or fewer) of children in a homelike environment.</p>	<p>② Small-Scale Childcare Services</p> <p>Provide closely supervised childcare to a small number (6 to 19) of children in an environment similar to that of the family-style childcare.</p>
<p>③ Corporate Childcare Services</p> <p>Provide childcare both to children of employees and children from local community at childcare facilities located within business offices, etc.</p>	

認定こども園 0～5さい

幼稚園と保育所の機能や特長をあわせ持ち、地域の子育て支援も行う施設

<0～2さい>

利用時間

夕方までの保育のほか、園により延長保育を実施。

利用できる保護者

共働き世帯、親族の介護などの事情で、家庭で保育のできない保護者。(P7 参照)

<3～5さい>

利用時間

昼過ぎごろまでの教育時間に加え、保育を必要とする場合は夕方までの保育を実施。園により延長保育も実施。

利用できる保護者

- 保育を希望する場合：共働き世帯、親族の介護などの事情で、家庭で保育のできない保護者。(P7 参照)
- 教育を希望する場合：制限なし

(参考：幼児期の教育を行う施設)

保育所等のほか、幼児期の教育を行う施設として「幼稚園」があります。また、「認定こども園」でも幼児期の教育を行います。

幼稚園や、「保育を必要とする事由 (P7 参照)」に該当しない方が認定こども園への入園をご希望される場合は各施設へご確認ください。

幼稚園 3～5さい

小学校以降の教育の基礎をつくるための幼児期の教育を行う学校

利用時間

昼過ぎごろまでの教育時間を行う。(園により午後や土曜日、夏休みなどの長期休業中の預かり保育などを実施。)

利用できる保護者

制限なし。

Centers for Early Childhood Education & Care (0 to 5 years old)

Facilities with the functions and characteristics of both kindergartens and daycare centers which also provide child-rearing support services in local community.

<0 to 2 years old>

Hours Available Until evening. Extended hours available depending on the facility.

Eligible Parents/Guardians

Parents/guardians who cannot look after their child at home because both parents are working, caring for a relative, etc. (see P.8)

<3 to 5 years old>

Hours Available

In addition to educational hours until just after lunchtime, childcare services are provided until evening for those in need of them. Extended hours also available depending on the facility.

Eligible Parents/Guardians

- **For enrollment in childcare:** Parents/guardians who cannot look after their child at home because both parents are working, caring for a relative, etc. (see P.8)
- **For educational enrollment:** No restrictions.

(Reference: Facilities that provide early childhood education)

Other than childcare facilities, there are kindergartens as facilities which provide early childhood education. Centers for early childhood education and care also provide early childhood education.

If you are interested in enrolling your child in a kindergarten, or do not qualify under the "Circumstances Necessitating Childcare" (see P.8) but would like to enroll your child in a center for early childhood education and care, please contact the facility you are interested in.

Kindergarten (3 to 5 years old)

Schools that provide early childhood education to establish a foundation for education provided in elementary school and beyond

Hours Available

Educational services are provided until just after lunchtime. (Depending on the facility, childcare services are provided in the afternoon, on Saturday or during long-term closure period such as summer holidays.)

Eligible Parents/Guardians No restrictions.

3. 保育所等の利用について

子どもの保育のために、「保育所」、「地域型保育」、「認定こども園」を利用するためのポイントをご紹介します。

ポイント① 保育を必要とする事由

以下の「保育を必要とする事由」のいずれかに該当することが必要です。

保育を必要とする事由

- 就労（フルタイムのほか、パートタイム、夜間、居宅内の労働など、月13日以上かつ48時間以上の労働をしていること）
- 妊娠、出産
- 保護者の疾病、障害
- 同居又は長期入院等している親族の介護・看護
- 災害復旧
- 求職活動（起業準備を含む）
- 就学（職業訓練校等における職業訓練を含む）
- 虐待やDVのおそれがあること
- その他、上記に類する状態として市長が認める場合

※ 利用可能時間（最長11時間）は、各施設によって異なります。また、家庭ごとの「保育を必要とする事由」の内容によっても異なります。詳細は、保育幼稚園室にご確認ください。

3 . Regarding the Use of Childcare Facilities

There are some important points to know about enrolling your child in a daycare center, municipal-level childcare service, or center for early childhood education and care.

Point① Circumstances Necessitating Childcare

To register for childcare at childcare facilities, you must fulfill one of the “Circumstances Necessitating Childcare” criteria listed below.

Circumstances Necessitating Childcare

- Employment (all types of work such as full time, part time, night shift, working from home, etc. working at least 13 days and also 48 hours per month)
 - Pregnancy and childbirth
 - Sickness or disability of the parents/guardians
 - Nursing/caring for a relative living in the same household or who has been hospitalized for a long period of time
 - Restoration after a disaster
 - Job-seeking activities (including the preparations for establishing a business)
 - Schooling (including career training at a vocational school, etc.)
 - Risk of abuse or domestic violence
 - Other circumstances which the mayor of Nabari City recognizes as similar to the above
- ※ Hours which childcare can be provided (maximum of 11 hours) may differ depending on the facility. Available hours may also vary based on each family’s circumstances necessitating childcare. For detailed information, please contact the Childcare/Kindergarten Section.

ポイント② 保育所等の保育料

① **保育料は保護者の所得（住民税所得割課税等）を基に算出されます。**

※ 幼児教育・保育の無償化により満3歳～5歳児の保育料は無償となります。

0歳児～2歳児までの住民税非課税世帯の子どもも保育料が無償となります。

※ 施設によっては基本となる保育料のほか、送迎のバス代などの実費負担や、各施設が独自に質の向上を図る上で必要となる追加の負担額が生じる場合があります。

② **多子世帯やひとり親世帯等については、保育料や副食費の負担軽減がある場合があります。**

※きょうだいで保育施設を利用する場合、最年長児から順に2人目半額、3人目以降は無料です。

※名張市子ども3人目プロジェクトにより、保護者が扶養している高校卒業まで（18歳に達する日以降最初の3月31日まで）の子どもの内、3番目以降の子どもが保育を利用する場合に、保育料及び副食費（おかず代）は無料となります。

③ **生活保護世帯や、ひとり親世帯等で市町村民税非課税世帯の場合は、第1子から無料です。**

※ 保育料は国が定める上限額の範囲内で、それぞれの市町村が定めますので、詳細は保育幼稚園室にご確認ください。

Point② Fees for Childcare Facilities

① Fees are calculated based on the income (Income-based municipal residents tax and so on) of parents/guardians.

- ※ Fees for children aged 3 to 5 years are free due to the policy to make preschool education and childcare services free.
Fees for children aged 0 to 2 years, the households with exemptions from municipal residents tax are free.
- ※ Depending on the facility, outside of the basic fees, parents/guardians may be required to pay for a shuttle bus which picks up and drops off children and there may be other charges which are necessary for the improvement of the facility.

② Fees for childcare services or non-staple foods may be reduced for households with a multiple number of children or single parents/guardians.

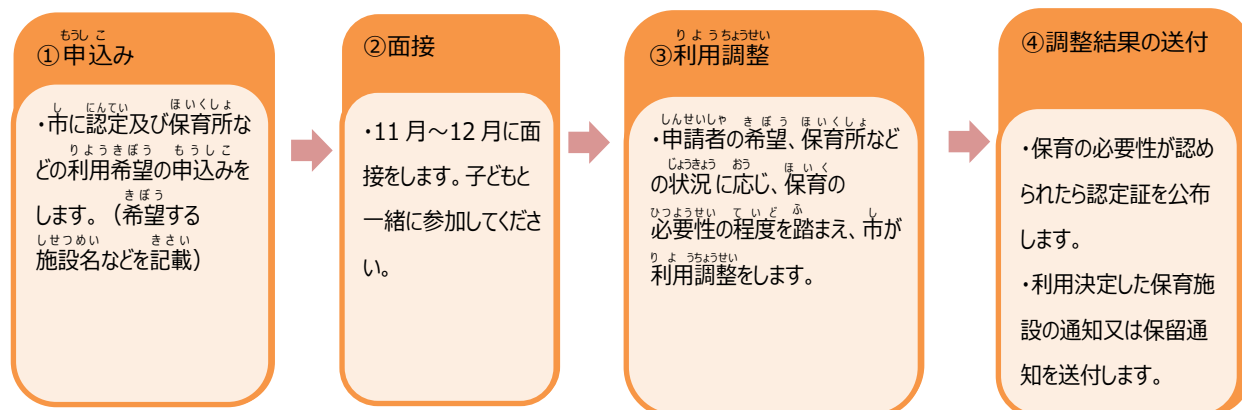
- ※ If siblings use the childcare facilities, the oldest child will be counted as the first child, and the fees for the second child will be 50 percent of those of the first child. The fees for all subsequent children will be free.
- ※ The first child will be counted as such who has turned 18 years old by and including March 31 and raised by parents/guardians, and if the third child and all subsequent children use the childcare services, the fees for the childcare services and non-staple foods (side dishes) are free due to “The Third Child Project of Nabari City.”

③ Fees are waived from the first child for households receiving welfare benefits and single parent households with exemptions from municipal residents tax.

- ※ Fees are set by each municipality, within the limits set by the national government.
For detailed information, please contact the Childcare/Kindergarten Section.

ポイント③ 保育所等の利用手続き

子どもの保育のために、「保育所」、「地域型保育」、「認定こども園」をご利用になる場合の手続きは、以下のとおりです。



重要 まずは、希望する施設の募集期間の確認を！

利用手続きを行うには、必要書類の準備なども必要ですので、早めに保育幼稚園室へ相談し、計画的に準備を進めましょう。

定員に空きがあれば入所は可能ですが、一般的に4月に入所する子どもが最も多く、大半の定員が埋まります。4月からの希望者の応募受付は、前年の10月前後から開始されます。

※ 期間内に応募しても、希望者数が定員を超過した場合は、入所できない場合があります。

【補足1：認定について（「①認定申請」、「④認定証の交付」関係）】

保育所等の利用を希望する場合には、お住まいの市町村の「認定」を受ける必要があります。子どもの年齢と保育の必要性の有無によって、3つの区分に認定され、区分によって利用できる施設が異なります。「保育を必要とする事由」に該当した場合、「2号認定」か「3号認定」のどちらかとなります。

認定区分	対象者	対象施設
1号認定	保育を必要とする事由に該当せず、子どもが3歳から5歳である。(教育を希望する方)	幼稚園、認定こども園
2号認定	保育を必要とする事由に該当し、子どもが3歳から5歳である。(保育を希望する方)	保育所、認定こども園
3号認定	保育を必要とする事由に該当し、子どもが0歳から2歳である。(保育を希望する方)	保育所、認定こども園、地域型保育

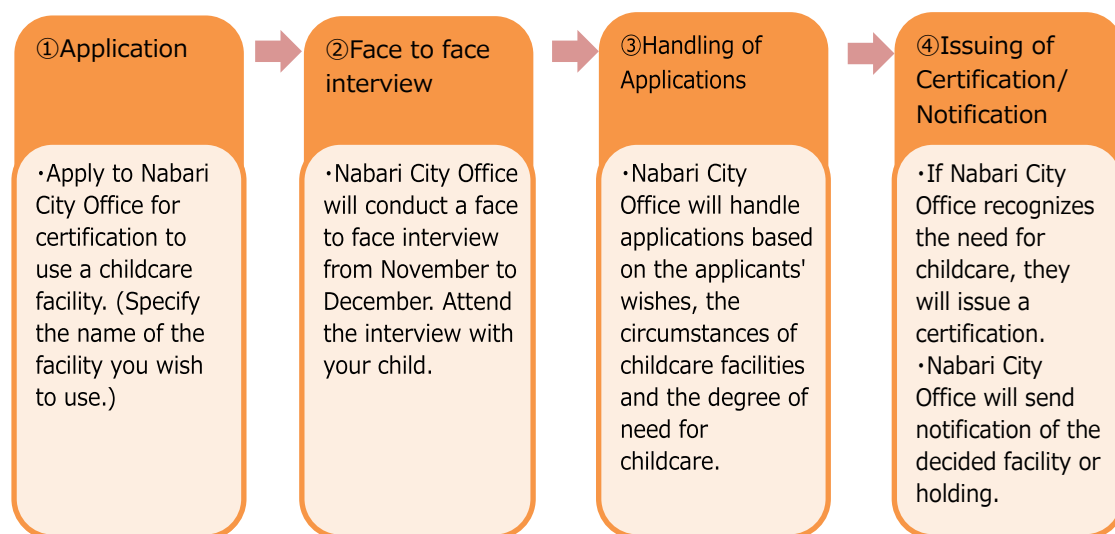
【補足2：「③利用調整」について】

市町村が定める基準に基づき、保護者の状況などに応じ保育の必要性などから優先順位をつけ、利用する施設などの調整を行うことです。ひとり親家庭、生活保護世帯、生計中心者の失業、お子さんに障害がある場合などには、保育の優先的な利用が必要と判断される場合があります。

※ 利用手続きの詳細については、保育幼稚園室にご確認ください。

Point③ Application Procedures for Childcare Facilities

If you plan to enroll your child in a daycare center, municipal-level childcare service, or center for early childhood education and care, the application procedure is as follows.



Important First, check the application period for the facility you wish to use!

In order to carry out the application procedures, you will need to prepare the necessary documents, so contact the Childcare/Kindergarten Section early for advice in order to make planned-out preparations.

It is possible to enroll in childcare facilities whenever there are openings, but generally the majority of children enter childcare facilities in April, filling up most facilities to capacity. Registration for April enrollment starts around October of the preceding year.

※ Even if you apply during the application period, if the number of applicants exceeds the available spaces at childcare facilities, there are instances where enrollment is not possible.

【Supplement 1: Regarding Certification (①Apply for Certification, ④Issuing of Certifications)】

In order to enroll your child in a childcare facility, you must receive a certification from your municipality of residence. Depending on your child's age and whether or not you are recognized as requiring childcare assistance, you will receive one of three types of certification. The facilities available for you to use will vary depending on your certification. If you qualify under the "Circumstances Necessitating Childcare," you will receive a Type 2 or Type 3 Certification.

Type of Certification	Applicable Circumstances	Applicable Facilities
Type 1 Certification	When parents/guardians do not fulfill any of the "Circumstances Necessitating Childcare," and their child is 3 to 5 years old (parents/guardians seeking education)	Kindergartens, centers for early childhood education and care
Type 2 Certification	When parents/guardians fulfill one of the "Circumstances Necessitating Childcare," and their child is 3 to 5 years old. (parents/guardians seeking childcare)	Daycare centers , centers for early childhood education and care
Type 3 Certification	When parents/guardians fulfill one of the "Circumstances Necessitating Childcare," and their child is 0 to 2 years old. (parents/guardians seeking childcare)	Daycare centers , centers for early childhood education and care, municipal-level childcare services

【Supplement 2: Regarding ③Handling of Applications】

Based on municipal regulations, applicants are given priority according to their need for childcare based on the circumstances of the parents/guardians, etc. The municipal government determines who will use which facilities accordingly. In some instances, single parent households, households receiving welfare benefits, households where the main income provider has become unemployed, or households with a child with a disability, will be considered to have a priority need for childcare.

※**For detailed information on application procedures, please contact the Childcare/Kindergarten Section.**

ポイント④ 利用手続きに必要な書類

保育所等の利用手続きのために必要な書類があります。なかには、準備に相当の期間が必要な書類もありますので、早めに準備をはじめましょう。

必要書類の例

チェック	必要書類	備考（入手先・入手までの期間など）
<input type="checkbox"/>	教育・保育利用申込書兼家庭状況確認書 施設型給付費・地域型保育給付費等支給認定申請書	保育幼稚園室窓口で入手
<input type="checkbox"/>	家庭状況届書	保育幼稚園室窓口又は HP で入手
<input type="checkbox"/>	家庭票	保育幼稚園室窓口又は HP で入手
<input type="checkbox"/>	保育料口座振替・自動振込利用申請書	保育幼稚園室窓口又は HP で入手
<input type="checkbox"/>	個人番号確認票(マイナンバー提出用紙)	保育幼稚園室窓口又は HP で入手
<input type="checkbox"/>	個人番号確認票(マイナンバー提出用紙)提出用封筒	保育幼稚園室窓口で入手
(保育を必要とする理由を確認する書類)		
<input type="checkbox"/>	<就労を理由に申込み場合> 就労証明書	・保育幼稚園室又は HP で入手 ・就労先が記入
<input type="checkbox"/>	<母親の産前産後を理由に申込み場合> 母子手帳の写し	—
<input type="checkbox"/>	<保護者や同居家族の病気を理由に申込み場合> 医師の診断書、身体障害者手帳などの写し	・市の指定の診断書を医療機関に申請 ・入手には相当の期間が必要 (各医療機関に要確認)
<input type="checkbox"/>	<求職活動を理由に申込み場合> 確約書	・保育幼稚園室窓口又は HP で入手
<input type="checkbox"/>	<災害により家屋が被災したことを理由に申込み場合> 罹災証明書	・保育幼稚園室で入手 ・相当の期間を要する
<input type="checkbox"/>	<日中に就学していることを理由に申込み場合> 在学証明書、学生証など	・就学先で入手

Point 4 Documents Required When Applying

There are certain documents which are required when applying for childcare facilities. Among them, there are some which require a certain amount of time to prepare, so be sure to start your preparations early.

Necessary Documents (Sample)

Check	Necessary Document	Notes (Where to get the document, how long it takes to prepare, etc.)
<input type="checkbox"/>	Application form for education/childcare and confirmation form of household situation Application form for certification of payment of education/childcare benefits	Acquired from the counter of the Childcare/Kindergarten Section
<input type="checkbox"/>	Written notification of household situation	Acquired from the counter or website of the Childcare/Kindergarten Section
<input type="checkbox"/>	Child's life and health questionnaire	Acquired from the counter or website of the Childcare/Kindergarten Section
<input type="checkbox"/>	Application form for account/automatic transfer of childcare fees	Acquired from the counter or website of the Childcare/Kindergarten Section
<input type="checkbox"/>	Confirmation slip of Individual Number (submission form of My Number)	Acquired from the counter or website of the Childcare/Kindergarten Section
<input type="checkbox"/>	Envelope for submission of confirmation slip of Individual Number (submission form of My Number)	Acquired from the counter of the Childcare/Kindergarten Section
(Documents for Checking Circumstances Necessitating Childcare)		
<input type="checkbox"/>	(When applying for childcare due to employment) Certificate of employment	<ul style="list-style-type: none"> • Acquired from the counter or website of the Childcare/Kindergarten Section • Must be filled out by your employer
<input type="checkbox"/>	(When applying due to before and after childbirth) Copy of Maternal and Child Health Handbook	–
<input type="checkbox"/>	(When applying due to the illness of a parent/guardian or other cohabitant family member) Doctor's medical certificate, copy of physical disability certificate, etc.	<ul style="list-style-type: none"> • Request the city-designated medical certificate from the medical institution • Requires a considerable amount of time to receive (requires confirmation from each medical institution)
<input type="checkbox"/>	(When applying for childcare due to seeking employment) Written pledge of job starting within three months after certification of need for childcare	• Acquired from the counter or website of the Childcare/Kindergarten Section
<input type="checkbox"/>	(When applying for childcare due to losing housing due to a disaster) Disaster victim certificate	<ul style="list-style-type: none"> • Acquired from the counter of the Childcare/Kindergarten Section • Requires a considerable amount of time to receive
<input type="checkbox"/>	(When applying for childcare due to schooling) Certificate of enrollment, student ID, etc.	• Acquired from your place of schooling

4. その他

育児休業明け予約について

出産後に育児・介護休業法に定める育児休業を取得し、育児休業明けも同じ職場に復帰する方で、育児休業給付金（または短期給付金〈育休手当〉）の支給がある方は、育児休業明けの保育利用を予約することができます。

- 申し込み時点で名張市に住民登録がない場合は申し込みません。
- 申請時に出産前でも予約申し込みはできます。

※ 予約手続きの詳細については、保育幼稚園室にご確認ください。

4 . Miscellaneous

Reservation for Childcare Service after Childcare Leave

For people who take childcare leave stipulated in Child Care and Family Care Leave Law after childbirth and return to work at the same company after childcare leave, if they receive childcare leave benefits (or short-term benefits <childcare leave allowance>), they can make a reservation for childcare service after childcare leave.

- It's impossible to make a reservation without resident registration in Nabari City at the time of reservation.
- It's possible to make a reservation before childbirth.

※ For detailed information on reservation procedures, please contact the Childcare/Kindergarten Section.

保育所等を利用する際には . . .

○利用可能日時

利用できる日は原則として月曜日から土曜日ですが、休日に利用できる施設もあります。開所時間や年末年始の休業日等は施設によって異なります。また、認定された保育必要量に応じて、保育所を利用できる時間が異なりますので、申込の際には、必ずこれらの情報を確認してください。

○送り迎え

子どもの安全のため、保護者もしくはそれに代わる方が送迎をしてください。保護者以外の方が送迎する場合は事前に保育所への連絡が必要です。また、送迎の時間が変わる場合も、その都度連絡が必要です。

○休みや遅れるときの連絡

病気や幼児で保育所を休む時や遅れるときは、保育所に必ず連絡を入れてください。施設によって連絡を入れる時間が決まっていることがありますので、注意してください。

○緊急時の事

特別警報や暴風警報が発令中は、保育所は臨時休業となります。施設によって、休みになる条件が違う場合がありますので、施設に確認してください。また、保育時間中に災害が発生した場合は、施設の近くに避難することがあります、避難場所も確認してください。

Important Points When Using Childcare Facilities

○Service Hours

Basically, childcare facilities can be utilized from Monday to Saturday. However, there are some facilities that are open on holidays, as well. Each facility has different opening hours and New Year holiday schedules, etc. Furthermore, the time you can avail of the daycare center will depend on the approved needed childcare hours, so please confirm this information when you apply.

○Drop-off and pick-up

For security reasons, the child has to be dropped off and picked up by either parents or guardians. If someone else will drop off and pick up the child, it is necessary to inform the daycare center beforehand. If the time of drop-off and pick-up will change, it is also necessary to report it every time.

○Contact in case of being absent and late

Whenever a child will be absent or late, please make sure to contact the daycare center. Please take note that there may be a specified time you can contact the daycare center depending on the facility.

○In case of emergency

When emergency or storm warnings have been issued, daycare centers are closed. Some facilities may have different conditions for closing, so please check with the facility. In case of a natural disaster while taking care of the children, everyone will be evacuated to a nearby evacuation site. Please also check where the evacuation site is.

○一日の生活

登所



午前の活動・あそび



昼食



昼寝



降所

午後の活動・あそび



おやつ

(※保育所での過ごし方は、年齢、施設により異なります。)

○Daily activities

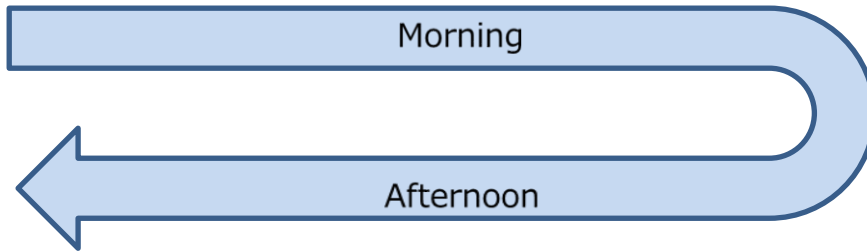
Going to the daycare center



Morning activities and play



Lunch



Nap



Going home



Afternoon activities and play



Snacks

(※ Activities at a daycare center may differ depending on the age of the child and the facility.)

○給食・おやつ

給食と午後のおやつは全員に提供されます。乳児クラス（0～2歳児）については、午前のおやつも提供されます。

幼児クラス(3～5歳児)は、給食費(主食【給食の米・パン・麺など】の代金+副食【給食のおかず】の代金が必要)です。(料金は施設により異なります。)

○子どもの健康

子どもは、抵抗力が未熟なため、感染症などの病気にかかりやすく、体調が十分に回復していない状態で保育所に行くと、再び体調が悪化することもあります。感染症にかかった時は、全身の状態が回復し、問題なく集団生活が送れるようになるまでお休みしてください。施設によっては保育所に行くために医師の意見書は必要になることがあります。

前日や当時の朝の子どもの健康状態で気になる様子があるときは、かならず保育士にお知らせください。また、保育所で熱が出るなど、健康状態に変化があれば、お迎えをお願いすることがあります。

○Lunch and snacks

Lunch and afternoon snacks are provided to everyone. Morning snacks are also provided to children aged from 0 to 2 years.

For children aged from 3 to 5 years, there is a payment of lunch fees (a fee for staple foods such as rice, bread, noodles, etc. plus a fee for non-staple foods such as side dishes). (The fee may differ depending on the facility).

○Child health

Children get sick easily from infectious diseases because they have an immature immune system. If they go to a daycare center and they have not completely recovered, their health condition may worsen. If your child catches an infectious disease, please have your child rest until he/she completely recovers and is able to participate in communal living without any problems. Depending on the facility, a doctor's note may be necessary to be able to return to the daycare center.

If you have any concerns about your child's health on the previous day or morning of that day, you should inform a nursery teacher. If your child gets a fever or if there is a change in his/her health condition at a daycare center, the staff may ask you to pick him/her up.

○持ち物

すべての持ち物に、必ず名前を書いてください。

			
手拭きタオル	コップ	コップふくろ	歯ブラシ
			
帽子	カバン	箸・箸箱	お弁当（ご飯だけ）
			
着がえ	パンツ	オムツ・紙パンツ	おしりふき
			
汚れ物入れ	エプロン	おしぼり用タオル	上靴
			
上靴ふくろ	布団	パジャマ	

※持ち物は、年齢、施設により異なります。

○Things to bring

Please write the name of the child on all belongings.

			
Hand towel	Cup	Bag for cup	Toothbrush
			
Cap	Bag	Chopsticks and case	Lunch box (rice only)
			
Spare clothes	Underwear	Disposable diapers/pull-ups	Baby wipes
			
Laundry bag	Apron	Towel for wetting (oshibori)	Indoor shoes
			
Bag for indoor shoes	Futon	Pajamas	

※These things may differ depending on the age of the child and the facility.

Notes

A large, empty rounded rectangular box with an orange border, intended for notes. The box is centered on the page and occupies most of the vertical space below the 'Notes' header.