

Nabari City Child Rearing Guide

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Nabari Childcare LINE



Changes to and cancellation of medical checkups, classes, consultation and forums are announced via Childcare LINE. Please register as a LINE friend!

Information on Nabari City's administrative services, facilities and contact points related to childcare is available on the Nabari City Hall website and "Mama Fure Web", the website for supporting parents in Nabari City.




Nabari City Hall website

Mama Fure Web

Health and Childcare Support Office, Department of Welfare and Children, Nabari City Hall

(General Support Center for Child Rearing Generations)

Tel. 0595-63-6970 Fax. 0595-63-4629

Mail health@city.nabari.lg.jp

Konodai 1-1, Nabari City 518-0492

Published in March 2022



General Support Center for Child Rearing Generations

(Health and Childcare Support Office, Department of Welfare and Children, Nabari City Hall, Tel. 63-6970)



Efforts towards a Nabari version of Neuvola

With the goal of offering “Nabari Neuvola,” a place and system for seamless consultation and support regarding pregnancy, childbirth and childcare, the City of Nabari is striving to create a community that cares about rearing its children.

Health and child-rearing advice, checkups and other programs

* Please refer to the website



[Before and during pregnancy]

- **Specified Fertility Treatment Subsidy Program:** For expert consultation, please contact Mie Prefectural Fertility Consultation Center (☎059-211-0041).
- **Class for issuing Maternal and Child Health Handbook:** Please obtain a Maternal and Child Health Handbook by the tenth week of pregnancy.
- **General health and dental checkups for expectant mothers:** By using the Maternal and Child Health Guide, expectant mothers can receive 14 publicly funded general health checkups and one dental checkup during their pregnancy. In the case of multiple pregnancy, expectant mothers will be entitled to a subsidy to cover part of the cost of additional health checkups. Subsidies are even available to those receiving checkups at a medical institution outside Mie Prefecture while returning to their family home or the like, to give birth. In this case, the general medical checkup fees shall be paid to the medical institution, and will be reimbursed within the scope of the subsidy upon application at a later date. (Original receipts must be submitted)

[After giving birth]

- **Notification of low birth-weight babies:** If your baby is born weighing less than 2,500 g, please notify the Health and Child Rearing Support Office. Public health nurses and the like will visit you to provide necessary information and advice (Premature baby visit).
- **Medical care for premature babies:** If a doctor deems hospitalization is necessary for a baby born weighing 2,000 g or less, or a premature baby who is particularly weak, the medical expenses (for insured treatment) are subsidized. Part of the costs shall be borne by the family.
- **Telephone counseling for all households two weeks after childbirth:** A public health nurse or midwife calls every household that has submitted a notification of birth, to ask about health conditions and identify any problems.
- **Childbirth health checkups:** Health checkups for mothers two weeks and one month after childbirth are subsidized.
- **Breast care program:** Breastfeeding counseling and breast care by midwives is subsidized. Information will be sent via postcard.
- **Breastfeeding and childcare counseling by midwives:** An appointment-based consultation held at the Health Center each Friday. This is generally for babies no more than six months.
- **Overnight care for mothers and babies** (lodging-type postpartum care): Physical and mental care and childcare support are provided to mothers shortly after childbirth, who are invited to stay overnight at an obstetric medical institution commissioned by the city.
- **“Hello Baby” visits:** - A chief commissioned child welfare volunteer visits all families with newborn babies to provide information on child rearing support from the city and the community, and to deliver a preliminary questionnaire for vaccination.
- **Vaccination:** Please schedule vaccinations in consultation with your family physician.
- **Infant health counseling:** A monthly session for physical measurement, health counseling by public health nurses and midwives, and nutrition counseling by registered dietitians at the Health Center.
- **Baby food classes:** Held at the Health Center once a month. (Reservation required)
- **Health checkups for 4- and 10-month-old babies:** Please bring the Maternal and Child Health Handbook and the Maternal and Child Health Guide to receive the checkups. These checkups are available at medical institutions in Mie Prefecture.
- **Health checkups for 18-month-old and 3-year-6-month-old toddlers:** Available at the Health Center. Invitations will be mailed in advance.
- **Health checkups for 5-year-olds:** Available for children in the second year at kindergartens, nursery centers (child daycare centers) and certified childcare centers.



Nabari City Child Support Center Kagayaki

“Kagayaki” provides childcare consultation and information, as well as a place for interaction and communication among those rearing babies and infants. This is a place where parents and children can relax, play with toys or look at picture books. Children can also play in the children’s playground. Children 0-18 years old and their parents and grandparents are free to use the center at any time during the opening hours. No reservation is required. Please feel free to come. (Residents of Nabari City only)

[Main activities of Kagayaki]



Provision of space for interaction among parents and children, as well as among the children and the parents themselves
Organization of lessons and lectures concerning childcare Provision of consultation on childcare and childcare support
Dissemination and provision of information on childcare and childcare support
Liaison and coordination of temporary custody services Promotion of the Family Support Center services
Development of, and support for parenting circles and community forums
Training for Nabari Childcare Supporters, and development of childcare support volunteers

Childcare consultation

Consultation on childcare is available. Consultation is also available over the phone.



(2nd Thursday of every month,
10:45 to 11:30)

International gathering

This is an opportunity for interaction among foreign nationals and those married to foreign nationals who are rearing a child.



Beginners' forum

Health Consultation

Body measurement

Playing with physical contact

Safe childcare and breastfeeding classes

Greeting forum

“Guri and Gura” gathering

Let's play with parents

Time for picture books

Satapapa forum

Let's play in sign language

Birthday party

Let's play in English

* For the date and time of each event, please check “Kagayaki Tsushin” or the Nabari City website, or ask at Kagayaki.



Kagayaki

Contact Information

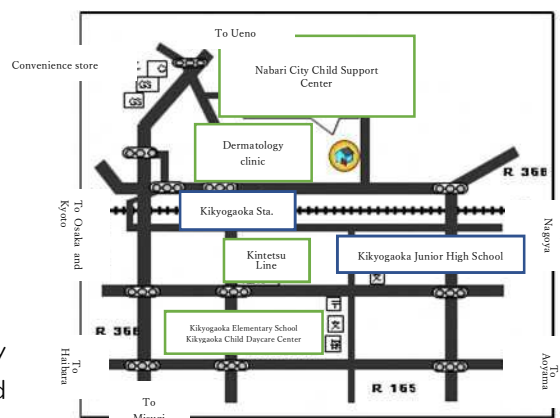
Kikyogaoka Nishi 3-bancho 3-107, Nabari City 518-0643

Nabari City Child Support Center Kagayaki

Tel. 67-0250 Fax. 66-5650

Opening hours: Tuesday to Saturday, 9:30 a.m. to 5:00 p.m.

Closed on Sundays, Mondays, public holidays (and the following day if a holiday or substitute holiday falls on a Monday), and the year-end and New Year period (December 29 to January 3).



Family Support Center

The Family Support Center is a membership organization in which people who wish to receive support for their childcare (User Members) and people who wish to provide support (Support Members) cooperate in childcare as members of the Center.

Details of support services

- Transportation to and from nursery centers (child daycare centers) or kindergartens
- Looking after children before or after nursery center (child daycare center) or kindergarten
- Looking after children after school or when after-school childcare facilities are closed
- Looking after children when parents are sick or have urgent business
- Looking after children on the same day the request is made because the parent has urgent business (*)
- Looking after children who have slight ailments or who are convalescing (*)
- Providing overnight accommodation because there is no one else to take care of a child at night (*)

In any of the above cases, these support services allow children to be looked after temporarily.

Membership registration is required to use these services.

< The services marked with (*) are deemed to be emergency support. It may not be possible to deal with some requests, these services. >

Membership registration is required in advance

To register as a User Member, please attend a "Family Support Briefing" (reservation required).

3rd Saturday of each month (10:00 - 11:30)

<For registration, please bring:>

- Two ID photographs (one 4 x 3 cm and one 3 x 2.5 cm)

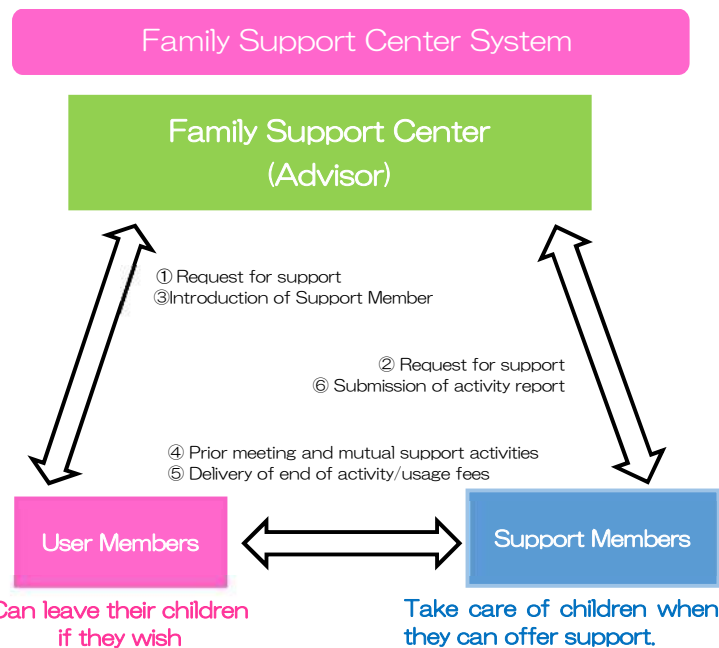
Hours of services, and fees (as of April 1, 2022)

		Requests received up to the day before the service is required	Same-day requests
Weekdays	7:00 to 20:00	JPY 720 per hour	JPY 1,000 per hour
	20:00 to 22:00	JPY 840 per hour	JPY 1,200 per hour
	Any other time (Deemed as overnight stay)	JPY 5,000 per stay	JPY 5,000 per stay
Saturdays, Sundays, and public holidays (including New Year's)	7:00 to 20:00	JPY 840 per hour	JPY 1,200 per hour
	20:00 to 22:00	JPY 960 per hour	JPY 1,200 per hour
	Any other time (Deemed as overnight stay)	JPY 5,000 per stay	JPY 5,000 per stay
Overnight stay	22:00 to 7:00 the next day	JPY 5,000 per stay	JPY 5,000 per stay

* Cancellation charges ...

- Cancellation up to the day before: No charge
- Cancellation on the day: Half amount of the service fee
- No-show: Full amount of the service fee
- * Registration and membership fees... Free of charge

* If the same service is used by siblings at the same time, half price shall apply to the second child onwards.



User Members

Those who live and work in Nabari City with a child of elementary school age or younger

* A User Member can also be a Support Member (Dual Member).

Support Members

- Those who live in Nabari City and wish to help raise children

- Those who love children and want to participate in society

* To register as a Support Member, please take the training for Nabari Childcare Supporters.

Contact Information

Nabari City Family Support Center (within Child Support Center Kagayaki)

Kikyogaoka Nishi 3-bancho 3-107, Nabari City 518-0643

Tel. 66-3915 Fax. 66-5650

Opening hours: Tuesday to Saturday, 9:30 a.m. to 5:00 p.m.

(Closed the following day if a public holiday or substitute holiday falls on a Monday. Also closed from December 29 to January 3.)

Nabari City MY Nursery Station

In order to relieve the anxiety of pregnancy, childbirth and childcare, support is provided in the form of consultation with nursery teachers and the like, offering the peace of mind to rear your child.



What's MY Nursery Station?

Expectant mothers and parents who are rearing children can register with the MY Nursery Station at a nearby nursery center (child daycare center) or certified childcare center in order to receive support during pregnancy, childbirth and childcare. In addition, fun events are held every month.

Specifically,

- Talk to teachers at nursery centers (child daycare centers) or certified childcare centers about your anxieties and concerns regarding childbirth and childcare.
- Join-in or watch events at nursery centers (child daycare centers) and certified childcare centers.
- Take part in parenting courses and the like.
- Play with toys and interact with other parents and children.
- Experience half-day temporary custody services free of charge
("Free Daycare Experience" ; once in a fiscal year).

[Eligible users] Expectant mothers, children not yet enrolled in daycare, and their guardians, living in Nabari City
[Hours available] 9:00 a.m. to 4:00 p.m. on weekdays (Closed on Saturdays, Sundays, public holidays, and year-end/New Year period)



How can I use the MY Nursery Station? What is Free Daycare Experience?

To use the services, registration with the Station is necessary (registration fees or your seal is not required). Duplicate registrations are possible, but you can register with each Station only once.

Free Daycare Experience is for children over one year old who are not yet enrolled in any nursery center or kindergarten.

Please submit an application form for Free Daycare Experience to the MY Nursery Station you are registered with, at least three days before the desired date of the experience. Daycare Experience is free of charge only once each registration year (until the end of February).



MY Nursery Stations

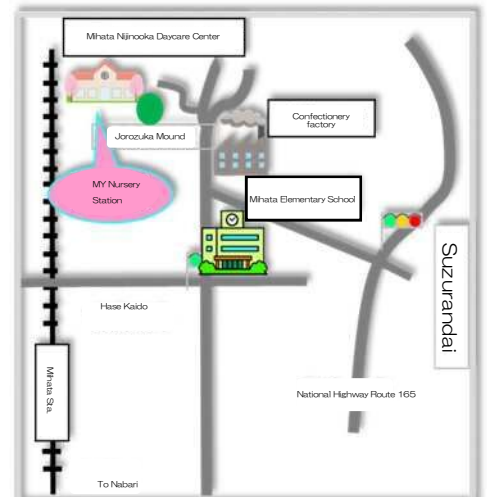
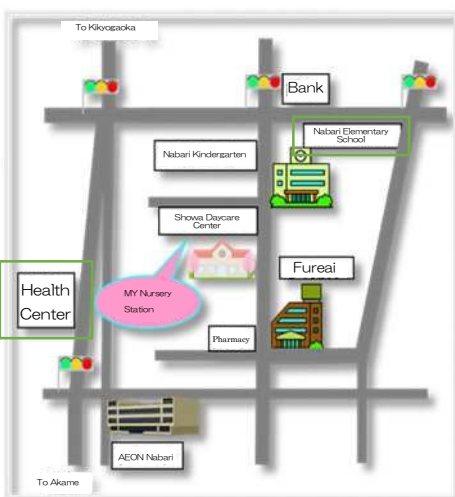
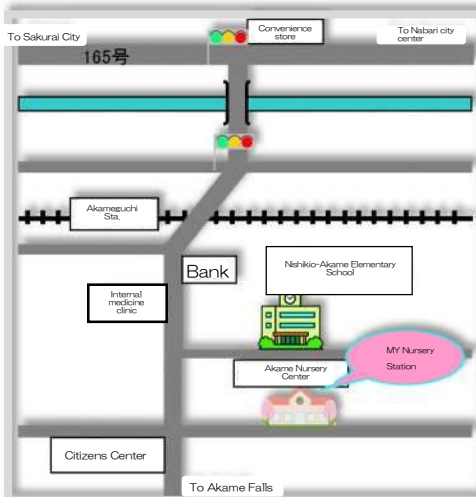
Contact Information

Akame Nursery Center MY Nursery Station Ohisama Tel. 63-2805
Showa Daycare Center MY Nursery Station Kazamidori Tel. 63-1767
Mihata Nijinooka Child Center MY Nursery Station Nanairo Tel. 65-3065
Childcare and Kindergarten Office, Department of Welfare and Children, Nabari City Hall Tel. 63-7919

Akame Nursery Center
(Dan 448-3, Akame-cho)
MY Nursery Station Ohisama

Showa Daycare Center
(Marunouchi 67-10)
MY Nursery Station Kazamidori

Mihata Nijinooka Child Center
(Shinden 1005)
MY Nursery Station Nanairo



Yuttari (relaxing) Space for mothers shortly after childbirth

Next to the Akame MY Nursery Station room

Open every Monday (except on public holidays) from 10:00 a.m. to 3:00 p.m.

This is a space for babies and mothers where expectant mothers and mothers shortly after childbirth can feel safe to visit. A midwife will be available to discuss mother and baby health matters and other issues of parenting. Lie down and rest, and enjoy a relaxing day.

[What to bring] Maternal and Child Health Handbook and a bath towel (for a sleeping baby)

* Hot water for preparing powdered milk is available.

Contact

Akame Daycare Center MY Nursery Station Ohisama Tel. 63-2805
Health and Childcare Support Office, Nabari City Hall Tel. 63-6970



Childcare Support Center Tsukushi



Nurses (doctors) and nursery teachers will do their best to provide support to make your childcare more enjoyable. It is free of charge.

[Services] Telephone consultation, interview consultation, Tsukushi Forum, Wakaba Class, Himawari Forum and “Touch Care” training

For more information, please see the website of Childcare Support Center Tsukushi (within Kato Pediatric Clinic).

[Contact] Childcare Support Center Tsukushi Kikyogaoka 5-2-48 Tel. 65-5337, 65-5311



Tsukushi

List of community forums

Nabari City Child Support Center Kagayaki

Area	Konodai and Kiodai	Shorenji and Yurigaoka		
Forum name	Kirakira Forum	Yurigaoka Tsudoi Forum	Skip Forum	Yuko-yuko Oyako Salon
Venue	Chuo Yume-zukuri-kan (Disaster Prevention Center 2F)	Yurigaoka Higashi No.3 Meeting Place	Yurigaoka Citizens Center	Fureai Salon Yuko-yuko
Membership fee	None	None	None	None
Area limitations	None	None	None	Limited to the Yurigaoka area

Area	Akame	Umegaoka	Takinohara	Satsukidai
Forum name	Nintama Forum	Wai-wai Oyako Forum	Himawarikko Forum	Satsukikko Forum
Venue	Akame Citizens Center	Umegaoka Citizens Center	Takinohara Community Center	Satsukidai No.2 Meeting Place
Membership fee	None	None	None	None
Area limitations	None	None	None	None

Area	Kuramochi	Mihata	Kikyogaoka	Nabari
Forum name	Kurakko Forum	Mihataikko	Kikyo Nakayoshi Forum	Maya Nikoniko Forum
Venue	Kuramochi Citizens Center	Mihata Citizens Center	Kikyogaoka Citizens Center	Myotenji Hall (Hommachi)
Membership fee	None	None	None	None
Area limitations	Every other meeting is for locals only	Limited to the Mihata area	None	None

Area	Suzurandai		Minowa	Tsutsujigaoka
Forum name	Suzurandai Nakayoshi Forum	Suzurandai Chibikko Club	Minowa Momochan Forum	Ojamaru Forum
Venue	Suzurandai Citizens Center	Suzurandai Higashi Meeting Place	Minowa Citizen Center	Tsutsujigaoka Citizen Center
Membership fee	None	None	None	None
Area limitations	None	None	Limited to the Minowa area	None

* For the dates and times of each forum, please see “Kagayaki Tsushin” (published monthly) or the website.

* There are many other forums and events in different communities, such as salons where parents and children get together. Please look out for announcements in the communities, too.



Kagayaki Tsushin

Nursery centers (child daycare centers), kindergartens and certified childcare centers that operate nakayoshi forums

Oyado Nursery Center, Komohara Nursery Center, Nishikio Nursery Center, Minowa Child Daycare Center, Nabari-nishi Child Daycare Center, Nishi-tawara Child Daycare Center, Kikyogaoka Child Daycare Center, Kuramochi Childcare Center, Hinachi Child Daycare Center, Takinohara Child Daycare Center, Fukino-mori Childcare Center, Nabari Kindergarten (Nakayoshi Forum), Certified Childcare Center Nabari Yosami Kindergarten (Pikochan Room), Umegaoka Kindergarten (Nikoniko Forum), Certified Childcare Center Tsutsujigaoka Kindergarten (Nakayoshi Forum), and Tsutsujigaoka Child Daycare Center

Nursery centers (child daycare centers), certified childcare centers, community-based childcare facilities and kindergartens

Those wishing to use childcare facilities must receive “payment certification” in accordance with the necessity of the education and childcare.

Payment certification categories	Details of payments	Those eligible	Facilities and services available
Type-1 certification	Standard hours of education	Children at least three years old for whom education is requested * Childcare is not available	Kindergartens Certified childcare centers (kindergarten part)
Type-2 certification	Short-term childcare Standard hours of childcare	Children at least three years old who are recognized as requiring childcare and can receive childcare	Nursery centers (child daycare centers) Certified childcare centers (nursery center part)
Type-3 certification	Short-term childcare Standard hours of childcare	Children under the age of three who are recognized as requiring childcare and can receive childcare	Nursery centers (child daycare centers), community-based childcare facilities, and certified childcare centers (nursery center part)

[Childcare Fees]

Childcare fees are determined according to the municipal tax status of the child’s parents, or persons responsible for supporting the child.



Childcare fees

[Nabari City “Third Child” Project]

To reduce the economic burden on multi-child households, the city is offering free childcare or free supplementary meals to the third child and subsequent children born into a household. Children who are the third or subsequent child in a household and have not yet graduated from high school (until the first March 31 after the date of turning 18) are eligible for free childcare or supplementary meals when they receive childcare. Those who are eligible are required to apply.

[Free early childhood education and childcare]

In consideration of the importance of early childhood education as a basis for the lifelong formation of one’s character, and as a measure for reducing the costs of child rearing and education to help combat the declining birthrate, the city provides free early childhood education and childcare to children of three to five years old and to children up to two years old in households exempt from municipal tax. (Children in private kindergartens may incur some costs.)



Free early childhood education and childcare



To use a nursery center (child daycare center) or a community-based childcare facility

- For those who wish to use the services starting from April: Applications are received around October each year. Please submit the necessary documents to the facility you wish to use, before the deadline. Decisions on whether or not applications are successful will be made by the City.
- For those who wish to use the services during the fiscal year: Applications to register for the waiting list are received at the Childcare and Kindergarten Office of the City Hall two months before the date on which you wish to start to use the service. Applications by proxy are accepted.

✿Those who have taken childcare leave can make a reservation for use after the Leave has ended.



Application for childcare facilities

To use a certified childcare center

In case of Type-1 children, applications should be made directly to the childcare center. In the case of Type-2 and Type-3 children, applications should be made in the same manner as those for nursery centers (child daycare centers) or community-based childcare facilities.

For information on recruitment of Type-1 children by certified childcare centers, please ask the childcare center.

To use a kindergarten

Applications should be made directly to the kindergarten you wish to use. The kindergarten will decide whether your application is accepted or rejected.



List of childcare facilities and programs

Temporary Custody Services

1. How to Apply

- ① Please contact the nursery center (child daycare center) or certified childcare center you wish to use, by phone, and then apply directly to the facility.
 - ② Applications should be made at least three days prior to the date of use. Each application form is valid for one month. (If you are using a facility for the first time, you will be interviewed, so please apply with your child.)
- * Please note that the nursery center (child daycare center) or certified childcare center you wish to use may not be available.
- * If a meeting with a nutritionist or nurse is required due to your child's food allergies or chronic illness, applications may take a few more days to process.

2. Eligible children

Those who are at least six months old. Please ask your facility first, as each facility has different acceptance criteria.

3. Opening hours

8:30 to 16:30 on weekdays (Please ask about Saturdays during the interview)

The morning service is from 8.30 to 12.30 and the afternoon service is from 12.30 to 16.30.

(These services are basically for weekdays. On Saturday, the operating hours are from 8:30 to 13:00.)

4. Number of days of use, and fees

Reasons for applying	Number of days of use
Children who have difficulty in receiving intermittent care at home due to the parent's employment status, school enrollment, etc.	3 days per week
Children who require emergency or temporary childcare due to socially unavoidable reasons such as a parent's illness, hospitalization, disaster, accident, childbirth, nursing, care, or ceremonial occasions.	Number of days deemed necessary by the facility director
Children who require childcare for personal reasons such as relief from the psychological and physical burdens of childcare by their guardians or for other reasons	15 days per month

Age	One-day use fee	Half-day use fee
0, 1, 2 years old	JPY 2,400	JPY 1,400
3, 4, 5 years old	JPY 1,800	JPY 1,000

*Age should be as of April 1 of the current fiscal year.

Children of zero years old can be accepted when they reach six months old.

Please apply to a nursery center (daycare center) or certified child center.

Contact

Childcare and Kindergarten Office Tel. 63-7919

Child Support Center Kagayaki Tel. 67-0250 Fax. 66-5650



Temporary Custody Services

Disaster Prevention Hotto E-mail (free registration)

Registering with your mobile phone to receive information regarding disaster and crime prevention.

For inquiries, please contact the Nabari City Hall Crisis Management Office (Tel. 63-7271)



Disaster Prevention Hotto Email



An organization that provides comprehensive support for the development of children between the ages of 0 and 18

Supporting children's healthy growth and childcare in cooperation with the City Hall, medical and specialist institutions, community dispensaries and other related organizations in the region.

[Main activities]

Consultation (responding to initial requests for advice)

Provides consultation to families concerned about their child's development. Connects the child to support such as medical care and nursing, depending on the wishes of the family, in collaboration with medical examinations, nursery facilities and schools.

Development Support Classes

Offers parents suggestions on how to engage with their child through play and connects them to necessary support when advice is sought in connection with childcare or the child's development.

Implementation of health checkups for five-year-olds

These checkups are carried out on all five-year-old infants. Problems that guardians have concerning childcare, and the difficulty children have in living in a group are detected at an early stage, and such guardians and children are connected to necessary support.

Special support for individual infants

For babies and infants with potential development difficulties, a support plan is created and support is provided with the consent of their guardian. Support for smooth entry into school is provided in collaboration with related organizations.

Public health nurses, psychologists, teachers and nursery teachers can be consulted.

- Late speech development
- Tantrums or panic attacks
- Clumsy hands, awkwardness when walking and running
- Tends to play alone; seldom plays with friends.
- Very particular about things
- Has difficulty reading, writing, listening or calculating
- Reacts sensitively to sounds, smells, and tastes
- Anxiety in unfamiliar places
- Unable to sit still

For example



Nabari City Education Center (Nabari City Child Center 1F)



[Main activities]

Consultation on all kinds of educational problems

Education Center
Tel. 64-8801

Truancy counseling

Orientation class (Sakura Class)
Tel. 63-7830

Support for children's learning and development

Support for teachers

Gathering and provision of educational information and materials

Research and studies on education

Support for collaboration between schools and the community (support for guardians)

Contact

Nabari City Child Center

Yurigaoka Nishi 5-bancho 25, Nabari City 518-0485

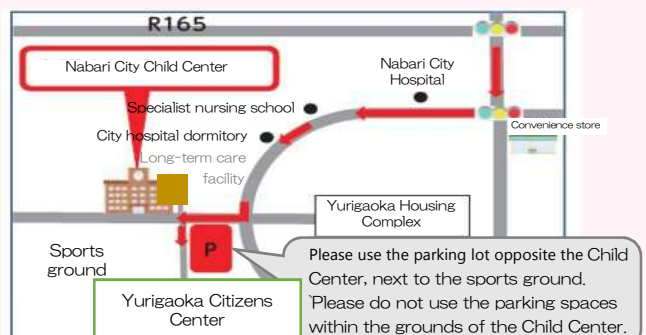
[The nearest bus stop: Yurigaoka Nishi 5-bancho]

Child Development Support Center (Child Center 3F)

Tel. 62-1088 Fax. 62-1089

Education Center (Child Center 1F)

Tel. 64-8801 Fax. 64-8802



If your child (under 15 years of age) suddenly becomes ill at night or on a holiday

For internal medicine consultations for children (fever, cough, runny nose, vomiting, abdominal pain, etc.) at night and on holidays, you can go to Nabari City Emergency Clinic, or to the Nabari City Hospital A & E Department for direct consultation..



- ①Request for consultation by phone
- ②Visit the hospital/clinic

A person wishing to see the doctor

Other than when arriving by ambulance, please call in advance.
Nabari City Hospital
Tel. 0595-61-1100



Internal medicine (fever, cough, runny nose, vomiting, abdominal pain, etc.)

Nabari City Hospital

Yurigaoka Nishi 1-178,
Nabari City
Tel. 0595-61-1100

又は

Nabari City Emergency Clinic

Asahi-machi 1361-4,
Nabari City
Tel. 0595-63-3913

Surgery (injury, traffic accidents,

Emergency Medical
Information Center

Sakurabashi 2-chome
191, Tsu City
Tel. 059-229-1199

Family physician

Hospital
emergency duty

Please contact the
medical institution
after checking its
website for treatment
hours/days

If you visit Nabari City Hospital emergency treatment, you will not be charged the additional fee for first-time patients, even if you arrive by car.

Nabari City Emergency Clinic (Asahi-machi 1361-4) (Primary Emergency Medical Institution)

Please use the clinic when your child's illness is not serious enough to require emergency ambulance transportation but you are worried about just monitoring the child's condition at home.

Medical departments: Internal medicine and pediatrics Tel. 0595-63-3913 For other departments, please ask when you call.

- The clinic is intended for temporary treatment and medication. Please consult your family physician The following day without fail.

- If the doctor determines that your child requires further examinations or hospitalization, please visit a secondary emergency hospital with the doctor's referral letter.

- What to bring: Health insurance card, medical expenses, medical expenses beneficiary certificate (if any), Medicine Book, etc.

* Reception: Up to 30 minutes before the end of consultation hours



Emergency clinic map

Consultation hours	Monday to Saturday	8 p.m. to 11 p.m.
	Sundays, public holidays, the year-end and New Year holidays (Dec. 30 to Jan. 3)	9:00 -12:00, 15:00 -17:00, 20:00 -23:00

System for emergency medical care by Nabari City Hospital Pediatrics Department Tel. 0595-61-1100

Nabari City Hospital Pediatrics Department has established a Pediatric Emergency Medical Center to provide pediatric secondary emergency care 24 hours a day, 365 days a year.

Only seriously ill children (other than those suffering surgical conditions such as injuries, or victims of traffic accidents) will be accepted. However, children (under 15 years of age) suffering internal medical conditions may be accepted at night and on public holidays. In such a case, please contact the Center in advance.

For advice about health conditions at night, please call Mie Child Medical Care Dial Tel. #8000

* If you cannot use the number above (in case of dial-type, optical or IP phones), please call 059-232-9955

Available 7:30 p.m. to 8:00 a.m. the following day, every day

With Mie Child Medical Care Dial, advice regarding illnesses, medicines, accidents, etc. involving children under the age of 18 can be sought from specialist medical counselors over the phone. * Consultations will be kept confidential. Please feel free to call.

Round-the-clock referrals to medical institutions where you can seek medical attention Mie Prefecture Emergency Medical Information Center (Call Center) Tel. 059-229-1199

When you are referred to a medical institution, please call the institution in advance.

In some cases, you may be referred to an institution outside the city.

CPR is based on chest compressions and artificial respiration.

The courage to do something may save a life. If there is something wrong with your child, please call for help and start the CPR procedure shown on the right.

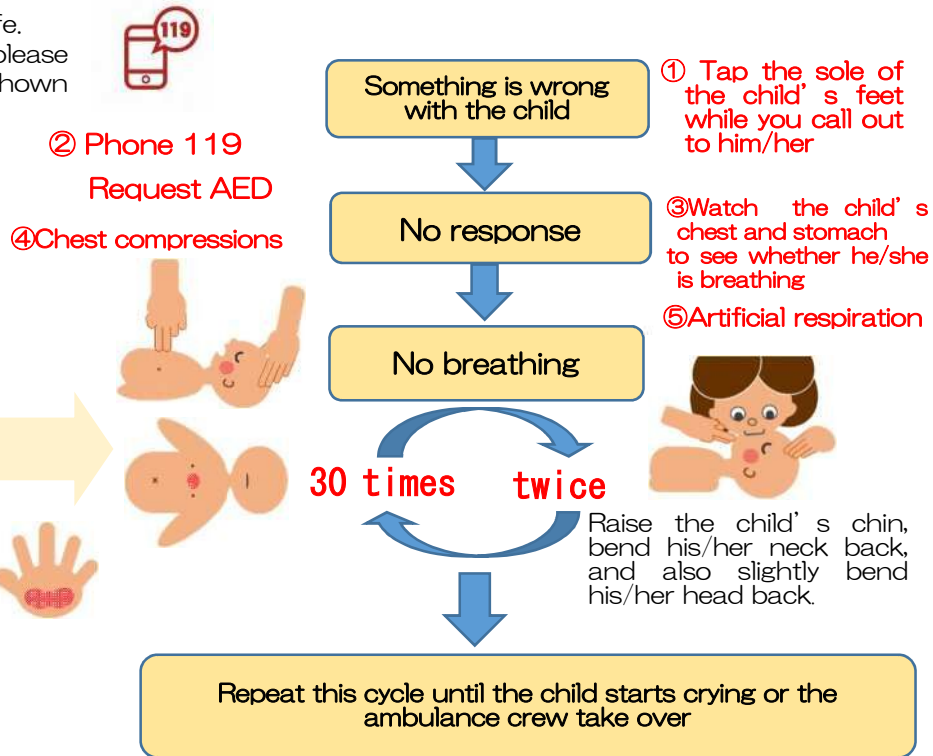
*** Perform CPR on a hard floor.**

Press hard on the part a little below the center of the line connecting both nipples, to a depth of about one third of the chest.

Press at a pace of 100 to 120 times per minute.

If the case of an infant, use the heel of both your hands to press hard.

(One hand is OK if you can push hard enough)



To prevent Shaken Baby Syndrome

Shaken Baby Syndrome is a condition in which a baby's entire body is shaken violently about three to five times per second, causing concussion. The brain, nerves and retina are damaged, leaving serious damage and life-threatening injuries.

To prevent Sudden Infant Death Syndrome

Sudden Infant Death Syndrome (SIDS) is a condition in which a healthy baby dies suddenly while sleeping, not because of an accident or by choking.

=> Avoid laying your baby in a prone position (Face down).

Give up smoking.

Community Dispensaries

What do community dispensaries do?

- ✿General consultation (Please feel free to come and talk about childcare!)
- ✿Measurement of babies' weight and height
- ✿Liaison with community parenting forums and child daycare center Nakayoshi Forums
- ✿Liaison with public health nurses and midwives from the Health and Childcare Support Office and more

* We may be absent, visiting families.

Monday - Friday: 9:00-17:00.

Consultation is provided by phone, during home visits, or at the dispensaries.



Free garbage bags for diapers are available.

District name	Postal code	Address	Phone number	Email address
Nabari	518-0710	Kamihatcho 1321-1, Nabari City (in Nabari Citizens Center)	0595-63-5699	ho-nabari@emachi-nabari.jp
Konodai and Kiodai	518-0701	Konodai 1-2, Nabari City (in Chuo Yumezukuri Building, Nabari City Disaster Prevention Center 1F)	0595-63-0805	ho-kouki@emachi-nabari.jp
Kuramochi	518-0752	Harade 319-1, Kuramochi-cho, Nabari City (in the former Kuramochi Branch of Iga Nanbu Agricultural Cooperative)	0595-63-6371	ho-kuramochi@emachi-nabari.jp
Umegaoka	518-0745	Umegaoka Minami 5-184, Nabari City (in Umegaoka Citizens Center)	0595-61-3770	ho-ume@emachi-nabari.jp
Komohara	518-0606	Komoo 1607, Nabari City (in Komohara Citizens Center)	0595-63-6400	ho-komoo@emachi-nabari.jp
Mihata	518-0616	Minami Nishihara 229-3, Mihata-cho, Nabari City (in Mihata Citizens Center)	0595-65-5800	ho-mihata@emachi-nabari.jp
Hinachi	518-0413	Shimohinachi 1768, Nabari City (in Hinachi Citizens Center)	0595-68-1278	ho-hinachi@emachi-nabari.jp
Suzurandai	518-0403	Suzurandai Higashi 3-220, Nabari City (in Suzurandai Citizens Center)	0595-68-5700	ho-suzuran@emachi-nabari.jp
Tsutsujigaoka	518-0435	Tsutsujigaoka Kita 5-73-2, Nabari City (in Tsutsujigaoka Citizens Center)	0595-68-7800	ho-tsutsuji@emachi-nabari.jp
Nishikio	518-0737	Abeta 2118, Nabari City (in Nishikio Citizens Center)	0595-63-2571	ho-nishikio@emachi-nabari.jp
Akame	518-0465	Joroku 238-1, Akame-cho, Nabari City (in Akame Citizens Center)	0595-63-1381	ho-akame@emachi-nabari.jp
Minowa	518-0441	Natsumi 215, Nabari City (in Minowa Citizens Center)	0595-63-1073	ho-minowa@emachi-nabari.jp
Yurigaoka	518-0485	Yurigaoka Nishi 5-13, Nabari City (in Yurigaoka Citizens Center)	0595-64-8600	ho-yuri@emachi-nabari.jp
Kunitsu	518-0501	Nagase 1418, Nabari City (in the former Nagase Nursery Center)	0595-69-1718	ho-kunitsu@emachi-nabari.jp
Kikyogaoka	518-0625	Kikyogaoka 5-12-10, Nabari City (in Kikyogaoka-Minami Citizens Center)	0595-65-1299	ho-kikyo@emachi-nabari.jp