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Child Rearing Support!! Part.1 Places that can take care of your children before they enter elementary school



I'm on maternity leave now and plan to go back to work next spring. I wonder what kind of childcare facilities there are for small children.

I too would like to work for a few hours a week starting next spring, and am looking for a kindergarten for my child to go to. I was just thinking about where to have my child go.



①



What kind of facilities are there?



① Hoikusho: Daycare Centers

Target age: 0 – 5 years-old

Childcare hours: Morning – evening

For: People who cannot take care of their children at home due to work, etc.

★Hoikusho . . . A facility that cares for children in the place of their parents who cannot do so at home due to work, etc.

② Yochien: Kindergartens

Target age: 3 – 5 years-old

Childcare hours: Morning –around noon

For: Anyone

★Yochien . . . A school that educates children before they enter elementary school. Depending on the facilities, daycare service (educational activities) may also be provided after the regular educational lessons.

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③

Nintei Kodomoen:

Center for Early Childhood Education and Care

Target age: 0 – 5 years old

1. 0 – 2 year-old children

Childcare hours: Morning – evening

For: People who cannot take care of their children at home due to work, etc.

2. 3 – 5 year-old children

There are the following two types.

(1) Childcare hours: Morning – around noon

For: Anyone

(2) Childcare hours: Morning – evening

For: People who cannot take care of their children at home due to work, etc.

★ Nintei Kodomoen . . . A facility that educates and cares for children. It has the combined good aspects of both a kindergarten and daycare center.

④

Other facilities

Chiikigata Hoiku Jigyo: Small-scale local child care facilities for 0-2 years-old children, **Ninkagai**

Hoiku Shisetsu: Non-certified childcare facilities that are not authorized by municipality, etc.

③



The place of application, application period, required documents, fees, childcare hours, etc. are different for each. Please refer to the Utsunomiya City website for details! If there is something you don't understand, then inquire at the Hoiku-ka (Childcare Division) at the Utsunomiya City Hall.

Inquiries: Kodomobu Hoiku-ka (Children's Department

Childcare Division) ☎: 028-632-2383

HP: www.city.utsunomiya.tochigi.jp

④

Reconsider your exercise and eating habits and aim to lead a healthy lifestyle



Exercise in your free time and try doing the enjoyable Miya exercises

You can watch videos on the Utsunomiya website. You can select from "Stretches," "Muscle training exercises," and "Aerobic exercises" depending on your physical strength and state.



It is also possible to borrow DVDs at the Shihoken Center (City Health Center) (Lala Square Utsunomiya 9F), Kenkosoushin-ka (Health Promotion Division), city libraries, and other locations.

Examples of menus that are good for the bodies of everyone from children to adults

The recipes used in cooking classes held in Utsunomiya City are posted on the recipe search and posting website, "Cook Pad."

(<https://cookpad.com/kichen/14479535>)



Nutritional information, such as the amount of energy, salt, etc., is also displayed.



QR code for Smart Phones and tablets ▲

You can consult about quitting smoking at your local pharmacy

At the Utsunomiya Kinen Ouen Yakkyoku (Quit Smoking Support Pharmacy) consultation regarding quitting smoking is offered for free.

For details, please refer to the Utsunomiya City website or inquire at the Kenko Zoshin-ka (Health Promotion Division).

☎ 028-626-1126



It is recommended to have a specific medical examination done so that you can discover lifestyle-related diseases (diseases caused by poor eating habits and exercise deficiency) at an early stage

The specific medical examination is a health examination to identify metabolic syndrome (when there is much fat stuck on internal organs). For information on the examination content and process, please contact your medical insurance company, or if you have national health insurance, inquire at the Kenko Zoshin-ka (Health Promotion Division). ☎ 028-626-1129



Did you exchange your old seal registration card for a new card?



< Old card >

Old seal registration card

It is white and blue
※Or old Kamikawachi-machi or old Kawachi-machi card



< New card >

Utsunomiya citizen's card & seal registration card

It is pink and has a picture of azaleas



Anyone who has an old seal registration card needs to have it replaced with a new card before getting a seal registration certificate.

The service charge is free. However, if you lost your card or seal, or have changed your seal, then there is a registration service charge of 300 yen.

This can be processed by taking your card and a form of personal ID (residence card, driver's license, etc.) to the Shimin-ka (Citizen's Division on the 1F of the Utsunomiya City Hall), or to a regional Shimin Center (Citizen's Center), or branch office.

Fun events 🎵 🎵



~ Kimono dressing workshop ~

- 🕒 October 29 (Sun) 1:30PM-
- 😊 Dress up in a kimono, walk to Futaarayama Shrine, and take commemorative photos while enjoying the Kikusui Festival 🎵
- Cost 500 yen
- Max 10 people (First to sign up basis)
- Sign up Please call or send an e-mail to UCIA by October 15 (Sun) with the following information: your name, gender, age, nationality, and phone number
- @ Utsunomiya Omotesando Square 5F Shimin Plaza Meeting Room #2 (Dressing room)
- ☎ Utsunomiya City International Association 028-616-1870 ✉ ucia@ucia.or.jp



High school guidance in multiple languages

- 🕒 October 29 (Sun) 2:00 – 5:00PM
- 😊 Information explained on the different types of Japanese high schools, the high school system, and high school fees, as well as individual consultation. Translated documentation is available in Japanese, Portuguese, Spanish, English, Filipino, Chinese, Thai, Urdu, and Vietnamese, as well as interpreting in those languages. Parents and children are encouraged to both attend and think about the future!
- @ Utsunomiya University Gym
- Cost Free
- ☎ Utsunomiya University International Department Auxiliary Multicultural Public Sphere Center
028-649-5196 ✉ funayama@miya.jm.utsunomiya-u.ac.jp (Funayama)



Lifelong Learning Center Fall Cultural Festivals



- 😊 There will be artwork works of art displayed, presentations made, agricultural products sold, etc. These are local community festivals.
Please contact each of the centers for details.
- 🕒@ Oct. 14 (Sat) – 15 (Sun): Kiyohara Shogai Gakushu Center (☎667-5696)
- Oct. 27 (Fri) – 29 (Sun): Chuo Shogai Gakushu Center (☎632-6331)
- Oct. 28 (Sat) – 29 (Sun): Higashi Shogai Gakushu Center (☎638-5782)
- Nov. 2 (Thurs) PM only – 2 (Fri): Shinoi Shogai Gakushu Center (☎669-2515)
- Nov. 3 (Fri) – 5 (Sun): Minami Shogai Gakushu Center (☎645-0006)
- Nov. 4 (Sat) – 5 (Sun): Hiraishi Shogai Gaushu Center (☎660-1964)
- Yokokawa Shogai Gaushu Center (☎656-6452)
- Shiroyama Shogai Gaushu Center (☎652-4794)
- Tomiya Shogai Gaushu Center (☎665-1663)
- Sugatagawa Shogai Gaushu Center (☎658-1594)
- Kamikawachi Shogai Gaushu Center (☎674-3131)
- Nov. 11 (Sat) – 12 (Sun): Kawachi Shogai Gakushu Center (☎671-3201)



Bicycle Rental

Bicycle rental is available at 8 bicycle parking lots in Utsunomiya City. How about going cycling!

Eligible people	Junior high school age or older (Elementary school students can rent a bicycle with their guardian.) ※A form of personal ID (residence card, passport, etc.) is necessary.
Time	8:00AM – 9:00PM
Cost	100yen per day (Electric powered bicycle: 300yen per once a day)
Where to rent and return	JR Utsunomiya Station west exit bicycle parking lot ☎028-621-7112 JR Utsunomiya Station east exit 1 st bicycle parking lot ☎028-635-0859 JR Utsunomiya Station east exit 2 nd bicycle parking lot ☎028-635-9722 Chuo Elementary School north bicycle parking lot ☎028-637-7918 Tobu Utsunomiya Station east bicycle parking lot ☎028-636-4875 JR Tsuruta Station bicycle parking lot ☎028-636-3725 JR Suzunomiya Station bicycle parking lot ☎028-653-2241 JR Okamoto west exit bicycle parking lot ☎028-671-0201



Please obey traffic rules when bicycle riding!



UIP Services

Consultation for Foreign Residents



		Spanish Portuguese	Chinese	Thai	English
UIP ☎616-1564	3:00PM - 6:00PM	Mon	Tues	Wed	Fri
		4 th Sunday of month (appointment needed)			
City Hall ☎632-2834 (during office hours)	9:00AM - 12:00PM	Thurs	2 nd Thurs	—	—
	2:00PM - 5:00PM	Thurs	—	2 nd Thurs	2 nd Thurs
Administrative Scrivener ☎616-1564	3:00PM - 5:00PM	3 rd Monday (appointment needed)			

Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall, and interpret for them

- ▶ Monday – Sunday 8:30AM – 7:00PM
- ▶ 1 time (2 hours) 2,000 yen
- ▶ Please fill our application form at UIP, pay the fee, and submit the application.

“Oh-!” is published in easy Japanese, English, Chinese, Portuguese, and Thai, and is also available on the UCIA website. <http://www.ucia.or.jp>

There, you can enjoy reading past issues of the “Oh-!” too.

Clip art on page 1 provided by: Yurika Usui & Natsuki Nemoto