



助産師と
つながろう

ISHIKAWA MIDWIVES
ASSOCIATION

We started the ONLINE CLASS

Community midwives started the online class for pregnant women and new parents by using a Zoom app, in English. You can talk with midwives and discuss topics with participants. Why don't you join us? Let's lessen anxiety and build confidence!

Free event

How to apply for the Online Class?

Please send the following contents to this address
fumiyotanimoto234@gmail.com

Subject: Online class application

1. Name (If your partner joins with you, let us know.)
2. Email address
3. Phone number
4. Due date or Children's birthday (ex. June 8th, 2020).
5. Your home country
6. Attending class number (from next page)
7. The topics you want to know

What do you want to know? What do you talk about? Please let us know!

Application deadline: 3days prior to each class!!

Let's talk with the Midwife !

《① Preparing for childbirth in Japan》

February 5th, 2021 10:00AM-11:00AM

- ・How is the perinatal checkup in Japan?
- ・How is it for foreigners giving birth in Japan?
- ・How to prepare for hospitalization and child care?
- ・When do you have to call the hospital?

《② Procedure of pregnancy and postpartum in Japan》

March 5th, 2021 10:00AM-11:00AM

- ・Maternal and Child Health Handbook.
- ・What to do after giving birth(Registration, Child allowance, etc.)
- ・Support for mother and baby's health (Home visit, Vaccination, etc.).
- ・Entering nursery school.

《③ Childcare》

May 21st, 2021 10:00AM-11:00AM

We are going to talk about tips for childcare.

Please give us requests for topics.

- ・How to get baby to sleep well?
- ・How foreign mothers can proceed with baby food in Japan?
- ・Are there any places to play with my child?

We would like to organize these contents based on your request.
Please feel free to contact us!!