

Who can use it

The mothers and babies before 4 months old that lives in Oda*

- ① The mothers who are worried about the body after giving birth
- ② The mothers who do not know how to take care of the baby and is worried about the baby's development
- ③ For the mothers who need support and a moment to relax for been tired after birth

*Depending on the situation, the deadline can be extended until the baby turns 1 year old

*For the mothers and babies who needs medical attention this service is not available



I want to sleep in the afternoon

I would like to know how to breastfeed the baby easily

Why I am crying?
I am tired?

I do not feel good after giving birth and about the development

I have no one to help me

I would like to ask some questions

Someone could bathe the baby



Details

Mother care

- The mother will be relaxing while the staff takes care of the baby
- Breast massage
- Explanation of breast-feeding and breast care
- Tips about milk quantity
- Consultation about mother's concerns



Baby care

- Weight measurement
- Bath and nail cut etc
- How to hold the baby, play together and full service if the baby does not stop crying

Time • Price • Place

Both services can be used 6 times maximum.

*Those services will be free for families which exempt from tax or which is receiving City Hall aid

Visit Service

Place: Family house

Dates: Working days from 09:00 – 17:00

*3 hours each visit

Price: 2000 yen each

Provide: Baby's passbook and towel



Others: Reserve a space in the parking area or close to the house

Daily Service

Place: Nima Health Centre

Dates

06 April, mon 22 April, wed	11 May, mon 22 May, fri	08 Jun, mon 23 Jun, tue
07 July, tue 20 July, mon	04 August, tue 25 August, tue	09 September, wed 23 September, wed
05 October, mon 30 October, fri	09 November, mon 24 November, tue	09 December, wed 22 December, tue
05 January, tue 26 January, tues	10 February, wed 24 February, wed	10 March, wed 23 March, tue

Time: 10:00 – 15:00



Price: 1000 yen each

Other: We can attend 2 mothers and 2 babies

What to bring:

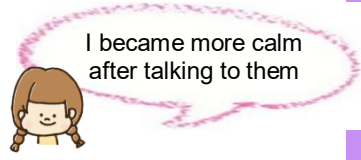
Baby's passbook, National Health Insurance Card, Bath items, Towel (Big and small towel, cloth diaper), Cloth to change, Diapers, Milk, Garbage bag (The diapers and the food residue should be taken to home to discard)

*Packed lunch for 540 yen in the Health Centre or bring yours

✿ Exemple ✿

① Visit Service

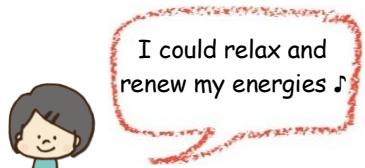
- 13 : 00 After the staff arrives, we will talk about your questions and problems
- 13 : 30 Support for breast-feeding and breast massage
- 14 : 00 Mother can relax while the staff take care of the baby
- 15 : 40 Chat time
- 16 : 00 Finalization



② Daily Service

- 10 : 00 After arriving to the Nima Helth Centre we will talk about your questions and problems
- 11 : 00 Support for breast-feeding and breast massage
- 12 : 00 Lunch
- 12 : 30 Mother can relax while the staff take care of the baby
- 14 : 00 Support for breast-feeding
- 14 : 30 Chat time
- 15 : 00 Finalization

※The service will be decided if it is going to be Visit or Dairy after talking to the mother



✿ Booking • Contact ✿

Step by step

- ① The public nurse and the midwife will visit you in your house to talk and answer questions
- ② They will give you the “Service Solicitation” for the date and time for one of the services (Need stamp-inkan)
- ③ Wellness Promotion Sector will evaluate your situation
- ④ After that you can use those services

Access



* Nima Health Centre

540-1 Nima, Nima-cho, Oda-shi 〒699-2301

Contact

Oda City Hall
Wellness Promotion Sector
TEL : 0854-83-8151
0854-83-8152

Cares after giving birth Oda



Are you not tired mentally and physically after giving birth?
We can help with the baby and your worries.
Do you want to relax a bit?