Parental Support-Infant Health

育儿육아





財団法人 岩手県国際交流協会

Foreword

At the Iwate International Association, we offer various types of support to the foreign residents in the area so they can live a more worry-free life. Among other things, we hold life consultation sessions and publish information in many different languages.

As part of that effort, we have created this "Child Raising Q&A" to help foreign families with children.

To aid in making this pamphlet, we asked mothers from China, Korean, the Philippines, and other countries their thoughts on how to treat sick children, especially infants.

We tried our best to streamline all the important information and make it easy to understand.

We also had Dr. Natsuko Kakizaki of the Iwate Prefectural University Faculty of Nursing come on as our supervising editor. A lecturer on maternal-child nursing, Dr. Kakizaki helped make the content of this booklet as accurate and easy to understand as possible.

Although we could never hope to make this booklet a complete manual on child raising, we hope that it becomes a useful tool for those raising their children in Iwate.

February 2010, Iwate International Association

日本語

English

1. Being Prepared – Information on Illnesses

Knowing about your infant's health

A mother's intuition is very important for recognizing when your child is acting differently. Excessive clinginess, differences in behavior when being held, and lack of energy are all signs that can tell you something is wrong and that you should pay extra attention to your child's health.

1. Appetite — Pay attention to how much baby food, formula, or breast milk your child consumes

Reduced consumption of food, formula, or breast milk can indicate that your child is sick.

2. Sleep - Look for changes in sleeping patterns

Too little or too much sleep can be an indicator of sickness. However, you should not be concerned if your child is sleeping less but still seems healthy and is able to play by him or herself.

3. Mood – Irritability may indicate illness

Crying or fussing may indicate that your child is sick. Being too hot or cold, or a skin condition may also cause your child's irritability. You should examine your child and his or her environment.

4. Urine — Make it a habit to check your child's diaper

Urine is an important indicator of your child's health. Keep track of how often you change your child's diaper, as well as the normal color and smell of his or her urine.

5. Stool — Knowing the frequency and appearance is important for recognizing illness

Your child's stool is a barometer of your child's health. Keep track of how often you change your child's diaper and examine what his or her stool looks like. Check the consistency or softness of the stool for diarrhea, as well as for unusual odors or blood. Also, check the genitals and rear for redness or rashes.

How to discern if a symptom is life threatening

If your child suddenly becomes ill, you should pay particularly close attention, as he or she may need immediate medical treatment. You should seek medical assistance should your child have any of the following symptoms. Additionally, infants of 3 months or younger that develop a fever should be brought to a hospital as soon as possible.

1. Exhaustion and loss of consciousness

A child has lost partial conscious if he or she does not react to certain stimuli such as being called by name or being pinched on the bottom of the foot. This often is a sign that his or her life is in danger and should be rushed immediately to the hospital.

2. Convulsions

Convulsions that last five minutes or less are not a serious concern, so long as the child appears to be fine afterwards. However, children with convulsions lasting five minutes or longer, or convulsions resulting in loss of consciousness should be brought to a hospital quickly.

3. Difficulty breathing

If your child experiences difficulty breathing you should check for symptoms such as fever or nasal congestion, as well as any change in complexion or mood. Infants' breathing can easily become distressed in a short period of time so you should quickly take your child to the doctor if their breathing appears labored.

4. Complexion

A child's physical health can be reflected in his or her complexion. Do a complete check of your child for other symptoms if his or her complexion becomes pale. When accompanied by other symptoms, paleness indicates that those symptoms are becoming more severe. You should take your child to the doctor if you feel that it is warranted.

5. Purple discoloration around the fingernails and lips

A lack of oxygen in the bloodstream causing purple discoloration around the fingernails and lips is called cyanosis. There are many non-serious causes of this, however it could indicate something life threatening such as a heart condition or asthma.

6. Severe abdominal pain

Severe abdominal pain in infants could indicate there is an intestinal blockage, possibly caused by an intestinal intussusception or an inguinal hernia. Either condition can be very serious and becomes more difficult to treat as time passes, so you should seek immediate medical assistance. Symptoms include crying until exhaustion or crying when his or her stomach is pressed.

Medication Q&A

Q. If I give my child medicinal syrup and he/she spits it up, should I try giving it again?

A. If your child spits up medication (either a powder or syrup) within 15 minutes, you should give them the same amount of medication spit-up.

Q. What should I do if I apply a topical medicine to my child's face and he/she licks it?

A. There is no need to worry, just reapply.

There is no medical danger if your child licks a small amount of topical medicine. However, if the medicine does not remain properly applied to the skin it will not take effect, so you should be sure to reapply any medicine that was removed.

Q. What should I do if my child has a bowel movement after giving him a suppository?

A. If the suppository was ejected, reinsert it.

If the suppository was ejected intact or partially dissolved, you should reinsert it. If you cannot determine whether or not the medication was ejected, wait for one hour and insert the suppository again only if the fever has not gone down. Giving your child excess pain relief/anti-fever medication risks lowering his or her body temperature too much.



Fever

Guidelines for when to seek medical attention

You should seek medical attention as soon as possible if your baby develops the following conditions:

- Complete exhaustion
- · Does not drink fluids for longer than half a day
- If your child is three months or younger: fever over 38 degrees Celsius and no energy
- If your child is four months or older: fever over 40 degrees Celsius

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- · Fever exceeding 38 degrees and he or she has less energy than usual
- · Fever lasting longer than one day
- · Behavior different than normal, particularly if they are acting fussy or have a decreased appetite
- · Fever with additional symptoms such as vomiting, diarrhea, cough, or a runny nose

What to tell your doctor during your visit

- Your child's temperature
- · When the fever began (You should bring with you a record of your child's temperatures)
- · Any symptoms besides fever
- · Amount of fluids and breast milk/formula/solids being consumed
- · If your child is urinating normally



Fever Q&A

Q. Can a high fever damage the brain?

A. A fever by itself will not damage the brain.

Fever will not directly cause brain damage, however an underlying condition causing a fever may also leave lasting damage to the brain. Diseases such as encephalitis and meningitis caused by viruses or bacteria in the brain may leave behind damage even after the fever goes down.

Q. Is it okay for my child to have a bath or go outside after the fever has gone down?

A. It is okay only after waiting one day to confirm that the fever does not come back.

You should wait at least one day after a fever to confirm that the fever will not come back. After that you may give your child a bath or leave the house with him. However you should do so for only short periods of time.

Also, a fever is more likely to get worse during the evening, so if your child's temperature at this time is normal and he or she is feeling well then you can feel confident he or she has recovered.

Q. If my child still has a fever but has stopped sweating, does he/she still need fluids?

A. As long as there is a fever you should always be making sure your child is staying hydrated.

Your child becomes dehydrated faster when he or she has a fever. You should maintain hydration by giving your child water (ensure it has been boiled once) or *mugi-cha* (barley tea). You may still breast feed or provide formula as usual.



Vomiting

Guidelines for when to seek medical attention

You should seek emergency medical attention immediately if your child develops the following conditions:

- · Vomiting accompanied by high fever, exhaustion, and partial loss of consciousness
- Loud crying for periods of 10 to 30 minutes accompanied by bloody stool the consistency of strawberry jam

You should seek medical attention as soon as possible if your baby develops the following conditions:

· Vomiting starting after a strong hit to the head

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- · Projectile vomiting after nursing continuing for a period of one to two weeks
- · Symptoms such as sneezing, runny nose, nasal congestion, fever, or diarrhea
- · Continual vomiting accompanied by diarrhea
- Decreased number of bowel movements and urination, and he or she has not been putting on weight

What to tell your doctor during your visit

- · The number of times your child has vomited
- The last time your child has vomited
- · Contents of the vomit
- Under what circumstances your child vomits (vomiting occurring along with burps, sudden vomiting, etc.)
- · Any other symptoms such as fever or diarrhea

Vomiting Q&A

Q. If my child vomits too often, is he/she getting enough nutrition?

A. Do not worry about a short-term lack of nutrition.

It is more important for your child to take fluids rather than nutrients if vomiting continues. When the vomiting has stopped and your child's appetite has returned, try feeding him or her a little bit at a time with foods that are easy to digest. These foods can include breast milk, formula diluted to 50% strength, well-boiled udon noodles, or *okayu* (rice porridge).

Q. What should I do if my child's vomiting continues and he/she will only drink breast milk?

A. There is no problem as long as he or she is able to drink breast milk.

As long as your child is able to drink breast milk, there is no need to force your child to drink water or *mugi-cha* (barley tea). The most important thing for your child is to prevent dehydration, so you should continue to breast feed even if you child develops diarrhea after the vomiting.

Q. Is feeding my child too much solid food causing him/her to vomit?

A. Vomiting every time you feed him or her could indicate a food allergy.

Vomiting up baby food is not just caused by the amount being fed. You should use caution as your child may have a food allergy or may just not like the food. Your child might have a food allergy if he or she continues to vomit even after changing the amount of food and method of preparation. You should consult a doctor if this is the case.



Diarrhea

Guidelines for when to seek medical attention

You should seek medical attention as soon as possible if your baby develops the following conditions:

- · Inability to retain fluids because of severe diarrhea accompanied by vomiting
- Severe symptoms in addition to diarrhea, such as high fever, severe vomiting, abdominal pain, bloody stool, etc.

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- · Diarrhea accompanied by decrease in mood or appetite
- · Non-severe symptoms in addition to diarrhea, such as fever, vomiting, abdominal pain, etc.

What to tell your doctor during your visit

- The number of times, shape, and consistency of the diarrhea (If possible bring a used diaper with a sample of the diarrhea on it. If that is not possible bring a picture taken with a digital camera of the diarrhea.)
- · Any changes in mood or appetite, or other symptoms such as fever or vomiting
- The number of times your child urinates

Diarrhea Q&A

Q. Will my child be getting enough nutrition if he or she continues to have diarrhea?

A. There is no need to worry even if your child loses weight temporarily.

Your child is indeed not getting enough nutrition, at least temporarily. However, even if he or she is losing weight, or not gaining weight, once the diarrhea stops he or she will regain the weight quickly. Do not try to force your child to eat - instead you should first ensure that your child is getting enough fluids.

Q. Should I stop giving my child antibiotics if it gives him/her diarrhea?

A. You should always consult a doctor before stopping medication.

Antibiotics kill many types of bacteria in the stomach, so just because your child develops diarrhea does not mean that you should make the decision to stop medication. If the diarrhea continues you should first call your doctor and ask whether you should stop the medication.

Q. Should I only feed my child *okayu* (rice porridge) until their diarrhea completely stops?

A. You should begin reintroducing foods based on your child's condition.

If all other symptoms have stopped and the diarrhea is starting to get better you should gradually begin reintroducing solid foods into your child's diet. You may delay your child's recovery by stopping any solid foods, or by only feeding him or her *okayu*.



Constipation

Guidelines for when to seek medical attention

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- · Attempted bowel movements many times in an hour
- · Bowel movement where nothing is released and he or she seems to be uncomfortable
- · Crying and attempting to avoid bowel movements
- · Hard stool and your child's anus is cut and bleeding

What to tell your doctor during your visit

- · How often your child normally has a bowel movement, and the normal hardness of the stool
- · The last time your child had a successful bowel movement and what the stool looked like
- · How are his or her mood and appetite
- Any other symptoms

Constipation Q&A

Q. Are there other ways to prevent constipation besides eating a balanced diet?

A. Make sure your child gets plenty of exercise through play.

Play that encourages movement is very effective for preventing constipation. When you move your body, you stimulate your gastrointestinal organs, creating a rhythm in your automatic nervous system for bowel movements. Also, getting exercise on a daily basis will create a rhythm in your baby's daily activities, normalizing his or her bowel movements.

Q. If I give my baby easily digestible foods will it prevent constipation?

A. Eating *only* easily digestible foods will *create* constipation.

Babies will reflexively make a bowel movement when stool collects at the end of the large intestine. However, if you only feed your baby low fiber, easy-to-digest foods, there will not be enough material to make stool. The bowel movement reflex will become weak and stool will collect in the large intestine, leading to constipation.

Q. Can I use an over-the-counter enema kit on my child?

A. You should visit a pediatrician if performing an enema with a cotton swab does not work.

First-time mothers often find it hard to use over-the-counter enemas. When using a cotton swab to stimulate the anus does not produce any bowel movements, please visit a pediatrician.

- Q. I am worried that my baby will not be able to make a bowel movement unless I perform an enema with a cotton swab.
- A. Enemas performed with a cotton swab are not habit-forming but you should not rely only on them.

An enema based on directly stimulating the anus with a cotton swab to induce a bowel movement will not become a habit no matter how many times you do it. However, do not rely just on enemas to get rid of your baby's constipation. It is important to base your baby's diet, activity, sleep, and other daily activities on getting a proper rhythm for bowel movements.

Q. So my child's bowel movement needs to happen at regular times?

A. Constipation will happen unless you have a regular bowel movement rhythm.

Having irregular bowel movements may result in constipation. If you create a rhythm for daily life, your baby's bowel movements will also become regular. Having irregular bowel movements calls for reevaluating your child's daily patterns.

- Q. It seems like my baby is having trouble eliminating stool even though he/she makes bowel movements every day.
- A. His or her stool may have hardened and is difficult to expel.

When stool has gotten too hard, some may linger behind even after straining to expel. When too much stool collects the stomach may become distended. When your child makes regular bowel movements and still has trouble defecating, please visit a pediatrician.

Skin Trouble

Guidelines for when to seek medical attention

You should seek medical attention as soon as possible if your baby develops the following conditions:

- · A rash accompanied by a worsening physical condition such as a high fever or lack of appetite
- · Infrequent urination, a reduction of nasal discharge and saliva
- · Hives appear across the body and are so itchy your baby can't sleep
- Difficulty breathing along with wheezing and coughing

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- · A rash accompanied by a high fever
- · Cough and nasal discharge
- · Eves are red and bloodshot
- · Hands and feet are swollen
- · You touch your baby's skin and the red mark does not go away
- · Symptoms have lasted for a long period of time

What to tell the doctor during your visit

- Color, shape, itchiness of the rash (It is useful to take a picture of a quickly disappearing rash and show it to the doctor)
- When the rash appeared (After a fever? After your baby ate something? After your baby touched something? etc)
- Location of the rash
- Does your baby have a fever?
- If so, when did the fever appear and what is your baby's temperature? Did it appear before or after the rash?

Skin Trouble Q&A

Q. Will my baby's skin color change after applying steroid ointment?

A. There is no need to worry as long as you follow your doctor's instructions.

Skin discoloration results from repeated inflammation and long-lasting eczema. Most usages of steroid ointment will not result in skin discoloration. Rarely, the affected area of skin will lighten and the blood vessels will stand out, but if you follow your doctor's instructions there should be no need to worry.

Q. Whenever my baby gets out of the bath, his/her skin is red and blotchy.

A. If it disappears in a short time then there is no problem.

Blood flows well after a bath so the peripheral blood vessels enlarge and the skin reddens, and a hive-like rash may appear. If it disappears within one hour there is no cause for concern, but if it does not go away, please visit a doctor.

Q. Is it okay to apply moisturizing cream everyday?

A. If your baby has dry skin for more than a month, make a habit of using moisturizing cream.

If your baby has dry skin for a month or more then he or she may have a tendency for dry skin. Dry skin may result in skin problems, so applying moisturizer is a good idea. When the skin is nice and clean after a bath, apply baby lotion to keep your baby's skin moisturized.



Coughing

Guidelines for when to seek medical attention

You should seek emergency medical attention immediately if your child develops the following conditions:

· A sudden, violent cough with something appearing lodged in the throat

You should seek medical attention as soon as possible if your baby develops the following conditions:

- · Making a wheezing or whooping sound, or is unable to sleep, drink, or speak
- · Coughing lasting the whole day along with not being able to eat or drink

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- Any symptoms other than a cough such as: fever, nasal discharge, diarrhea, and/or vomiting (but your child is still feeling energetic)
- · Has a cough but is able to sleep
- · Has had a cough for a long period of time but still feels fine

What to tell your doctor during your visit

- · What does the cough sound like? Is there wheezing or whooping?
- · Are there other symptoms such as a fever or nasal discharge?
- Is your child in a bad mood? Are they not eating as much? Is there a general feeling of sickness?
- · Is your child sleeping enough?
- · Is there a possibility that something is stuck in your child's throat?

Coughing Q&A

Q. Are there babies that naturally cough more?

A. Allergies can lead to more coughing.

Coughing is a symptom seen in all babies. However, babies with allergies and/or weak bronchial tubes have an oversensitive trachea that reacts to various stimuli, producing coughs more easily. A baby that produces a lot of nasal mucus will also cough more often due to the mucus dripping down the throat while sleeping.

Q. If my baby has a cough, should I refrain from taking him/her outside?

A. It is better to keep your baby indoors if possible.

It is okay if your baby does not have a fever and seems energetic, but when your child has a severe cough you should avoid taking him or her outside. Also, avoid taking your baby outside on days with strong wind, to places where there are going to be a lot of people, or for extended periods of time.

Q. Can I use an over-the-counter topical cough medicine?

A. If you use a topical medicine and there is no effect, see a doctor.

Topical cough medicines sold in stores also reduce inflammation and aid respiratory function, making it easier to breathe. Different people may feel different effects but as long as you avoid applying it to any fragile areas your baby should be fine. If the topical medicine has no effect you should see a doctor.

Q. My baby is fine during the day, so why does he/she start coughing at night?

A. Some children are more susceptible to coughing right before or after sleep.

When a baby lies on his/her side they are more susceptible to coughing. Also, some children may cough more often before bed due to a warm body temperature, or more often after sleeping due to a cool body temperature. However, if your baby starts coughing for long periods of time during the night it may be a symptom of another illness. You should visit a doctor if this is the case.

Q. Should I keep the windows closed when my child has a cough?

A. Open a window to get better airflow in a stuffy room.

If you keep the windows closed the air in the room will become stuffy and may actually make your child's cough more severe. Open a window many times throughout the day, and get some fresh air in the room. The air in the room will be especially stuffy in the morning and during the night so don't forget to open the window.

Q. My child makes a wheezing sound after being breast-fed. Is he/she sick?

A. Milk may have accumulated in your baby's throat.

Milk (breast or formula) may accumulate in the mouth and throat of infants. It is also common for saliva to collect in the throat, causing a wheezing sound. If your baby seems as lively as usual, there is no need for concern.

Nasal Discharge/Congestion

Guidelines for when to seek medical attention

You should seek medical attention during regular consultation hours if your baby develops the following conditions

- · Additional symptoms such as a fever, diarrhea, or vomiting
- Nasal discharge or congestion continuing for a long period of time, lack of appetite, bad mood, difficulty drinking (breast milk or formula), difficulty sleeping, etc.

Nasal Discharge/Congestion Q&A

- Q. When my baby drinks milk, it seems like his/her nose is blocked and has a hard time drinking/suckling. What should I do?
- A. Try reducing your child's nasal discharge and congestion.

Babies have a hard time breathing with their mouths so when their nose becomes congested it becomes harder to drink.

With a cotton swab or nasal aspirator, try to clear your child's nose of nasal mucus. You may also be able to coax your child to sneeze after a bath, releasing mucus. Nasal congestion can be relieved by applying a heated towel or gauze to the bridge of the nose. It is also effective to humidify a room by putting out a wet towel or humidifier. When your baby is so congested that he or she has a hard time drinking milk, try breaking feedings into more times throughout the day.

Ear Trouble

Guidelines for when to seek medical attention

You should seek medical attention as soon as possible if your baby develops the following conditions:

- · Severe pain associated with the ears
- · A fever along with ear discharge

You should seek medical attention during regular consultation hours if your baby develops the following conditions

· Does not react to loud sounds, your child's hearing seems strange to you

Eye Trouble

Guidelines for when to seek medical attention

You should seek medical attention as soon as possible if your baby develops the following conditions:

- · Eyes are itchy or painful due to a foreign object
- · Eyelids are heavy or swollen

You should seek medical attention during regular consultation hours if your baby develops the following conditions

- · Eyes are itchy or painful due to a lot of eye mucus
- Very severe bloodshot eyes
- · When the position of your child's eyes seems strange or stuck

Eye Trouble Q&A

Q. My child has a lot of eye mucus. Is he/she sick?

A. When tears are produced along with a large amount of eye mucus/discharge, your child needs special attention.

Because your baby's nasolacrimal duct, the tear-producing organ at the corner of the eye, is so small, he or she will usually expel some eye mucus. This is a normal biological activity. However, if there is a lot of mucus, or mucus is produced along with tears, you need to pay close attention. A baby's eyesight develops by being able to see objects around them so it is best to find and treat any sort of congenital problems as soon as possible.

Ear Trouble Q&A

Q. My baby is touching his/her ears frequently. Does that mean it hurts?

A. It may be a sign of pain.

If your baby frequently touches his or her ears, scratches and cries, or nods his or her head from left to right, it could be a sign of ear pain. See a doctor if you notice something that makes you worry. Also, if your child's hearing is impeded it may have an affect on the language acquisition process. If you feel like your child has trouble hearing and does not react normally to voices and sounds, see an ear doctor as soon as possible.

Convulsions

Guidelines for when to seek medical attention

You should seek emergency medical attention immediately if your child develops the following conditions:

- · Convulsions that do not stop after five minutes
- Your child remains in a trance like state or is not fully conscious for more than an hour after convulsions stop
- · Convulsions starting after a strong hit to the head
- · Repeated convulsions accompanied by vomiting
- Fever accompanied by severe whole body convulsions/seizures

You should seek medical attention during regular consultation hours if your baby develops the following conditions:

- Convulsions occur as body temperature rises, but stops within five to six minutes and consciousness returns
- · Convulsions occur but no fever, they stop within five to six minutes, and consciousness returns

Convulsions Q&A

Q. What exactly are convulsions?

A. They are the stiffening of limbs and body.

Convulsions and spasms are condition that stiffens the limbs and body. Convulsions occur frequently in young children, including feverish/febrile convulsions and crying convulsions*. You must react calmly during a child's convulsions, and take your child to a doctor once a convulsion has stopped so that you can find the cause.

*Convulsions that occur during the middle of a crying fit

Q. What should I do when a convulsion happens?

A. Loosen clothing and lay your baby on his or her side.

When a convulsion occurs the most important thing is for you to remain calm. When a convulsion starts, note the time and lay your baby down in a safe place, turning his or her face to the side. To make breathing easier, loosen your baby's clothes and diaper.

Q. If a convulsion occurs, shouldn't I do something to prevent my baby from biting his or her tongue?

A. Never put anything in your baby's mouth during a convulsion.

Putting a finger or towel inside your baby's mouth may only block their airways. Also, do not shake or tightly hold your baby as it may make the convulsion last longer.

Q. How can I know a convulsion has stopped?

A. Check whether consciousness has returned.

When the stiffness in the limbs and body has disappeared, color returns to your baby's face, his or her eyes open, and he or she starts crying, you are safe in thinking the convulsion has ended. It is common for a baby to go right to sleep after a convulsion has occurred.

Q. Should I go to the doctor after a convulsion occurs?

A. If it is the first convulsion or if it lasted a long period of time, visit a doctor.

Because the cause of a first seizure is unknown, you should bring your baby to the hospital right after it stops, even if it is in the middle of the night. After that, only if your baby's convulsions last more than 5 minutes should you urgently see a doctor.



2. List of Various Support, Assistance, and Consultation Services

Child Rearing Support Centers

Consultation, guidance, and child rearing support groups are available to help mothers with raising children. Please feel free to make use of them.

Name	Facility Name	Address	Telephone
Kuriyagawa Nursery School Regional Child Rearing Support Center	Morioka City Kuriyagawa Nursery School	9-33 Sinden-chō, Morioka-shi	019-624-4001
Aiikuen Regional Child Rearing Support Center	Aiikuen	2-8-1 Nishi-matsuzono, Morioka-shi	019-661-0678
Mitake Nursery School Regional Child Rearing Support Center	Morioka City Mitake Nursery School	3-37-47 Aoyama, Morioka-shi	019-646-6420
Aoyama Nursery School Regional Child Rearing Support Center	Aoyama Nursery School	2-6-18 Aoyama, Morioka-shi	019-646-6420
Maegata Nursery School Regional Child Rearing Support Center	Maegata Nursery School	55 Sugihara, Kamikuriyagawa, Morioka-shi	019-601-1790
Nagai Nursery School Child Rearing Support Center	Morioka City Nagai Nursery School	10-172 Nagai, Morioka-shi	019-638-2360
Toryō Nursery School Child Rearing Support Center	Morioka City Toryō Nursery School	2-8 Sakana-chō, Morioka-shi	019-651-8580
Kōma Nursery School Child Rearing Support Center	Kōma Nursery School	669-112 Nonaka, Kōma, Tamayama-ku, Morioka-shi	019-682-2333
Miyako District Regional Child Rearing Support Center	Miyako City Yamaguchi Nursery School	5-2-1 Yamaguchi, Miyako-shi	0193-63-0442
Hanamaki Children's Center	Hanamaki City Lifelong Education Center Toshi Kaikan	1-47 Kajō-machi, Hanamaki-shi	0198-21-4388
Miyanome Nursery School Regional Child Rearing Support Center	Hanamaki City Miyanome Nursery School	6-100 Nishi-miyanome, Hanamaki-shi	0198-26-2128
Wakaba Nursery School Regional Child Rearing Support Center	(Social Service) Hanamaki Health and Welfare Organization Wakaba Nursery School	2-1-22 Wakaba-chō, Hanamaki-shi	0198-23-6634
Ōhasama Regional Child Rearing Support Center	Hanamaki City Ōhasama Nursery School	4-22-1 Ōhasama, Ōhasama-chō, Hanamaki-shi	0198-48-3226
Ishidoriya Regional Child Rearing Support Center	(Social Service) Ishidoriya Town Child-care Association Ishidoriya Nursery School	7-58-6 Kita-terabayashi, Ishidoriya-chō, Hanamaki-shi	0198-45-2453
Ōdōri Nursery School Regional Child Rearing Support Center	Odense Plaza Globe 3 F	1-3-1 Ōdōri, Kitakami-shi	0197-63-3038
Ezuriko Nursery School Regional Child Rearing Support Center	Kitakami City Ezuriko Nursery School	17-138-1 Ezuriko, Kitakami-shi	0197-77-2855

Name	Facility Name	Address	Telephone
Oniyanagi Nursery School Regional Child Rearing Support Center	(Social Service) Heiwakai Association Oniyanagi Nursery School	13-1 Miyakodori, Oniyanagi-chō, Kitakami-shi	0197-67-1020
Kuji Child Rearing Support Center	Kuji City Child Rearing Support Center	11-1 Kawasaki-chō, Kuji-shi	0194-53-2582
Tōno Regional Child Rearing Support Center	Tōno Regional Child Rearing Support Center Manazashi	13-42-1 Shiraiwa, Matsuzaki-chō, Tōno-shi	0198-62-2395
Unozumai Child Rearing Support Center	(Social Service) Kamaishi Aiikukai Association Unozumai Nursery School	16-39-2 Unozumai-chō, Kamaishi-shi	0193-28-2510
Kamaishi- Ōmachi Child Rearing Support Center	(Social Service) Ainoizumi Association Inside the Kamaishi City Aoba Building	3-8-2 Ōmachi, Kamaishi-shi	0193-22-4600
Ninohe Child Rearing Support Center	Ninohe City General Welfare Center	11-1 hachimanshita, Fukuoka, Ninohe-shi	0195-23-0818
Mori Child Rearing Support Center	(Social Service) Sugi Children's Association Morinoko Nursery School	18-301 Ōbuke, Hachimantai-shi	0195-70-1880
Fukuhara Nursery School Child Rearing Support Center	(Social Service) Muryōju-kai Association Fukuhara Nursery School	6 Ōhashi, Mizusawa-ku, Ōshuu-shi	0197-25-8586
Esashi District/Seiai Regional Child Rearing Support Center	(Social Service) Seiai Child Care Association Seiai Baby Home	290-4 Gesõda, Iwaya-dõ, Esashi-ku, Ōshuu-shi	0197-35-5413
Maesawa District Regional Child Rearing Support Center	Ōshuu City Maesawa Children's Center	9-2 shitakōji, Maesawa-ku, Ōshuu-shi	0197-56-2527
Isawa Nursery School Child Rearing Support Center	(Social Service) Aiikukai Association Isawa Nursery School	186-3 shikō, Natsuta, Isawa-ku, Ōshuu-shi	0197-46-2625
Koromogawa Day Care Center Child Rearing Support Center	Ōshuu City Koromogawa Day Care Center	72-1 Furudo, Koromogawa-ku, Ōshuu-shi	0197-52-3131
Shizukuishi Regional Child Rearing Support Center	(Social Service) Nozomikai Association Nanatsumori Day Care Center	104-1 Itabashi, Shizukuishi-chō	019-692-0572
Kuzumaki Child Rearing Support Center	Kuzumaki Town Kuzumaki Nursery School	12-37-1 Kuzumaki, Kuzumaki-chō	0195-66-2532
Iwate-machi Child Rearing Support Center	Iwate-machi Yamaguchi Day Care Center	16-26-4 Kawaguchi, Iwate-machi	0195-65-2131
Ōgama Nursery School Child Rearing Support Center	Higashi-bayashikai Association Ōgama Nursery School	42-1 Tanoshiri, Ōgama, Takizawa-mura	019-687-3030
Makinobayashi Suzunone Nursery School Regional Child Rearing Support Center	(Social Service) Tsuchibuchi-Rōshinkai Makinobayashi Suzunone Nursery School	891-8 Makinobayashi, Takizawa, Takizawa-mura	019-699-2230

Name	Facility Name	Address	Telephone
Niji Nursery School Child Rearing Support Center	Shiwa Town Niji Nursery School	40-1 Botanno, Inatō, Shiwa-chō	019-673-7307
Yahaba Child Rearing Support Center	Yahaba Town Health and Welfare Center	14-78 Minami-yahaba, Yahaba-chō	019-697-1567
Kanegasaki Child Rearing Support Center	(Social Service) Aigokai Association	1072 Takayanohara, Nishine, Kanegasaki-chō	0197-44-3365
Fujisawa Regional Child Rearing Support Center	Fujisawa Town Fujisawa Nursery School	118 Yanagidaira, Fujisawa, Fujisawa-chō	0191-63-2124
Yamada Regional Child Rearing Support Center	Yamada Town Orikasa Nursery School	11-30 Orikasa, Yamada-chō	0193-82-3219
Tanohata Regional Child Rearing Support Center	Tanohata Village Wakagiri Nursery School	43-2 Sugenokubo, Tanohata-chō	0194-37-3577
Fudai Child Rearing Support Center	Fudai Village Child Rearing Support Center	13-87-2 Fudai-mura	0194-36-1080
Noda Regional Child Rearing Support Center	(Social Service) Noda Village Child Care Association Noda Village Child Care Center	17-39-7 Noda, Noda-mura	0194-78-2162
Taneichi Nursery School Regional Child Rearing Support Center	Hirono Town Kawashiri Children's Center	23-27-2 Taneichi, Hirono-chō	0194-65-2144
Ōno Regional Child Rearing Support Center	Hirono Town Ōno Child Care Center	4-63-2 Ōno, Hirono-chō	0194-77-2808
Tarō District Regional Child Rearing Support Center	Miyako City Tarō Child Care Center	92-1 Nohara, Tarō, Miyako-shi	0193-87-2533
Niisato District Day Care Center Child Rearing Support Center	Miyako City Niisato Child Care Center	2-146-1 Moichi, Miyako-shi	0193-72-2318
Ōfunato Nursery School Regional Child Rearing Support Center	(Social Service) Daigaoka Education Center Ōfunato Nursery School	24-11 dai, Ōfunato-chō, Ofunato-shi	0192-27-7518
Inokawa Nursery School Regional Child Rearing Support Center	(Social Service) Inokawa-Aijikai Association Inokawa Nursery School	34-1 Rokuroishi, Inokawa-chō, Ōfunato-shi	0192-26-3212
Narushima Nursery School Regional Child Rearing Support Center	Hanamaki City Narushima Nursery School	9-307 Ahyō, Tōwa-chō, Hanamaki-shi	0198-42-2216
Tsuchizawa Nursery School Child Rearing Support Center	(Social Service) Tsuchizawa Nursery School	2-315 Tsuchizawa, Tōwa-chō, Hanamaki-shi	0198-42-3820
Mutsumi Nursery School Child Rearing Support Center	United Christ Church in Japan Ichinoseki Association Mutsumi Nursery School	2-14 Tamura-chō, Ichinoseki-shi	0191-26-4679

Name	Facility Name	Address	Telephone
Hanaizumi Nursery School Regional Child Rearing Support Center	(Social Service) Hanaizumi Welfare Association Hanaizumi Nursery School	93 Tatsugane, Hinaizumi, Hinaizumi-chō, Ichinoseki-shi	0191-82-2167
Hanaizumi Child Rearing Support Center	Ichinoseki City Izuminomori Kindergarten	38-312 Akubōshi, Oketsu, Hinaizumi-chō, Ichinoseki-shi	0191-82-1826
Senmaya Child Rearing Support Center	Ichinoseki City Senmaya Nursery School	23 Miyata, Senmaya, Senmaya-chō, Ichinoseki-shi	0191-53-2132
Murone Child Rearing Support Center	Ichinoseki City Orikabe Nursery School	373-1 Hachimanoki, Orikabe, Murone-chō, Ichinoseki-shi	0191-64-3219
Imaizumi Day Care Center Regional Child Rearing Support Center	Rikuzen-Takada City Imaizumi Day Care Center	153-1 Atagoshita, Kesen-chō, Rikuzen-Takata-shi	0192-55-2137
Hirota Nursery School Regional Child Rearing Support Center	(Social Service) Rikuzen-Takata Child Care Organization Hirota Nursery School	52 Tennōmae, Hirota-chō, Rikuzen-Takata-shi	0192-56-3000
Kamaishi-Kasshi Child Rearing Support Center	Kamaishi City Exchange Center Seifu-en	8-178-30 Kasshi-chō, Kamaishi-shi	0193-23-4113
Komagata Nursery School Child Rearing Support Center	(Social Service) Komagatakai Association Komagata Nursery School	1-83 Ueno-chō, Mizusawa-ku, Ōshuu-shi	0197-23-5018
Higashi-Mizusawa Nursery School Child Rearing Support Center	(Social Service) Aigokai Association Higashi-Mizusawa Nursery School	10-6 Zumimachi, Mizusawa-ku, Ōshuu-shi	0197-24-3014
Odaki Nursery School	(Social Service) Chizenkai Association Odaki Nursery School	180 Torimaru, Odaki, Esashi-ku, Ōshuu-shi	0197-35-3197
Hiraizumi Child Rearing Support Center	Hiraizumi Town Hiraizumi Child Care Center	152 Kuramachi, Hiraizumi, Hiraizumi-chō	0191-46-2767
Ōtsuchi Regional Child Rearing Support Center	Ōtsuchi Town Ōtsuchi Child Care Center	1-1 Kamimachi, Ōtsuchi	0193-42-3125
Karumai Regional Child Rearing Support Center	Karumai Town Karumai Nursery School	5-17-1 Karumai, Karumai-chō	0195-46-2905
Ichinohe Kodomo no Ie Nursery School Child Rearing Support Center	(Social Service) Izumi no Sono Ichinohe Kodomo no Ie Nursery School	3-6 Furudatetaira, Kōzenji, Ichinohe-chō	0195-33-2859

3. Emergency Medical Centers

Nighttime and Holidays Emergency Medical Centers

Medical Center	Medical Specialty	Night/Holiday Emergency Hours
Morioka Emergency Medical Center 3-29 Shinmei-chō, Morioka-shi (Day) 019-654-1080 (Night) 019-654-1080	Internal Medicine Pediatrics	19:00 - 23:00
Ōshuu Nighttime Pediatrics Ward 21-1 Taga, Mizusawa-ku, Ōshuu-shi (Day) 0197-25-3935 (Night) -	Internal Medicine Pediatrics	18:30 - 21:00
Tankō Regional Holiday Emergency Medical Center 21-1 Taga, Mizusawa-ku, Ōshuu-shi (Day) 0197-25-3935 (Night) 0197-25-3935	Internal Medicine External Medicine	09:30 - 15:45
Holiday Emergency Medical Center 4-12 Mukaemachi, Miyako-shi (Day) 0193-64-0113 (Night) 0193-64-0113	Internal Medicine External Medicine	09:00 - 17:00

Aside from the above centers, please be aware that there are various other hospitals and clinics that have night and holiday hours located throughout the region.

Children's Emergency Medical Consultation Nurse Helpline

Experienced nurses with years of pediatric experience are available for consultation about sickness or accidents. (However, diagnoses cannot be given. Consultation only available in Japanese.)

Telephone 019-605-9000

Hours Everyday 19:00 - 23:00

Emergency Medical Treatment Center

Patients are treated for severe emergencies (stopped heart, inability to breath, injuries due to accidents, etc). Open 24 hours.

Iwate Prefectural Emergency Medical Treatment Center (19-1 Uchimaru, Morioka-shi) Telephone 019-651-5111



子育て Q&A

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