

Osaka City, Kita Ward Parenting Support Handbook

English
英語

大阪市北区 子育て応援ハンドブック - 英語版 -



Dreams and hopes



[Issue]



Social Welfare Corporation
Osaka City, Kita Ward Social Welfare Council
Issued September 2020

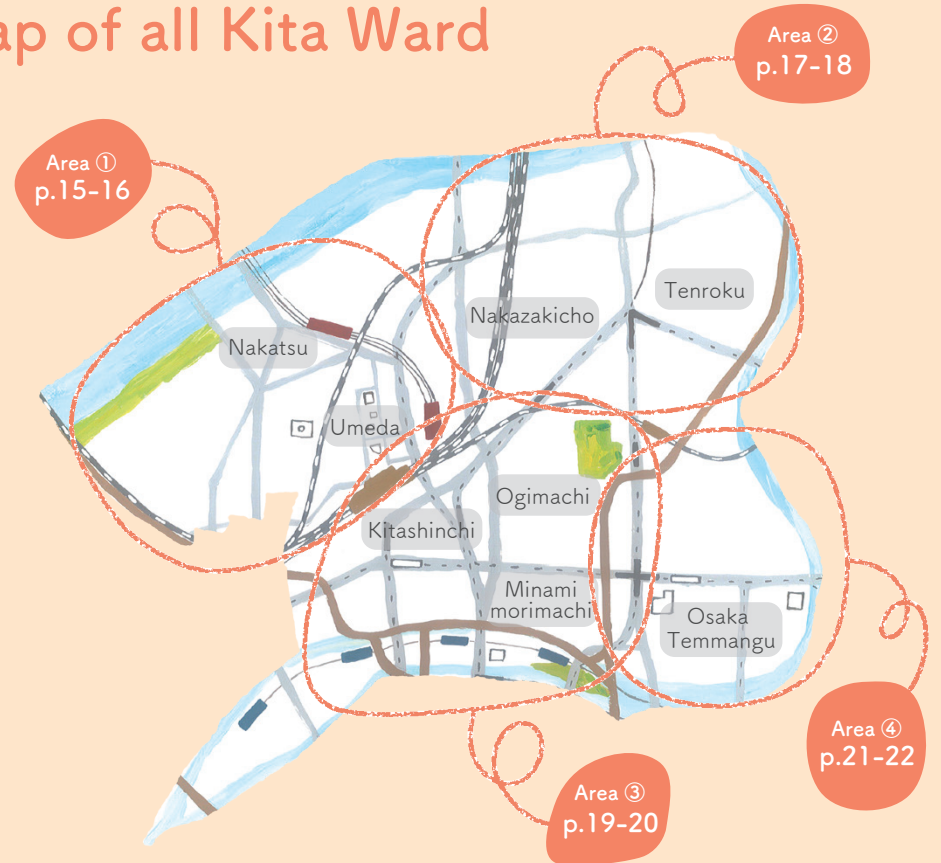


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Map of all Kita Ward



〈In creating this handbook〉

In Kita Ward, the number of moms and dads from diverse backgrounds is increasing, including those coming in from rural areas, single mothers and fathers, and people with roots in foreign countries.

Many moms and dads feel anxious because they cannot find people around them to consult or to support them with child care.

To support their happy parenting, we created this handbook.

We would be happy if this handbook could help moms and dads be relieved of their anxiety even a little, and to enjoy parenting.

Osaka City, Kita Ward Social Welfare Council

Social Welfare Council is a place where
you can consult on anything about welfare services. (p.19-20 ★)

Kita Ward Social Welfare Council

Address : Osaka City, Kita Ward, Kamiyamacho 15-11

Tel : 06-6313-5566

Opening days and time : Mon~Fri 9:00~19:00/ Sat 9:00~17:30



Website LINE@

Consultations on living in Osaka City for people with foreign roots

In Osaka City, we conduct consultations in foreign languages for non-Japanese residents who may be facing problems due to limited proficiency in Japanese.



1. Consultations on living in Osaka City

① Information Center at Osaka International House Foundation

Address : Osaka City, Tennoji Ward, Uehommachi 8-2-6

Tel : 06-6773-6533

Inquiries : Monday ~ Friday 9 : 00 ~ 19 : 00

Sat, Sun, public holidays 9 : 00 ~ 17 : 30 (Closed year-end and new year period)



Map

② Osaka City Hall resident's consultation room (Osaka City Hall/1F south side)

Address : Osaka City, Kita Ward, Nakanoshima 1-3-20

Tel : 06-6208-5080

Inquiries : Monday ~ Friday 9 : 00 ~ 17 : 30



Map

- Eligible people : Foreign residents living in Osaka City
- Main details of consultation : All things related to the municipal administration of Osaka City
- Supported languages : English, Chinese, Korean, Vietnamese, Filipino
- Usage fees : Free
- How to use : Consultation by phone or visit

2. Consultations about life in Osaka City, Kita Ward

At Kita Ward Office, there is a dedicated consultation telephone helpline for advice and information in five different languages about daily life and the various procedures at the Ward Office.

Location : At Kita Ward Office

Address : Osaka City, Kita Ward, Ogimachi 2-1-27

Tel (Assigned unique number for foreign residents) : 06-6313-9907

Inquiries : Monday ~ Friday 9 : 00 ~ 17 : 30



Map

- Eligible people : Foreign residents living in Osaka City, Kita Ward
- Main details of consultation : All things related to the district administration of Osaka City, Kita Ward
- Supported languages : English, Chinese, Korean, Vietnamese, Filipino
- Usage fees : Free
- How to use : Consultation by phone or visit to Ward Office

3. Legal advice

We provide legal consultations for foreign residents living in Osaka City.

Inquiries : Twice a month

Every 1st Wednesday Every month/ 13 : 00 ~ 16 : 00

Every 3rd Wednesday Even months/ 17 : 00 ~ 20 : 00

Odd months/ 13 : 00 ~ 16 : 00

(On the following day if it falls on a public holiday)

Tel : 06-6772-1127

Reception time for telephone reservations : Monday ~ Friday 9 : 00 ~ 19 : 00
Sat, Sun, public holidays 9 : 00 ~ 17 : 30



- Eligible people : Foreign residents living in Osaka City
- Main details of consultation : All things related to legal matters
- Supported languages : English, Chinese, Korean, Vietnamese, Filipino
- Usage fees : Free
- How to use : Telephone reservations → Consultation by phone

4. Information provision and consultation by Osaka Foundation of International Exchange (OFIX)

Osaka Information Service for Foreign Residents offers information and advice on a wide range of issues including matters related to daily life, in multiple languages, so that foreign residents can have peace of mind.

Location : MyDome Osaka Osaka Foundation of International Exchange
(public interest incorporated foundation) 5F

Address : Osaka City, Chuo Ward, Hommachibashi 2-5

Tel (Assigned unique consultation number for foreign residents) : 06-6941-2297

Inquiries : Monday and Friday 9 : 00 ~ 20 : 00 (Excluding public holidays)

Tuesday ~ Thursday 9 : 00 ~ 17 : 30 (Excluding public holidays)

Every 2nd and 4th Sunday 13 : 00 ~ 17 : 00



Map

- Eligible people : Foreign residents living in Japan
- Main details of consultation : Resident status, labor and employment, medical, welfare, education and other general matters related to daily life
- Supported languages : English, Chinese, Korean, Vietnamese, Filipino, Thai, Spanish, Portuguese, Indonesian, Nepali
- Usage fees : Free
- How to use : Information provision and consultation by phone or visit
Dedicated fax for consultations / 06-6966-2401 (Japanese and English only)
Dedicated e-mail for consultations / jouhou-c@ofix.or.jp (Japanese and English only)
Specialist consultations (Immigration specialist or lawyer consultations)
Appointment required / Every 4th Sunday 13 : 30 ~ 16 : 30

※Immigration specialist and lawyer changes bimonthly.

Maternity care/hospital/health information

<Prenatal and postnatal care for parents and babies>

● **There is a midwife near you** List of midwives and support services in Osaka City, Kita Ward

Midwife name	Facility name・Activity name	Support details	Contact details
Nishio Ayumi	Ayumi Breastfeeding Child Care Consultation Room	Parenting, breastfeeding, massage (at the facility or at your home)	090-3495-1302 E-mail: ayuayuheal1315@ybb.ne.jp
Miura Yuko	Laulau Midwifery	Breast milk outpatient, stay over-type post-partum care house, Support before and after childbirth with yoga and pilates	06-6357-3839 E-mail: laulaumidwifery@gmail.com
Tsujiguchi Yumiko	Maternity Hospital La Mère	Nurse home visits only Breastfeeding consultation clinic with Oketani breast management techniques	090-3352-2630 E-mail: la_mere18-toiawase@yahoo.co.jp
Mochizuki Rie	Rie Maternity Hospital	Consultations regarding pregnancy, childbirth and child care, breastfeeding consultations, Child care, etc. consultations for daddies	070-4410-1483 E-mail: riejosanin@gmail.com
Ueyama Naomi (Takarazuka) University	Meeting to support fathers with child care	Child care support and information provision for fathers	https://father.red/
Hayashi Hitomi	Hitomi Maternity Hospital Breastfeeding consultation clinic with Oketani breast management techniques	Close support of mother and child for enjoyable breastfeeding	06-6371-8821

● **General Incorporated Association, Osaka Midwives' Association, Before and After Childbirth Care Center** Tel : 06-6777-5533

We affectionately watch and support the healthy growth of your baby, healing your body and mind for mothers after experiencing giving birth.



<List of emergency clinics open on holidays and nights in Osaka City>

Type of medical treatment	Facility name	Location/ Phone number	Consultation days	Reception times
Internal medicine Pediatrics	Miyakojima After-hours Emergency Clinic	Miyakojimaku miyakojima minami dori 1-24-23 06-6928-3333	Sunday, public holidays, year-end and new year (12/30~1/4)	10:00~16:30
	Nishikujo After-hours Emergency Clinic	Konohanaku nishikujo 5-4-25 06-6464-2111		
	Juso After-hours Emergency Clinic	Yodogawaku juso higashi 1-11-26 06-6304-7883		
	Imazato After-hours Emergency Clinic	Higashinariku oimazatonishi 3-6-6 06-6972-0767		
	Sawanocho After-hours Emergency Clinic	Sumiyoshiku sentai 2-2-6 06-6672-6021		
	Nakano After-hours Emergency Clinic	Higashisumiyoshiku nakano 2-1-20 06-6705-1612	Pediatrics : Mon~Fri (Excluding public holidays and year-end and new year)	20:30~23:00
Ophthalmology Otolaryngology	Chuo Emergency Clinic	Nishikushinmachi 4-10-13 06-6534-0321	Mon~Fri (Excluding public holidays and year-end and new year)	22:00~ Next morning 5:30
			Saturday (Excluding public holidays and year-end and new year)	15:00~ Next morning 5:30
			Sunday, public holidays, year-end and new year (12/30~1/4)	17:00~ Next morning 5:30
			Mon~Fri (Excluding public holidays and year-end and new year)	22:00~ Next morning 0:30
			Saturday (Excluding public holidays and year-end and new year)	15:00~21:30
Dentistry	Osaka Dental Association	Tennojiku dogashiba 1-3-27 06-6774-2600	night-time (All year round)	21:00~ Next morning 3:00
		06-6772-8886	Sunday, public holidays, year-end and new year (12/30~1/4)	10:00~17:30

<Health and Welfare Center>

Health promotion team

1st floor No. 11 at Ward Office Tel : 06-6313-9882

- Issuing of mother and child health handbook
We issue a mother and child health handbook, an additional volume to the mother and child health handbook (pregnancy check-up handbook) and vaccination notebook to pregnant women.
- Infant health check-up
We implement an infant health check-up for 3-month, 18-month, and 3-year-old children. Date and time of health-check will be notified individually.
- Vaccination
We implement BCG vaccinations. We offer other vaccinations at vaccination implementation medical institutions individually in our city.
- Baby food lecture classes
We explain and show you how to introduce baby food, etc. for 6- to 7-month-old babies. (Participants welcome regardless of their baby's age.)(Reservation required)

Health consultation team

1st floor, No. 12 at Ward Office Tel : 06-6313-9968

- Childbirth classes
This class consists of three courses. We give advice to pregnant women giving birth for the first time about health management during pregnancy as well as preparation for parenting. (Reservation required)
- Newborn baby home visits
A public health nurse or midwife will visit the home of a newborn baby after a Birth Notice Form is turned in.
- Child development consultation
Doctors are available for consultation about concerns of a child's growth and development. (Reservation required)
- Development consultations for 4- and 5-year-old children
Doctors, clinical psychologists, and public health nurses are available for consultation about concerns of your child's behavior, sociality and group life. (Reservation required)

1st floor, No. 13 at Ward Office Tel : 06-6313-9968

- Permanent health consultations
Every day public health nurses, etc. are available for consultations about health and parenting. You can also check your child's measurements.
- Parenting and health promotion information corner
Diaper changing table and nursing room are available. We prepare materials, etc. regarding parenting information and vaccination in this ward.

Health Service Group

Osaka City Health Center Administration Section Tel : 06-6647-0648

- Allergy prevention class
Doctors, public health nurses and nutritionists are available for consultation about allergy concerns such as bronchial asthma, etc.

About disaster preparation for parenting families

Japan has many natural disasters such as earthquakes, typhoons, and floods. To protect our precious life, we should make proper preparations regularly.



● If you live in an apartment, please prepare to protect yourself at home in the event of a disaster.

If you live in an apartment that is less likely to fall down, you should stay home as much as possible in the event of a disaster. It is important for us to prepare food and equipment at home to survive for about one week, and to get accurate information about the disaster.

● In the event of a disaster, on a routine basis, we should stock daily essentials.

- Daily essentials should be kept in a safe place so they can be accessed even if furniture falls down or the floor is soaked in water.
- We should buy a stock of familiar foods at 2-3 times the usual amount, and store it while at the same time consuming and restocking.

Things to stockpile and restock while consuming

- ① Water (3 liters per person per day)
- ② Food (canned food, food that does not require heating, confectionery, candy, ready-made foods, etc.)



Useful things for staying at home in the event of a disaster

- ③ Cigarette lighter and matches
- ④ Portable radio
- ⑤ Flash light
- ⑥ Portable stove and gas cylinder
- ⑦ Portable toilet
- ⑧ Newspaper
- ⑨ Plastic bags (45 liters)
- ⑩ Kitty litter
- ⑪ Disinfectant, etc.

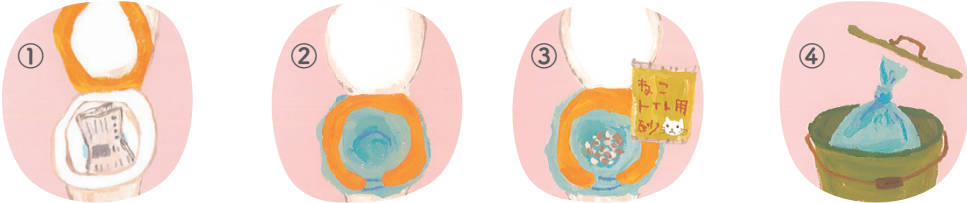


Necessary for evacuating in the event of a disaster

- ⑫ Tissue paper
- ⑬ Medical record handbook
- ⑭ Toothbrushes (for adult and child)
- ⑮ Shoes
- ⑯ Baby carrier
- ⑰ Disposable diapers
- ⑱ Spare clothes
- ⑲ Mobile battery
- ⑳ Wet tissues
- ㉑ Rucksack, etc.



● How to use the toilet when water stops in the event of a disaster



Raise the toilet seat and lay out newspaper in the toilet bowl where water accumulates (until the water is completely hidden).
Cover with a plastic bag (45 liters) and lower the toilet seat.
Put 2-3 handfuls of kitty litter in the plastic bag.
Tie the mouth of the plastic bag after squeezing the air out and keep it in a container with a lid until collection day, separate from other garbage.

※When to replace: Change the plastic bag about once a day for urine and every time for stools.

● Please make sure you know how to get accurate information in the event of a disaster.

① Osaka Disaster Prevention Net(Osaka Prefecture)

This portal site provides a wide range of disaster prevention information such as weather in Osaka Prefecture, reports of earthquake or other disaster damage, evacuation information, etc

※ Supported languages are Japanese, English, Chinese and Korean.



② Disaster prevention guide for foreigners in the event of an earthquake (Osaka Prefecture)

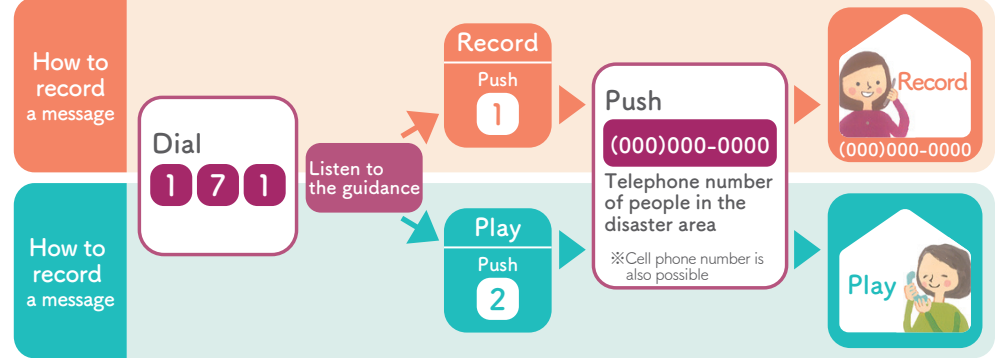
We summarize things we should always be careful of regarding earthquakes, and actions we should take in the event of an earthquake, using easy-to-understand illustrations. Information is provided in each language, so please download, print, and make necessary preparations.



Please download from here→

● In the event of a disaster, family and friends can confirm each other's safety using the Disaster Emergency Message Dial.

You can register a phone number that can be recognized by others, and you can record or play a message.



● We should confirm locations nearby where people can gather in the event of a disaster.

In the event of a disaster you can get water, food and necessary information here.

〈List of evacuation shelters〉 You can check places on the map p. 15~22.

Map No.	Evacuation shelter name	Location	Page	Map No.	Evacuation shelter name	Location	Page
1	Oyodo Elementary School	Oyodonaka 4-10-33	P.16	13	Dojima Area Meeting Place	Dojima 2-2-26	P.19
2	Oyodo Junior High School	Oyodonaka 2-1-11	P.16	14	Osaka Science Museum	Nakanoshima 4-2-1	P.19
3	Osaka YMCA International School	Nakatsu 6-7-34	P.16	15	Moto-umedahigashi Elementary School gymnasium	Chayamachi 1-40	P.20
4	Nakatsu Elementary School	Nakatsu 3-34-18	P.16	16	Ogimachi Elementary School	Ogimachi 2-7-24	P.20
5	Toyosaki Elementary School	Toyosaki 4-5-9	P.17	17	Temma Junior High School	Kamiyamacho 12-9	P.20
6	Seibi Welfare Center	Nakazakinishi 1-6-8	P.18	18	Kita Ward Residents Center	Ogimachi 2-1-27	P.20
7	Toyosakihonjo Elementary School	Honjonishi 2-1-16	P.18	19	Nishitemma Elementary School	Nishitemma 3-12-21	P.20
8	Toyosaki Junior High School	Honjohigashi 3-4-8	P.18	20	Horikawa Elementary School	Higashitemma 2-10-7	P.22
9	Hojin Elementary School	Nagaranishi 2-6-20	P.18	21	Ogimachi Sogo High School	Matsugaecho 1-38	P.22
10	Toyosakihigashi Elementary School	Nagaranaka 2-3-30	P.18	22	Takigawa Elementary School	Temma 1-24-15	P.22
11	Shin-toyosaki Junior High School	Nagarahigashi 2-2-30	P.18	23	Hokuryo Junior High School	Temabashi 1-1-58	P.22
12	Kamboku Elementary School	Kaneicho 9-5	P.18				

Questions and answers about daily living

Q1. : What should I bring to the hospital?







- ▶ **A1.** : You should bring your health insurance card (if you applied for a medical certificate) and patient registration card.

Q2. : I want a place where I can meet parenting friends to chat and discuss issues.

- ▶ **A2.** : We recommend you try using a child care support facility or service.

Q3. : Is there a system that can be used for parenting in Osaka?

- ▶ **A3.** : There is "child allowance" payment from the country. When a baby is born or a family with children moves into a new ward, please turn in a request notice to the Ward Office for recognition. Osaka City also provides the following supports.

 <p>Kindergarten daycare fee (Full amount) Nursery daycare fee (The amount equivalent to educational expenses) Free</p>	 <p>Private high school tuition fee Free</p>	 <p>Child medical expenses up to Free</p>
 <p>Cram school fee, 10000 yen per month Free</p>	 <p>Mortgage interest for newly-wed families and parenting families support</p>	 <p>All prenatal check-ups (14 times) Free</p>

Q4. : Is there any service that provides help with daily life troubles?

- ▶ **A4.①** : Osaka City, Kita Ward has a for-fee activity called "**Machitomo**" (town friend). This is an activity for residents to help each other out. It costs 250 yen for 30 minutes and you can use this service even for small things.

- Examples of support activities: Housework assistance, writing letters or documents on someone's behalf, attending outings, etc.

※For detailed information, please inquire at Kita Ward Social Welfare Council.
(Weekdays 9:00 ~ 17:30)



- ▶ **A4.②** : Osaka City has an "**Osaka City Family Support Center Service**". This is a system for people to help each other with their parenting, and can be used for 800~900 yen per hour.

- Content of assistance: Provide temporary

※For detailed information, please inquire at Osaka ichiritsu danjokyodosankaku center kosodatekatsudo shienkan (Osaka City Gender Equality Center Parenting Activity Support Hall). (Weekdays 10:00 ~ 21:00/ Sat, Sun, public holidays 10:00 ~ 17:00)



Q5. : I'm concerned about differences in parenting culture in Japan.

- ▶ **A5.** : You can see summarized information about living in Japan on p.23-26 of this handbook. You can also freely consult the child care support facilities, etc. (p.13).

Q6. : I cannot communicate properly in Japanese, but can I see doctor at the hospital?

- ▶ **A6.** : Osaka Prefecture has prepared a medical information site called "**Osaka Medical Net**" for foreign people in eight different languages. You can get information about hospitals that use foreign languages.



About child care facilities and kindergarten

〈Licensed child care facilities/businesses〉 (p.11-12 ① ~ ④)

Child care facilities, etc. with cleared standards set by Osaka City.

- **Nursery** This is a child welfare facility that takes care of children whose parents cannot look after them at home because of work, etc. (6-months of age up to entering elementary school)
- **Certified center for early childhood education and care**
This is a facility that has both the structure and characteristics of kindergarten and nursery. (6-months of age up to entering elementary school)
- **Regional child care business** { Small-scale child care service
Family day care service / Employer-provided child care }
This business takes care of a smaller number of children than a nursery. (6-months~2 years old)

■ How to use?

At first, you should confirm the education style, size, location from your home or workplace of each facility, either by visiting the facility or its website.

Then, please apply to the Welfare Section of the Health and Welfare Center at Osaka City, Kita Ward.

If you want to enter outside the start of the academic year, please apply by the 5th day of the previous month.

Welfare Section of Health and Welfare Center at Kita Ward
Tel : 06-6313-9489 Reception: 3rd floor, No. 33

〈Kindergarten〉 (p.13 ① ~ ⑦)

This is an educational facility for children to build the foundation of daily life and study in preparation for elementary school by spending time with teachers and friends.

Target age is from 3-years old up to entering elementary school. (Nakaoyodo City kindergartens begin from 4 years old.)

■ How to use?

You should decide which kindergarten is best for your child, considering their development, likes and home education style, and by joining kindergarten briefing sessions.

Then, please apply directly to your chosen kindergarten.

〈Non-registered child care facility/ business〉

This is a facility that is not a licensed child care facility/business but Osaka City has inspected and confirmed its reported contents. Please apply directly to each facility.

(Not included in this handbook)

- **Company-led child care businesses are included in non-registered child care facilities**

Company-led child care business is a system to support companies to develop and manage child care facilities for their workers. Some facilities accept children from families outside the company.

<List of child care facilities/business establishments>
 (As at March 16, 2020)

		Map No.	Child care facility name Location	Capacity Phone number	Standard child care time Enrolment age	Maximum child care time Short-term child care
Nursery	City	1	Oyodo Nursery Oyodonaka 4-9-11	115 people 06-6458-6200	7:30~18:30 0-5 years old	7:30~19:30 8:00~16:00
			Oyodo Nursery (night-time) Oyodonaka 4-9-11 ※This is for children who need to be taken care of after 7:30pm because of their parent's work, etc. (A separate extra fee is required for 8:00 am to 11:00am.)	20 people 06-6458-6200	11:00~22:00 0-5 years old	8:00~22:00 14:00~22:00
		2	Qualis Kids Kitaumeda Nursery Oyodonaka 3-9-22	84 people 06-6345-5350	7:30~18:30 0-5 years old	7:00~20:00 8:00~16:00
	Private	3	Mother Ship Shinumeda Nursery Oyodominami 3-12-12	85 people 06-6346-3012	7:30~18:30 0-5 years old	7:30~19:30 8:00~16:00
		4	Kinrankai Nursery Oyodominami 3-3-14	90 people 06-6454-0800	7:30~18:30 0-5 years old	7:30~19:00 8:00~16:00
		5	Mommy's Eye Nursery Osaka Kita Nursery Oyodonaka 1-11-9	80 people 06-6453-4150	7:30~18:30 0-5 years old	7:30~19:00 8:30~16:30
		6	Pikkoro Kids Shin Umeda Nursery Nakatsu 7-5-24 Burieumekita 1-3F	90 people 06-6136-8312	7:00~18:00 0-5 years old	7:00~20:00 8:30~16:30
		7	Chayanakatsu Nursery Nakatsu 3-3-3	122 people 06-6377-6333	7:00~18:00 0-5 years old	7:00~19:00 8:30~16:30
		8	Nakatsu Nursery Nakatsu 2-7-8-101	185 people 06-6373-0979	7:00~18:00 0-5 years old	7:00~19:00 8:00~16:00
		9	Satsuki Nursery Temporary child care Honjonishi 3-13-5	259 people 06-6374-2537	7:00~18:00 0-5 years old	7:00~19:00 9:00~17:00
		10	Osaka Shufunokai Nursery Toyosaki 3-1-12	75 people 06-6372-8028	7:30~18:30 0-5 years old	7:30~19:00 9:00~17:00
		11	Toyosaki Chitose Nursery Toyosaki 1-6-5	82 people 06-6131-4088	7:00~18:00 0-5 years old	7:00~19:00 8:30~16:30
		12	Neirotsubasa Nursery Honjohigashi 1-24-9	101 people 06-6373-0283	7:00~18:00 0-5 years old	7:00~19:00 9:00~17:00
		13	Ainomegumi Nursery Tenjimbashi 8-4-16	75 people 06-6755-4600	7:30~18:30 0-5 years old	7:30~19:30 9:00~17:00
		14	Popola Osaka Nagara Nursery Nagaranaka 3-3-6	109 people 06-4800-7050	7:00~18:00 0-5 years old	7:00~20:00 8:00~16:00
		15	Nagara Nursery Nagarahigashi 3-2-3	139 people 06-6357-1358	7:30~18:30 0-5 years old	7:30~19:00 8:00~16:00
		16	Kakumanji Nursery Nagaranaka 1-1-23	157 people 06-6353-8618	7:00~18:00 0-5 years old	7:00~19:00 8:00~16:00
		17	Raymond Umedakita Nursery Nakazaki 3-4-22 gurempark umeda kita 1F	20 people 06-6459-7631	7:30~18:30 0-5 years old	7:30~19:30 8:00~16:00
		18	Nakazakicho Kaisei Nursery Nakazakinishi 1-7-39	70 people 06-6131-5551	7:30~18:30 0-5 years old	7:00~19:00 9:00~17:00
		19	Doshin Nursery Doshin 1-5-27	110 people 06-6881-0651	7:00~18:00 0-5 years old	7:00~19:00 8:00~16:00

		Map No.	Child care facility name Location	Capacity	Standard child care time	Maximum child care time		
				Phone number	Enrolment age	Short-term child care		
Nursery	Private	20	Egaonomori Nursery, Doshin Doshin 1-6-27	70 people 06-6358-4611	7:30~18:30 0-5 years old	7:30~19:30 8:30~16:30		
		21	Chairekku Higashitemma Nursery Doshin 1-1-26 Brilliant Tower	74 people 06-6360-9681	7:00~18:00 0-5 years old	7:00~20:00 8:30~16:30		
		22	Rembiyogigakuen Temmangu Nursery Temma 4-9-9 Renbi Building 1, Level 1-2	20 people 06-6352-4152	7:30~18:30 0-2 years old	7:30~19:30 8:00~16:00		
		23	Temma Chitose Nursery Temma 1-18-24	110 people 06-6948-5707	7:00~18:00 0-5 years old	7:00~19:00 8:30~16:30		
Certified centers for early childhood education and care		24	Akinomori Nakazaki Nursery Nakasaki 1-7-8	80 people 06-6373-0080	7:00~18:00 0-5 years old	7:00~19:00 8:30~16:30		
		25	Kitano Asahigaoka Nurse Toganocho 3-10	Temporary child care 206 people 06-6361-8344	7:00~18:00 0-5 years old	7:00~19:00 8:30~16:30		
		26	Nakanoshima Chidori Nursery Tenjinnishimachi 3-16	97 people 06-6362-3755	7:00~18:00 0-5 years old	7:00~19:30 8:00~16:00		
Regional child care business		Small-scale child care business A type		27	Qualis Kids Nakatsu 3 chome Nursery Nakatsu 3-25-2 kitaumeda park residence 1F	19 people 06-6292-5757	7:30~18:30 0-2 years old	7:00~20:00 8:00~16:00
				28	Pikkoro Kids Nakatsu Nursery Nakatsu 3-4-33 Meiseinakatsu Building 1F	19 people 06-6292-7224	7:30~18:30 0-2 years old	7:30~19:30 8:30~16:30
				29	Fairy Room Tenroku Nursery Honjohigashi 2-2-30-2B Wish Osaka Building	19 people 06-7220-4224	8:00~19:00 0-2 years old	8:00~19:00 9:00~17:00
				30	Kogumanomori Nursery Umeda Nursery Toyosaki 2-8-13 jolly flora 1F	19 people 06-6376-1671	7:30~18:30 0-2 years old	7:30~19:30 8:30~16:30
				31	Sakurambo Room Nagarahigashi 3-2-1-103	11 people 06-6354-6420	7:30~18:30 0-2 years old	7:30~18:30 8:00~16:00
				32	Pikkoro Kids Kita Ward Office Nursery Ogimachi 2-1-27 Inside Kita Ward Office 1F	14 people 06-6809-1228	7:30~18:30 0-2 years old	7:30~19:30 8:30~16:30
				33	Kids Harmony Nakanoshima Nakanoshima 1-3-20 Inside Osaka City Hall 1F	15 people 06-4708-7080	7:30~18:30 0-2 years old	7:30~19:30 8:30~16:30
				34	Nakanoshima Chidori Kids Nishitemma 3-8-11 residence fukiya room 101	12 people 06-6926-4467	7:00~18:00 0-2 years old	7:00~18:00 8:00~16:00
				35	Kaisei Puchi Nursery Temmabashi Nursery Temma 2-1-11 Arusu Temmabashi	19 people 06-6232-8817	7:30~18:30 0-2 years old	7:30~18:30 9:00~17:00
				36	Nichii Kids Oyodonaka Nursery Oyodonaka 3-11-32 Domurukita Building 3, 1F	19 people 06-6442-3631	7:30~18:30 0-2 years old	7:30~19:30 8:30~16:30
		C type		37	Umeda Himawari Nursery Tsurunochi 3-17 first N residence 203	10 people 06-6110-5922	8:00~19:00 0-2 years old	8:00~19:00 9:00~17:00
				Family day care business		38	Shotengaino Hoiku Mama Kogakuin Kurosakicho 6-13	5 people 06-6371-6056
39	Nukumorinoouchi Nursery Minamimorimachi Nursery Tenjinnishimachi 7-16 Fujii Building 1F Room 12	5 people 06-6311-4188	8:00~19:00 0-2 years old			7:30~19:30 9:00~17:00		
Employer-provided child care business		40	Kominike Nursery Temma 4-1-2 Kominike Publishing Building 2F	17 people 06-6882-7701	7:00~18:00 0-2 years old	7:00~20:00 9:00~17:00		

※Child care time and capacity subject to change.
 12

<List of kindergartens>
 At kindergartens within Osaka City Kita Ward, we offer consultations and various kinds of parenting support to the the families of attending children. For details please contact each facility.

	Map No.	Facility name	Location	Phone number	Child care age
City	1	Nakaoyodo Kindergarten	Oyodonaka 4-10-21	06-6458-9300	4-5 years old
	2	Kannan Kindergarten	Sugaharacho11-2	06-6361-6005	3-5 years old
	3	Takigawa Kindergarten	Temma 1-24-15	06-6351-4565	3-5 years old
Private	4	Nakatsu Souai Kindergarten	Nakatsu 3-6-15	06-6371-0412	3-5 years old
	5	Oyodo Kindergarten	Nagaranishi 2-5-22	06-6354-1972	3-5 years old
	6	Ogimachi Doho Kindergarten	Kamiyamacho 9-19	06-6361-1235	3-5 years old
	7	Taiseigakuin Temma Kindergarten	Yorikimachi 4-16	06-6353-9580	Up to 3-5 years old

<List of child care support facilities>

We are here to support all parents raising children. Please come along with your family and friends. Please contact each facility for information about activities and opening days during the year-end and new year period and other special dates.

Map No.	Facility name	Location / Phone number	Opening days and time
	Osaka Midwives'Association	Tennojiku saikudani 1-1-5 06-6775-8894	Free telephone support 9:00~17:00 (Closed weekends, public holidays, obon, year-end and new year period.)
1	Tsudoino hiroba mitsuru poketto	Oyodonaka 5-2-8 06-6485-8777	Mon~Wed, Fri, Sat 9:00~12:00/12:30~14:30 ※4th week of the month only: Mon~Fri (Closed Sundays, public holidays, year-end and new year period, etc.)
2	Nakatsu tsudoinohiroba gugu	Nakatsu 3-4-35 koopo nakatsu room 106 06-6371-3338	Mon~Fri 9:30~14:30
3	Toyosaki tsudoinohiroba gugu	Toyosaki 4-2-11 mezon kitaumeda 1F 080-4979-0909	Mon~Fri 9:30~14:30
4	Kita Library	Honjohigashi 3-8-2 06-6375-0410	Tues~Fri 10:00~19:00 Sat, Sun, public holidays 10:00~17:00 Closed 3rd Thursday of every month
5	Kita Ward Child and Parenting Plaza	Honjohigashi 1-24-11 06-6374-0870	Infant Tues~Sat 10:00~17:00
	Family Support Center Kita Branch	Honjohigashi 1-24-11 06-6374-7271	Tues ~ Sun 9:00~17:30
6	Creo-Osaka Parenting Hall (Gender Equality Center Parenting Activity Support Hall)	Tenjimbashi 6-4-20 7F 06-6354-0106	Mon~Fri 10:00~21:00 Sat, Sun, public holidays 10:00~17:00 Free telephone parenting consultation Tel : 06-6354-4152 (During the times above)
7	Parenting Support Center - Niko Niko	Doshin 1-5-27 080-6227-4702	Mon~Fri 10:00~15:00
8	Laulau picture book room	Doshin 2-2-16 1F 06-6357-3800	Mon~Fri 9:00~14:00

<Local parenting salon>

For parents and their children under school age. A place where you can drop in freely to play and connect with others. Opening dates and times may vary on public holidays so please contact to enquire. (Kita Ward Office Parenting support room Tel : 06-6313-9533)

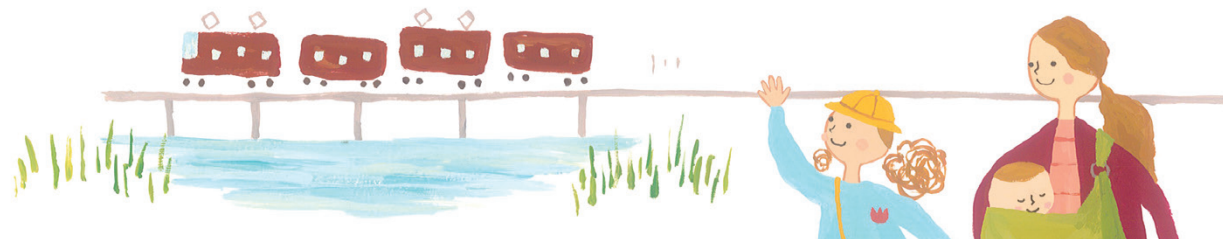
Map No.	Place name	Facility name / Location	Opening days and time
1	Yuzukko	Nakasan Hall 1F Oyodonaka 3-12-10	Every 2nd Wednesday 10:00~11:30
2	Kangaru hiroba (First child newborns)	Nakasan Hall 1F Oyodonaka 3-12-10	Held irregularly
3	Poppo club	Nakatsu Welfare Hall 2F Nakatsu 3-4-37	Every 2nd Thursday 13:30~15:00
4	Toyosaki fuusen club	Toyosaki Hall 2F Toyosaki 4-7-1	Every 2nd Friday 10:00~11:30
5	Honjo penguin club	Honjo Hall Honjohigashi 2-4-39	Every 4th Tuesday 13:30~15:00
6	Panda club	Hojin Community Meeting Place, Community Center for the Aged Nagaranaka 3-4-2	Every 2nd Wednesday 13:30~15:00
7	Uribo club yu	Toyosaki Higashi Hall Nagaranishi 1-1-39	very 2nd and 4th Monday 13:30~15:00
8	Toyohiga uribo club	Toyosakihigashi Welfare Hall, Community Center for the Aged Nagarahigashi 2-1-24	Every 3rd Wednesday 13:30~15:00
9	Sakurambonokai	Seibi Welfare Center Nakatsunishi 1-6-8	Every 1st and 4th Monday 13:30~15:00
10	Kewpie-chan club	Ogimachi Meeting House Ogimachi 2-3-1	Every 3rd Tuesday 10:00~11:30
11	Kanboku Arinko-chan	Kanboku Welfare Hall Ikedacho 1-50	Every 1st Thursday 13:30~15:00
12	Hiyoko club	Nishitemma Community Welfare Center Nishitemma 3-12-19	Every 3rd Tuesday 10:00~11:30
	Kids' hiroba		Every 1st Wednesday 10:00~12:00
13	Happy Smile	Kannan Welfare Hall Inside Tenjimbashi 1-110	Every 4th Wednesday 13:30~15:00
14	Medaka club	Takigawa Park Regional Meeting Place Temma 4-7-20	Every 2nd Tuesday 10:00~11:30
15	Horikawa kosodate salon	Horikawa Hall, Community Center for the Aged 2F Doshin 2-8-7	Held irregularly

<Library activities>

Facility name	Business details	Target age	Activity details	Event date
Kita Library	Picture book time	Up to elementary school students	Reading picture books and picture story-show time	Every Saturday 11:00~11:30
	Picture book time that young children can enjoy	From newborn to lower elementary school	Picture book reading time, panel theater, etc.	4th Saturday of every month 11:00~11:30
	Fun activities for kids, such as craft workshops, etc.	We will inform you of upcoming events through brochures, etc.	Various plans centered around picture books	As appropriate
Parenting Support Center - Niko Niko Mitsuru Pocket Child and Parenting Plaza Nakatsu Meeting Plaza GuGu Toyosaki Meeting Plaza GuGu Laulau picture book room	Bookstart	From 3 months up to 1 year old		

Nakatsu • Umeda

中津・梅田



〈Child care facilities〉

- 1 Oyodo Nursery
- 2 Qualis Kids Kitaumeda Nursery
- 3 Mother Ship Shinumeda Nursery
- 4 Kinrankai Nursery
- 5 Mommy's Eye Nursery Osaka Kita Nursery
- 6 Pikkoro Kids Shin Umeda Nursery
- 7 Chyanakatsu Nursery
- 27 Qualis Kids Nakatsu 3 chome Nursery
- 28 Pikkoro Kids Nakatsu Nursery
- 36 Nichii Kids Oyodonaka Nursery

〈Kindergartens〉

- 1 Nakaoyodo Kindergarten
- 4 Nakatsu Souai Kindergarten

〈Child care support facilities〉

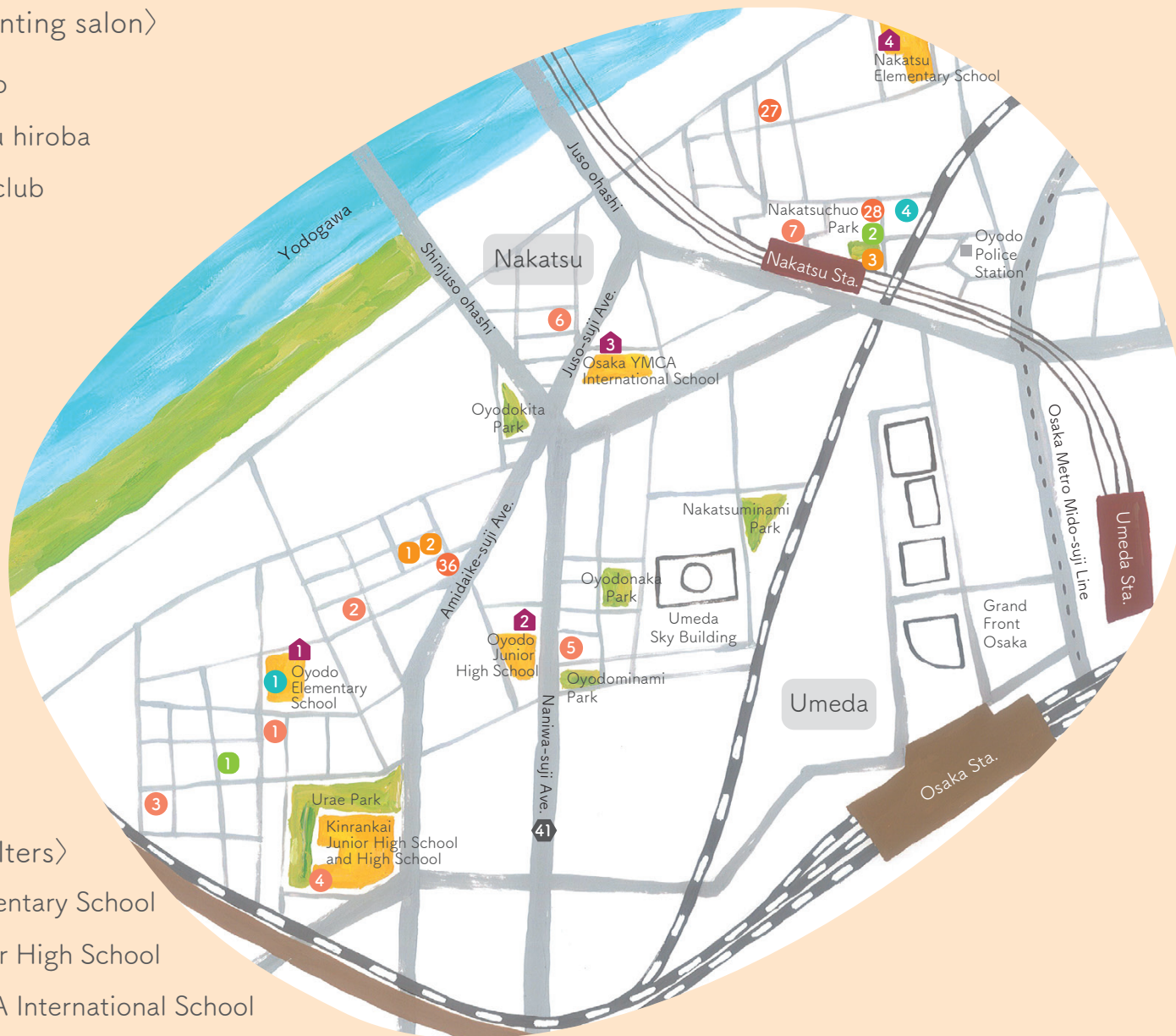
- 1 sudoino hiroba mitsuru poketto
- 2 Nakatsu tsudoinohiroba gugu

〈Local parenting salon〉

- 1 Yuzukko
- 2 Kangaru hiroba
- 3 Poppo club

〈Evacuation shelters〉

- 1 Oyodo Elementary School
- 2 Oyodo Junior High School
- 3 Osaka YMCA International School
- 4 Nakatsu Elementary School



Nakazakicho・Tenroku

中崎町・天六



〈Child care facilities〉

- 8 Nakatsu Nursery
- 9 Satsuki Nursery
- 10 Osaka Shufunokai Nursery
- 11 Toyosaki Chitose Nursery
- 12 Neirotsubasa Nursery
- 13 Ainomegumi Nursery
- 14 Popola Osaka Nagara Nursery
- 15 Nagara Nursery
- 16 Kakumanji Nursery
- 17 Raymond Umedakita Nursery
- 18 Nakazakicho Kaisei Nursery
- 24 Akinomori Nakazaki Nursery
- 29 Fairy Room Tenroku Nursery
- 30 Kogumanomori Nursery
Umeda Nursery
- 31 Sakurambo Room
- 37 Umeda Himawari Nursery
- 38 Shotengaino Hoiku Mama
Kogakuin
- 41 Nakazaki sick child day
care room

〈Kindergartens〉

- 5 Oyodo Kindergarten

〈Child care support facilities〉

- 3 Toyosaki tsudoinohiroba gugu
- 4 Kita Library
- 5 Kita Ward Child and Parenting Plaza
Family Support Center Kita Branch
- 6 Creo-Osaka Parenting Hall
(Gender Equality Center Parenting
Activity Support Hall)

〈Local parenting salon〉

- 4 Toyosaki fuusen club
- 5 Honjo penguin club
- 6 Panda club
- 7 Uribo club yu
- 8 Toyohiga uriibo club
- 9 Sakurambonokai
- 11 Kanboku Arinko-chan

〈Evacuation shelters〉

- 5 Toyosaki Elementary School
- 6 Seibi Welfare Center
- 7 Toyosakihonjo Elementary School
- 8 Toyosaki Junior High School
- 9 Hojin Elementary School
- 10 Toyosakihigashi Elementary School
- 11 Shin-toyosaki Junior High School
- 12 Kamboku Elementary School



Minamimorimachi・Ogimachi・Kitashinchi

南森町・扇町・北新地

〈Child care facilities〉

- 25 Kitano Asahigaoka Nurse
- 26 Nakanoshima Chidori Nursery
- 32 Pikkoro Kids
Kita Ward Office Nursery
- 33 Kids Harmony Nakanoshima
- 34 Nakanoshima Chidori Kids
- 39 Nukumorinoouchi Nursery
Minamimorimachi Nursery

〈Evacuation shelters〉

- 13 Dojima Area Meeting Place
- 14 Osaka Science Museum
- 15 Moto-umedahigashi Elementary School gymnasium
- 16 Ogimachi Elementary School
- 17 Temma Junior High School
- 18 Kita Ward Residents Center
- 19 Nishitemma Elementary School

〈Place where you can consult about anything related to welfare services〉

- ★ Kita Ward Social Welfare Council

〈Kindergartens〉

- 2 Kannan Kindergarten
- 6 Ogimachi Doho Kindergarten

〈Local parenting salon〉

- 10 Kewpie-chan club
- 12 Hiyoko club
Kids' hiroba



Minamimorimachi・Osaka Temmangu

南森町・大阪天満宮

〈Child care facilities〉

- 19 Doshin Nursery
- 20 Egaonomori Nursery, Doshin
- 21 Chairekku Higashitemma Nursery
- 22 Rembiyogigakuen Temmangu Nursery
- 23 Temma Chitose Nursery
- 35 Kaisei Puchi Nursery Temmabashi Nursery
- 40 Kominike Nursery

〈Kindergartens〉

- 3 Takigawa Kindergarten
- 7 Taiseigakuin Temma Kindergarten

〈Child care support facilities〉

- 7 Parenting Support Center - Niko Niko
- 8 Laulau picture book room

〈Local parenting salon〉

- 13 Happy Smile
- 14 Medaka club
- 15 Horikawa kosodate salon

〈Evacuation shelters〉

- 20 Horikawa Elementary School
- 21 Ogimachi Sogo High School
- 22 Takigawa Elementary School
- 23 Hokuryo Junior High School



Let's learn about Japanese lifestyle habits!

There may be many foreign parents who are concerned about how to teach their children about Japanese lifestyle. We will explain with illustrations, so please take a look at these with your child.

How to use the toilet

It is especially difficult to understand how to use a Japanese squat toilet, isn't it? You should know that boys and girls use the toilet in different ways.

Western style toilet

1 ● With pants ● With a skirt

Pull your pants and underwear down to your knees

Pull just your underwear down, and hold your skirt up with your hand so that it will not enter the toilet bowl

2

Sit back on the toilet seat and pee or poop

3

Take the toilet paper and put your hand behind, wiping from front to back

4

Stand up from the toilet seat and pull your pants and underwear up, and flush the toilet

Japanese squat toilet

1

Face the front and straddle the toilet, standing at about the middle of the toilet

2

Pull your pants and underwear together down to your knees

Be careful not to touch the floor

3

Squat firmly and pee or poop

4 ● In case of pee ● In case of poop

In case of pee, take the toilet paper, bring your hand to the front and wipe

Put your hand behind and wipe from front to back

5

Lift your pants and underwear, and flush the toilet

How to wash hands

You should learn the proper way to wash your hands, it works to prevent infectious diseases as well. Get in the habit of taking your time to wash your hands carefully.

1

After wetting your hands well with water, apply soap and scrub your hands well

2

Rub the back of your hands alternately with your palm

3

Carefully rub your fingertips and under your fingernails on both sides

4

Carefully wash between all of your fingers

5

Wash while twisting your thumb with your palm

6

Carefully wash your left and right wrists with your palm

7

Take your time to rinse with water until all bubbles are gone

Time is precious

In Japan, it is often required to be punctual. In daily life, try to pay attention to the time.

● Try to check the clock to see what time you do regular activities between waking up in the morning and going to bed

● Calculate the time that it takes to get ready and to move, and try to act early

● Put a clock in each living space and try to get into the habit of checking the time as routine

How to greet

We have listed some greeting phrases that are often used in Japan. After learning these, you should try to use them and try to get communicating.

In the morning

ohayo
or
ohayo
gozaimasu
Good morning

In the afternoon

konnichiwa
Good afternoon

At night

konbanwa
Good evening

When you go to bed

oyasumi
or
oyasuminasai
Good night

When parting

sayonara
See you again

When apologizing

gomennasai
Sorry

When showing thanks

arigato
Thank you
arigato
gozaimasu
Thank you
very much

When you have a meal

itadakimasu
Let's eat

When you finish a meal

gochiso
samadeshita
It was
so delicious

There are many ways to greet people depending on the country



When we greet in Japan, we often bow lightly.



Many countries in the Americas or Europe hug as a greeting.

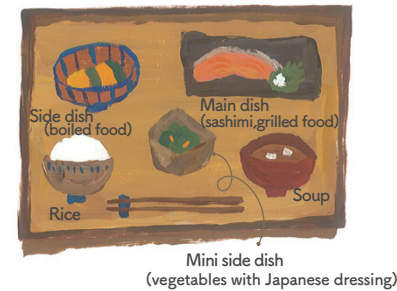


In Japan, we rarely touch as a greeting, so when you touch other people, you should be careful so that they don't misunderstand it as being forceful.

Eating manners and how to cook bento (lunch box)

Let's try to learn and practice manners, ways of eating Japanese cuisine (Japanese-style dishes and lunch boxes) and how to use eating utensils.

How to set the table for Japanese cuisine

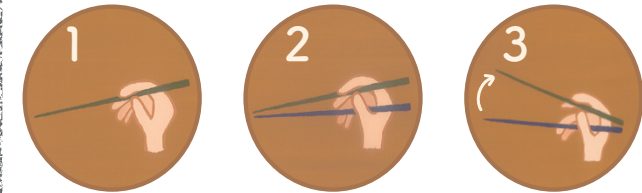


How to hold a bowl (rice and soup)



Place the bowl on top of your four fingers and put your thumb on the lip.

How to use chopsticks

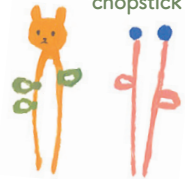


Hold the upper chopstick like a pencil

The lower chopstick is pinched above the ring finger

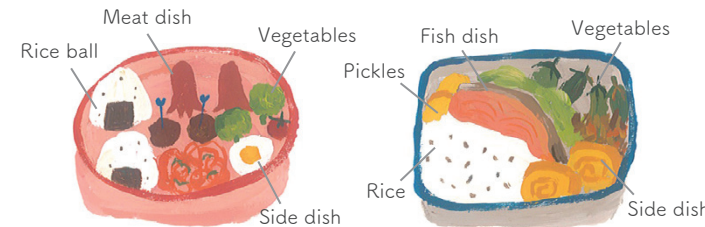
Hold above the middle of the chopsticks and move only the upper chopstick

There are training chopsticks available, so it might be a good idea to try to use them.



- You should eat without touching your elbows on the table.
- Stretching your spine makes it easier to eat.
- Put the bowl and chopsticks back in place where they were.

Example of lunch arrangement



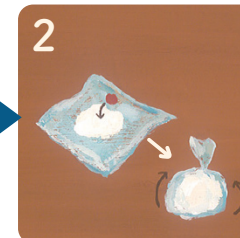
!!!Point to note!!!

- Cook by heating well
- Do not put in raw or perishable foods
- Do not put things that are too watery
- Cool well before adding
- In the summertime, put a cooler on the lid before carry it around
- Eat within a few hours

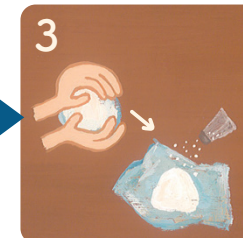
How to cook rice balls



Put about one scoop of rice on a piece of wrap.



Place the cooked ingredients in the center of the rice to your liking, and wrap it up.



Grip lightly into a triangle or a circle with both hands. Open the wrap and sprinkle a little salt all over.



To finish, wrap it with seaweed or sprinkle with sesame seeds or dried bonito to suit your taste.