

# Hiroshima NOW

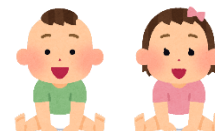
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English No. 21

## Childcare Support Services

にっこり笑顔の集う場所：子育て支援情報を提供しています  
「ひろしま市民と市政」12月1日号なか版



Many parents can go through feelings of anxiety or uneasiness when taking care of their children. If that happens, know that you are not alone and don't be afraid to ask for help. Below, you can find information about support offered by the City of Hiroshima to parents.

### Community Childcare Support Center (*Chi'iki Kosodate Shien Sentā*)

Community Childcare Support Centers are located in your local ward offices. Feel free to drop in for advice on childcare from public health nurses, childcare workers, and nutritionists.

#### Support services available

- Individual consultations available in-person and via telephone
- Information about events and gatherings where both children and families can interact with other children and families
- Seminars and lectures about childrearing

### Community Childcare Support Center (*Chi'iki Kosodate Shien Sentā*)

- ▷ Each center is located inside the Community Support Division (*Chi'iki Sasaei Ka*) of your local ward office.

Ward	Telephone	Fax	Hours
Naka	082-504-2174	082-504-2175	Monday to Friday 8:30 am-5:15 pm Closed: National holidays, August 6, 12/29-1/3
Higashi	082-261-0315	082-568-7790	
Minami	082-250-4134	082-254-4030	
Nishi	082-503-6288	082-294-6113	
Asaminami	082-877-2146	082-877-2146	
Asakita	082-819-0617	082-819-0602	
Aki	082-821-2821	082-821-2832	
Saeki	082-921-5010	082-921-5010	

## Childcare Open Spaces

Childcare Open Spaces are places for children and families to gather and interact with other children and families. Activities and events held here are usually organized and carried out by local citizens and take place at community halls (*kōmin-kan*), children's community centers (*jidō-kan*), or meeting places (*shūkaisho*). Several times a year, these open spaces welcome public nurses, nutritionists, or childcare workers from the Childcare Support Center to offer childcare guidance. Everyone is welcome to join events; for information about when and where Childcare Open Spaces will be available, please inquire at your local Community Childcare Support Center (details above).

## Monthly Health Guidance



During these monthly meetings, health nurses or childcare workers from the Childcare Support Center perform infant health checks and offer childcare advice to parents. This is a great service to help alleviate any anxieties you may have about parenting. No reservations necessary! For information on when and where health guidance meetings will be held, please contact your local Community Childcare Support Center (details above). Be sure to bring your Maternal and Child Health Handbook (*Boshi Kenkō Techō*) and a towel (necessary for the infant health check) with you when participating.

## Childcare Information

### Childcare Support Handbook: *Anshin Kosodate Support Book*

- ▶ Please note that this handbook is in Japanese.

Find useful information regarding childcare services, such as temporary care services at nursery schools, and how to apply for nursery schools and kindergarten. Also contains information on where to find advice from healthcare professionals and consultation services.

### Childcare Support App: *Boshimo*

- ▶ This digital service is available in 12 different languages (Japanese, English, Chinese (traditional and simplified), Korean, Portuguese, Spanish, Tagalog, Thai, Vietnamese, Indonesian, Russian, and Nepali).



*Boshimo* is a maternal and child health handbook app that provides helpful information on childcare.

What you can do with this app:

- Receive local childcare information
- Search local clinics, nursing schools, kindergartens, parks, etc.
- Keep a record of your child's development
- Manage vaccination records

For more information about *Boshimo*, please see the official City of Hiroshima website:  
<https://www.city.hiroshima.lg.jp/soshiki/84/4852.html> (in Japanese)



 **If you are not confident in your Japanese, please contact the office below:**

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Opening Days and Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Available Languages: Chinese, Portuguese, Spanish, Vietnamese, English, and Filipino

Filipino language is only available on Fridays and 1st and 3rd Thursdays.