

April 2026 - March 2027

Infants Health Calendar

Venue

Nomi city Health and Welfare Center "Sante" 1F
(Address: Nu 48 banchi, Terai machi, Nomi city)

Inquiry

Nomi City Health and Welfare Department, Health Promotion Division
Nomi city Health and Welfare Center "Sante" 1F ☎(0761)58-2235

Infants health checkups

4 month olds health checkup ★reception 1pm - 1:30 pm		
Aimed for (month of birth)	schedule	
born December, 2025	April	28(Tue)
born January, 2026	May	26(Tue)
born February, 2026	June	30(Tue)
born March, 2026	July	28(Tue)
born April, 2026	August	25(Tue)
born May, 2026	September	29(Tue)
born June, 2026	October	27(Tue)
born July, 2026	November	24(Tue)
born August, 2026	December	22(Tue)
born September, 2026	January	26(Tue)
born October, 2026	February	16(Tue)
born November, 2026	March	23(Tue)

10 month olds consultation ★reception 9:30 am - 10 am			
Aimed for (month of birth)	schedule		
		born on dates 1 to 15	born on dates 16 to end of month
born June, 2025	April	16(Thu)	30(Thu)
born July, 2025	May	14(Thu)	28(Thu)
born August, 2025	June	11(Thu)	25(Thu)
born September, 2025	July	9(Thu)	30(Thu)
born October, 2025	August	6(Thu)	27(Thu)
born November, 2025	September	10(Thu)	24(Thu)
born December, 2025	October	15(Thu)	29(Thu)
born January, 2026	November	12(Thu)	26(Thu)
born February, 2026	December	10(Thu)	24(Thu)
born March, 2026	January	14(Thu)	28(Thu)
born April, 2026	February	4(Thu)	18(Thu)
born May, 2026	March	11(Thu)	25(Thu)

Weaning food and infant food classes

Weaning food for 7 month olds ★reception 9:30 am - 9:45 am		
Aimed for (month of birth)	schedule	
born September, 2025	April	24(Fri)
born October, 2025	May	29(Fri)
born November, 2025	June	26(Fri)
born December, 2025	July	24(Fri)
born January, 2026	August	28(Fri)
born February, 2026	September	25(Fri)
born March, 2026	October	30(Fri)
born April, 2026	November	27(Fri)
born May, 2026	December	25(Fri)
born June, 2026	January	29(Fri)
born July, 2026	February	26(Fri)
born August, 2026	March	26(Fri)

1 year olds health checkup Venue:Hospital Please use the "Maternal and Child Health Handbook" for your health checkups.

1 year 8 month olds health checkup ★reception 1pm - 1:30 pm			
Aimed for (month of birth)	schedule		
		born on dates 1 to 15	born on dates 16 to end of month
born July, 2024	April	7(Tue)	21(Tue)
born August, 2024	May	12(Tue)	19(Tue)
born September, 2024	June	2(Tue)	16(Tue)
born October, 2024	July	7(Tue)	21(Tue)
born November, 2024	August	4(Tue)	18(Tue)
born December, 2024	September	1(Tue)	15(Tue)
born January, 2025	October	6(Tue)	20(Tue)
born February, 2025	November	10(Tue)	17(Tue)
born March, 2025	December	1(Tue)	15(Tue)
born April, 2025	January	5(Tue)	19(Tue)
born May, 2025	February	2(Tue)	9(Tue)
born June, 2025	March	2(Tue)	16(Tue)

3 years 6 month olds health checkup ★reception 1pm - 1:30 pm			
Aimed for (month of birth)	schedule		
		born on dates 1 to 15	born on dates 16 to end of month
born October, 2022	April	8(Wed)	15(Wed)
born November, 2022	May	13(Wed)	20(Wed)
born December, 2022	June	3(Wed)	17(Wed)
born January, 2023	July	8(Wed)	22(Wed)
born February, 2023	August	5(Wed)	19(Wed)
born March, 2023	September	2(Wed)	16(Wed)
born April, 2023	October	7(Wed)	21(Wed)
born May, 2023	November	4(Wed)	18(Wed)
born June, 2023	December	2(Wed)	16(Wed)
born July, 2023	January	6(Wed)	20(Wed)
born August, 2023	February	3(Wed)	17(Wed)
born September, 2023	March	3(Wed)	17(Wed)

Infant food for 1 year 3 month olds ★reception 9:30 am - 10:00am		
Aimed for (month of birth)	schedule	
born December, 2024	April	17(Fri)
born January, 2025	May	22(Fri)
born February, 2025	June	19(Fri)
born March, 2025	July	17(Fri)
born April, 2025	August	21(Fri)
born May, 2025	September	18(Fri)
born June, 2025	October	16(Fri)
born July, 2025	November	20(Fri)
born August, 2025	December	11(Fri)
born September, 2025	January	15(Fri)
born October, 2025	February	19(Fri)
born November, 2025	March	12(Fri)

There will be no personal notifications about health checkups and other events!

The only notifications about health checkups, etc. are this calendar and information on the home page. Please confirm the dates for your child and don't forget to come.

*For those unable to come due to health conditions (fever, diarrhea, etc.) or other circumstances on the designated day, please come the next day on schedule.

Health checkups, consultations and other events are conducted only in Japanese. If you cannot speak Japanese, please come with somebody who can. There is also information on volunteer interpreters on the back. Please consider this option, too.

Please answer the infants health consultations questionnaire from the Hagu-Hagu App by three days before the infants health checkups.

If you come without answering the infants health consultations questionnaire, it will take an additional 30 minutes.

Please check the flyer I mailed previously or visit the city's website for guidance.

If you have any questions, please feel free to consult us.

★Regarding the infants' health checkups, consultations and classes in Nomi city★

	1 month olds med.checkup	4 month olds med.checkup	7 month olds weaning class	10 month olds consultation	1 year olds med.checkup	1 year 3 month olds infants' food class	1 year 8 month olds med.checkup	3 year 6 month olds medical checkup
Reception		13:00 - 13:30	9:30 - 9:45	9:30 - 10:00		9:30 - 10:00	13:00 - 13:30	13:00 - 13:30
Where	Medical facilities	Nomi city Health and Welfare Center "Sante" 1F (Address: Nu 48 banchi, Terai machi, Nomi city)			Medical facilities	Nomi city Health and Welfare Center "Sante" 1F (Address: Nu 48 banchi, Terai machi, Nomi city)		
Bring	Please come to the checkup with "Maternal and child's healthcare note" ("Boshi hoken-no shitori") (up to 3 months after birth)	• Maternal and Child Health Handbook • Child's file • Bath towel	• Maternal and Child Health Handbook • Child's file • Bath towel • Wet towel	• Maternal and Child Health Handbook • Child's file • Bath towel • Wet towel	Please come to the checkup with "Maternal and child's healthcare note" ("Boshi hoken-no shitori") (up to 13 months after birth, unusable after)	• Maternal and Child Health Handbook • Child's file • Bath towel • Wet towel	• Maternal and Child Health Handbook • Child's file • Bath towel	• Maternal and Child Health Handbook • Questionnaire about eyes and ears(*) • Urinalysis container(*) • Child's file
Checkup contents		• Body measurement • Pediatrician's examination • Public Health Nurse's talk • Dietician's talk	• Body measurement • Dietician's talk • Food tasting	• Body measurement • Public Health Nurse's talk • Dietician's talk • Book start • Food tasting		• Body measurement • Dietician's talk • Dental hygienist's talk • Food tasting	• Body measurement • Pediatrician's examination • Dentist's examination • Dental hygienist's talk • Public Health Nurse's talk • Dietician's talk	• Body measurement • Urinalysis • Vision test (ametropia test) • Physician's examination • Dentist's examination • Dental hygienist's talk • Public Health Nurse's talk • Dietician's talk • Distribution of screening questionnaires for Japanese encephalitis



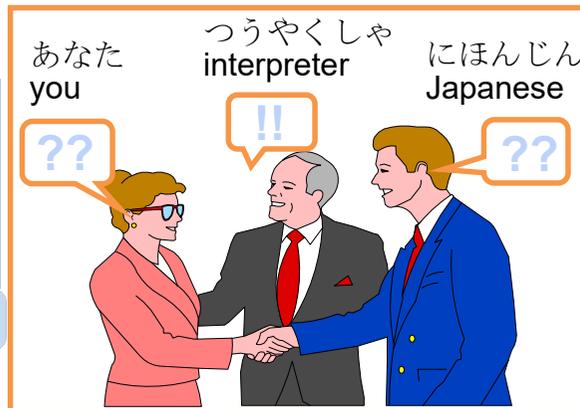
★There will be teeth checkups for 1 year 8 month olds and 3 years 6 month olds, so please brush the child's teeth before coming

★Health checkups and other events would require about 2 hours after reception.

★Child's files are distributed at the time of infant visit. If you moved in to the city after, it will be given to you on the day. (*)Questionnaires and urinalysis containers will be delivered personally by mail about 2 weeks before the medical checkup.

の み し す が い こ く じ ん
能美市に住んでいる外国人を
ボランティア通訳者がサポートします！

けんしん そうだん にほんご こま と き つうやくしゃ
健診や相談など、日本語でお困りの時、ボランティア通訳者が
みな 皆さんをサポートします。申込みするだけで、無料で
えいご ちゅうごくご かんこくご 英語、中国語、韓国語、ロシア語、カオロ語、ベトナム語の
サポートができます！
詳しいことは能美市HPを見てください。



Volunteer interpreters support foreigners
living in Nomi city!

Volunteer interpreters available for medical checkups, consultations and other times you require help with Japanese language.
You only need to apply, it is free of charge!
Support available in English, Chinese, Korean, Russian, Tagalog and Vietnamese!
See Nomi City webpage for details.



Consultations about children's health and childcare, inquiries about vaccinations

Nomi city Health and Welfare Department, Health Promotion Division

Nomi city Health and Welfare Center "Sante" 1F
Nu 48 banchi, Terai machi, Nomi city

☎ (0761)58-2235
FAX (0761)58-6897



の み し けんこうふくしよ けんこうすいしんか
能美市健康福祉部 健康推進課
の み し けんこうふくしよ
能美市健康福祉センター「サンテ」1階
能美市寺井町ぬ48番地
☎ (0761)58-2235 FAX (0761)58-6897