

April 2025 - March 2026

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 on dates 1 to 15	born on dates 16 to end of month
born December, 2024	2025	April	8(Tue)
born January, 2025		May	13(Tue)
born February, 2025		June	10(Tue)
born March, 2025		July	8(Tue)
born April, 2025		August	1(Fri)
born May, 2025		September	9(Tue)
born June, 2025		October	14(Tue)
born July, 2025		November	11(Tue)
born August, 2025	2026	December	9(Tue)
born September, 2025		January	13(Tue)
born October, 2025		February	10(Tue)
born November, 2025		March	10(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, 2024	2025	April	10(Thu)
born July, 2024		May	15(Thu)
born August, 2024		June	12(Thu)
born September, 2024		July	10(Thu)
born October, 2024		August	7(Thu)
born November, 2024		September	4(Thu)
born December, 2024		October	9(Thu)
born January, 2025		November	13(Thu)
born February, 2025	2026	December	11(Thu)
born March, 2025		January	15(Thu)
born April, 2025		February	5(Thu)
born May, 2025		March	12(Thu)

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, 2023	2025	April	15(Tue)
born August, 2023		May	8(Thu)
born September, 2023		June	3(Tue)
born October, 2023		July	1(Tue)
born November, 2023		August	5(Tue)
born December, 2023		September	2(Tue)
born January, 2024		October	7(Tue)
born February, 2024		November	4(Tue)
born March, 2024	2026	December	2(Tue)
born April, 2024		January	6(Tue)
born May, 2024		February	3(Tue)
born June, 2024		March	3(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, 2021	2025	April	16(Wed)
born November, 2021		May	7(Wed)
born December, 2021		June	4(Wed)
born January, 2022		July	9(Wed)
born February, 2022		August	6(Wed)
born March, 2022		September	3(Wed)
born April, 2022		October	8(Wed)
born May, 2022		November	5(Wed)
born June, 2022	2026	December	3(Wed)
born July, 2022		January	7(Wed)
born August, 2022		February	4(Wed)
born September, 2022		March	4(Wed)

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 on dates 1 to 15	born on dates 16 to end of month
born September, 2024	2025	April	11(Fri)
born October, 2024		May	16(Fri)
born November, 2024		June	13(Fri)
born December, 2024		July	11(Fri)
born January, 2025		August	8(Fri)
born February, 2025		September	19(Fri)
born March, 2025		October	17(Fri)
born April, 2025		November	14(Fri)
born May, 2025	2026	December	12(Fri)
born June, 2025		January	16(Fri)
born July, 2025		February	20(Fri)
born August, 2025		March	13(Fri)

Infant food for 1 year 3 month olds ★reception 9:30 am - 10:00am		
Aimed for (month of birth)	schedule	
born December, 2023	2025	April
born January, 2024		May
born February, 2024		June
born March, 2024		July
born April, 2024		August
born May, 2024		September
born June, 2024		October
born July, 2024		November
born August, 2024	2026	December
born September, 2024		January
born October, 2024		February
born November, 2024		March

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 shiori") (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 shiori") (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

Don't forget to take this!

★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.

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
みなみなをサポートします。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、タガログ語、ベトナム語の
サポートができます！

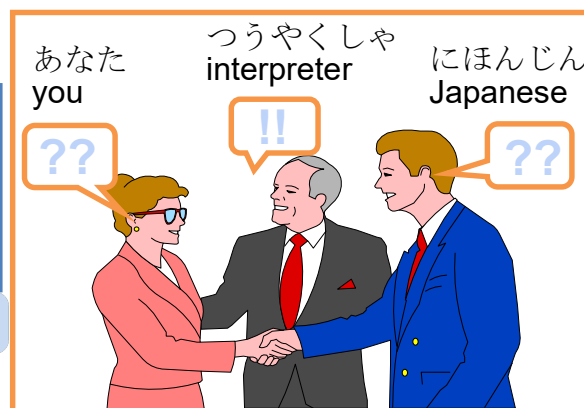


詳しいことは能美市HPを見てください。

お子様の健康・育児についての相談、予防接種についてのお問い合わせ先

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 けんこうすいしんか
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



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

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