

## Growth Consultations

★Reception 10:00-10:30

☆Bring Maternal and Child Health Handbook

2025	Apr	★7(Mon)	21(Mon)	2026	Jan	5(Mon)	19(Mon)
	May	12(Mon)	26(Mon)		Feb	★2(Mon)	16(Mon)
	Jun	★2(Mon)	16(Mon)		Mar	2(Mon)	16(Mon)
	Jul	7(Mon)	28(Mon)	※ We offer consultations regarding your child's health and childcare, as well as the physical and emotional well-being of pregnant and postpartum women, including breastfeeding support. You are also welcome to come in for body measurements only. ※ Public health nurses, nutritionists, and midwives are available for consultations. ※ There are designated days for consultations with a counselor. These days are marked with a ★ and require a reservation. Please contact the Health Promotion Division in advance.			
	Aug	★4(Mon)	18(Mon)				
	Sep	8(Mon)	22(Mon)				
	Oct	★6(Mon)	20(Mon)				
	Nov	10(Mon)	17(Mon)				
	Dec	★8(Mon)	22(Mon)				

## Breastfeeding Consultations

★Reception 10:00-11:00

☆Bring Maternal and Child Health Handbook, 2-3 towels

Intended for		From mothers-to-be to mothers 3 months after birth			
2025	Apr	16(Wed)	2026	Jan	26(Mon)
	May	21(Wed)		Feb	9(Mon)
	Jun	25(Wed)		Mar	25(Wed)
	Jul	23(Wed)	※ Midwives are available for consultations on breastfeeding and breast care. They also perform breast checks before childbirth. ※ Individual consultations (available on different dates) are also offered, so please feel free to inquire.		
	Aug	27(Wed)			
	Sep	29(Mon)			
	Oct	29(Wed)			
	Nov	26(Wed)			
	Dec	17(Wed)			

