



Bringing up a child

子育て


子育て世代包括支援センターどれみ（北浦保健センター内）

♪子育て相談ダイヤル♪

☎080-2211-4411

子育て相談ができます！お気軽にお電話ください♪

子育て世代包括支援センターどれみでは、 妊娠期から子育て期まで、切れ目のない支援を提供します

| 妊娠～出産 | <p>○親子（母子）健康手帳の交付 北浦保健センターで、専門職が妊婦さんと面接してお渡しします。 父子手帳・祖父母手帳・子育てママ応援プレゼント（マタニティ服）</p> <p>○産前・産後のサポート 電話・面接・訪問で、妊婦さんの不安を軽減</p> <p>○妊婦健診の助成（14回分）</p> <p>○産婦健診の助成（2回分）</p> <p>○産後ケアの助成（日帰り型・宿泊型）</p> | |  <p>随時 相談できます</p> <p>☎はコチラ 080-2211-4411</p> <p>メールはコチラ kosodate @city.namegata.lg.jp</p> <p>面接での 相談もできます！</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 乳児～幼児 | <p>○子育てほっと！サロン（ママたちの交流）</p> <p>○ベビーマッサージ教室（赤ちゃんとのふれあいで絆づくり）</p> <p>○リフレッシュ・ママクラス（ママのこころリフレッシュ）</p> <p>○親子講座（親子ビクス・リトミック・体操・ママヨガ・さつまいも掘り）</p> <p>○地域子育て力アップ講座（地域みんなで子育て） 保護者向け・パパ向け・地域の方向けの子育て講座を開催します！！</p> <p>○乳児育児用品等購入費の助成（2万円）…どれみで受付</p> <p>○市内の保育園・こども園・幼稚園においても、子育て支援を開催しています。 お知らせは、北浦保健センター・行方市ホームページに掲載しています！</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 子育て期 | | <p>子育て広場開催中！！</p> <p>♪…ミュージックケア （午前は10:30頃～、午後は14:00頃～）</p> <p>★…絵本の読み聞かせ （午前は10:30～、午後は14:00～）</p> <p>▲…幼稚園教諭による子育て相談</p> <p>◆…保健師による子育て相談</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 就学後 | <p>あゆみ相談</p> <p>就学後の心理発達相談です。 お困りの方は、どれみへご連絡ください。</p> | <p>子育て広場カレンダー 【午前】 9:30～11:30 【午後】 13:00～15:00</p> <table border="1"> <thead> <tr> <th rowspan="2">4月</th> <th colspan="2">麻生（麻生公民館）</th> <th colspan="2">北浦（北浦保健センター）</th> <th colspan="2">玉造（玉造保健センター）</th> </tr> <tr> <th>午前</th> <th>午後</th> <th>午前</th> <th>午後</th> <th>午前</th> <th>午後</th> </tr> </thead> <tbody> <tr><td>2 月</td><td></td><td></td><td>○</td><td>○</td><td>○</td><td></td></tr> <tr><td>3 火</td><td>★</td><td></td><td></td><td></td><td>○</td><td>○</td></tr> <tr><td>4 水</td><td>○</td><td></td><td>★</td><td></td><td></td><td></td></tr> <tr><td>5 木</td><td>○</td><td>○</td><td></td><td></td><td>○</td><td></td></tr> <tr><td>6 金</td><td></td><td></td><td>◆</td><td></td><td>★</td><td>○</td></tr> <tr><td>9 月</td><td></td><td></td><td>○</td><td></td><td></td><td></td></tr> <tr><td>10 火</td><td></td><td></td><td>○</td><td>○</td><td>▲</td><td></td></tr> <tr><td>11 水</td><td>○</td><td></td><td></td><td></td><td>○</td><td></td></tr> <tr><td>12 木</td><td></td><td></td><td>○</td><td></td><td>○</td><td>○</td></tr> <tr><td>13 金</td><td>◆</td><td>○</td><td></td><td></td><td></td><td></td></tr> <tr><td>15 日</td><td></td><td></td><td>○</td><td></td><td></td><td></td></tr> <tr><td>16 月</td><td></td><td></td><td>♪▲</td><td></td><td></td><td></td></tr> <tr><td>17 火</td><td>○</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>18 水</td><td>○</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>19 木</td><td></td><td></td><td>○</td><td>○</td><td></td><td></td></tr> <tr><td>23 月</td><td></td><td></td><td>○</td><td>○</td><td></td><td></td></tr> <tr><td>24 火</td><td>♪▲</td><td>○</td><td></td><td></td><td></td><td></td></tr> <tr><td>25 水</td><td></td><td></td><td>○</td><td></td><td>○</td><td>○</td></tr> <tr><td>26 木</td><td>○</td><td>○</td><td></td><td></td><td>○</td><td></td></tr> <tr><td>27 金</td><td></td><td></td><td></td><td></td><td>♪◆</td><td>○</td></tr> </tbody> </table> | 4月 | 麻生（麻生公民館） | | 北浦（北浦保健センター） | | 玉造（玉造保健センター） | | 午前 | 午後 | 午前 | 午後 | 午前 | 午後 | 2 月 | | | ○ | ○ | ○ | | 3 火 | ★ | | | | ○ | ○ | 4 水 | ○ | | ★ | | | | 5 木 | ○ | ○ | | | ○ | | 6 金 | | | ◆ | | ★ | ○ | 9 月 | | | ○ | | | | 10 火 | | | ○ | ○ | ▲ | | 11 水 | ○ | | | | ○ | | 12 木 | | | ○ | | ○ | ○ | 13 金 | ◆ | ○ | | | | | 15 日 | | | ○ | | | | 16 月 | | | ♪▲ | | | | 17 火 | ○ | | | | | | 18 水 | ○ | | | | | | 19 木 | | | ○ | ○ | | | 23 月 | | | ○ | ○ | | | 24 火 | ♪▲ | ○ | | | | | 25 水 | | | ○ | | ○ | ○ | 26 木 | ○ | ○ | | | ○ | | 27 金 | | | | | ♪◆ |
| 4月 | 麻生（麻生公民館） | | 北浦（北浦保健センター） | | 玉造（玉造保健センター） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 午前 | 午後 | 午前 | 午後 | 午前 | 午後 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 月 | | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 火 | ★ | | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 水 | ○ | | ★ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 木 | ○ | ○ | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 金 | | | ◆ | | ★ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 月 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 火 | | | ○ | ○ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 水 | ○ | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 木 | | | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 金 | ◆ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 日 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 月 | | | ♪▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 火 | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 水 | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 木 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 月 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 火 | ♪▲ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 水 | | | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 木 | ○ | ○ | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 金 | | | | | ♪◆ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

「子育て広場」とは…
就学前のお子さんとそのご家族のために開かれる遊び場です。行ってみたい会場どこに参加しても大丈夫です。お気軽にご来場ください。
お母さんだけでなく、他のご家族の方も大歓迎です。お子さんの安全を守るためにスタッフがおりますが、お子さんをお預かりして保育するものではありません。お子さんから目を離さないようお願いいたします。