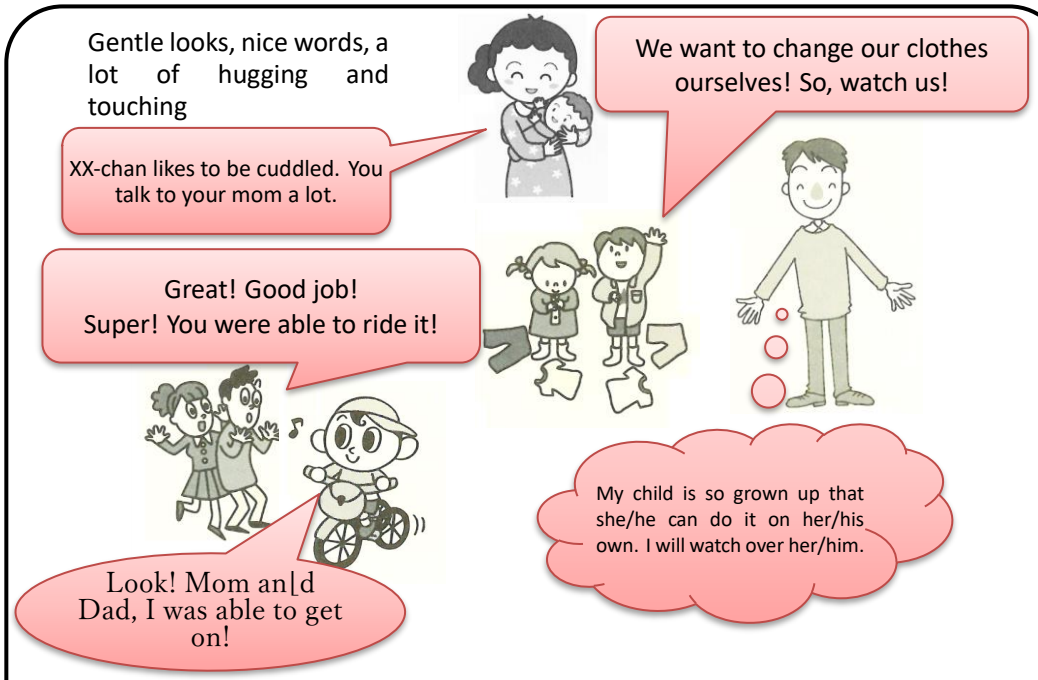
For the two who received the Parents and Child Health Handbook

How do you both feel now that you have the handbook in your hands? You might be experiencing various emotions, such as happiness, anxiety, and a sense of responsibility.

Both of you must have had heartwarming experiences where someone thanked you or praised you, where someone helped you or encouraged you when you made mistakes. You must have felt that someone cared about you. These experiences are valuable and help us develop confidence in ourselves.

Through kind words and lots of hugs, children also learn little by little that they are being cared for by their parents and the other adults in their lives.



Pleased and praised with your smile: “Wow, you did it!”
Appreciated: “Thank you.”
Recognized: “You’re amazing,” “You’re working hard”
Encouraged when they faced failure: “It’s frustrating, but you did a good job.”
Encouraged and supported in difficult situations: “It’s okay.”
Respected for their decisions and choices and watched over.

You may feel embarrassed to express your feelings to someone. You may not be able to express them well. But regardless of the relationship - husband and wife or parent and child - you should recognize the good qualities of others and try to convey in words, without being shy, that they are precious and important to you and that you are grateful to them.

Self-affirmation

- You can accept and acknowledge yourself as you are, including qualities of yourself that you love, qualities of yourself that you hate, qualities of yourself that you are confident in, and qualities of yourself that you are not confident in.
- Can take care of yourself
- Be confident in who you are

⇩

- Be able to accept, be considerate of, and appreciate the people around you

Self-affirmation video “Minnna chigatte minnna ii (We are all different and are all wonderful)” This video offers tips on how we, as adults, can help children grow up with a sense of “self-esteem.” Please take a look.

The full movie is 26 minutes long. It is also available in chapters.

① Infancy: “I love my mother’s warmth! ” (5 minutes)
② Around 1 and a half to 2 years old: “I want you to know my feelings!” (4 minutes)
③ 3- to 4-year-old: “I want you to listen to my story!” (2 minutes)
④ 3- to 5-year-old: “Accept me as I am! ” (2 minutes)
⑤ 3- to 5-year-old: “We got into a fight! ” (2 minutes)
⑥ Infancy: “I want to help people.” (2 minutes)
⑦ Elementary school lower grades: “Even when I reach school age” (5 minutes)

Click here to view. Search “Minnna chigatte minnna ii (We are all different and are all wonderful) Komaki City”

About family life

A new life has been conceived.
A new family member called a “baby”
Parents welcome the baby into their lives.

Now, take a moment to reflect on your life.

Do you lead a regular life?
Do you stay up late?
Do you eat breakfast?

All living things have rhythms in their lives.

Our bodies are equipped with an “internal clock.” This clock plays an important role in regulating the rhythms of basic human activities, such as sleeping, waking up, eating, producing growth hormones, keeping your body temperature, and breathing, on an approximately 25-hour cycle.

But here’s one question！

We live on a 24-hour rhythm.
So what would make up the one-hour difference?

It’s the morning light.

Exposure to early morning light resets the body, and eating breakfast turns on your brain.

Staying up late and not getting enough sleep puts extra stress on the “body clock,” causing dizziness, loss of appetite, fever, or conversely, lowering your body temperature. Eventually, your physical condition will deteriorate.

For the sake of your child’s healthy development and for the sake of both of you as parents, try to start with a rhythm of early bedtimes and early mornings (a family rhythm) so that you can keep the rhythm ingrained in your bodies.

Are you immersed in digital media?

When watching digital media, consider the time and content. Avoid watching them for a long period of time or leaving them on for a long period of time. Watching digital media late into the night can disrupt the rhythm of your life and lead to a habit of staying up late and not getting enough sleep.

Also, if children spend a lot of time with digital media at a time when they are building human relationships and developing physical and mental growth through interactions with people around them or play experiences, they may have fewer opportunities and experiences with outdoor play and human interactions, which can lead to developmental delays and disorders. In addition, information disseminated through the media has a direct impact on growing children. We need to carefully consider the content and quality of information provided by digital media.

※Media refers to TVs, DVDs, smartphones, tablets, etc.

Dietary habits are important as well as the rhythm of life.

We can have important family gatherings and build family bonds by sitting around the meal table together.

Food prepared with love and care is an expression of our feelings toward our family. It is something we should cherish in our daily lives.

Let’s make delicious food with the seasoning of love.

Although the weaning period is a very short time in your child’s life, it is crucial for forming tastes. Let’s share the taste of handmade food made with love.

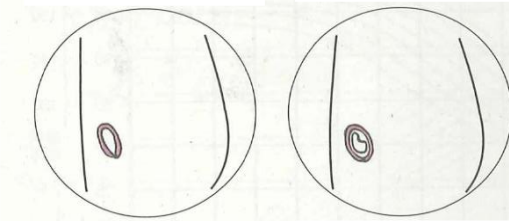
When your child is a little older, enjoy cooking together to deepen your parent-child bond. Through this experience, your child will become interested in food and will be able to eat anything without being picky.

Until your baby is born

《You are blessed with a new life》

During your pregnancy, your baby will grow safely and comfortably in your womb while receiving plenty of love. Let your baby know how you are feeling.

Weeks 0, 1, 2, 3 | Weeks 4, 5, 6, 7



The 1st month | The 2nd month

In the latter half of 2 months, you can hear your baby's heartbeat.

At 6 to 7 weeks, your baby's teeth are taking shape.

Advice and tips

- Seek medical attention if you experience bleeding or abdominal pain.
- Do not drink or smoke.
- Consult with your doctor, dentist, or pharmacist before taking any medications. Be sure to follow the prescribed dosage and usage instructions. 【Reference】Medications during Pregnancy and Breastfeeding Q&A, The Japan Drug Information Institute in
- Folic acid is an important vitamin for having a healthy baby. Try to get the right amount of folic acid from a variety of foods, including supplements, during the early stages of pregnancy, when the baby's nervous system is forming.

《Foods rich in folic acid》

Spinach, Broccoli, Pumpkin, Sweet Potato, Asparagus, Strawberries, Soybeans, Natto, etc.

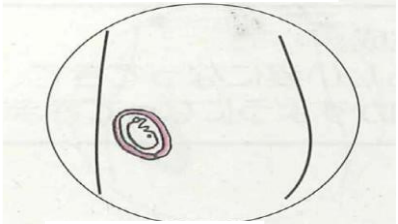
A message from Mom and Dad

≪Overcoming morning sickness≫

Morning sickness may be at its peak, and it can be a difficult time for pregnant mothers, both physically and emotionally. But you can get through it with your partner's cooperation.

It will be fun doing housework and childcare together. Get through this stage with the support of your family for your baby's healthy and happy growth.

Weeks 8, 9, 10, 11



The 3rd month

Your baby's head and upper body will become more distinct.

Advice and tips

- During morning sickness, eat what you can, even if it's just a little at a time.
- Brush your teeth when you are in good condition. Choose a toothbrush with a small head; avoid toothpaste with strong flavors or fragrances.
- If it is difficult for you to brush your teeth due to morning sickness or other symptoms, use a mouthwash or rinse.
- Do not overeat if you have no morning sickness.
- Avoid uncooked foods such as natural cheese and cured ham. They can cause listeria food poisoning.
- Raw meat and cat feces may contain *Toxoplasma gondii.* Make sure to heat food, and wear gloves and masks when disposing of pet waste. Always wash and sanitize your hands.

【Reference】 For pregnant mothers: Ministry of Health, Labour and Welfare

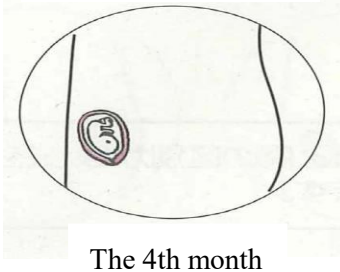
A message from Mom and Dad

≪Baby starting to move its arms and legs≫

By 15 weeks, your placenta is fully developed. Your baby grows by receiving oxygen and nutrients through the placenta and umbilical cord.

Around this time, your morning sickness should subside and your appetite should return. It is important to eat a balanced diet while watching your weight.

Weeks 12, 13, 14, 15



The 4th month

Fully developed placenta.
Your baby looks more human and can move its arms and legs a little.

Advice and tips

- To strengthen your baby's teeth, eat a balanced diet that includes calcium, protein, phosphorus, and vitamins A, C, and D.
  （At about 7 weeks of pregnancy, your baby's teeth begin to take shape.）
- Seafood is rich in high-quality protein and micronutrients. It's an essential part of a balanced diet. However, some have high mercury levels (E.g., Swordfish). Do not eat the same fish all the time.
  【Reference】 Information Provision for Pregnant and Nursing Mothers, Ministry of Health, Labour and Welfare
- When cooking, try to use a variety of ingredients with little seasoning.

A message from Mom and Dad

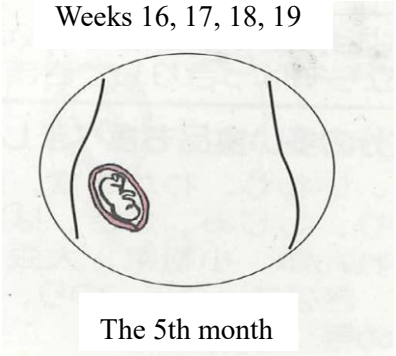
≪The wonder of fetal movement≫

Your baby's arms and legs become more active.

You can feel the movement of your baby around this time.

The feeling of the baby's movement must be very exciting! There is surely a new life growing in your womb. Share your excitement with your baby. The baby's Dad will soon be able to feel the movement. Please be patient.

Weeks 16, 17, 18, 19



The 5th month

The baby's head is about the size of a chicken egg. Lanugo will grow all over its body.

The movements of the limbs are also active.

Advice and tips

Moderate exercise, walking, and housework as physical activity improve blood circulation, which leads to a smooth delivery and milk production.

Wear clothes suitable for your changing body.

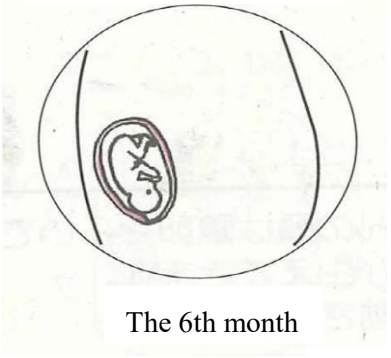
※ **Have you already applied for the Komaki City Birth Support Gift, also known as the Egg Gift (government benefit for supporting childbirth)? If not, please apply.**

A message from Mom and Dad

≪Eat a well-balanced diet≫

Your baby grows with plenty of nourishment and has more defined facial features. From this time on, pregnant mothers may become anemic without even realizing it. It is important that you eat nutritious food for your baby.

Weeks 20, 21, 22, 23



The 6th month

Your baby moves around in the amniotic fluid, swallows the fluid, cleans it out with its own intestines, and then pees it out! Your baby can clean its own room. Your baby's facial features become more distinct.

Try to eat foods rich in iron

Liver, asari clams, shijimi clams, natto, ganmodoki, komatsuna, spinach, etc.

Advice and tips

During pregnancy, eating habits can be disrupted by morning sickness and other symptoms; snacking increases, and hormone levels change. These factors can lead to the development of tooth decay and periodontal disease.

You must be careful because periodontal disease is a risk factor for premature and low-birth-weight babies. Brush your teeth after eating to prevent gum disease and tooth decay.

※ **Have an individual dental checkup for pregnant mothers at around 5-7 months of pregnancy.**

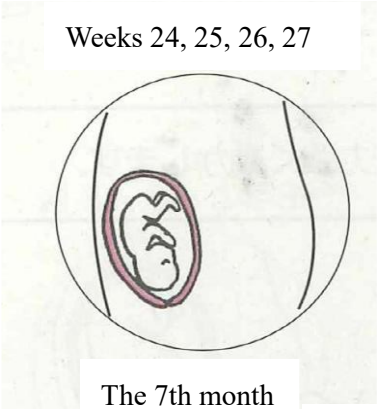
A message from Mom and Dad

≪I can hear Mom's and Dad's voices≫

Your baby can now hear your voices.

Babies love to talk. When you smile and speak gently to your baby, it feels comfortable and happy. Your baby is probably talking back to you a lot in your womb.

Weeks 24, 25, 26, 27



The 7th month

The baby's brain is developing.
The baby's hearing is developing.

Advice and tips

As the baby's brain develops, it develops a sense of comfort and discomfort.
When do you feel comfortable?
When the mother is relaxed, the baby is able to relax as well.
You do not need to do anything special. Make time to relax and unwind.

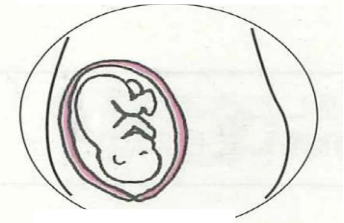
A message from Mom and Dad

≪Are you beginning to feel differently?≫

Stars shining in the night sky are moving; changing clouds floating in the blue sky are inspiring. Stop and look at the familiar landscape. Doesn't it look fresh and new? You prepare your mind to raise children by feeling the richness of nature and the preciousness of life.

If Mom is happy, your baby must be happy, too.

Weeks 28, 29, 30, 31



The 8th month

Your baby can move its arms and legs more strongly.

Advice and tips

・Around this time, pregnancy-induced hypertension is more likely to occur.
To avoid this, eat food with a light taste.

< Tips for enjoying a low-salt diet >

・Leave the soup of boiled dishes and noodles.

・Do not use much seasoning. Instead, use flavorful natural broth, acid, spices, and aromatic vegetables.

・Do not pour a condiment over food. Instead, use it as a dipping sauce. But avoid dipping too much.

・Avoid high-sodium foods (pickles, dried food, paste products, instant food, ham, sausage, etc.).

・Seek medical advice if the swelling persists all day or if you have frequent stomach cramps.

・It is a good idea to make miso soup with a variety of ingredients.

・Prepare baby and maternity supplies.

A message from Mom and Dad

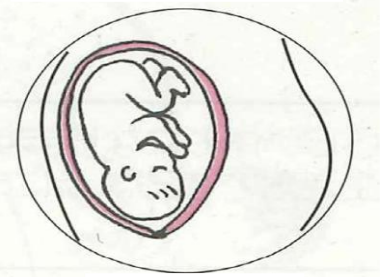
≪Your baby looks more baby-like with subcutaneous fat≫

Your baby's body can respond to external stimuli, and its facial expressions begin to change. At this time, pregnant mothers tend to feel unstable. Having the support of your partner and others around you is key to a safe delivery.

Why not enjoy a relaxing conversation with your partner while sharing your baby's movements or letting your partner massage your legs.

Such an atmosphere will make your baby feel happy too.

Weeks 32, 33, 34, 35



The 9th month

Your baby forms a rounded body with subcutaneous fat.

Your baby starts to display changing facial expressions.

Advice and tips

If you cannot eat a meal all at once, divide it into small portions.

Sweets, juice, and other sugary foods should be consumed in moderation.

Brush your teeth and gargle frequently after eating and drinking.

Talk to your partner or someone close to you about your concerns so that you can prepare for delivery with peace of mind.

A message from Mom and Dad

≪Your baby is ready to come out. How about both of you?≫

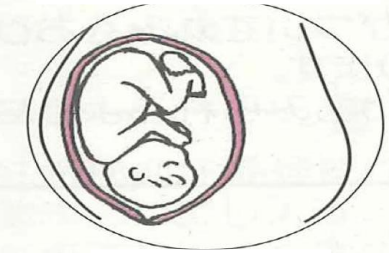
When the baby comes into the pelvis, you will feel pain at the base of the legs and around the pubic bone.

Your baby is now ready to come out. Talk to your doctor or midwife about your delivery and try to be active as much as you can.

Relax in a natural environment and get ready for delivery.

Her partner and those around her should support the pregnant mother so that she can go through childbirth with peace of mind.

Weeks 36, 37, 38, 39



The 10th month

The baby takes on a more baby-like shape.

The baby develops so that it can live outside the womb.

Advice and tips

• Prepare the items needed for hospitalization and confirm hospitalization procedures.

• Bring your Parents and Child Health Handbook and sanitary napkins with you when go out.

• Do some moderate exercise to keep your mind and body in good shape so you can be relaxed and ready for delivery.

A message from Mom and Dad

Imagine living with a baby

Your life with your long-awaited baby is about to begin.

Try to imagine life with a baby. Before the baby is born, talk with your partner and other people close to you about where to go for help, how to share responsibilities, and what services are available so that the mother is not alone in raising the child and doing housework.

Newborn babies will cry day and night for a while. You may not be able to sleep well and have a hard time adjusting to the new life. Get help from the baby's father or others around you to get through these difficult times.

You may also be very anxious about your new life with a baby. If you have any concerns, please do not hesitate to contact us.

Childcare ounseling organization

Comprehensive Support Center for Child Rearing Generations
3-555 Komaki, Komaki City Tel.: 0568-71-8611

Health Center
1-318 Jyobushi, Komaki City Tel.: 0568-75-6471

Ante- and post-natal services available in Komaki City

Domestic Service

Domestic services are available for those who have difficulty with household chores and/or have no support from family during pregnancy up to 6 months postpartum (The service is used at your own expense).

To apply, please call Parenting Support Center on 0568-71-8611.

Postnatal care of the mother and newborn

This provides support for the mothers who experience postpartum "baby blues" and who cannot receive support from the family. The services are available at local Obstetrics and gynecological clinics partnered with the Komaki city (The service is used at your own expense).

★ Day care ★ Short-stay (Until a baby turns 3 months old)

★ Home visit (Until a baby turns 11 months old)

To apply, please call Parenting Support Center on 0568-71-8611.

Midwife visits for postnatal checks

Midwife will visit you at home and talk about any concerns relating with pregnancy, ante- and post-partum (Free of charge).

To apply, please call Parenting Support Center on 0568-71-8611.

Breastfeeding help and support

This provides support for mothers with a range of issues relating with breastfeeding and baby formula (Free of charge).

To apply, please call Parenting Support Center on 0568-71-8611.

Newborn baby home visit by Komaki Health Center volunteers

Komaki Health Center volunteers will visit you and your child (one month to three months old) at home with the gifts (Free of charge).

For further information, please call Komaki Health Center on 0568-75-6471.

Mother's milk is a treasure for the baby

Babies slept conformably in the womb, listening to the sound of their mother's heartbeat like a lullaby.

But they have come out of such a comfortable world into a completely unknown world. They are full of fear and anxiety. Although they are trying hard to adapt to the new world, they still need the warmth of their mothers to calm down.

Breastfed babies can hear the familiar heartbeat, so they can relax wrapped in the familiar warmth of their mother.

All you have to do is let your baby suckle your breast until it is satisfied. During this time, your milk supply will increase as your baby suckles. Babies also learn to drink better by sucking repeatedly. To produce good breast milk, mothers need nutrition and rest. Breastfeeding relaxes the mother's body and mind. It also strengthens the bond between mother and baby.

Don't feel pressured, Mom!
You won't produce enough milk from theeginning.
So I will try hard to drink your milk.

Consultation counter on breastfeeding

Comprehensive Support Center for Child Rearing Generations Tel.: 0568-71-8611

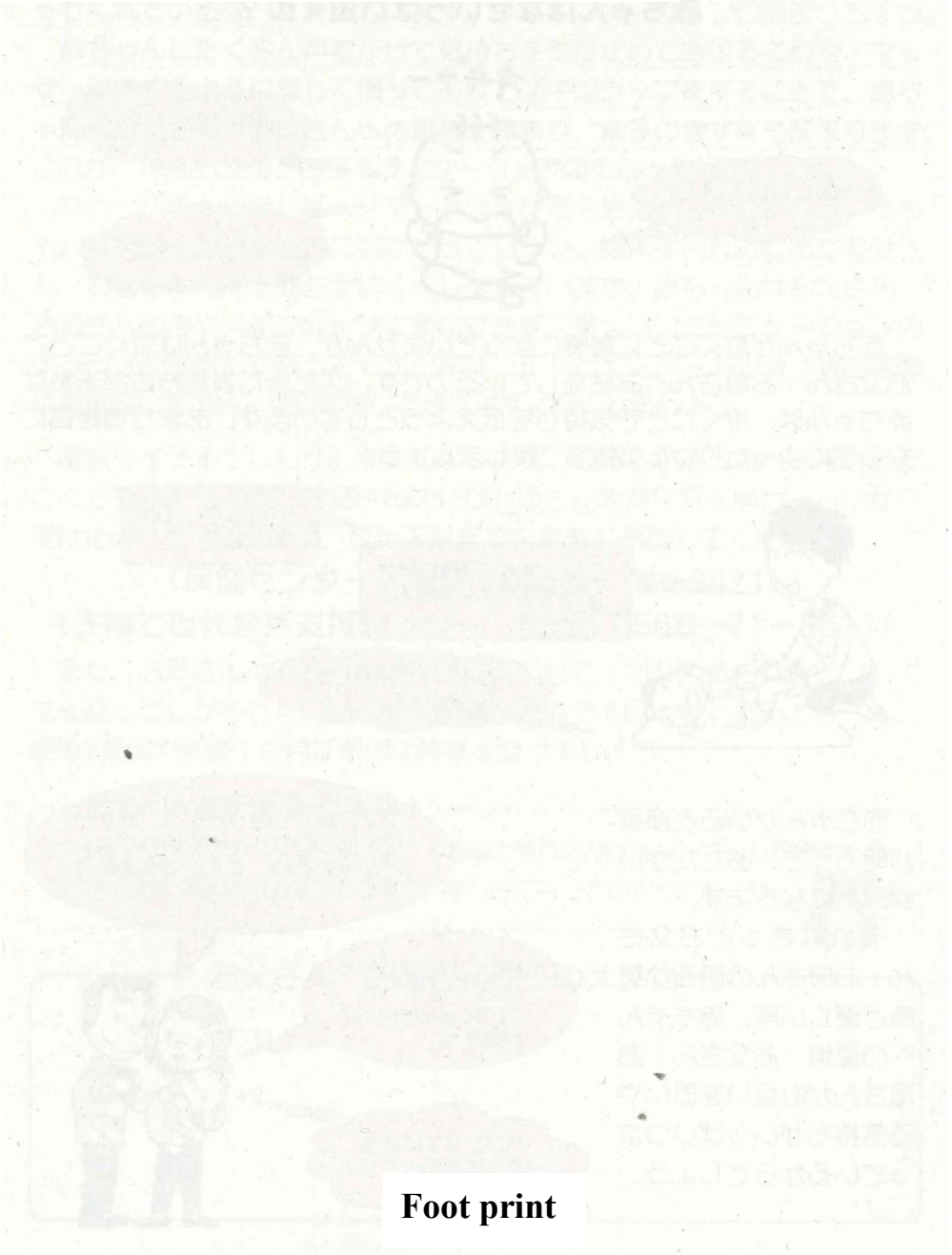
A new life has been born. It's time to meet your long-awaited baby.
Now you (parents) must be filled with emotions.
Let your child know how excited you are.

A message from Mom and Dad

Hand print

Name

Your (parents') feelings when naming your child



Foot print

(左)

Around 1 month old

Why do babies cry a lot?

Babies are soft and smell like milk. They are so cuddly. Having a baby makes the room brighter and warmer. This is because babies are surrounded by smiling faces, happy voices and loving people.

Babies are chatty.

Crying is the baby's way of expressing feelings, "I'm sleepy," "I'm hungry," "My diaper is wet," etc.

They speak to us by means of crying.

Don't be so nervous. Respond in a relaxed manner.

Women after giving birth may feel depressed, tearful, or anxious due to changes in their bodies and lives. If these conditions persist, contact a maternity health care provider or a counseling center.

The most important thing for a baby to live safely is the care of the mother by the people around her. Please listen and take seriously what the mother has to say. First-time mothers at this stage may be worried and anxious about living with a baby. Please feel free to consult with us at any time.

Comprehensive Support Center for Child Rearing Generations
Sukusuku Paon Room, Childcare support room at each children's center

Available for children ages 0 to 3 (pre-nursery) and their parents and guardians.
These are places where both parents and children can enjoy themselves with peace of mind.
Childcare workers, midwives and public health nurses are always available. Feel free to ask about childcare.

Comprehensive Support Center for Child Rearing Generations
Tel. 0568-71-8611
For more information on children's center, please see p.123.

※ **Have a newborn hearing test, a prenatal/postnatal checkup, and a one-month checkup for your baby at a medical facility.**

※ **Vaccinations will start at 2 months of age. Get them at a medical institution.**

※ **Undergo an interview (visit by a midwife, etc.) and apply for the Komaki City Child Rearing Support Gift, also known as the Hiyoko Gift (government benefit for supporting child rearing).**

A message from Mom and Dad

Around 3 to 4 months old

Your baby starts making cute noises.

Babies now have many different facial expressions: an eager look when drinking or sucking breast milk, a happy smile, and a peaceful sleeping face.

When you talk to your baby, it will be so happy and respond with "ah" and "uh."

Babies who don't like to lie on their stomachs can begin to lift their heads up when they're feeling good or are playing with you. Their field of vision will expand, allowing them to see the surroundings. Their arms and back muscles also become stronger.

However, don't feel pressured if your baby's head doesn't come up. It varies from baby to baby. Go easy on yourself.

Accidents, such as choking and falls, increase during this time.
Always keep an eye on your baby.

※ **Have a well-baby checkup for 4-month-old children at a health center.**
The baby's 4-month checkup also includes a dental checkup for mothers.

A message from Mom and Dad

Early stage of weaning diet (around 5 to 6 months old)

Now, start with baby food. Let your baby get used to different tastes.
(See the guidelines for how to proceed with baby food on page 135.)

Why is weaning important for babies?

- ○ It will help them develop a sense of taste and lay the foundation for eating habits.
- ○ It will teach them skills that will allow them to eat, which is a first step toward their eventual independence.
- ○ It will help them learn that eating is "fun."
- ○ It will allow them to eat a small portion of an adult meal.

Start weaning your baby if you see that it

- ○ can hold its head steady and can roll over.
- ○ shows interest in food.
- ○ can sit for more than 5 seconds.
- ○ no longer pushes out a spoon, etc. with its tongue.

Start with a spoonful of rice gruel (porridge).

Attention!!

- ● **Honey and brown sugar**

Do not give your baby honey or brown sugar until the age of one to prevent infant botulism.

- ● **Flavorings**

Let your baby taste the natural flavors and aromas of the ingredients instead of using flavorings. Ingredients should be cooked until tender and pureed until smooth.

- ● **Dental caries bacterial infection from parents to children**

Do not share spoons or other eating utensils with your baby.
This increases the risk of infection.

When little baby teeth come through

③ Try skin-to-skin contact around the baby's mouth.

Place your baby on its back, gently cupping its cheek with your entire palm and touching its mouth with your fingers. This will make it easier for you to move on to "finishing brushing."

④ Massage your baby's gums with your clean fingers.

By learning the sensation of its gums touching objects, your baby will easily get used to a toothbrush.

Around 6 to 7 months old

Your baby becomes more expressive.

Your baby learns to turn on its own and to reach for and pick up nearby objects. When your baby is happy or in trouble, it will look at you and make "ah" or "uh" sounds to let you know. Your baby will feel safe and secure when you are listening and responding to it.

Bright white teeth will emerge from translucent pink gums. Your baby becomes more expressive and looks different from before.

Gently guide children through the process of brushing to make it a habit.

① Start "finishing brushing."

- Place your baby on its back.
- Use a toothbrush with a long handle and a small head.
- Brush your baby's teeth once a day at bedtime.

② Try to make sure your baby has good posture while eating baby food (sitting upright with the soles of the feet on the floor).

- When the baby can sit up on its own to eat, make sure it sits upright with its feet on the floor, a step ladder, etc.
- Place a spoon on the baby's lower lip and wait for its upper lip to close. Pull the spoon straight out.

※ The timing and order of teething can vary from child to child. Don't worry if the teeth haven't come out yet; it's worth the wait!

A message from Mom and Dad

Middle stage of weaning diet (around 7 to 8 months old)

Wean your baby gradually at its own pace!

(See the guidelines for how to proceed with baby food on page 135.)

Start giving baby food twice a day.

Gradually replace creamy foods with foods that are solid enough to be crushed with the tongue.

It is also a good idea to schedule one of the feeding times around family meal times.

If the parents sit at the table and say to the baby, "This is delicious, isn't it?" it will enjoy eating and want to eat even more.

Attention!!

《Eggs》

Chawanmushi is one of the typical soft foods, but most of them use whole eggs (yolk and white). Most egg allergens are found in egg whites. So, use hard-boiled yolks first, then small amounts of whites, and then whole eggs.

A message from Mom and Dad

Around 9 to 11 months old

Babies at this stage are more active and develop daily rhythms.

If someone claps, they will clap their hands together, or if someone waves goodbye, they will do the same. Babies who imitate actions that interest them are so adorable.

Babies at this stage are very curious about their surroundings. They learn a lot by seeing, hearing, and touching. Regular eating and sleeping patterns are necessary for their healthy growth. Try to maintain an early to bed and early to rise pattern, and keep a regular time for eating and sleeping.

As their range of activities expands, children will approach places and objects that interest them. Accidents, such as accidental ingestion and falls, are more likely to occur if children are not watched over carefully. Keep hazardous items out of their reach.

※ Use the Infant Health Checkup Form (Session No.2) to receive a health checkup at a medical institution.

※ Visit the Comprehensive Support Center for Child Rearing Generations or a Children's Center to receive a 1st Anniversary gift for your child.

A message from Mom and Dad

Last stage of weaning diet (around 9 to 11 months old)

Babies at this stage will be able to eat a variety of things.
(See the guidelines for how to proceed with baby food on page 135.)

Start giving baby food three times a day.
This is the time when your child can start sharing food with you.
Try to give your child iron-rich foods. You can give small portions of red fish (tuna, bonito, etc.), pork, or beef, in addition to liver.

Has your child started eating with the hands?

By eating with their hands, children will...
- take a step towards independence to eat on their own.
- learn what they are eating by touching it with their own hands.
- learn what their bite size is.
- practice using spoons and forks correctly.

(Acquire the ability to confirm food with their own eyes, grab it with their hands, and bring it to their mouth.)

Get into the habit of "finishing brushing"

Baby teeth begin to emerge around 6 months old, and a full set of 20 milk teeth develops around age 3. It would be great if your child could have shiny teeth forever.

① **Do "finishing brushing."**
- Lay your baby on its back. Try chatting while you brush its teeth.
- When brushing, pay attention to the upper lip frenulum (the gum line of the upper front teeth).
- Let your child hold the toothbrush under parental supervision.

※ Parents are encouraged to have dental checkups to prevent bacterial infections.

② **For oral growth, have your child practice drinking from a cup.**
- Have your child practice taking a sip of tea from a cup (one that is shallow and easy to hold).
- Once your child gets good at sipping, practice drinking continuously from a cup.
- Do not let your child "wash down" food in the middle of a meal. Instead, have your child drink tea or water after eating.

Around 1 year old

The first birthday - from an infant to a toddler

Congratulations on your child's first birthday. Children aged one are very curious. They will crawl and move here and there. It is such a joy to see your child moving around freely. However, there are dangers that can cause unexpected accidents. Relax and watch your child grow while paying attention to prevent accidents.

When children find something and want to let you know, they will point to it. Pointing is a way for children to express their feelings. Tell them what they are pointing at by saying, "This is XX, isn't it?" They will be happy that you understand their feelings and will try to imitate what you say. It must be exciting to look forward to the day when your child starts talking and to what the first words will be. But there are differences between children. Don't be impatient and wait until that time while you enjoy playing with your child.

※ **Please feel free to consult with us about "finishing brushing," tooth alignment, and oral growth (how to eat, how to drink, and other issues related to the development of oral functions). Health Center Tel 0568-75-6471**

Write down your baby's first word.

A message from Mom and Dad

Last stage of weaning diet (around 12 to 18 months old)

Does your child enjoy eating with you?

This is the time when children can eat the same foods as adults. If they are given the same food as their parents, they may be happy to eat it. However, the size and hardness of the food cannot be the same. Make the taste lighter than for adults, and avoid adding spices. Also, does your child have a regular daily rhythm? The rhythm of going to bed early and getting up early will increase your child's appetite.

Have a dental checkup when your child starts teething.

① Use fluoride.

• It is best to lay children on their back and brush their teeth while chatting to them.

• To help strengthen your child's teeth, do "finishing brushing" with fluoride toothpaste and visit the dentist for regular check-ups and fluoride treatments.

② Be careful how you hold your child to facilitate oral growth.

• If your child's head is tilted backward in a sling, there will be a tendency for the mouth to open. To avoid habitual oral breathing, make sure your child's head is not tilted backwards.

A message from Mom and Dad

Around 1 and a half years old

Children's personality will come out.

Children at this stage are curious and learn a lot of by imitating what adults do. They also like to do everything themselves. It's so adorable to see a child holding a spoon in one hand, grabbing a piece of food with the other, and trying to eat it while spilling it.

Their feelings may become stronger, and you may find it difficult to deal with their tantrums. However, please understand that this is a big step in their growth, developing their sense of self, showing interest in things, and trying to challenge themselves. Their true selves will come out when parents share, with their children, fun, joy, and sadness when things are not going well.

※ Have a well-child checkup for 1-and-a-half-year-old children at the health center.

A message from Mom and Dad

Have you gotten used to lap brushing your child's teeth?

It is important for parents to take care of their children's teeth until they are ready to brush their own teeth around the time they graduate from elementary school.

① Do "finishing brushing."

• Create a fun atmosphere by letting your child lie on your lap while brushing the teeth.

• Let your child hold the toothbrush under your supervision. Encourage your child to "self-brush" by showing how to do it every day as a routine.

Prepare two toothbrushes (one for your child and one for you).

② Stop breastfeeding and bottle feeding for oral growth.

• Start using cups instead of breastfeeding and bottle feeding.

• Sweet drinks, such as probiotic drinks, sports drinks, and juice, can cause cavities. Give your child a cup of tea or water.

Make good use of snacks.

At this age, children can eat the same foods as adults. However, it can be difficult for them to get the right amount of food for their growth over the course of three meals. Snacks can serve as the "fourth meal." Try to make up for what they didn't get at the meals by giving them snacks.

Tips for snacks

• Set a time and amount to enjoy snacking (at least 2 hours between snacking and meals).

• Limit the size of snacks so that children have an empty stomach by mealtime.

• Give them a meal substitute, such as milk, yogurt, and small rice balls.

• Give them chewy foods such as apples and carrot sticks.

Around 2 years old

Children at this age have a desire to do everything themselves.

Even if they can't do it well, they will try to put on their shoes or do a button. But if you do it for them, they will get angry and try to do it again. Some may throw a tantrum by lying on the floor.

Even if it takes time, children grow by trying and failing, and by accumulating successful experiences. Recognizing their efforts, even when they fail, and celebrating with them when they are able to do something on their own. This will help them build confidence. Watch over your children as they grow up, and cherish their "do-it-yourself" spirit.

※ Have a dental checkup for 2-year-and-3-month-old children at the health center.

A message from Mom and Dad

Be careful with sugary snacks.

① Be careful with sugary snacks and drinks.

- Do not stock up on sweet snacks or drinks.
- Avoid ceaseless eating and drinking.

② Practice gargling for oral growth.

- Let them practice taking a small sip of water in their mouth and spitting it out.
- Let them practice moving their cheeks (gargling) without using water.
- Let them practice putting some water in their mouth and swishing it.

What should I do in a situation like this? Picky eating /small appetite /fluctuating appetite

Likes and dislikes

Having a clear idea of likes and dislikes is a sign of growth. Sometimes children's likes and dislikes have more to do with the **"difficulty" of eating** than with taste or appearance.

〈Ideas to make it easier to eat〉

Leafy vegetables (Hard to chew)	• Chopping • Boil until tender before cooking. • Thickening
Potatoes (Dry texture)	• Simmer well so that the potatoes absorb the cooking liquid. • For mashed potatoes, add milk to make it smooth.
Thin sliced meat (Hard to chew)	• Sprinkle with flour and grill. (This keeps the meat juices inside and prevents the meat from becoming tough.) • Cut the fibers. • Make small cuts in the meat.

〈Tips on getting children to eat foods they don't like〉

① Keep the stomach empty by meal time. Keep a daily rhythm.
Empty stomachs can make them eat their least favorite food. Let them give it a try.

② Start with a bite of their least favorite food.
Serve a bite of the food on the plate. This will make them think, "Why not try it? It is just a bite!"

Small appetite and fluctuating appetite

〈Tips for getting them to eat even a little〉

① Keep the stomach empty by meal time.

• Keep a daily rhythm.
Make sure your child goes to bed early, gets up early, and plays outside as much as possible to increase appetite. This makes meals taste even more delicious.

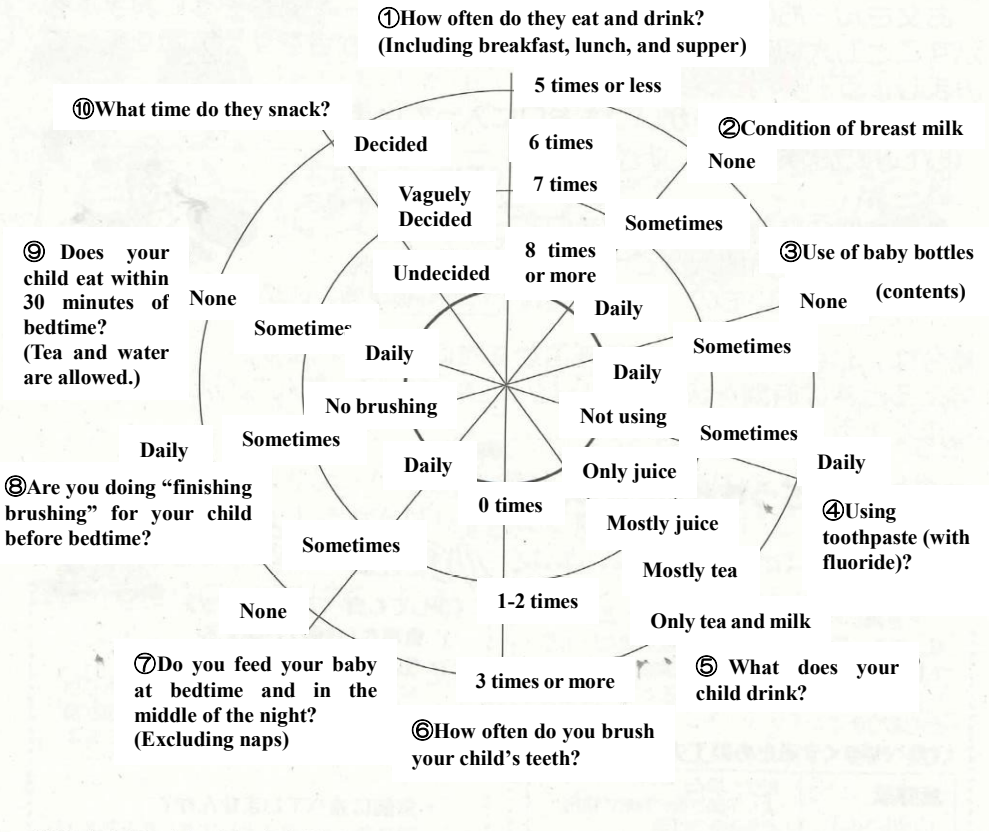
• Does your child eat before meals?
Children will not be hungry at mealtime if they have snacks and juice so often. Set a snack time and give them a small amount of food that can substitute for a meal, such as rice balls and steamed sweet potatoes.

② Serve food in portions that make them want more.
Serve a meal in a portion that will make them want to have another helping. This will have a positive effect on their eating habits. They may enjoy eating and want to "eat more."

Some children have small appetites by nature. It is more important to eat a balanced diet of staple, main and side dishes than the quantity of the food.

Around 2 years and 3 months old

Check your child's daily routines!



(Dot your answers and connect them with a line. The larger the frame you create, the more ideal the environment for cavity-free teeth.)

A message from Mom and Dad

〈Have a dental checkup for 2-year-and-3-month-old children
at Komaki City Health Center.〉

Dental health checkup for 2-year-and-3-month-old children

Year Month Day Implemented when your child is years and months old

Health • Observation required

Teeth condition

E	D	C	B	A	A	B	C	D	E
E	D	C	B	A	A	B	C	D	E

Types of cavities: O A B C1 C2

Cavities requiring treatment: ( )

Dental plaque: None A little A lot

Gingiva/Mucosa: No abnormality

Occlusion: Good Follow-up Examination

Special notes

Fluoride treatment: Yes No

Prevent tooth decay with regular fluoride treatments and fluoride toothpaste!

Name of institution or person in charge:

※ Types of cavities

O : No cavities A : Cavities in back teeth or upper front teeth

B : Cavities in back teeth and upper front teeth

C1 : Cavities in lower front teeth C2 : Cavities in lower front teeth and other teeth

Tips for your children's oral growth

① Are you doing "finishing brushing"?

• Set meal and snack times. Be sure to do "finishing brushing" after meals.

• Count "1, 2, 3..." and have them brush their front and back teeth by themselves to develop their confidence in brushing.

② To prevent misaligned teeth, teach children to close their mouths.

• The tongue should be placed behind the upper front teeth.

• When eating, make sure their backs straight and their feet are flat on the floor to stabilize the core of the body.
(Adjust the height of the dining table and chairs.)

• Their mouth should be closed to ensure proper chewing.

• Avoid using straws, and drink from a cup.

Around 3 years old

Children this age love physical contact and being together with their parents.

They are able to do more things on their own. But they still need physical contact with their parents. Children grow up sometimes acting like a baby and sometimes acting like an older sister or brother.

They want their loved ones to know how they feel.

They still can't express things well in words or actions.

You need to understand and accept their emotional swings.

Children are curious about many things. They like to be praised for their hard work. They are happy when they can help others.

How about doing some chores together?

- Mixing ingredients
- Kneading burger meat
- Folding the laundry
- Tearing lettuce
- Removing the stems from cherry tomatoes
- Wiping the desk etc.

Have regular dental checkups and fluoride treatments.

① Tooth brushing after meals

• Keep a daily rhythm and do "finishing brushing" after meals.
(Continue until your child finishes elementary school.)

• Children at this age gradually understand the meaning of words.
Teach them why they need to brush; get them into the habit of brushing their own teeth.

② Maintain zero cavities until the permanent teeth come through.

• At this age, their baby teeth are fully developed, allowing them to chew and eat well. Let them get into the habit of closing their mouths and maintaining good posture while eating.

• To prevent cavities, make smart choices about snacks and beverages, and let them brush their teeth after meals. This will help keep your children cavity-free until their permanent teeth come in.

※ **Have a well-child checkup for children 3 years old at the health center.**

A message from Mom and Dad

Sleep is essential for the growth of children. Going to bed early and getting up early ensures a healthy mind and body!

It has long been said that sleep is essential for the growth of children. Going to bed early and getting up early is important for children. Sleep produces growth hormones necessary for development, especially in infants and toddlers, and promotes their healthy growth.

○ Sleeping helps to build up the body.
○ Sleeping helps to cultivate a healthy mindset.
○ Sleeping helps to build a strong body that is less likely to get sick.

For these reasons...

• Try to get them up by 7 a.m.
• Let them bathe in the morning sunlight to wake up their bodies. Let them play physically during the day.
• Have them in bed by 9:00 p.m. to keep them on a daily routine.

Early childhood sex education: private zones

Before enrolling in a kindergarten or preschool, parents and children should talk about the following three things:

① The parts covered by your underwear (swimsuit) are important private areas. Don't let others see or touch your private areas.
② Don't look at or touch other people's private areas.
③ Say "no" if you feel uncomfortable being looked at or touched in your private areas. Talk to an adult about it.

Reference "Life Safety Education (Early Childhood)," The Ministry of Education, Culture, Sports, Science and Technology

Around 3 to 4 years old

Let children have various experiences

Children at this stage ask more "why" and "how" questions as they see, hear, and touch things, and their vocabulary expands. They develop a strong sense of individuality, but may not be able to express or act on it well. Keep an open mind and listen to your child, keeping in mind that some things cannot be expressed in words.

It's fun to be with friends.

Children of these ages will be able to play with other children. They will be more aware of their friends than themselves.

They may fight sometimes. But they learn things through peer interaction that they would not learn from interactions with adults.

Children at this age are also able to understand what is being said.
Do what you can together with your child.
Even if they don't do it well, if you give them lots of praise for their enthusiasm and effort, they'll show you a wonderful smile.

A message from Mom and Dad

Around 4 to 5 years old

Enrich your child's mind through experiences

Children at this stage can do most of their daily activities on their own, and they are becoming more active.

As their focus shifts from family to friends, their social skills will expand. They will learn to follow rules through daily experiences and play. They will also learn to tolerate what they don't like. There may be times when parents disagree with their children.

In such a case, try to accept their feelings. Then think about what you can do together while respecting their feelings.

When children help their families and community members and are thanked for their efforts, they become happy because they feel that their presence is being acknowledged. In addition, if they see someone around them caring for someone else, they will develop compassion and consideration for others.

A message from Mom and Dad

Around 5 to 6 years old

Children grow up watching adults.

Children at this stage can use their hands and fingers more skillfully. Their physical functions, such as balance and other motor functions, will also improve. They will be able to express their thoughts and ideas and understand right from wrong.

Children of these ages can be critical of others, but they are also able to accept what others have to say. They are full of vitality, both physically and mentally. Their desire to learn increases, and they seek knowledge about everything.

They gain different skills through experience. The experience they gain from living, playing, and communicating with others will help form the foundation of their schooling. Parents should value accumulating experience more than having knowledge.

A message from Mom and Dad

Using the Internet wisely - Parenting in the age of the Internet

You may be worried about your children getting into trouble when they start using game consoles and smartphones. What should we do then? A good beginning makes a good ending. Children follow the adults around them as role models. From the time your children are very young, your family should discuss the safe and regular use of digital devices and set rules for their use.

Tips for making “Our Family Rules”

① Make rules that are simple enough for your children to understand, such as “until when” and “how far.”

② Make sure your children are following these rules. Give them lots of praise if they do.

③ Discuss with them what to do if they don’t follow the rules. This will help them get into the habit of following the rules. Review the rules in accordance with their growth.

- Tips for a good night’s sleep -

Bright light from smartphones and other devices is very stimulating. It can damage your eyes. Using a smartphone for a long period of time and looking at bright lights before bed can lead to poor sleep quality and disrupt your daily rhythms. Before going to bed, try to spend some time relaxing with non-stimulating materials, such as storybooks, to create an environment conducive to sleep.

Adult teeth coming in!

At about 5 to 6 years of age, the permanent teeth will start to grow in.

By about 12, all 28 permanent teeth (excluding wisdom teeth) will have erupted.

This is the time when baby teeth and permanent teeth are present in the mouth, making teeth uneven. Unevenly aligned teeth create areas that are difficult to reach with a toothbrush and are prone to tooth decay.

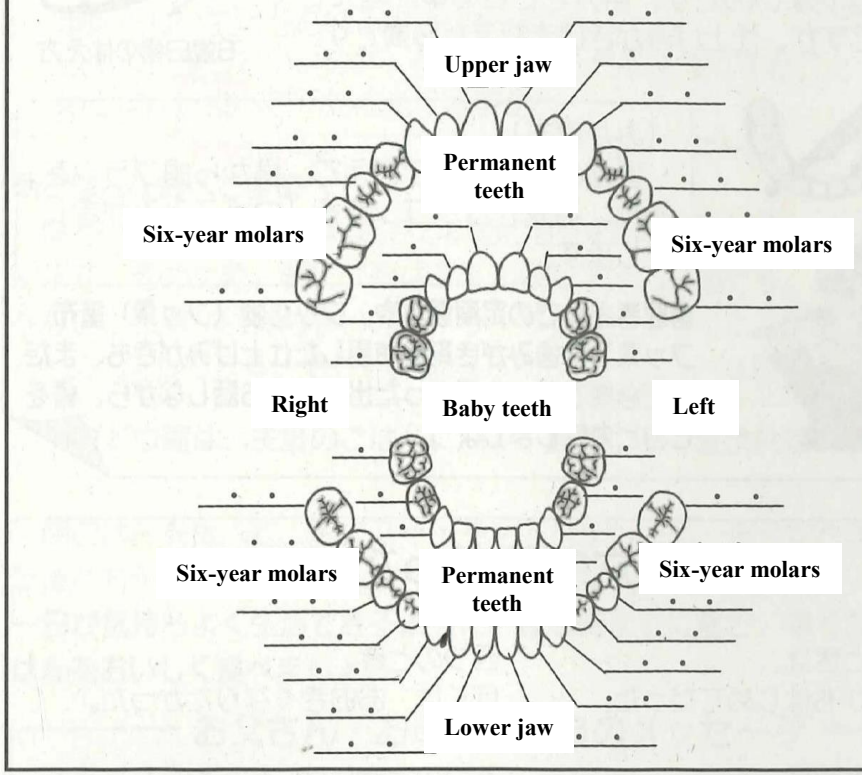
Do they have a well-balanced diet?

Do they maintain daily routines?

Continue “finishing brushing” until your child graduates from elementary school.

Check the chart for the date of teething.

If you have any concerns about the condition of your child’s teeth, such as the way they are growing, their shape or their color, please check them on this document. Please make use of it for health check-ups, etc.

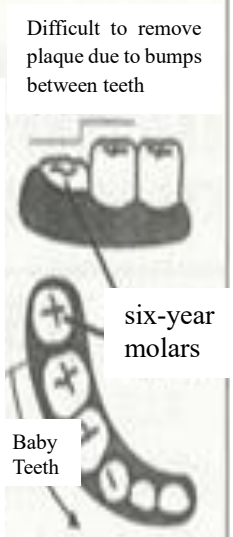


Has the first permanent tooth come in?

What are six-year molars?

When children reach between five and six years old, their milk teeth should start to gradually fall out with adult teeth growing in shortly after in the back. These teeth, which grow behind the baby teeth, have the greatest chewing force and are very important for tooth alignment.

The six-year molars are short when they come in, and the bumps between them and the baby teeth in front of them make it difficult for a toothbrush to reach, which can cause food debris to accumulate and make them susceptible to decay. Children at this age can do more things on their own, but they still need your "finishing brushing."



Eruption of the six-year molars

< How to brush the six-year molars >

Insert the toothbrush in from the side over the back of the baby teeth and brush with the tip of the bristles.

Regular check-ups and fluoride treatments at the dentist are necessary, not to mention your "finishing brushing" with fluoride toothpaste. Brush your child's teeth and get them nice and clean while telling about what happened today!

Soon to be elementary school student

Preschool physical examinations are conducted at the elementary school in the district where your address is located. You will receive guidance in advance. The examination includes the following checks:

Internal medicine checkup | **Dental checkup** | **Vision test**

If you have any concerns or need advice regarding your child's schooling, please contact the School Education Division at Komaki City Hall or the elementary school where your child will be enrolled.

School Education Division Phone: 0568-76-1165

Now We Are Six

When I was One,
I had just begun.

When I was Two,
I was nearly new.

When I was Three,
I was hardly me.

When I was Four,
I was not much more.

When I was Five,
I was just alive.

But now I am Six,
I'm as clever as clever.

So I think I'll be six
now for ever and ever.

By Alan Alexander Milne

"*Haha to ko no shishu* (Mother and Child Poetry Collection)" edited by Hiroshi Sugo