

Enrolling in elementary school

Going to bed early, getting up early, and eating breakfast

A new life will begin for your child in a large group called a school. Children are trying hard to adapt quickly to their new lives. So don't say "Hurry up" or "Eat quickly."

During this time, your role as a parent or guardian will be

- ☐ to watch over them warmly.
- ☐ to help them to be able to stick to routines.
- ☐ to help them to be able to eat anything without being picky, even if it's just a small portion.
- ☐ to give them breakfast and send them off cheerfully.

Eat breakfast before school!

Even when you are sleeping, your brain uses the same amount of energy as when you are awake. This is why the brain is low on energy in the morning. If you don't eat breakfast, your brain doesn't wake up. This makes you easily irritable and unable to concentrate. We should take glucose, an essential fuel for the brain.

Glucose is abundant in staple foods such as rice, bread, and noodles.

Eat breakfast to switch on your brain. Breakfast will enable you to play well with your friends at school and to listen well to your teachers. Go to bed by 9 p.m., get up early and eat a good breakfast so you can have a comfortable day.

A message from Mom and Dad

Elementary school lower grades

Grade	Date of examination	Height	Weight	Visual acuity		Cavities	Other diseases and abnormalities
				Right	Left		
1st grader		cm	kg	()	()	Presence • Absence	
2nd grader		cm	kg	()	()	Presence • Absence	

Post this information from your health handbook, etc. Brackets in acuity are for those who wear glasses/contact lenses.

Home is the most peaceful place for your child.

Children are often nervous and anxious because of the drastic change from their previous environment. Listen to your child's account about what happened at school and say, "That was great," "That was good for you," "That must have been hard," or "That must have been frustrating." Your child will feel reassured because you listened to and understood the account. This gives your child and you peace of mind and helps your child grow.

Saying "thank you" in everyday life also helps children recognize their own self-worth and increases their self-esteem.

Encourage children to realize that they are irreplaceable. Help them develop the ability to live their own lives and make their own choices about what they enjoy and want to do.

※ Children will learn about their birth story in the second-grade classroom.
Have a conversation with your children about their birth.

Family and Child Consultation

You can consult about various issues, such as child discipline, parenting difficulties, reluctance to go to preschool/school, and developmental issues.

Comprehensive Support Center for Child Rearing Generations

9:30 – 17:00 Tel. 0568-77-6200

My precious body

Children at this age need a balanced diet, plenty of exercise, and enough sleep to help their bodies grow.

☐ **Eat foods containing protein, calcium, vitamins, and more!**

Nutritious foods will build the muscles and bones that form the foundation of the body and maintain its condition.

☐ **Exercise properly to build a strong body.**

Exercises will strengthen bones and muscles and improve body function.

☐ **Keep yourself in shape with good rest and sleep.**

A good sleep will eliminate fatigue so that you can concentrate.

Keeping your body and clothes clean is also necessary to stay healthy every day. Encourage your child to develop the habit of keeping clean.

Baby teeth will start to be replaced by permanent teeth.

The experiences and habits of childhood will eventually become the foundation of adulthood.

Does my child still need “finishing brushing”?

As your children begin to do more things in daily life, you may want to let them brush their teeth on their own.

Your child’s baby teeth will be replaced by adult teeth between the lower and upper grades of elementary school. During this time, teeth alignment tends to become uneven. If there are areas that cannot be reached with a toothbrush, problems such as tooth decay and periodontal disease will rapidly increase. Parents should be responsible for “finishing brushing” and regular dental check-ups of their children.

A message from Mom and Dad

Elementary school middle grades

Grade	Date of examination	Height	Weight	Visual acuity		Cavities	Other diseases and abnormalities
				Right	Left		
3rd grader						Presence	
		cm	kg	()	()	Absence	
4th grader						Presence	
		cm	kg	()	()	Absence	

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Time for children to develop social skills

Children at this stage have a great appetite for information about learning, life, and affection. It is also known as the gang age, a time when children develop a sense of fellowship with their friends. They learn to follow the rules of society and cooperate with others by playing with friends.

Because of this, they value their relationships with friends more than with parents or teachers, and sometimes things don’t go the way adults want them. You may feel worried and anxious, but please accept this as part of their growing process and have confidence in your parenting. Think that it is evidence of your children’s development. Keep “hands-off, eyes-on” distance to support your children as they become more independent.

A message from Mom and Dad

Your changing body is beautiful!

It's okay to be different

Children's bodies are growing rapidly. They will have their first ejaculation or menstruation.

Children should learn that each child grows differently, just as each one's face and body are different, and be considerate of others by recognizing each other's individuality.

Parents should also watch over their children so that they learn correct knowledge of their own body systems and functions and accept them positively.

Time to build an adult body

● Make sure to eat breakfast.

Breakfast is very important for turning on your brain. Even if you don't have time for breakfast, try to eat something (e.g., bread, banana) before you go out.

● A balanced diet will build your body.

Iron and calcium tend to be deficient in children this age. They are encouraged to eat three well-balanced meals a day, consisting of staple, main and side dishes. If they have a late-night snack, make sure it is light and easy to digest. Sweets and sugary foods should be limited to an amount that does not interfere with meals.

● Cherish your individuality.

Extreme dieting can cause growth problems, such as irregular menstruation, anemia, and future osteoporosis. It is important to know your right weight and try to achieve it.

《Figure out your BMI.》

BMI is a body mass index calculated from your height and weight.

$$\text{BMI} = \text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}$$

Under 18.5	Underweight
18.5 or more and less than 25.0	Normal
Over 25.0	Obese

Immediately after waking up in the morning, your brain is not fully awake and you often don't have much of an appetite. Maintain a daily routine so that you can eat a proper breakfast.

Elementary school upper grades

Grade	Date of examination	Height	Weight	Visual acuity		Cavities	Other diseases and abnormalities
				Right	Left		
5th grader		cm	kg	()	()	Presence • Absence	
6th grader		cm	kg	()	()	Presence • Absence	

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The beginning of puberty

Children at this age may experience a change in their minds, feel contradiction or selfishness in what the adults around them are saying, and not be able to accept it honestly.

As they become more peer-oriented and value friends over family and adults, you may feel that they no longer listen to you and feel uncomfortable as a parent.

This is also a time when children become sensitive to what their peers think of them; they are more likely to experience friendship problems and feelings of inferiority. Listen carefully to what your children have to say and reassure them that they have the best ally.

Be yourself

Puberty is a time when a child's body and mind begin to change.

Children at this stage will begin to be more curious about sex. This is a crucial time for children to understand the diversity of sexuality and the importance of growing up as who they are. Why not talk with your child about the importance of recognizing and respecting individuality and gender equality?

※ Gender: the socially and culturally constructed physical

Are your gums swollen?

Check your child's gums for signs of gum disease.

Reddish gums or rounded gums between the teeth are signs of gum disease. The toothbrush may not have reached the gums well.

Improper brushing can cause plaque to build up on the border between the teeth and gums. Dental plaque is a mass of bacteria. The toxins produced by the bacteria cause inflammation of the gums, resulting in gingivitis.

If you have swollen gums, it is important to place the toothbrush close to the edge of the teeth and gums and move it gently in small strokes.

Proper tooth brushing will prevent the development of tooth decay and gum inflammation in your child.

Achieve zero tooth decay through parent-child cooperation

※ Check with your child to make sure the toothbrush touches the teeth properly and that the bristles are not spread apart.

A message from Mom and Dad

Junior high school

Grade	Date of examination	Height	Weight	Visual acuity		Cavities	Other diseases and abnormalities
				Right	Left		
1st grader		· cm	· kg	()	()	Presence • Absence	
2nd grader		· cm	· kg	()	()	Presence • Absence	
3rd grader		· cm	· kg	()	()	Presence • Absence	

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Entrance to adulthood

Children in the adolescent years may become rebellious against the words and actions of their parents. That is because they have a stronger sense of being different from their parents and are developing their own personalities. They do not want their parents to interfere as they learn to judge things for themselves. They are more inclined to make their own decisions.

You may not know how to deal with them because you feel they are not the children they once were. It is advisable not to interfere too much. You should trust your children and understand that they are in the process of becoming more independent.

Please watch over them with love and an open mind, assuring them that their presence matters.

There are so many dangers! Curiosity without knowledge about sex.

It is advisable for you to help children acquire accurate information about individual differences in sexual awareness, sexual desire and behavior, and about sexually transmitted diseases such as chlamydia and AIDS. Help your children protect their own bodies and care for others.

Why not have a conversation about life with your child?

Adolescents are approaching adulthood, both mentally and physically.

The rapid growth of the mind and body can make them unstable. This can lead to mental illness.

Fatigue, lack of sleep, loss of appetite, persistent discomfort, irritability, anhedonia, oddly cheerful, inability to get up in the morning, apathy, overeating or anorexia, self-injurious behavior, etc.

There are things that parents and adults can do to support children and protect their lives.

Perceive: “Has anything happened to you recently?”

Understand: “I see... That’s why”

Empathy: That must have been hard for you.

Thank you for sharing your thoughts.

Advise them to talk to someone they can trust.

Let’s go for consultation together.

Don’t worry alone. You can talk to us if you need help.

Let us think about your child, together with you.

A message from Mom and Dad

Growing together as parents and children over the past 15 years

Your child has completed 9 years of compulsory education.

Congratulations on your child’s graduation!

Graduating from junior high school is a milestone for both children and parents. From now on, your child will follow the path that your child has chosen. Your child will experience a lot of fun, a lot of pain, and a lot of failure along the way. But please believe in them that they have the strength to bounce back every time. Love, support, care and encouragement from their families and those around them will give them the strength to live in society.

A message from Mom and Dad

Around 16 to 18 years old

An important time for a child's growth, not only physically and mentally but also socially

During this time, a child miraculously born into the world has passed through the stage of secondary sexual characteristics and becomes an adult who can give birth to the next generation. The child also begins to think about the future and life as an adult.

The legal age for adulthood has been changed to 18 in 2022.

What does it mean to be an adult? It means you have social responsibility and you have to act accordingly. It also means that you have more opportunities to shape your own future.

Children are trying to move toward the future, thinking about what they want to be when they grow up. Listen to your child's dreams and discuss together how to make them a reality. Staying physically and mentally healthy is crucial to growing into wonderful adults and achieving your dreams.

Self-care for the future “Pre-conception care”

What is preconception care?

It is for young people to take care of their daily lives and health by thinking about their future life plans. Have a healthy life from a young age and achieve an active and healthy body and mind.

- Be able to maintain a healthy weight with a well-balanced diet.
- Be able to exercise moderately and get a good night's sleep.
- Be able to respect oneself and to understand and value others.

It is our wish that you live a healthy life, both mentally and physically, and that you become an attractive member of society, just as you are.