

English/英語
保育のしおり



Leaflet for Childcare



Iwaki City Nursery School



◇A Day in Nursery School◇ 保育所の一日

[for 0・1・2 year old child]

[for 3・4・5 year old child]

Childcare Starts **7 : 15** Childcare Starts
~attending to nursery school successively~

Joint childcare for different ages children



Class Childcare Starts **8 : 30** Class Childcare Starts
In/outdoor free play



Snack time **9 : 30**
Playing

Morning gathering
Class activities

10 : 00

Playing & Class activities, Interaction for different ages children, General meeting, Events etc.

School lunch

11 : 30

Afternoon nap **12 : 30**

School lunch



Rest & Afternoon nap
Class activities



Snack time **15 : 00** Snack time

In/outdoor free play

~Leaving nursery school successively~

17 : 00

Joint childcare for different ages children

End of childcare **18 : 15** End of childcare

◇Childcare Hours◇ 保育時間について

1 Open hours	<p>(Regular hours)</p> <p>Weekdays 7:15am – 6:15pm</p> <p>Saturdays 7:15am – 1:00pm</p> <p>(Short hour)</p> <p>Weekdays 8:45am – 4:45pm</p> <p>Saturdays 8:45am – noon</p> <p>※Shirado, Kominato, Hommachi, Izumi, and Nishiki nursery schools are open the same as weekdays.</p>
2 Extended childcare hours for authorized short hour use	<p>Weekdays 7:15am – 8:45am</p> <p>4:45pm – 6:15pm</p> <p>Saturdays 7:15am – 8:45am / Noon – 1:00pm</p> <p>※Shirado, Kominato, Hommachi, Izumi and Nishiki nursery schools are open the same as weekdays.</p>
3 Holidays	<p>Sundays/Public holidays/Year-end New Year holidays</p> <p>(Dec. 29th – Jan. 3rd)</p>

※Please contact school by 9 o' clock, if children will be absent or late.

◇Taking children to and from◇ 送迎について

1. Please use the child carrier (seat) for safety when taking children to and from.
2. To protect children from kidnapping and traffic accidents, please let us know in advance if someone except parents and guardians or designated person will take them to and from.
3. Please be careful not to obstruct surrounding traffic when parking. Also, be sure to turn off the engine and lock it when leaving car.

◇Belongings◇ 持ち物について

1. Write children' s name on all their belongings and clothes.
2. Put the contact notebook (連絡帳-renrakucho) into their school bags and carry it with them every day.
3. Keep their clothes and belongings clean.
4. Do not allow children to bring toys or dangerous items etc.
5. Please pay expenses to be paid by the due date.



◇Life style habits◇ 生活習慣について

1. Breakfast is very important as the source of energy for the day. Make sure to feed children properly every morning.
2. Make sure to get children into the habit of brushing teeth, gargling, and hand washing.
3. Make sure to get children into the habit of going to bed early and getting up early
4. Make sure to get children into the habit of defecating before leaving home.
5. Keep in mind to get children into the habit of dressing lightly in a daily basis.
6. Make sure children to wear shoes that are comfortable and fit their feet.



◇Diseases◇ 病気について

1. If children have any changes in their health such as having fever or injured at home on the day before, please be sure to let us know when coming to school.

- ① Fever
- ② Vomiting, Diarrhea
- ③ Grumpy, unwell and look pale
- ④ Name of the hospital, disease and symptoms in the case that children went to the hospital.



2. If children become unwell during childcare, schools will notify parents or guardians as soon as possible. Please note that schools may contact depending on general children's condition even if they do not have a high fever. Please let the workplace know that there may be an emergency call from the nursery school.
3. Please let the school know at the time of enrollment if children have any chronic illness. (allergies, convulsions, heart disease, asthma, dislocation, etc.)
4. Nursery schools are the places where infants live together in groups for long hours. In nursery schools, it is important not only to prevent outbreaks and epidemics of infectious diseases in groups as much as possible, but also to ensure that children can live comfortably for a day.

Regarding infectious diseases that often occur in children enrolled in nursery school, please refer to the 'Guidelines for coming to the school' in the following list of 'Major infectious diseases that infants and young children are susceptible to' and follow the diagnosis of family doctor. And please send the children back to the school after they have recovered enough to adapt to group life.

It's better to inform the doctor that children are enrolling to the nursery school, when going to hospitals.

"Major infectious diseases that infants and young children are susceptible to"

" Excerpt from Guidelines for Infectious Disease Countermeasure in Nursery Schools (Ministry of Health, Labor and Welfare)"

Name of Infectious Diseases	Infection Susceptible Period	Guidelines for coming to school
麻疹 (はしか) Measles	From 1 day before the appearance of rash to 4 days after of the appearance of it	After 3 days have passed since the fever subsided
インフルエンザ Influenza	While symptoms persist (The most highest infectious is from 24 hours before onset of symptoms to about 3 days after onset of symptoms)	5 days after onset and two days after fever subsides (3 days for infants)
風しん Rubella	Approximately from 7 days before to 7 days after the appearance of the rash	After the rash subsides
水痘 (水ぼうそう) Chickenpox	From 1 or 2 days before the appearance of rash until getting crusted	After all the rash has crusted
流行性耳下腺炎 (おたふくかぜ) Mumps	From 3 days before onset to 4 days after parotid swelling	Since 5 days have passed after the onset of swelling of the parotid, submandibular, and sublingual glands, and after physical status has got well
結核 Tuberculosis		After a doctor confirms that there is no risk of infection
咽頭結膜炎 (プール熱) Pharyngoconjunctival fever (PCF)	For few days after symptoms such as fever or bloodshot eyes etc. appeared	2 days after the main symptoms have disappeared
流行性角結膜炎 Epidemic keratoconjunctivitis	For few days after appearance of symptoms such as bloodshot eyes and eye discharge.	Because it is highly contagious, (come to the school) after the conjunctivitis symptoms have subsided.
百日咳 Pertussis (whooping cough)	Until 3 weeks have passed the onset of cough in case of not taking antibiotics	Since the characteristic cough have disappeared, or after the completion of 5 days of treatment with appropriate antibacterial preparations.
腸管出血性大腸菌感染症 Enterohemorrhagic Escherichia coli infection (o157, o26, o111 etc.)		After symptoms have subsided and antibiotic treatment has been also completed, and after 2 consecutive stool tests, 48 hours apart, have been confirmed to be negative for bacteria
急性出血性結膜炎 Acute haemorrhagic conjunctivitis	The virus is excreted through the respiratory tract for 1 or 2 weeks and through the stool for few weeks to few months.	After a doctor confirms that there is no risk of infection
髄膜炎菌性髄膜炎 Meningococcal infection		After a doctor confirms that there is no risk of infection
溶連菌感染症	For 1 day before and after starting	24 to 48 hours after taking

Streptococcal Infection	appropriate antibiotic therapy	antibiotics
マイコプラズマ肺炎 <i>Mycoplasma pneumonia</i>	For few days before and after starting appropriate antibiotic therapy	Fever and severe cough have subsided
手足口病 Hand, foot and mouth disease: HFMD	For few days after the appearance of blisters and ulcers on hands, feet and mouth	Children can eat normal meal without suffering from fever or blisters and ulcers in the mouth.
伝染性紅斑 (リンゴ病) <i>Erythema Infectiosum</i>	For 1 week before the appearance of the rash	Be in good physical condition
ウイルス性胃腸炎 (ノロ、ロタ、アデノウイルス等) <i>Infectious gastroenteritis</i> (Noro, Rota, Adenovirus etc.)	While symptoms persist, and for one week after symptoms have disappeared (Although the amount of virus will decrease, care must be taken as the virus will be excreted for few weeks)	Children can eat normal meals without symptoms such as vomiting or diarrhea
ヘルパンギーナ <i>Herpangina</i>	For few days of acute stage (Care must be taken as the virus in the stool will be excreted for about a month.)	Children can eat normal meal without suffering from fever and blisters and ulcers in the mouth.
RSウイルス感染症 <i>Respiratory syncytial virus infection</i>	While respiratory symptoms persist	After respiratory symptoms have disappeared, and be in good physical condition.
帯状疱疹 <i>Shingles (Herpes Zoster)</i>	While the blisters are forming	All the rashes have completely crusted over.
突発性発しん <i>Exanthem subitum</i>		After fever has subsided and feeling and physical status has got well

—For except above infection, please make sure to adhere to the family doctor's instruction

Giving Medicines

薬の服用について

Medicines prescribed by the primary care physician should be given to children by their parents and guardians under the doctor's direction. Only if parents or guardians are unable to give their children during the day due to unavoidable circumstance, schools will accept request of medication to their children from guardians. On such case, please attach the medicine instructions to the medication request form and bring only medicines prescribed by the doctor

- Medication request forms and medication instruction must be submitted on a daily basis.
- Please consult with school in case of medicines or ointments that must be taken continuously for a long term.

In case of medicines must be taken twice a day, please take the medication at home.

- Schools are unable to accept medicines brought by parents at their own discretion.
- ※However, please consult with school, regarding suppositories prescribed for epileptic seizures.

見 本

お薬と薬の説明書をこの様式と一緒に保育所にお渡しください。



服薬依頼書

保育所(園)長 様

令和 年 月 日

〔依頼者〕

保護者氏名

組・なまえ	組					
病 名 (または具体的な症状)						
主治医 (処方医)	先生 〔 病院・医院〕					
服薬時間	食前		食後		食間	
薬の内容	月 日に処方された 日分の本日分					
	粉薬	水薬	錠剤	顆粒	外用薬	※外用薬は1日3回以上使用指示のもののみ
症 状 (家庭での様子)						
朝の体温: 度 朝食: 食べた 食べていない						
その他:						
◆注意事項◆						
1. 服薬は、医師の指示による薬を日中飲ませなければならない場合に限りです。 (ただし、保護者の個人的な判断で持参した薬については対応いたしません。)						
2. 薬は、1回分にひらがなでお子さまの名前を記入して持参してください。						
3. 必要事項の記入がない場合は、対応できないこともあります。						
保育所 記載欄 (サイン)	受 領 者		投 与 者		特記事項	所 長

◇School lunch◇ 給食について

Nursery Schools provide cooked lunch meals at each facilities. It aims to ensure the essential nutrient amount for their healthy physical and mental development and to help them learn desirable eating habits.

During infancy, the digestive, absorption, and excretory functions are immature, so they need appropriate diet for their development, as well as sufficient energy and nutrients for growth and development.



<Amount of Nutrition> 栄養量について

Nursery school will make menus on the basis of the following "Nutrient feeding target amount", and will provide lunch meals for two age groups: 1-2 year olds and 3-5 year olds. (And, baby food are provided at facilities for the baby care.)

※If children have any worries about allergies or food troubles, please consult with schools. Schools will react it, keeping in contact with their families.

Nutrient feeding target amount

Range of Age	Energy Kcal	Protein g	Calorie g	Calcium mg	Iron mg	Vitamin			
						A μg	B ₁ mg	B ₂ mg	C mg
Children Under 3 years old	480	20	16	225	2.3	200	0.25	0.30	18
Children 3 years and older	400	20	20	270	2.4	225	0.30	0.35	18

- For children under **3** years old, schools provide perfect lunch meals (staple dish, side dish and snacks).
- For Children **3** years old and over, schools provide supplementary lunch meals (side dishes, snacks), and they'd like children to bring their staple dish from their each home.
- Nursery school aims to provide approximately **50%** of daily nutritional requirement for energy and protein, including calcium, iron, and vitamins etc, which tend to be deficient in daily life.

◇Payment of user fees◇ 利用者負担の納付について

In principal, as payment by account transfer is required, please receive application form at the nursery school and pay fees at the financial institution. If have not applied for bank transfer, please pay by the payment deadline at the financial institution (excluding Japan Post Bank) using the payment slip.

※The payment deadline is the 25th of every month (on the case that 25th is Saturday, Sunday and holidays, it will be the first weekday after next day of them), as a general rule, payment will be made by bank transfer at financial institutions designated by Iwaki City or Yucho Bank (post office).

◇Others◇ その他

Please contact nursery school in the following cases.

1. when address, family structure, workplace, working hours and phone number etc. changed.
2. when children will be absent from nursery school for a long period of time.
(Payment of childcare fees will be required while children are enrolled in nursery school.)
3. when hoping to leave nursery school.
4. when it becomes possible to take care of children at home



◇Childrearing support project◇ 育児支援の事業について

Holiday childcare 休日保育

On the cases that parents are unable to take care of their children at home on Sunday or holidays due to parent's job, it is available to use holiday childcare.

※For inquiries regarding applications etc.

- For applications and inquiries about 緑保育所 (Tsudura Nursery School), please contact the Welfare and Care Section in the Uchigo/Yoshima/Miwa Regional Health and Welfare Center (Tel 27-8691).
- For applications and inquiries about いわき・さくらんぼ保育園 (Iwaki/Sakuranbo Nersery School Tel 58-5616) / 大倉保育園 (Okura Nursery School Tel 62-4306), please contact each school directly.

Childcare for sick children 病児・病後児保育

Children who are recovering from an illness (including those whose symptoms have stabilized but have not reached the recovery stage) will be cared for in a facility attached to a medical institution until group childcare is possible.

※For more details, contact the facilities or each regional health and welfare center.

- おおはらこどもクリニック (Ohara Children's Clinic)
Nursery room for sick and convalescent children (TEL 63-0001)
- 常磐病院 (Joban Hospital)
Nursery room for sick and convalescent children (TEL 81-5522 or 81-2525)
- 須田医院 (Suda Clinic)
Nursery room for sick and convalescent children (TEL 27-6060)
- 洋向台クリニック (Yokodai Clinic)
Nursery room for sick and convalescent children (TEL 55-5150)

Family・Support・Center Project ファミリーサポートセンター事業

The center sets up the membership association consisted of those who want someone to support childrearing (requesting member), those who want to support (cooperating member) and those who want to be both members (requesting/cooperating member), and it supports mutual aids activities between members such as taking children to and from nursery schools and supporting them after nursery school with each other.

Olwaki City Family Support Center Office TEL 43-0813

Emergency Support Intensive Project for Sick Children

病児・緊急対応強化事業

The center sets up the membership association consisted of those who want someone to support childrearing (requesting member), those who want to support (cooperating member) and those who want to be both members (requesting/cooperating member), and it supports mutual aids activities between members such as taking care of sick and recovering children and overnight caring with each other.

Olwaki Emergency Support Center **Inquiries : 080-6055-1099**
Applications : 080-9011-9930

◇Childcare Information ◇ Iwaki Neuvola&Oyakoko Consultation Counter **育児情報(いわきネウボラ おやCoCo)**

This consultation counter provides information about facilities and services according to the situation of each family especially for those who are pregnant, under childrearing, or thinking of future childrearing in Iwaki City.

Oyakoko (おやCoCo) is the first contact place for childrearing consultation.

For any inquiries, please contact the child rearing concierge of each regional health and welfare center.