

1. About Child Rearing Support Centers

In Tochigi City, there are "Child Rearing Support Centers," which are playgrounds for parents and children to enjoy together, for pre-school children and their guardians.

Parents and caregivers can meet casually to play with their children, make friends, and discuss their concerns and worries about raising children.

Story time and seasonal events are also held there.

Publicly operated facilities are located in Tochigi, Ohira, Fujioka, Tsuga, Nishikata, and Iwafune, and are available free of charge to preschool children ages 0 to 6 and their guardians, whether they live in or outside the city.

In addition to public facilities, there are also private facilities and facilities that are part of children's centers in the city.

In addition, each childcare support center offers childcare counseling services either in person or by telephone if you are having problems with child care.

You can use this service if you are worried about your baby's development. For example, if they are not sleeping well, not getting used to being out of diapers, not drinking enough milk, not eating enough, etc.

Also, if you are worried about parenting in any other way, for example if can't seem to feel affection towards your child, you are too aggressive with them, you are irritated, or if you have problems with other parents, please feel free to consult with us.

Please feel free to talk to us about any problems you may have. The teachers at the center will be happy to discuss your parenting problems with you and answer your questions in detail. If you do not understand Japanese well, please come with an interpreter.

2. About Tochigi AgriFesta 2024

JA Shimotsuke and Tochigi City will jointly organize the "Tochigi AgriFesta". This year, the festival will be held over two days at two venues.

The first day will be held at the Ohira venue on Saturday, November 23 from 9:30 am to 3:00 pm. The venue is the Multipurpose Square 1 at the Ohira Athletic Park.

The second day will be held at the Tochigi venue on Saturday, December 7 from 9:30 a.m. to 3:00 p.m. The venue is the Fountain Square at the Tochigi City Sports Park.

On the day of the event, there will be stalls selling local agricultural products and food stalls. Free rice will also be distributed.

The AgriFesta is open to the public. The free rice distribution is limited, so please come early.

3. Tuberculosis and Respiratory Infections

This is an announcement from the Health Department. Have you ever heard of Tuberculosis or TB?

TB infection occurs when a person inhales the TB bacilli in the sputum of a "cough" or "sneeze" from a person with TB into the lungs.

If a person is infected with the germs and their immune system is weakened by fatigue, stress, or illness, they may develop TB. If you do not develop the disease, you will not pass it on to others.

Some people who were infected with TB in their home country develop TB after arriving in Japan due to stress and fatigue in an unfamiliar environment.

If symptoms persist for more than two weeks, please seek medical attention. TB is a disease that causes 10 million new cases and 1.6 million deaths worldwide each year. However, it can be cured with daily medication.

To prevent tuberculosis, you should lead a healthy lifestyle, including a balanced diet, exercise, rest, and quitting smoking to strengthen your immune system. Also, get a physical exam once a year. A chest X-ray can help detect TB early.

If you think you might have TB, see a doctor right away. The public health center offers free consultation on TB. If you live in Tochigi City, please contact the Kennan Health and Welfare Center at 0285-22-1219.

As the weather gets colder, be careful of respiratory infections such as influenza and COVID.

If you have a cough, wear a mask, wash your hands and ventilate to prevent infection. Also, if you are not feeling well, do not go to work or school, but stay home and rest.