

## Available Seminars during Pregnancy

Ota City conducts the following seminars for expectant mothers who have submitted their resident registration “*kyumin touroku*” in Ota. **<Application is necessary.>**

Please see the [Ota City website](#) (only in Japanese) for schedules as follows:

けんこう いりょう “Kenkou・Iryou” ➡ けんこう “Kenkou” ➡ にんしん しゅっさん “Ninshin・Shussan”  
➡ ぼし けんこう “Boshi no Kenkou (Mothers and Children’s Health)”

### ■ Food and Dental Seminars

- ◇ A nutritionist will discuss eating habits from the time of pregnancy to labor, and the nutrition of babies.
- ◇ A dentist will discuss about the teeth of pregnant women and babies / infants.
- ◇ A dental hygienist will demonstrate proper tooth-brushing.

### ■ Maternity Seminars 1, Pregnancy and Childbirth

- ◇ Pregnant life and the stages of childbirth

### ■ Maternity Seminars 2, Afterbirth

- ◇ Life afterbirth and parenting

### ■ Breastfeeding Seminars

- ◇ Benefits of breast milk, how breast milk is produced and various breastfeeding positions

※ Attendance is up to one time per person for any seminar.

## Contact Information:

### ■ Ota-shi Health Center “*Ota-Shi Hoken Center*”

Tel: 0276-46-5115

(Regarding Maternal and Child Health, Tel. 0276-61-3001)

### ■ Nitta Health Center “*Nitta Hoken Center*”

Tel: 0276-57-2651

### ■ Yabuzukahonmachi Health Center

“*Yabuzukahonmachi Hoken Center*”

Tel: **0277-20-4400**