



What I feel now about child rearing



In this issue of Mimitaro, we interviewed Ms. Liu Ying, an interpreter, translator and language teacher of Chinese.



My family, who were Japanese nationals remaining in China due to the war, moved to Japan when I was in my first year of junior high school. I pursued a major in Japanese Language Education during university, and relearning my native language back in China, I currently work as an interpreter and translator. With my two sons now grown up, I have reached a certain point in my parenthood journey. Occasionally, I assist as an interpreter during child-rearing consultation sessions, and reflecting on my own experiences, I've come to understand the challenges of raising children in a different culture.

The culture of child rearing differs between countries and generations, and it even reflects the society of the time. When I was growing up in China, it was customary for parents to discipline their children by hitting them, and the children would apologise by crying. The parent and child were clearly in a vertical relationship, and yet the child understood that this was parental love. Time have changed, but in China, children are still raised strictly in principle. In Japan, we no longer see students standing in the hallway at school as a form of punishment, and children's rights are valued, and they are treated as equals. Because of these cultural differences between the two countries, things that are considered normal for us, such as strictly disciplining children or having them stand outside of the house, can develop into unexpected problems in Japan, like being considered abusive in some cases. While it is essential to preserve aspects of our home culture, there are customs that doesn't suit with us living here, so it is equally crucial to adapt the Japanese laws and customs. It would be helpful for the child-rearing generation to have a place where they can easily obtain information and consultation on child-rearing, and where parents can interact with each other.

When interpreting at child-rearing consultation sessions, I encounter parents and children facing various challenges. The consultants will carefully sort out the situation in each

case and offer advice with the aim of rebuilding the relationship. Some parents have many deep emotions for their children but are unable to express them in the right way, making it difficult to establish a healthy parent-child relationship. In other cases, parents think they are providing their children everything, yet what the children want is simply a peaceful home and a kind mother. Interacting with parents in these situations who are relearning how to raise their children and starting a fresh start, has highlighted for me the importance of parent-child support.

The experiences at the consultation sessions gave me a chance to reflect on my own journey of child rearing. Although I could never undo the past, I believe I was a strict mother, not being able to fully trust and watch over my children, keeping the style of child rearing that I myself grew up in. Especially during my children's early years, I was isolated and had no one to rely on, so even though I was doing my best, I couldn't afford to enjoy myself. Comparing it with others, I wondered "Why isn't my parenting working?" and felt distressed about it. Furthermore, during my child's adolescent years, my son had very defiant behavior, and would rebel against everything I said. There was a period when meaningful conversations seemed impossible. Now that I think about it, those difficult times are actually very important times in child rearing, and when you are in the middle of it, the way forward may seem unclear, but with determination and despite the pain, it will eventually pass. I once asked my adult son, "Back then, you were so rebellious, what did you want me to do?" His unexpected response was, "I wanted to be treated equally like a friend." I realized that there was a gap between what he wanted and my style of raising a child. However, I was deeply moved by the fact that we were able to have this conversation, and that a phase had come to an end.

While my journey of child rearing is nearing its conclusion, I will continue being a "mother." In the next stage, I want to enjoy having an equal relationship with my children. Although I was not good at child rearing, it appears that my children sensed the depth of my affection for them. For this reason, I'm grateful to have had the opportunity to be a "mother."



When a child is born, there are many procedures to be done at your local municipality office.

For children of foreign nationality, procedures at consulates (embassies) and immigration offices are also required.

◇ Procedures at the municipality office


- 1 Birth Registration • • • In general, the father or mother submits a “Birth Report”(Shusshou Todokesho) to the municipality office within 14 days of the child’s birth.
Things to bring: Maternal and child health handbook (*Boshi techou*), Birth Report (*Shusshou Todokesho*)/ Birth Certificate (*Shusshou Shomeisho*) (given at the hospital where the child was born)
* Obtain two Certificate of Acceptance of Birth Report (*Shusshou Juri Shomeisho*) for submission to the consulate (embassy) and immigration office.
- 2 Child Allowance (*Jidou Teate*) • • • Allowance that is provided to guardians of children up to junior high school age. (*Some changes are scheduled to be made within the fiscal year 2024) Please apply within 15 days from the day after the birth.
- 3 Child’s Health Insurance (*Kenko Hoken*) • • • If you are a member of National Health Insurance, please apply for your child’s insurance card. In the case of social insurance, please ask your employer to enroll your child in the insurance program.
- 4 Welfare subsidies for medical expenses (infant) (*Fukushi Iryohi Josei(Nyuyouji)*) • • • Welfare medical care ticket (infant) (*Fukushi Iryo Jukyuken (Nyuyouji)*) will be issued from the age of 0.
In Shiga Prefecture, preschool children (from birth to the first March 31st after turning the age of 6) are issued a pink ticket, and there will be no self-payment for medical expenses covered by insurance. Subsidies for children’s medical expenses after schooling differ depending on the municipalities.

◇ Procedures at the embassy and immigration

- Within 30 days after birth, apply for a residence permit for your child at the immigration office.
Things to bring: Parents’ passports, residence cards, Certificate of Acceptance of Birth Report (*Shusshou Juri Shomeisho*), and certificate of residence for households including children.
- Obtain your child’s nationality and apply for a passport at the consulate (embassy) of your country.
Check with the consulate (embassy) for application procedures.








～For the health of the child and mother～

After giving birth, the health of the child and mother are regularly checked. Most of the various health checkups, classes, and visits are free of charge, so be proactive about using them. If you have any concerns, feel free to consult.

- Post-partum checkup (*Sango kenshin*) At the hospital where the child was born, the health condition of the mother and the development and health of the child will be checked.
- Newborn visits (*Shinseiji houmon*) Within 2 month after birth, a public health nurse will visit the house to check on the mother’s recovery and the child’s development. (Send the “Newborn visits request form” (*Shinseiji houmon iraiشو*) given to you with the Maternal and child health handbook (*Boshi techou*) to the health center to apply.)
- Vaccination (*Yobo sesshu*) From 2 month after birth, consult with your pediatrician about the vaccination schedule.
Things to bring: Maternal and child health handbook (*Boshi techou*), medical history questionnaire
★ Vaccination Multilingual Information Vaccination Research Center 
- Health checkup for infants and children (*Nyuyoji kenshin*) 4-month checkup, 10-month checkup, 1 and a half year checkup, 2 and a half year checkup, 3 and a half checkup (Timing may vary by municipality)
Things to bring: Maternal and child health handbook, Health checkup form, Health insurance card, Welfare medical care ticket (infant) (*Fukushi Iryo Jukyuken (Nyuyouji)*)
※ A multilingual medical questionnaire may be available, so please ask when you make an appointment.
- Baby food classes (*Rinyushoku kyoushitsu*) Baby food classes are held in each municipality. Nutritionists and other professionals provide guidance, and answer questions about baby food. Although baby food differs according to country, culture, and religion, etc., they can be helpful.

If you have any concerns, please feel free to consult!



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| <p>I'm concerned about my child's growth and development...</p> | <p>First consult at health checkups and with the family doctor. <u>Municipal's public health center</u> <u>Municipal's development support center</u> Pamphlet for foreign parents on developmental disorders (Information and Support Center for Persons with Developmental Disorders)</p>   |
| <p>I want to discuss my concerns on child rearing...</p> | <p><u>Municipal's Family and Child Consultation Center</u> Please consult with the municipality office. <u>"Kokoron Dial" telephone consultation</u> TEL: 077-524-2030 (Child rearing support center Consultation by telephone or in person is available) <u>Child Guidance Center dedicated number for consultation</u> TEL: 0120-189-783</p> |
| <p>Is it child abuse...?</p> | <p><u>Child Guidance Center dedicated number for child abuse</u> TEL: 189</p> |
| <p>I need someone to look after my child for a while... (advance registration required)</p> | <p><u>Family Support Center</u> This program connects "people who needs help looking after the child" with "people who wants to look after children", and provides transportation to and from childcare facilities, as well as childcare when the guardians are ill. <u>Temporary childcare service (Ichiji azukari)</u> Temporary care of children at childcare facilities when the guardians are ill or on errands. <u>Childcare for sick or recovering children</u> If the guardians are unable to take care of the sick child at home, temporary childcare is available at medical institutions and childcare facilities.</p>   |
| <p>I want my child to be taken care at a childcare facility while I work...</p> | <p>Children from the age of 0 can be taken care at nurseries, certified childcare center, and at non-registered nurseries. To use these childcare facilities, you need to obtain a certification of use from your municipality. Please consult with the municipality office.</p> |
| <p>I'm raising a child by myself...</p> | <p>In addition to financial and employment assistance, support for household chores and childcare is available. Please consult with the municipality office.</p> |
| <p>I want to go out with my child...</p>  | <p><u>Regional Child-rearing Support Center</u> A place where guardians and children gathers to interact and discuss concerns and worries with each other. <u>Children's Center (Jidokan)</u> A facility that assists children's development through healthy activities.   ♡ <u>Shiga Prefectural Biwako Kodomo no Kuni</u> A large children's center (Jidokan) with lots of playground equipments. 2981 Kitafunaki Adogawa-cho Takashima</p> |

★ If you have any concerns with the language, please call "Shiga Foreign Residents Information Center"
 TEL: 077-523-5646



SHIGA SMILE BABY PROJECT ~Thank you gift~

For the baby born in Shiga and their family, a gift of "Congratulation and Thank you" will be delivered, with the message that the whole society are supporting the birth and child rearing.
 Target: Babies under one year old ※Advanced registration is required.




Mimitaro Information

★ Let's go out to enjoy the Autumn season!

- **Shigaraki Tanuki no hi** Nov 8th (Wed)
The whole town will be filled with Tanuki (raccoon dog) sculptures
Nagano Shigaraki-cho 
- **Michi no Eki Aguri Park Ryuo**
Harvesting sweet potatoes in October and persimmons in November
6526 Yamanoue Ryuo-cho Gamo 
- **Kinoshita Kansei Ice Arena**
Enjoy ice sports such as skating
17-3 Ooe-cho Seta Otsu 

★ Enjoy the Autumn leaves!

- **Eigen-ji Temple**
Mid Nov – Early Dec
41 Takano-cho Eigen-ji Higashiomi 
- **National treasure Konan Sanzan Autumn leaf tour**
Nov 10 (Fri) – Nov 30 (Thu)
Zensui-ji Temple 3518 Iwane Konan 
Chouju-ji Temple 5-1-11 Toji Konan 
Joraku-ji Temple 6-5-1 Saiji Konan 
- **Kyourinbo Autumn leaves**
Nov 1st (Wed) – Dec 15th (Fri)
1145 Ishidera Azuchi-cho Omihachiman 

★ Let's enjoy skiing! (From mid Dec)

- Please check the snow conditions before you go
- **Yogo Kogen Resort • YAP**
373 Nakanokawachi Yogo-cho Nagahama 
 - **Kutsuki Snow Park**
180-1 Miyamaebo Kutsuki Takashima 
 - **Kunizakai Kogen Snow Park**
Noguchi Makino-cho Takashima 
 - **Mt. Hakodate Ski Resort**
Hiokimae Imazu-cho Takashima 
 - **Biwako Valley**
1547-1 Kido Otsu 
 - **GRANSNOW Okuibuki**
Okuibuki Kouzuhara Maibara 





Mimitaro News




★ Japanese language for work /JICE (Free)

- Application : At Hello Work
- **Konan** Kosei Bunka Hall
Nov 29th (Wed) – Feb 28th (Wed) Evening Level 1
 - **Moriyama** Moriyama ekimae sogo annaijyo
Nov 21st (Tue) – Feb 16th (Fri) Evening Level 2
 - **Online**
Nov 20th (Mon) – Feb 13th (Tue) Evening Level 3
Nov 14th (Tue) – Feb 6th (Tue) Evening Level 2

★ Let's get started! Short-term Intensive Japanese Course in Hino-cho

- Contents : Japanese for daily life 
- Duration : Nov 8th – Dec 27th (Every Wed)
6:30pm – 8:10pm
- Where : Hino Kominkan (2-12 Nakamichi Hino-cho)
- Eligibility : Age of 16 or older and who have never studied Japanese before
- Course fees : 1000 yen (textbook fees) 
- Application deadline : Oct 13th (Fri)


There will be a level check test after application

-  Shiga Japanese language education promotion project office (Shiga YMCA)
Email : nihongo-suishin@shigaymca.org
Tel (Japanese only) : 0748-33-2420

★ “Career Guidance” for students and guardians with foreign roots

Immigration consultations also available!

- When : Oct 22nd (Sun) 1:30pm – 4:00pm
- Where : G-NET Shiga Large Hall (Omihachiman)
- Eligibility : Children with foreign roots (Gr5 to J.H.S) and guardians

 Shiga Intercultural Association for Globalization
Tel : 077-526-0931

Shiga Foreign Residents Information Center
(within Shiga Intercultural Association for Globalization)
Multilingual support available.
TEL: 077-523-5646 FAX : 077-510-0601
E-mail: mimitaro@s-i-a.or.jp

Next issue of Mimitaro is scheduled in January