

Ashiya City Children and Family Health Center Annual Schedule (April 2026 to March 2027)

芦屋市こども家庭・保健センター健康カレンダー（2026年4月～2027年3月）

Ashiya City Children & Family Health Center

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芦屋市こども家庭・保健センター 芦屋市呉川町14-9

Annual Edition 保 存 版

Program / 内容		Hours / 時 間	Inquiries/ Place 問合せ/ 場所	Age, Fee and Other / 対象・経費その他	April 4月	May 5月	June 6月	July 7月	Aug.8月	Sept. 9月	Oct. 10月	Nov. 11月	Dec. 12月	Jan. 2027 1月	Feb. 2月	Mar. 3月				
Vaccination 予 防 接 種	Vaccinations (Pediatric pneumococcus, Pentavalent vaccine (hemophilus influenzae type b strain (Hib), diphtheria-pertussis-tetanus, polio), BCG, Measles-Rubella, Varicella, Japanese encephalitis, Hepatitis B, Diphtheria-Tetanus, Human papilloma virus (HPV), Rotavirus) 予防接種（小児用肺炎球菌・五種混合・BCG・MR混合・水痘・日本脳炎・B型肝炎・二種混合・ヒトパピローマウイルス感染症・ロタウイルス）	Within office hours 診察時間内	Medical facilities conducting vaccinations in Ashiya 市内予防接種実施医療機関	Children eligible for immunizations (detailed individual notice mailed when the child turns 6 weeks old); bring the Mother & Child Health Handbook (screening questionnaire is provided by the medical institution), 各予防接種対象年齢内（詳細は1か月半頃に個別通知） 持ち物：母子健康手帳（予防票は医療機関にあります。）	Medical facilities in Ashiya 市内実施医療機関															
	RSV vaccination for pregnant women RSウイルス母子免疫ワクチン			Pregnant women between 28 weeks 0 days and 36 weeks 6 days of gestation Bring the Mother & Child Health Handbook 妊娠28週0日から36週6日までの妊婦 持ち物：母子健康手帳																
<i>Pureoya</i> Expectant parents classes (appointment required) プレおや教室（予約制）		9:30-12:00 p.m.		Childbirth Preparation Class 出産準備クラス	Expectant mothers and their partners (either can attend by themselves) 妊娠16週以降の妊婦とパートナー等（妊婦もしくはパートナーのみの参加可）				20				17			20				
				Bathing Class 沐浴クラス	Expectant mothers and their partners (either can attend by themselves) 妊娠16週以降の妊婦とパートナー等（妊婦もしくはパートナーのみの参加可）			9			5		12		8		16		7	
<i>Mogumogu</i> (weaning) baby food classes (middle period) (appointment required) もぐもぐ離乳食教室(中期)（予約制）		10:30-12:00 p.m.	Children & Family Health Center こども家庭・保健センター	For 5 to 7 month-olds and parents/guardians; bring the Mother & Child Health Handbook Program: How to feed infant baby food for two meals (lecture and practice), how to play with your baby (hand play) 5～7か月児と保護者 持ち物：母子健康手帳 内容：2回食の進め方(講話と試食)、赤ちゃんとの遊び方(手遊び)		27			15		27			14	26		14	25		15
<i>Kamikami</i> (chewing) baby food classes (latter period) (appointment required) ① In person: 8 sessions ② Online: 4 sessions かみかみ離乳食教室(後期～完了期)(予約制) ①対面:8回 ②オンライン: 4回		①In-person 対面：10:45 a.m.～12:00 p.m. ②Online オンライン:2:00～2:30 p.m.		For 8 month to around 1 year-olds and parents/guardians; Program: how to feed infant baby food for three meals until finished breastfeeding, ① In person: Lecture and practice ② Online: Lecture only 対象:8か月～概ね1歳児と保護者 内容:3回食～完了期の離乳食の進め方 ①対面:講話と試食 ②オンライン:講話のみ		15 Online	*15 In person	17 In person	15 Online	5 In person	16 In person	21 Online	*6 In person	16 In person	20 On line	3 In person	17 In person			
Home visits to newborn babies (<i>Konnichiwa akachan</i>) こんにちは赤ちゃん訪問		Anytime 随時		Home visits to newborn infants 4 months old or less (staff will make contact beforehand) 新生児から4か月までの乳児（該当者に事前連絡の上、訪問します。）		Anytime (excluding Saturday, Sunday and national holiday) 随時(土・日・祝日は除く)														
Health Checkup/Consultation 健 康 診 査 ・ 相 談	Health checkups for 4-month-olds (appointment required) 4か月児健康診査(予約制)	12:50-2:10		A notice will be sent to eligible people Bring the Mother & Child Health Handbook, Interview sheet, etc. (the notice sent will have more details) 該当者に個別通知 持ち物：母子健康手帳、問診票等（詳細は送付するご案内に記載しています。）		7, 28	19	9, 30	21	18	8, 29	20	10	1, 22	12	2	2, 23			
	Health checkups for 10-month-olds 10か月児健康診査	Within office hours 診療時間内	Medical facilities in Ashiya 市内実施医療機関			Medical facilities in Ashiya 市内実施医療機関														
	Health checkups for 18-month-olds (appointment required) 1歳6か月児健康診査(予約制)	12:50-2:10 p.m.	Children & Family Health Center こども家庭・保健センター			9, 30	28	18	9, 30	27	17	8, 29	26	17	14	4, 25	18			
	Health checkups for 3-year-olds (appointment required) 3歳児健康診査(予約制)	12:50-2:20 p.m.				16	14	4	2, 16	6, 20	10	1, 22	5, 19	10	7, 28	18	11, 25			
	Child-rearing consultations 育児相談	10:00-11:30 a.m.		Infants and parents/guardians; physical measurement, consultation for child-rearing and diet; bring the Mother & Child Health Handbook; Place: Child-rearing Center (Health and Welfare Center 2F) 乳幼児と保護者 身体計測、育児、食事についての相談 持ち物：母子健康手帳 場所：子育てセンター（保健福祉センター2階）		6	*11	1	6	3	7	5	2	7	4	1	1			
	Child nutrition consultation (appointment required) おやこ栄養相談(予約制)	9:30-11:00 a.m.		Individual consultation with a certified nutritionist is available regarding weaning and toddler diet 管理栄養士による離乳食、幼児食の個別相談		21	19	16	21	18	15	20	17	15	19	16	16			

Program / 内容		Hours / 時 間	Inquiries/ Place 問合せ/ 場所	Age, Fee and Other / 対象・経費その他	April 4月	May 5月	June 6月	July 7月	Aug.8月	Sept. 9月	Oct. 10月	Nov. 11月	Dec. 12月	Jan. 2027 1月	Feb. 2月	Mar. 3月												
Home visits for health guidance 訪問保健指導		Anytime 随時	Children & Family Health Center こども家庭・保健センター	Patients 40 years old and over (free of charge) 在宅で40歳以上の療養者（無料）	Anytime (excluding Saturday, Sunday and national holiday) 随時(土・日・祝日は除く)																							
Specified Health Checkup 特定健康診査	Specific health checkup (group) (appointment required) 特定健康診査（集団）（予約制）	9:00-11:00 a.m.	Children & Family Health Center こども家庭・保健センター	A notice will be sent to eligible people (subscribed to National Health Insurance in Ashiya), 40 to 75 years old: Doctor's questions; measurement of height, weight and abdominal circumference; clinical examination; blood pressure check; urine analysis and blood test (free of charge); If conditions are met; anemia test, ECG, examination of the back of the eye (lung cancer, large intestine cancer, and prostate cancer tests are also available, Stomach cancer (gastric radiograph) and breast cancer screening are available on fixed dates at the Children & Family Health Center) *Applicants must not eat nor drink 10 hours before the blood test 該当者(芦屋市国民健康保険加入者)に個別通知 40歳から75歳まで:問診・身長・体重・腹囲・診察・血圧・検尿・血液検査（無料） 基準該当者には詳細項目:貧血・心電図・眼底検査（肺がん・大腸がん・前立腺がんの同時受診が可能。こども家庭・保健センター実施分のみ、あわせて胃がん(胃部X線撮影)、乳がん検診受診可能な日程あり）血液検査前10時間絶飲絶食	Please check the date of individual notification 個別通知の日程をご確認ください																							
		9:30-11:30 a.m. 1:30-3:30 p.m.	Assembly Halls, etc, 集会所等																									
	Specific health checkup (individual) (appointment required) 特定健康診査（個別）（予約制）			A notice will be sent to eligible people; Checkup for individuals in the Medical Care System for the Elderly (free of charge) Lung cancer, large intestine cancer, and prostrate cancer tests are also available *Applicants must not eat nor drink 10 hours before blood test 該当者(後期高齢者医療制度加入者)に個別通知 後期高齢者医療健康診査（無料）肺がん・大腸がん・前立腺がん検診の同時受診が可能。血液検査前10時間絶飲絶食	Checkup period: Mon, May 11 to Sat, December 12, 2026 健診期間 （2026年5月11日(月)～12月12日(土)）																							
	Checkup for individuals in the Medical Care System for the Elderly (appointment required) 後期高齢者医療健康診査(予約制)	Within office hours 診療時間内	Medical facilities in Ashiya 市内実施医療機関																									
Cancer Test がん検診	Breast cancer check (with mammography); (appointment required) 乳がん検診 (マンモグラフィ)（予約制）	Designated days: Mon. to Fri, (mornings) 実施日/ 月～金曜日（午前中）	Ashiya Municipal Hospital 市立芦屋病院 Tel: (0797) 31-2156	Female residents aged 40 years old and over, every 2 years ; (2,000 yen) 【A】Fees may be waived for those 70 years of age or older, those under 70 subscribed to Medical Care System for the Elderly and those in a municipal tax-exempted household (prior approval from Children & Family Health Center is required) *Individuals with a pacemaker or breast implant and pregnant women are not eligible *It cannot be taken 2 years in a row,	Apply at following facilities by telephone: ・Ashiya Municipal Hospital: Address: 39-1 Asahigaoka-cho, Ashiya City Tel: (0797) 31-2156 ・Aika Breast Clinic: Address: 2F 5-13 Omasu-cho, Ashiya City Tel: (0797) 38-7171 ・Ashiya St, Maria Clinic: Address: 5-20 Ohara-cho, Ashiya City Tel: (0797) 61-7211 ・Masai Breast Clinic: Address: Laporte 2F West Wing, 2-1-205 Funado-cho, Ashiya City Tel: (0797) 22-2800 電話で、芦屋病院・あいかプレストクリニック・芦屋セントマリアクリニック・まさい乳腺クリニックへ申し込んでください。 ・市立芦屋病院: 芦屋市朝日ヶ丘町39-1 Tel: (0797) 31-2156 ・あいかプレストクリニック: 大槻町5-13-2F Tel: (0797) 38-7171 ・芦屋セントマリアクリニック: 大原町5-20 Tel: (0797) 61-7211 ・まさい乳腺クリニック: 船戸町2-1-205（ラポルテ西館2F） Tel: (0797) 22-2800																							
		Within office hours 診療時間内	Aika Breast Clinic あいかプレストクリニック Tel: (0797) 38-7171																									
		Within office hours 診療時間内	Ashiya St, Maria Clinic 芦屋セントマリアクリニック Tel:(0797)61-7211	市内在住の40歳以上、2年に1回 （2,000円 70歳以上・70歳未満の後期高齢者医療制度に加入している方・市民税非課税世帯に属する方(事前にこども家庭・保健センターに申し出が必要。)は無料） * 豊胸手術・ペースメーカー装着・妊娠中の方は受診できません。 * 2年連続は受診できません。																								
		Within office hours 診療時間内	Masai Breast Clinic まさい乳腺クリニック Tel: (0797) 22-2800																									
		9:30-10:30 a.m.	Children & Family Health Center, etc, こども家庭・保健センター等																									
	Uterine (cervical) cancer check 子宮頸がん検診	Within office hours 診療時間内	Medical facilities in Ashiya 市内実施医療機関	Female residents aged 20 years old and over ; every 2 years （1,000 yen, also see 【A】 above) 市内在住の20歳以上、2年に1回 （1,000円 70歳以上・70歳未満の後期高齢者医療制度に加入している方・市民税非課税世帯に属する方(事前にこども家庭・保健センターに申し出が必要。)は無料）	Medical facilities in Ashiya 市内実施医療機関へ																							
						26, 29	11, 14, 18 (Ladies' Day) , 22	10, 23, 28	24, 29	11, 15, 26, 29	9, 13, 20 (Ladies' Day) , 23, 29	8, 12, 16, 20 (Ladies' Day) , 24	8, 11	16 (Shio-Ashiya Exchange Center)	20													

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Program / 内容		Hours / 時 間	Inquiries/ Place 問合せ/ 場所	Age, Fee and Other / 対象・経費その他	April 4月	May 5月	June 6月	July 7月	Aug.8月	Sept. 9月	Oct. 10月	Nov. 11月	Dec. 12月	Jan. 2027 1月	Feb. 2月	Mar. 3月
がん検診 Cancer Test	Lung cancer tests (appointment required) (Tuberculosis test is included for residents aged 65years old and over) 肺がん検診(予約制)(65歳以上の方は結核検診を含む)	1:00–1:15 p.m.	Children & Family Health Center こども家庭・保健センター	Residents aged 40 years old and over, once a year (free of charge) 市内在住の40歳以上、年に1回（無料）	15	27	17	15	19	16	21	18	16	20	17	17
	Stomach cancer test (Barium exam) (appointment required) 胃がん検診(バリウム検査) (予約制)	During morning hours 午前中		Residents aged 35 years old and over, once a year, (2,500 yen; also see 【A】 above); Direct X-ray photography of stomach (30 and over, if there is a blood relative with stomach cancer) 市内在住の35歳以上、年に1回 (2,500円 70歳以上・70歳未満の後期高齢者医療制度に加入している方・市民税非課税世帯に属する方(事前にこども家庭・保健センターに申し出が必要。))は無料) (血縁者に胃がんの方がいれば30歳以上)・胃直接撮影	10, 14, 24	15, 21, 28	12, 19	16, 24, 31	20, 28	17, 18, 25	16, 22, 30	17, 19, 27	10, 18, 22, 24	19, 22, 29	16, 19, 25	11, 16
	Stomach cancer test (Endoscopy exam) (appointment required) 胃がん検診(内視鏡検査) (予約制)	Within office hours 診察時間内	Medical facilities in Ashiya 市内実施医療機関	Residents aged 50 years old and over, once every two years (4, 300 yen; free for those in a municipal tax-exempted household (prior approval from Children & Family Health Center is required)) 市内在住の50歳以上、2年に1回(4, 300円 市民税非課税世帯に属する方(事前にこども家庭・保健センターに申し出が必要。))は無料)	Medical facilities in Ashiya 市内実施医療機関へ											
	Prostate cancer test (appointment required) 前立腺がん検診 (予約制)	During morning hours 午前中		Male residents aged 50 years old and over, once a year (1,000 yen) 市内在住の50歳以上の男性、年に1回(1,000円)	3	1	5	3	7	4	2	6	4	8	4	5
	Large intestine cancer test 大腸がん検診	Anytime 随時受付		Residents aged 40 years old and over, once a year (800 yen; also see 【A】 above); fecal occult blood test (2 days) 市内在住の40歳以上、年に1回 (800円 70歳以上・70歳未満の後期高齢者医療制度に加入している方・市民税非課税世帯に属する方(事前にこども家庭・保健センターに申し出が必要。))は無料) 便潜血反応検査(2日法)	April to October: submit samples every Tuesday morning; November to March: send by mail or submit samples every Tuesday morning 4月～10月毎週火曜日午前中提出、11月～3月 毎週火曜日午前中提出もしくは郵送提出も可											
検（健）診・相談 Health checkup/Consultation	Asbestos checkup (appointment required) アスベスト検診 (予約制)	1:00–1:15 p.m.	Children & Family Health Center こども家庭・保健センター	Residents requesting a checkup (free of charge); People who have been examined before are required to have an annual checkup 市内在住の希望者（無料）、これまでに受けた方は年1回必須	1	13	3	1	5	2	7	4	2	6	3	3
	Hepatitis virus test (appointment required) 肝炎ウイルス検診 (予約制)	During morning hours 午前中		Residents aged 40 years old and over who haven` t had a previous appointment 市内在住の過去に受診したことのない40歳以上の方	3	1, 26, 29	5, 11, 14, 18 (Ladies` Day), 22	3, 10, 23, 28	7, 24, 29	4, 11, 15, 26, 29	2, 9, 13, 20 (Ladies` Day), 23, 29	6, 8, 12, 16, 20 (Ladies` Day), 24	4, 8, 11	8	4	5
	Health checkups (complete 3-hour medical checkup) (appointment required) 健康チェック(3時間人間ドック) (予約制)	9:00 –10:00 a.m.		Residents and those who work in Ashiya, aged 30 years old and over (10 tests to prevent lifestyle-related diseases: 9,000 yen) 30歳以上の市内在住・在勤の方（生活習慣病予防等10項目9,000円）	2, 3, 7, 30	1, 8	2, 4, 5	2, 3, 7	4, 6, 7	1, 3, 4	1, 2, 6	5, 6	1, 3, 4	7, 8, 12	2, 4	2, 4, 5
	Osteoporosis checkups (appointment required) 骨粗しょう症検診 (予約制)	9:30–10:00 a.m. ※1:30–2:00 p.m.		Residents aged 20 years old and over (1,000 yen) checked by ultrasound 市内在住の20歳以上、年に1回 (1,000円) 超音波測定法	17	19	16	17	18	10	15	13	15	15	12	12
	Dental checkups for residents aged 20/30/40/50/60 years old (appointment required) 20歳・30歳・40歳・50歳・60歳の歯科健診(節目健診) (予約制)	Within office hours 診察時間内	Medical facilities in Ashiya 市内実施医療機関	A notice will be sent to eligible people (aged 20/30/40/50/60 years old): Medical history; clinical examination; dental health guidance; explanation of the results (free of charge) 該当者(20歳、30歳、40歳、50歳、60歳の方)に個別通知 問診、診察、歯科保健指導、結果説明（無料）	—	—	Medical facilities in Ashiya 市内実施医療機関へ									
	Nutritional consultations (appointment required) 栄養相談 (予約制)	9:30–11:00 a.m.	Children & Family Health Center こども家庭・保健センター	Consultation with a registered dietitian (free of charge) 管理栄養士による相談（無料）	7, 24	12, 22	2, 26	7, 24	4, 28	1, 25	6, 30	10, 27	1, 18	5, 29	2, 26	2, 26
	Health consultations with a doctor (appointment required) 健康相談 (予約制)	9:30–11:00 a.m.		Consultation with a doctor for adults who have recently had a health examination (free of charge) 健診・検診受診後の成人を対象とした医師による相談（無料）	AM	24	22	26	24	28	25	30	27	18	29	26
		1:00–3:00 p.m.			PM	2, 14	7, 19	4, 16	2, 21	6, 18	3, 8	1, 20	5, 17	3, 15	7, 19	4, 16
	Health consultations with a public health nurse (appointment required) 保健相談 (予約制)	9:30–11:00 a.m.		Individual consultation about the prevention of lifestyle-related diseases, measurement of body composition and grip strength are available on request (free of charge) 保健師による個別相談 生活習慣病予防の相談等、希望者は体組成・握力測定(無料)	7	12	2	7	4	1	6	10	1	5	2	2
	Dental checkup and free consultation (appointment required) 歯の無料相談と健診 (予約制)	1:00–2:45 p.m..	Dental Center 歯科センター	Residents and those who work in Ashiya (periodontal disease checkup if 20 years old and over) (free of charge) 市内在住・在勤の方（20歳以上は歯周病検診）(無料)	15	20	17	15	19	16	21	18	16	20	17	17