



It is necessary to make an appointment in advance via the form on the city website for children's health examinations and consultations. If you are unable to make an appointment, please contact the responsible sector by phone.

(Children's Health Examinations • Consultations)

<Location> Heartful Plaza Fukuroi - General Health Center 2F, Giraffe Room

<Bring> Maternal and Child Health Handbook, Examination / Consultation Form (fill in advance), towel, urine sample (3 year-old exams only)

- <Consulting Hours>
- Health Examinations for children aged 1 year 6 month and 3 years: in the afternoon
 - Consultations for children aged 7 month, 2 year 6 month and dental fluoride application for 2 year: in the morning
 - Sukoyaka Health Guide Issuance : in the morning

Consultations for 7 month olds

Schedule	Target child
7 April, 2026 (Tuesday)	Birth date: 1st ~ 21 August, 2025
21 April (Tuesday)	Birth Date: 22 ~ 31 August
14 May (Thursday)	Birth Date: 1st ~ 16 September
26 May (Tuesday)	Birth Date: 17 ~ 30 September
16 June (Tuesday)	Birth Date: 1st ~ 18 October
23 June (Tuesday)	Birth Date: 19 ~ 31 October
7 July (Tuesday)	Birth Date: 1st ~ 11 November
21 July (Tuesday)	Birth Date: 12 ~ 30 November
4 August (Tuesday)	Birth Date: 1st ~ 15 December
25 August (Tuesday)	Birth Date: 16 ~ 31 December
8 September (Tuesday)	Birth Date: 1st ~ 15 January, 2026
15 September (Tuesday)	Birth Date: 16 ~ 31 January
6 October (Tuesday)	Birth Date: 1st ~ 15 February
20 October (Tuesday)	Birth Date: 16 ~ 28 February
10 November (Tuesday)	Birth Date: 1st ~ 15 March
24 November (Tuesday)	Birth Date: 16 ~ 31 March
1st December (Tuesday)	Birth Date: 1st ~ 15 April
15 December (Tuesday)	Birth Date: 16 ~ 30 April
5 January 2027 (Tuesday)	Birth Date: 1st ~ 15 May
19 January (Tuesday)	Birth Date: 16 ~ 31 May
2 February (Tuesday)	Birth Date: 1st ~ 15 June
16 February (Tuesday)	Birth Date: 16 ~ 30 June
2 March (Tuesday)	Birth Date: 1st ~ 15 July
16 March (Tuesday)	Birth Date: 16 ~ 31 July

Health Exams for 1 year 6 month olds

Schedule	Target child
10 April, 2026 (Friday)	Birth Date: 1st ~ 30 September, 2024
15 May (Friday)	Birth Date: 1st ~ 16 October
29 May (Friday)	Birth Date: 17 ~ 31 October
9 June (Tuesday)	Birth Date: 1st ~ 14 November
26 June (Friday)	Birth Date: 15 ~ 30 November
10 July (Friday)	Birth Date: 1st ~ 12 December
24 July (Friday)	Birth Date: 13 ~ 31 December
4 August (Tuesday)	Birth Date: 1st ~ 18 January, 2025
28 August (Friday)	Birth Date: 19 ~ 31 January
11 September (Friday)	Birth Date: 1st ~ 28 February
13 October (Tuesday)	Birth Date: 1st ~ 31 March
13 November (Friday)	Birth Date: 1st ~ 14 April
27 November (Friday)	Birth Date: 15 ~ 30 April
4 December (Friday)	Birth Date: 1st ~ 18 May
18 December (Friday)	Birth Date: 19 ~ 31 May
15 January, 2027 (Friday)	Birth Date: 1st ~ 14 June
29 January (Friday)	Birth Date: 15 ~ 30 June
12 February (Friday)	Birth Date: 1st ~ 17 July
26 February (Friday)	Birth Date: 18 ~ 31 July
5 March (Friday)	Birth Date: 1st ~ 21 August
16 March (Tuesday)	Birth Date: 22 ~ 31 August

Dental fluoride application for 2 years olds

Schedule	Target child
23 April, 2026 (Thursday)	Birth Date: 1st ~ 31 March, 2024
19 May (Tuesday)	Birth Date: 1st ~ 30 April
11 June (Thursday)	Birth Date: 1st ~ 31 May
9 July (Thursday)	Birth Date: 1st ~ 15 June
23 July (Thursday)	Birth Date: 16 ~ 30 June
20 August (Thursday)	Birth Date: 1st ~ 31 de July
10 September (Thursday)	Birth Date: 1st ~ 15 August
24 September (Thursday)	Birth Date: 16 ~ 31 August
8 October (Thursday)	Birth Date: 1st ~ 30 September
12 November (Thursday)	Birth Date: 1st ~ 16 October
26 November (Thursday)	Birth Date: 17 ~ 31 October
8 December (Tuesday)	Birth Date: 1st ~ 14 November
22 December (Tuesday)	Birth Date: 15 ~ 30 November
14 January, 2027 (Thursday)	Birth Date: 1st ~ 31 December
4 February (Thursday)	Birth Date: 1st ~ 31 January, 2025
11 March (Thursday)	Birth Date: 1st ~ 28 February

Consultations for 2 years 6 month olds

Schedule	Target child
2 April, 2026 (Thursday)	Birth Date: 1st ~ 13 September, 2023
16 April, 2026 (Thursday)	Birth Date: 14 ~ 30 September
7 May (Thursday)	Birth Date: 1st ~ 16 October
21 May (Thursday)	Birth Date: 17 ~ 31 October
4 June (Thursday)	Birth Date: 1st ~ 13 November
18 June (Thursday)	Birth Date: 14 ~ 30 November
2 July (Thursday)	Birth Date: 1st ~ 13 December
16 July (Thursday)	Birth Date: 14 ~ 31 December
6 August (Thursday)	Birth Date: 1st ~ 16 January, 2024
27 August (Thursday)	Birth Date: 17 ~ 31 January
17 September (Thursday)	Birth Date: 1st ~ 29 February
1st October (Thursday)	Birth Date: 1st ~ 16 March
15 October (Thursday)	Birth Date: 17 ~ 31 March
5 November (Thursday)	Birth Date: 1st ~ 15 April
19 November (Thursday)	Birth Date: 16 ~ 30 April
3 December (Thursday)	Birth Date: 1st ~ 17 May
10 December (Thursday)	Birth Date: 18 ~ 31 March
7 January, 2027 (Thursday)	Birth Date: 1st ~ 15 June
21 January, 2027 (Thursday)	Birth Date: 16 ~ 30 June
18 February (Thursday)	Birth Date: 1st ~ 31 July
4 March (Thursday)	Birth Date: 1st ~ 15 August
18 March (Thursday)	Birth Date: 16 ~ 31 August

Take care of children is really hard!
If you have any concerns regarding child-rearing,
please call: TEL : 0538-42-7340



« Request and observations regarding the health examination »

- ★ The examination is performed in the afternoon, during free time between medical and dental consultations.
- ★ Please note that if your child continues to miss a medical consultation, we may contact the child's nursery school or parents, visit the home to check on the child's health.

To preserve everyone's health, if you are sick or don't feel well, please arrange another date. Please note that depending on your physical condition on the day, another date may be suggested.



Health Exams for 3 year olds

Schedule	Target child
3 April, 2026 (Friday)	Birth date: 1st ~ 16 March, 2023
17 April (Friday)	Birth date: 17~ 31 March
1st May (Friday)	Birth date: 1st ~ 13 April
22 May (Friday)	Birth date: 14 ~ 30 April
5 June (Friday)	Birth date: 1st ~ 16 May
19 June (Friday)	Birth date: 17~ 31 May
3 July (Friday)	Birth date: 1st ~ 13 June
17 July (Friday)	Birth date: 14 ~ 30 June
7 August (Friday)	Birth date: 1st ~ 14 July
18 August (Tuesday)	Birth date: 15~ 31 July
4 September (Friday)	Birth date: 1st ~ 11 August
18 September (Friday)	Birth date: 12~ 31 August
2 October (Friday)	Birth date: 1st ~ 13 September
16 October (Friday)	Birth date: 14 ~ 30 September
6 November (Friday)	Birth date: 1st ~ 16 October
20 November (Friday)	Birth date: 17~ 31 October
1st December (Tuesday)	Birth date: 1st ~ 13 November
11 December (Friday)	Birth date: 14 ~ 30 November
8 January, 2027 (Friday)	Birth date: 1st ~ 12 December
22 January (Friday)	Birth date: 13~ 31 December
5 February (Friday)	Birth date: 1st ~ 16 January, 2024
19 February (Friday)	Birth date: 17~ 31 January
12 March (Friday)	Birth date: 1st ~ 29 February

Baby weaning class (reservation required)

Schedule	Birth Date (reference)
15 April, 2026 (Wednesday)	November, 2025
20 May (Wednesday)	December
17 June (Wednesday)	January, 2026
15 July (Wednesday)	February
19 August (Wednesday)	March
9 September (Wednesday)	April
14 October (Wednesday)	May
18 November (Wednesday)	June
9 December (Wednesday)	July
13 January, 2027 (Wednesday)	August
3 February (Wednesday)	September
10 March (Wednesday)	October

Specification: About baby weaning talk • Culinary practice Reception: 9:30 ~ 9:45 AM
Bring: Maternal and Child Health Handbook, apron, bandana, dish towel, baby carrier or sling.
Application: Reservations possible through the Fukuroi City homepage
Check the QR code for program details.



Even if it doesn't coincide with the target date for the child's birth month, you can still participate, so please feel free to join us.

1-year-old toddler food class (reservations required)

Schedule	Birth Date (reference)
22 April, 2026 (Wednesday)	March, April, May, 2025
24 June (Wednesday)	June and July
26 August (Wednesday)	August and September
28 October (Wednesday)	October and November
16 December (Wednesday)	December and January, 2026
10 February, 2027 (Wednesday)	February and March

Specification: About Nutrition • Teething • Tasting (Parents only) Individual consultation (for those who wish) Reception: Between 9:25 and 9:55 am
Bring: Maternal-Infant Booklet (Boshi Techo)
Application: Possible to reserve through the Fukuroi City homepage
Check the QR code for program details



Sukoyaka Health Guide

Schedule	Target child
14 April, 2026 (Tuesday)	Birth date: 16 February ~ 15 March, 2026
18 May (Monday)	Birth date: 16 March ~ 15 April
15 June (Monday)	Birth date: 16 April ~ 15 May
6 July (Monday)	Birth date: 16 ~ 31 May
17 July (Friday)	Birth date: 1st ~ 15 June
17 August (Monday)	Birth date: 16 June ~ 15 July
7 September (Monday)	Birth date: 16 ~ 31 July
18 September (Friday)	Birth date: 1st ~ 15 August
9 October (Friday)	Birth date: 16 ~ 31 August
19 October (Monday)	Birth date: 1st ~ 15 September
9 November (Monday)	Birth date: 16 ~ 30 September
20 November (Friday)	Birth date: 1st ~ 15 October
7 December (Monday)	Birth date: 16 ~ 31 October
23 December (Wednesday)	Birth date: 1st ~ 15 November
18 January, 2027 (Monday)	Birth date: 16 November ~ 15 December
19 February (Friday)	Birth date: 16 December ~ 15 January, 2027
19 March (Friday)	Birth date: 16 January ~ 15 February

Child Growth Measurement

Height and weight measuring devices are installed at the Asaba and Fukuroi Health Centers. They are available for use at any time during the Health Centers' operating days. If you wish to consult personally with the health worker or nutritionist at the time of measurement, please contact the Health Center beforehand.



Maternal and Child Health Consultation (by phone, in person, or online)

Consultation with a health worker and nutritionist about child health and development, childcare, baby food, nutrition, and maternal health, etc. The consultation can be done by phone, in person, or online.
※ For in-person consultations, please contact us by phone in advance.
※ For online consultations, please contact us by email beforehand.



Preserving children's health from the harmful effects of smoking!

- ★ Smoking near infants and pregnant women increases the risk of Sudden Infant Death Syndrome.
- ★ Harmful substances affect the intellectual decline of children.
- ★ Children whose parents smoke are 2 to 5 times more likely to develop asthma, have difficulty curing it and a tendency for the clinical picture to worsen.
- ★ For about 45 minutes after smoking, the exhaled air contains harmful substances.



Information about smoking cessation outpatient (Shizuoka Prefectural Health and Welfare Center, Western Health Promotion Division Website)

Contact Information



Children, Youth and Families Center
Children Support Division Maternal & Child Health Section
〒437-0061 Fukuroi-shi Kunō 2515-1 (Fukuroi City General Health Center)2nd floor
TEL: (0538) 42-7340
E-mail: sodachi@city.fukuroi.shizuoka.jp

〒437-1102 Fukuroi-shi Asana 1028 Asaba Health Center
TEL: (0538) 23-9222

◆ Reception hours ◆
Monday to Friday, 8:30 AM to 5:15 PM
(Excluding holidays, the end and beginning of the year)