

HEALTH NEWSLETTER

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September 23 is Autumnal Equinox Day

From this day onward, the days gradually become shorter and the nights become longer. Although autumn officially begins according to the calendar, Okinawa continues to experience hot weather.

Let's stay healthy and energetic throughout this month by eating nutritious meals and getting enough sleep.

Are You and Your Child Feeling Tired from the Summer Heat?

Although the hot weather continues, are your children or you, the parents, feeling tired or worn out from the summer heat?

That's exactly when it is important to eat breakfast!!

Breakfast has many benefits!

If you already eat breakfast every day, please continue this good habit. If you have been skipping breakfast, why not start with just one item?

EAT BREAKFAST!

- Your body wakes up, helping you start the day feeling energetic.
- Your body temperature, which drops while you sleep, rises and your body switches into an active mode.
- Your brain and body receive energy, helping you stay active and focused while playing and learning.
- Eating protein, such as tamagoyaki (Japanese rolled omelet) and yogurt, is also good! ☆
- It helps establish a regular daily routine and encourages healthy habits of going to bed early and getting up early.
- Breakfast stimulates the stomach and intestines and helps reset your body clock, making it easier to develop a regular daily rhythm.

RECOMMENDED FOODS

Try combining a staple food, such as rice balls or bread, with protein-rich foods such as eggs, natto (fermented soybeans), tuna, yogurt, etc.

Furikake (seasoning for rice), especially varieties containing wakame seaweed, hijiki seaweed, or small fish, as well as frozen leafy vegetables, are also easy and convenient foods to add to breakfast.

DISASTER PREPAREDNESS

September 1 is associated with the Great Kanto Earthquake of September 1, 1923. In order to promote preparedness for earthquakes and other disasters and raise awareness, September 1 was designated as Disaster Prevention Day.

Why not take this opportunity to talk with your children about disaster preparedness at home?

☐ Check the Hazard Map

Check the hazard map and disaster prevention map for Naha City.

→ Please check the conditions and risks in the area where you live.

☐ Discuss Your Family's "My Timeline"

A My Timeline is a plan that families prepare in advance, based on where and when a disaster occurs. It identifies what evacuation actions each family member should take, and the plan is written down and shared among the family.

☐ Check Your Emergency Evacuation Supplies

Check your emergency supplies regularly and replace anything that has expired.

PLEASE MAKE SURE YOUR CHILD RECEIVES THEIR HEALTH CHECKUPS!

When your child reaches the appropriate age for the following health checkups, you will receive information about the checkup:

- Infant Health Checkup
- 18-Month Health Checkup
- 2-Year-Old Dental Health Checkup
- 3-Year-Old Health Checkup

Please make an appointment through the "Naha DE Kosodate" (Naha Parenting) app by Mother's Baby or by telephone.

For Inquiries

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