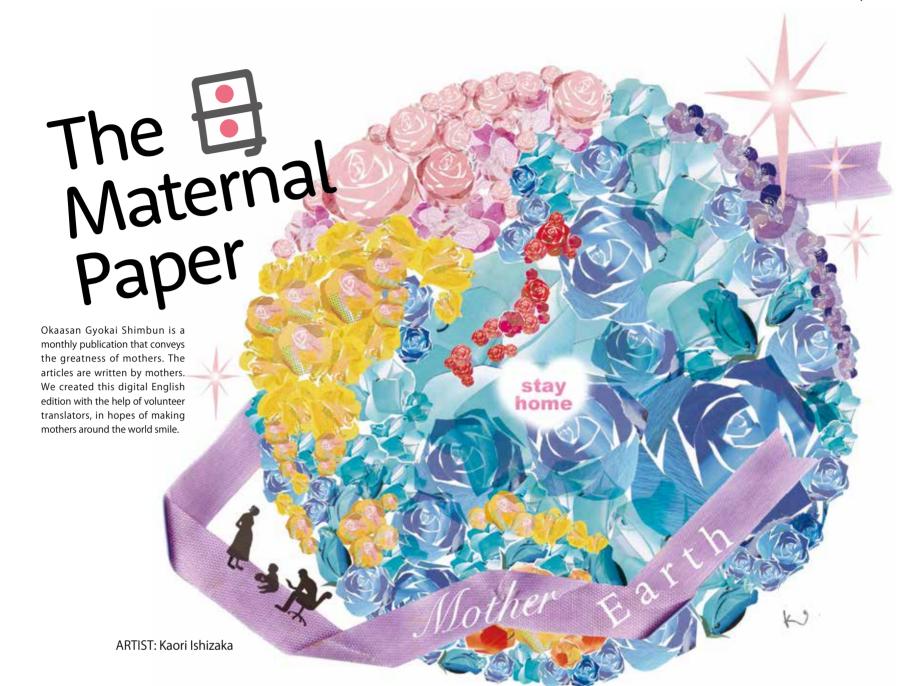
Okaasan Gyokai Shimbun

お日代第界部 全国 (English Edition www.okaasan.net/ This is a translation of the May issue of Okaasan Gyokai Shimbun.







▼"You can get a coronavirus subsidy." "You can take the PCR test." "We can remove viruses from your water pipes." The frauds that impersonate civil servants and government agencies don't seem to end. The "It's Me" scam first appeared in Japan in 2003. Their techniques have become more and more sophisticated, and those frauds are collectively known as communications fraud. They take advantage of the elderly people's feelings for their children and their kindness to help those in need. Their despicable behaviors can never be forgiven. ▼ The National Police Agency says last year's damage amounted to 30.15 billion yen. The scams are still prevalent, but collaborative crime prevention measures taken by the police and financial institutions have been successful. As a result, the amount of damage caused by communications fraud decreased by 21.3% and the number of recognized cases also decreased by 5.6% compared to the previous year. It doesn't feel right to tell elderly people not to take calls or call anyone because that would help create a society where people don't trust each other. ▼ 90% of the victims said they knew about communications fraud, but 80% said they thought they would never be scammed. It is important not to isolate elderly people. This is what mothers want to tell their children: don't lie, or steal, or bully the weak. Children should know these are the things that would make mothers cry. (See page 8)





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百万 By Our Children's Side

People all over the world are going through the same experience at the moment regardless of their age, nationality, or language.

9 years ago, tons of precious lives were lost because of the Great East Japan Earthquake and tsunami and an invisible substance has polluted Earth. How much have we Japanese people changed our lives and ways of life since then? How much regret have we felt for polluting Mother Nature?

The situation we are in right now reminds us of those days and once again, we are exposed to an invisible threat.

The COVID-19 pandemic has made us stay at home regardless of country, religion, rich or poor. The only consolation is that we can be with our family. If you haven't been able to be with your beloved children in the current situation, it must feel intolerable.

to see their family in their last moments. We have the responsibility of living our lives as best as we can for them as well. The "stay-at-home" request may have given us a chance to reflect on our lives and the way we think.

Now that winter is over, spring roses are beginning to bloom. Roses are beautiful, quiet and dignified even if no

Of hundreds of varieties of roses, blue roses symbolize "impossibility" because they don't exist in nature

There was a rose breeder named Moriji Kobayashi who devoted his life to growing blue "impossible" roses. It took him 40 years to produce blue roses only by pure breeding, until he suddenly passed away on May 11, 2006

Roses bloom beautifully in spring. The anniversary of his death must be commemorated every year with the roses that he had grown and taken care of with love. By the way, it is said that you can draw a beautiful geometric pattern of a five-petal rose if you trace the eightyear orbit of Venus and Earth orbiting the Sun.

How mystical nature is! We are in awe of nature, which is beyond the human power. Mr. Kobayashi may have seen blue roses as "Blue Earth".

Mother's Day is around the corner. I've received red carnations so many times as a Mother's Day gift. But this year, I'd like to bloom a blue rose in my heart. We all should be grateful for being able to be by

our children's side. I hope that we will still be celebrating Mother's Day with a smile in 50 years, or in 100 years. This is an opportunity to go back to the starting point and think about what it means to live. To make the impossible possible, by our children's side...

(Yuko Fujimoto)

What We Can Do Now

"Okaasan Gyokai Shimbun" provides a free digital edition to make employees working from home who are tired of the coronavirus smile.

"I read Okaasan Gyokai Shimbun when irritated and I couldn't stop crying. I'm glad I got to read this paper today." Voices of mothers as such have moved us. By making a digital edition available to companies, it could make their mother employees working remotely smile from reading it between work, housework, and taking care of children. That's our wish.

Newspaper for the Future

We have published newspapers for 30 years. Some say, the print media is out of date. However, we believe that there are things that can only be conveyed and valued through the physical medium. We place importance on sharing the everyday lives of mothers, even though they often don't get perceived as information.

Normally, making what readers want is the foundation of publishing, but we have kept creating what we believe is necessary information for the society and the age we live in, where you might feel isolated or having difficulty raising children, and also for the future.

We publish five editions of Okaasan Gyokai Shimbun monthly: the main national edition and four areal editions (Yokohama, Shizuoka, Osaka, and Chiggo). We, all the editors and the staff members, do our best while sharing the joys and difficulties of making monthly papers.

Start of Digital Distribution Service

It's hard for us to go out to interview and to cover our usual topics under the current circumstances. However, the difficult situation prompted Mother Journalists to write more than usual, which has blown away our worries. They've also given us thoughtful words, which we appreciate very much.

The problem is that we can't deliver the newspaper as usual. This paper has an important role of connecting communities through the distribution process, but it's hard to do so now.

So we thought about what we could do now and came up with the idea of providing a digital edition for free.

We started providing it to mothers



Online Meeting

お母さん大学特別企画

藤本裕子のお悩み 相 談 室 working hard at home in hopes of making them smile. We released this information to media and companies, and many of them agreed with our initiative and delivered the digital edition to its employees, and it also has been picked up by media such as newspapers and TV stations.

Connected Online

There is no way of knowing when the pandemic will end in and out of Japan. We might be able to continue making our papers, but we can't predict how our environment might change. Even so, with our 'mother journalism' spirit, we will do what only a small company can do step by step.

Usually, Mother Journalists would meet up at their homes or with their communities and deliver the paper by hand every month, but they now hold online meetings instead. We have editorial meetings online as well. Through computer and mobile phone screens, we connect Mother Journalists nationwide. Sometimes, their children make an appearance and have fun interactions.

Heartwarming Support for Mother Journalists

With a letter "Dear Mother Journalists working hard every day", Hiroshi Yamamoto, the representative of the long-established kelp shop Oguraya Yamamoto in Osaka, sent Mother Journalists (Chief Editors of Personal Editions) kelp and boxes of soup stocks.

Another company, Mise Sho-ji, which produces gyoza in Shiojiri City, Shinshu, said they wanted to cheer mothers up. So, with their help, we delivered boxes of gyoza to the fathers working hard, who we have covered in the special feature (P.4-5).

To Our New Readers

The digital edition service is for companies. Please visit the "Mother University" website if you're not a business. You might find stories which you empathize with and feel relieved or surprised by real daily lives of mothers and children there.



Additionally, you can subscribe to our E-mail Edition for free, which we send out one selected article at 8 am on weekdays.

Okaasan Gyokai Shimbun, Inc. Mother University https://www.okaasan.net/ E-mail: info@30ans.com TEL: 045-444-4030

Companies' Voices about the Digital Edition

"At first, we thought it was only for women raising children, but now we feel it is useful for all families so we'll send it out to all of our 800 employees." "It will be helpful for employees taking childcare leave or maternity leave, especially during pregnancy when they might feel anxious." "Employees are waiting at home. Our schedule until June is fading away day by day. We hope it will cheer us up." "We're working remotely, doing tasks using online meetings. Our 30 employees will read it." "The Coronavirus is a problem not only in Japan. We'll send it to employees who work abroad." "We are a pediatric clinic. We have mother staffs who work hard. We want to send it to our patients' mothers as well."



"Dear Mother Journalists Working Hard" We received a lot of kelp!

Raising children is hard enough itself, but now mothers are working even harder because of the pandemic - spending all day preparing three meals and doing housework. "Ease up and have a fuss-free meal with kelp sometimes. Let's overcome the difficult situation together with a smile." The straightforward message from Mr. Yamamoto has put a smile on the faces of the Mother Journalists, who make a Personal Edition, and their families.





















LINE アプリから簡単登録!

お母さんが、子育ての悩みを相談できる場は世の中に たくさんありますが、ここは、藤本がお母さんの「子育 ての悩み」を聞くのではなく、悩んでいるお母さんに「藤 本のお悩み」を聞いてもらう場です。藤本と一緒に悩ん でくださる方、メッセージください。お待ちしています。





【参加方法】藤本のお悩み相談に乗ってくれるお母さんは、右のQRコード、またはLINEのホーム画面から「@767znpod」で友だち検索をして、友だち追加登録。藤本裕子からのメッセージを受け取ってスタート。お母さん大学本部編集部(横浜)へ直接来られない人はLINE電話、ネット電話、SNSを活用。内容の一部はWEBや新聞に共有することも。子育てに悩んでいない方は対象外。お母さん大学生でない方もぜひ!





Personal Edition Chief Editor

Revival of My Paper After a Long Break "Akaneiro Edition"

Akane Mitsuhasi (Kurume Citv)



Five years ago, I attended a lecture by Yuko Fujimoto, Chief Editor of Okaasan Gyokai Shimbun. I'd just given birth to my third child then and felt that I was living in a small world. Her "Mothers are great!" talk opened my eyes and I was drawn to her words "Your children are your teacher". So I decided to start making my own "Personal Edition" immediately.

Cutting and pasting my children's drawings on my paper and writing funny stories about my child rearing... It was a brief but enjoyable time for me after putting two of my older children to bed and while nursing the youngest.

However, I started to feel down, stopped going out as often, and finally, I couldn't write anymore. Looking back, I might have had a mild case of depression. I'd always had "the joy of writing" in the back of my mind while being on a break from making my paper.

I thankfully had my fourth child, and when he started kindergarten, I was able to have time for myself. But without doing anything, next thing I knew, it was already afternoon. It felt very wasteful. I decided to resume making my paper because I wanted to record both of my past worries when my children were small and my current worries while they're growing up.

It was full of anxiety and confusion when bringing up my first child because everything was a first for both of us, the parents and the child. It was she, though, my oldest, who was most excited for me when I started to write again. I was surprised when she said "I remember you writing, cutting, and pasting our drawings." That made me truly happy.

I feel a little shy to hand out my "Personal Edition", but the words "I'm looking forward to your next issue as well" encourages me.

Through interacting with various people, I feel now that my awkward parenting is not so bad.

I want mothers to know about Okaasan Gyokai Shimbun, regardless of which stage they're in as a mother, so that fewer of them feel alone. I will do my best to convey the greatness of children and mothers.





Takahisa Yamada (Shizuoka City)



It has been eight years since I opened a small restaurant called "ワイン食堂シャンティ (Wine Shokudo SHANTI)" in Shimizu, Shizuoka City. I have a son in 8th grade and a daughter in 5th grade. I am so busy as a chef that I am rarely at home. When I do get home, my children are already in bed and they leave for school before I get up. We can have dinner together once a week on my day-off. We go out as a family, but only during summer and spring holidays.

I may not be a good father, but I strongly believe that my family's presence is my driving force. And I cannot thank my wife enough because she helps me with the restaurant and also looks after our

During summer vacation, I with my son, and my wife with my daughter, go and enjoy separate trips. We went to Asia last year and we are planning to climb Mount Fuji this year. Times are changing. We can hardly imagine what new technologies and jobs will appear in the future. If I am not challenging myself, I cannot say to my children, "Just try anything new." Therefore, I try to go somewhere I have never been and challenge myself to new things as much as possible.

I started a YouTube channel for my restaurant recently and I am testing how hard it is to earn money on YouTube. Please check out my channel "ワイン食堂シャンティ" and subscribe if you like! I asked my son to be YouTubers together, but he turned it down. Not all children want to be a YouTuber, ha ha.

Because of the influence of COVID-19, my restaurant had been empty for days, so I had no choice but to make the switch to serving takeout food only. But customers say "Thank you for serving takeout food in a difficult time like this."

I take it as a chance to try something new and move forward. I do not want to waste any second of my life, so I will stop complaining to the government and do whatever customers need. I will keep doing my very best!





The reason you can't help but

focus on what they can't do is

that you compare them with

other children without realizing or you

From long ago, it is said that children

When they are praised by their beloved

mother, it triggers the release of happy

Conversely, when they are scolded, they

feel an excess amount of stress which

triggers the release of adrenaline in

their brain. That can cause blood

flow disturbance because

of brain inflammation, which makes

Therefore, it's reasonable to praise

children to encourage their growth even

them mentally unstable.

hormones which promote learning.

see them by your standards.

thrive on praise.

I tend to focus on what my child can't do and I don't know how to praise them even though I want to. What should I do?

from the perspective of brain science. Now, a good child-rearing strategy is to go back to the starting point.

Be grateful that your child came into this world and they're alive at this moment. With that in mind, you observe them carefully and encourage their growth.

Spend your time and energy focusing on what they're working towards.

What we recommend is the "small steps method", in which you break their goals into small, fun steps.

Every time they achieve a step, you praise them in a very enthusiastic way with a big smile.

That helps them build confidence and their spirit of challenge becomes greater at the same time.



鈴木昭平さんprofile

Shohei Suzuki, Founder and Representative Director of Edison Einstein School Association, has given guidance and counselling to children with developmental disorders and their families since 1992











簡単! 時短! 味噌パワーで免疫力 UP!

いつでもどこでも誰でもつくれる、かわいいみそまる。 味噌や具材、トッピング次第でアレンジ無限大!!

つくり方のポイントやおいしい笑顔など、自由に発信してね。





【参加方法】みそまるづくりを楽しむ様子や完成したみそまるの写真を Instagram、Facebook、Twitter で「#お うちみそまる」をつけて発信!コメントも大歓迎。素敵な発信は「ジャパン味噌プレス」「お母さん業界新聞」 みそまる普及委員会 https://misomaru.ip/ や WEB で紹介させていただきます。



鈴木昭平

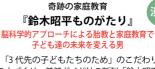
篠浦伸禎

『まちがいだらけの子育て どんな子も 脳の「発達特性」に合わせるだけでグーンと伸びる』

共著/鈴木昭平・篠浦伸禎 発行/コスモ 21 1400円+税 9カ月、お腹の中で一緒に過ごし、ようやく会えた可愛いわが子。 とても可愛い。心の底から愛している。

それなのに、なぜか子育てがうまくいかない気がする。 そんなふうに悩んでいるお母さんが増えています。

6000 家族超の子育て支援を行なってきた改善指導家・鈴木昭平 と、世界最先端の脳神経外科医・篠浦伸禎が、最新脳科学に基づ いた子育てを解説。子どもの脳の発達にはそれぞれ特性があり、 その子の脳の発達特性を確認し、それに合わせた子育てをすると、 どんな子も伸びる。すぐ実践できる子育て方法を紹介しています。



「3代先の子どもたちのため」のこだわり の本づくり、美健ガイド社の新刊「鈴木昭平 ものがたり1」は、鈴木昭平の生い立ちから 幼少期~青年期~挫折の人生を一歩踏み出す までを描くマンガ人物伝。(400円+税)



<u>-般社団法人エジソン・アインシュタインスクール協会から『まちがいだらけの子育てどんな子も脳の「発達特性」に合わせるだけでゲー</u> 伸びる』をご購入いただくと、『鈴木昭平ものがたり』(400円+税)、『子どもの未来支援宣言』(300円税込)を無料で差し上げます。送料無料: The main focus of our paper is mothers but for this issue's feature, we are covering fathers who are doing a great job during the corona crisis.

Recreating Store Style Noriben!

Before the COVID-19 stay-athome request, my husband was working even on weekends. He likes to cook so he has been spending more time in the kitchen these days. When I got home the other day, my sons were anxious to show me their bento lunch boxes. In it were fried fish and chikuwa (fish sausage). The white rice portion was covered with nori seaweed sprinkled with kelp and bonito flake tsukudani (food boiled in soy sauce). I asked "I knew we had the kelp tsukudani but where did you get the bonito flake one?" "I made it," he casually responded. He precisely recreated the noriben lunch box sold at a bento shop. Being a science teacher, he says "cooking is a science experiment." (Miwako Kondo)



Plotting Part Time Online Jobs

My husband is plotting to get the kids to do part time work online. Since he creates videos for YouTube, he thought the kids could do so as well. Our son who is in high school made a hobby channel. Because our junior high school daughter doesn't seem to be interested in the idea, he is researching and proposing job ideas that she can do online like writing or making a list of manga characters. (Akiko Yamamoto)



Father and Daughter, Closer than Ever Before

My husband has to go to work despite the spread of the coronavirus and commutes by train. I worry terribly that he has to be in such a high-risk environment. So when he comes home, I check carefully saying, "Take your clothes off here" and "Did you wash your hands and gargle?" Then I

send him off to take a bath with our daughter. She follows dad around the house when he is home. See how they nap together (Photo ①). Inseparable father and daughter with almost the same sleeping face.

(Yu Yoshimura)

Jungle Gym Dad

My husband is a butcher at a supermarket. Working at home is not an option and actually, he is working longer hours these days. When the front door lights turn on, the kids rush to greet him. "Yes, I'm home, let me wash my hands" says Dad. "Hurry, hurry!" say the daughters with anticipation. Then they receive his big, energetic hugs which make them scream with happiness. They sit next to him while he has his dinner, stealing his food and climbing up his back as if he's a jungle gym. Although he is unable to rest quietly, he keeps smiling. I hold back from saying, "It's time for bed" and appreciate the precious father daughter time.



Training at Home

Considering staying home as a good opportunity, I have been trying something - merging my hobby with my family. The environment and equipment at home aren't sufficient for a full work out training, which is my hobby. So I decided to scale down a bit and enjoy training with my wife and kids. Even kids can increase the number of push-ups and sit-ups by putting their knees down or using a cushion. Competing and cheering for each other, I am enjoying it more than I have expected. Parenting is interesting as it can be enjoyable depending on how you see and feel things. (Takeyuki Miyasato)







Inthe

living room

Atthe



Charging Breaks During Work

My husband appears suddenly opening the living room door on a weekday, calling out our son's name "Soya". Then he picks him up, pokes him, and plays with him for a few seconds and goes back to work. He has been working completely remotely since last week. He recharges himself by enjoying the quick moments with our son when stepping out for tea or for bio breaks. It is starting to become a daily routine. I'm getting used to the idea of all of us having lunch together. The stayat-home life is likely to continue and the warm sunshine is tempting. Seeing my husband happily recharging himself between work with our son makes me realize that my usual life of spending the whole day with our son is quite precious. Cherry blossoms will bloom again next year. We should be grateful that we both get to witness our son's growth every day, up close. (Ran Sugimoto)



Fixing Toys in Quarantine

My husband had a cold and was told by the doctor to stay home from work for 10 days. No one else in the family had a fever or symptoms, but I also stayed home from work just to be safe, and he was isolated from the family in a room for a week. On the fourth day of isolation, he was fixing broken toys in the isolation room. The LINE message "I miss the family even more when isolated" sounded sad. I brought him meals and snacks like a hotel staff. (Kazuyo Tezuka)



The Happiness of Having Dinner Prepared

My husband is often away on business trips and sometimes for long periods. But now he is on a rather long break. He stands in the kitchen every evening to prepare dinner. Not only can he cut/dress fish, he makes pizzas using gyoza dumpling skins and also salad dressings. He makes broth from scratch and uses skillful cutting techniques on vegetables before cooking them in the broth. The table is covered with various dishes and steaming rice. Yay! Thank you! This may be the first and last of such dinners. (Chihiro Kishi)



Impressed with My Sons'Good **Aptitude**

The kids are home with schools closed but I have to keep working in the interior business! I alternately take one of our 8th and 6th grade sons to work each day (Photo ②). I thought "as long as they don't get in the way it should be okay" as they are usually lazy and I scold them a lot. But actually, they have quite an aptitude and are contributing beyond my expectations. My wife who wishes for our sons to work for a large company is worried that they might just continue working for me. (Takeharu Iwaizumi)

Participating in an Online Cooking **Class for Dads**

Entering the second month of school closure, my kids are feeling the stress. I received information about an online ZOOM cooking class and decided to take part with our second eldest son. While preparing for it, I was going to clean the areas which might be visible on screen. But somehow I got into the zone and I ended up using most of my energy on cleaning before the class started. We made a rice omelet with chicken. My son was in tears after chopping the onions. We carefully listened and followed the instruction. My son was in charge of the stir frying (Photo 3) and we successfully finished making it. Then comes the eating time. My son said "It tastes better than the usual rice omelet!" Was it because we used two eggs or was it the butter...? The best part was that we did it together. Finally we had a nice talk over lunch with the dads across the country, who also participated in the class. Though it was online, it felt like an in-person experience. When flipping over the omelet, I noticed the Teflon coating of the frying pan was chipped. Maybe I should get my wife a new frying pan for a Mothers' Day gift. (Yoshiyuki Baba)



Dad's Reading Continues

When my husband comes home early, the kids sit on his lap and have him read many books. While he reads the book that one has chosen, the other one chooses the next book. This lasts for quite a while and sometimes he gets tired and falls asleep. Thank you, Dad. (Ayano Aoshima)



Taking a Walk with My Son in an **Empty Park**

I am a company employee currently working from home. Since I'm working on weekdays, I only have the one hour lunch break to spend with my son. So on my days off, I spend time walking together with him. By taking leisurely walks through the neighborhood empty park, I think I'm doing a good job in enjoying the given time. (Hiroto Shima)



Dad is an Expert on Having Fun

My husband is self-employed and takes care of the household chores and kids so the coronavirus has not affected his daily routine. But not having the pressure of waking up the kids on time, sending them off to school, and having them do their homework everyday, he is very calm and relaxed. While school is closed, he is eager to provide the kids with wonderful experiences that they cannot get in school. Together with the kids, he sings and plays the guitar and piano to the Gen Hoshino's song "Uchide Odoro" (Photo 4). They also started writing to a pen pal in the US and built a stage in the farm field... There is also the weeding, skateboarding, and walking. He and the kids don't seem to mind these valuable

opportunities. (Yasuko Nakamura)

Online Meeting While Seated Between the Daughters

I've been working from home, having endless online meetings in the living room. Meanwhile, other family members can't watch television or listen to music. Our teenage daughters are frustrated! But for some reason, they're all in the living room rather than their own rooms! (Yoji Takahashi)



Taking the Kids to Work Sites

We are a dual income household. With school closed, our 3rd and 1st grade sons have been going back and forth between home and my parents' home. My parents were enjoying having them at first, but taking care of the young boys full of energy could become difficult... So I decided to take my sons to work, a small builders office. The simple tasks at the work sites, meetings with the clients, site tours of the heavy equipment, and greeting the workers are all things they don't get to see or experience usually. I hope that some day, my sons can look back on the experience as a fun memory. It is at times like this that we adults need to give them hope.



Impromptu Camping at Home

My husband was eager to have a family camping debut this year. Then came the coronavirus. Regardless of the situation, our living room is getting filled increasingly with camping goods. One day we took out the chairs and table and had lunch on the wood deck! We barbecued and smoked food, and even napped in the hammock after lunch. Having to go with this, I am getting a bit tired. To be honest, I agree with the saying "a healthy husband is best out of the house". Yes, exactly! (Hiroko Wakikado)







Shoulder Ride Squat Challenge!

My husband gives our kids shoulder rides often. He started doing squats while giving our second eldest daughter a shoulder ride. He saw it on TV and decided to try it, yet gave up screaming "too hard!" after 10 squats or so. Our daughter was very happy requesting, "One more time! One more time!" but he refused saying, "No, I can't..." She weighs 10 kg. (Kanae Oso)



Let's Watch the Night Sky at Home Discovery Park Yaizu

We can feel summer approaching these days and now's the peak season for the spring constellations. The landmark of the spring constellations is the "Big Dipper (part of the Great Bear)" in the northern sky. If you extend the curve of the handle of the dipper, there is the orange color first magnitude star Arcturus of the Bootes. Extending it further, you can find the bluish white first magnitude star Spica of Virgo. Next, by connecting the two stars and extending to the south, there is the white color first magnitude star

along the Regulus, is the head of the lion. The constellations change by time and season. In general, the constellations that you can see in the southern sky, at around 8:00 pm in mid-February, mid-May, mid-August, and mid-November are called the constellations of spring, summer, autumn, and winter.

Regulus. By reversing the left and right of the "?" shape

You can make stargazing near home easier by using a little ingenuity. 1: Get your eyes used to the darkness! It takes at least 5 to 10 minutes for the human eyes to get used to the darkness. 2: Avoid bright store and street lights. Your eyes will not get used to it when strong lights hit your eyes directly, thus you will not be able to see the stars. It would be good to choose places where trees or buildings are blocking the light. Be careful and children should always go stargazing with an adult.

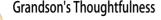
If you are interested in more details, please visit the Discovery Park Yaizu website, where we provide constellation observation tips and methods titled "Let's try at home! Constellation

> Ayumi Matsunaga (Astronomy Department, Discovery Park Yaizu)

observation and space study challenge!".



Mother Journalists ** 全国のお母さん記者(MJ 記者)が発信中! www.okaasan.net/



Takae Yokoyama (Sakai City)

My family has a routine to visit a shrine, Omiwa Jinjya, in Nara on the first Saturday or Sunday, every month. This family ritual was started by my father, now 77 years old, long ago in the first place and now my 22 year old son and I started to join him.

My son messaged us on LINE yesterday. "We shouldn't go this time under the current circumstances. I do not feel right getting on a train or meeting you. I will skip this time, hoping that we will be able to go next time." You are right, my little man. My father, in fact, has some underlying diseases which can get very serious if infected with COVID-19. So does my husband. "Stay Home." That's exactly it. Why don't we spend our hours by doing nothing at home to clear our minds a little bit?

My father messaged back to his grandson then. "I appreciate your keen opinion so much that it hurts. Thank you again." Our 77 year old man trying to hang on to the fast changing world and our 22 year old man watches over silently. You have grown up, my son.





How Do You Spend Corona Break?

Emiko Fukuda (Saga City)

You keep seeing and hearing the word, Corona, Corona... everywhere. It makes you feel kind of gloomy, but the children are still very energetic! My eldest son hammers nails into leftover wood, my second son draws and creates mysterious objects, and my third son just follows his brothers around and joins them.

The house looked like it had been ransacked since I had given up on tidying. It is sunny again today. My day starts with cleaning bedwetting. The children seem to be having fun despite my pain that is their mattress. The next moment, they fight with each other and then laugh. And they're wearing Santa hats for some reason!

Looking at them makes me feel that many things don't even matter and what's really important is "here and now".

Laugh with your children Moms! "Smiling makes me happy" is my motto. Now is the best time to let the children make you laugh. Then we can be happy here and now.





Holding Hands

Hiromi Takebayashi (Yokosuka City)

Pretend Kindergarten

Kanae Oso (Sakai City)

Excursion

My oldest daughter told me, "I want

a boxed lunch for dinner!" and I thought it

was a hassle but made it anyway. She said

"I'm going on a kindergarten excursion." I

understand her feelings... the excursion in

snow had been canceled due to the influence

While I was preparing, she said "I'll do it

myself", and made rice balls and packed them

in her lunch box. She even put an antibacterial

sheet over it and it was finally completed! She

enjoyed it with her little sister saying "Yummy!"

It all went fine until I heard a loud crash while

she was carrying her empty lunch box to the

kitchen. She started crying. The excursion

unexpectedly ended with a broken lunch box.

of the coronavirus.

Today is the last day for my first son at nursery school and tomorrow is the graduation day.

On arriving at the parking lot to school, he has always wanted to hold my hand immediately. His cute tiny hand. It has been my routine but I realized it finishes today. I was often embarrassed by troubles on his way to school. However, a lot of experiences through his nursery school life has helped me to grow as a mother. I'm sure his tiny cute hand has given me a lot of power. Thank you.



Looking at the Cherry Trees in Full Blossom

Misa Chihara (Fukuoka City)

I am the vice president of the Parent-Teacher Association at elementary school. Both the opening ceremony and the entrance ceremony were postponed, and I went to the empty school to discuss future matters.

The school without children looked deserted and quiet. All the classrooms, the shoe boxes, and the umbrella stands looked somehow lonely. The teachers also seemed down. During the chat, "The cherry blossoms at school are in full bloom, though no one can see it," said the principal quietly.

At this time of the year, the schoolyard should have been open for children during spring break, so they were supposed to be running around cheerfully and kicking soccer balls... and at the beginning of the new semester, the cherry trees in full of leaves were supposed to be welcoming the children. The ordinary scenery has now gone far away and I came back with many pictures of the cherry blossoms that won't be seen by anyone.

Since we must give up cherry blossom viewing, this year's cherry blossoms may be seen by the fewest people ever. However, they don't care about such things and are spreading their branches even today, and the beautiful flowers are in bloom to the fullest towards the sky proudly.

What are the things we can do now? Having a grudge against the virus? Criticizing the government? Blaming infected people? I face the cherry trees and think about what we can do now through the camera lens.

Fortunately, my family can stay home and relax for now. We can have meals and watch TV and laugh. We can play games and drink coffee. We can warm up in the bath and have a good sleep in bed. No one knows how long this lifestyle will last. We should raise our heads especially right now, and ask the cherry trees about what we can do, what we want to do, and what we

want to cherish. It is sunny again today. With the arms wide open, the cherry trees are waiting for everyone.



MJ Awards Congratulations! /

The first winner for this month is Ayano Aoshima for her article "Cabbage Rolls for My Son". The story came to a lovely end because she responded to her son's question, "What is a cabbage roll?" sincerely. It is important to save time when we are busy, but we sometimes need to take time when we interact with our children.

The second winner is Yuko Fukuda for her article Hokkaido. Hope you enjoy it! "What I Can Do as a Parent". We fully understand the description, "We wash our hands again and again until it almost makes our skin peel". Let's hope that this pandemic blows over even if it's only a day sooner.



The MJ awards winners receive "Otosara Natto" from Chikyu Natto Club, made with organic soybeans grown in

Provided by Chikyu Natto Club http://www.natto-club.com/



Nのぞいてみてね /

お母さん大学ってなあに?

自分のことなんて考える暇がないお母さん! でもお母さんでいるって実はスゴイこと。 そこにスポットを当てるのが「お母さん大学」です。

お母さん大学での学びは ペンを持って発信すること、 新聞をつくること、から始まります



全国版

http://www.okaasan.net/ 全国のお母さんが日々の気づきを ブログ記事にしています。

WEB 版



月1回発行される全国版。 みんなでつくるこの全国版が お母さん大学の教科書。



横浜、静岡、大阪、ちっご エリア限定で発行中。 新エリア版構想も続々…。

わたし版 月1回有志で発行する 私だけのお母さん業界新聞。

手書きの人もパソコンでつくる人も。

お母さん記者= M 記者? 「わたし版」編集長?

お母さん大学に入学(年間6000円) すれば、どなたでも「お母さん記者 = MJ 記者」として発信できます。

さらに「お母さん業界新聞わたし 版」をつくりたい方は、手を挙げて ください。「わたし版」を地域で配る 際は「全国版」か「エリア版」が必 要なため、本部または支局より提供 いたします。

「わたし版」のつくり方、配り方ほ か、お母さん大学やお母さん業界新 聞の詳細は、本部までメールや電話 でお問合せください。

お母さん大学本部事務局 TEL045-444-4030 info@30ans.com



An Ordinary Day

Sayo Ryuzaki (Miura City)

We go for a walk after I finish making dinner. My daughters are excited to walk our usual path. When my first daughter starts to run, my second daughter follows her saying "Whee!". They start to chase each other around.

My second daughter likes to carry leaves and branches, so she is happily picking them up.

My first daughter likes flowers and says endearing things like "Flowers say let's play together!" and "These pink flowers are so cute! I love them!"

We hold hands and they walk with lively faces. It's a peaceful time where I can feel the warmth of their soft, small hands. I think that happiness exists in these ordinary moments.

I wonder what our children's future will be like. I'm really worried about the current situation and want to say "Why me?". "Who did it?" I want to blame someone. "Could someone help me?" I want to leave all my concerns to someone. I don't want my children to know that I'm overwhelmed with crushing anxiety. They are growing gradually and slowly but certainly. Even when people are consumed with worry, they still keep growing.

Now is connected to the future. Small children will grow. Strongly, kindly, and beautifully. To have a heart that can find their own happiness.

I will cherish the here and now with all my heart.





Cabbage Rolls for My Son



Ayano Aoshima (Fujieda City)

I always try to make time-saving dishes. While reading a picture book with my son, a cabbage roll appeared in it which caught me off guard. Then my son asked me "What is a cabbage roll?", as I expected. I said "Cabbage leaves stuffed with meat and it's tasty." "I wanna eat it...", he said.

I hadn't made anything elaborate in a while but I wanted to make his wish come true. So I made cabbage rolls for the first time in ages although it was my husband who minced the onions.

My son said "It's so yummy! Please make it again", which made me really happy.



What a nostalgic taste! My mom taught me how to make them. I loved her cabbage rolls. I hope this taste will be handed down to my children.

What I Can Do as a Parent



Kuniko Fukuda (Osaka City)

The Governor of Osaka declared we must refrain from unnecessary outings. It made me feel the threat of COVID-19 more than before, so I and my son have been staying at home.

We wash our hands again and again until it almost makes our skin peel because it could be serious if my son was infected with the coronavirus as he has an underlying disease. To save his smile and to not regret, we repeatedly gargle and wash hands every day.



Red Light, Green Light

Matsuri Matsumoto (Yokohama City)

Twilight time. I headed back home from a park with my second, third and fourth sons. We somehow decided to play "Red light, Green light".

They started from in front of the house two doors down and looked excited. It was getting dark, so it was hard for me to see them clearly, but I was moved to see my youngest has grown enough to play the game. I tried to take photos while saying "Green light... Red light!" but they looked so small as they were far away.

It had been a long time since I saw all four of them play together even though it was only for about 5 minutes.



Eating Out at a Time Like This!?

Tomoko Tosaki (Ashiya City)

Before noon, on my husband's day off, he said that "Aya (our second daughter) told me she wants to eat out". "Are you kidding me? At a time like this?" I replied to him angrily. "No, she doesn't mean that. She wants to eat in our yard". Oh! I see.

Actually, it had been stressful, because we were told that we shouldn't go to crowded places.

"Yard lunch". We might feel as if we went out. Usually, we rarely take out our table, chairs and tarp, because we can't be bothered. Luckily, my husband was at home, so he took out the table and chairs. (We were still too lazy to take the tarp out.) We could enjoy something special, just by eating in our yard. It made us feel as if we went out. This kind of "eating out" is a good idea. From now on, I will keep thinking what can we do at home.



To increase the number of moms who enjoy raising children.

Toast to Dream!

Tomoko Kanno (Yokohama City)



The night of the Super Moon in April. While preparing for dinner, my eldest daughter in 7th grade said, "Let's go see the moon!" We couldn't see it from our balcony, so we went to the top of the hill. It was like we were about to be sucked into the shining moon. When I tried to pray for peace, my daughters told me seriously, "If you wish on the Super Moon, it will come true!". That's right. It must come true. I always learn a lot from my daughters.

My dream is to increase the number of moms who say "Parenting is interesting!" with a smile. I want to make a place where we can do that.

Have a toast to yourself who is working hard towards your dream!

Every month, a member of the Mother University who has a dream will receive a case (350 ml x 24 cans) of the non-alcoholic beer "Kirin Zero Ichi". You can enjoy it in various situations, such as before driving or during pregnancy, and when you are out and about. (Provided by Kirin Holdings Company, Yokohama Branch)



お母さんって社会から孤立しがち?いえいえそんなことないんです! お母さんがペンを持つとこんなにつながる! 全国のお母さん仲間がここにいます! 全国各地に拠点があります 全国版 わたし版 WEBでつながる! 地域でつながる! 折々おしゃべり会にて 毎月書きためた WEB 版からも紙面に "孤育て"をなくす活動です。 お母さんの手で新聞を 子どもとの"今"は 全国版は横浜にある WEB版 折って最後の仕上げ。 将来の宝物。 本部で編集されています。 お母さん同士が 日々の出来事を記事として投稿 つながる! 毎月本部からさまざまなテーマの "宿題" antezz が出されます。これも自分や自分の to the state of 仲間とイベントも 子育てを見つめるきっかけに。 大智的 企画しちゃいます エリア版 地元の情報盛りだくさん! E BAK 地域とつながる! 全国のお母さん大学生が 共感してくれる! 全国版かエリア版は わたし版を添えて 地域に届けます。 今月号以 お母さん大学生もイロイロ。全国には専業主婦 いつか子どもが成長したときに、 働くママ、子育てがひと段落したお母さん、 横浜版、静岡版、大阪版、 自分がどんな風に育ったのかを、 読んでもらうことを夢見て。 シングルマザーやお父さんもいます。 ちっご版を発行中! 構成・イラスト: 須戸真美

(MOTHER 30)

Fraud Prevention Ideas

What we can do to stamp out communications fraud.

- Ask for their birthday. If they don't know the birthday of the person they're supposed to be, it must be a scam. (Risa
- Communicate with local people. We should interact with members of the community and help protect them from scams. (Yu Yoshimura)
- Cancel parents' landlines. They will eventually get used to it and start using email and social media. (Takae Yokoyama)
- Forward all landline calls to the cellphone of the most reliable person in your family. (Tomoko Amano)
- Look up first. If it is from an unknown number, look it up on
- Enjoy answering scam calls, get into character from a child to a grandmother with bad hearing. (Mayumi Takagi)
- Memorize these lines: "May I have your name again? I'll consult my family and call you back. Can I have your number?" (Yasufumi Yabuki)
- It should be banned to use an ATM while talking on the phone so that scammers won't be able to guide people to transfer money to them. (Yoshii Sakamoto)
- A password just among family members which is too ridiculous that you can't tell others. (Yuko Fujiu)
- ick if it's from someone you know. (Katsuya Ol
- Be careful of not only scam phone calls but also scam 14 emails and messages. (Taeko Yamamoto)
- Respond with a maternal love. Talk kindly to lonely 16 scammers to fill the emptiness of their heart. (Misa Chihara)
- Talk to your family members on a daily basis so that you confidently
- 18 be a scammer... No, we cannot do that! (Yasuko Nakamura)

Test and train your grandma and grandpa by calling them pretending to

- Build a trusting relationship with people in your community and 20 exchange information on scams. (Hiromi Takebayashi)
- Tell your child not to answer landline calls when they stay at

Make a family group chat, update each other on anything new, and

- 22 work together as a family to prevent being scammed. (Chihiro Kishi)
- Refine your senses by running around barefoot with your 24
- kids so that you can trust your instinct. (Seiko Aoki)
- other should anything happens. (Miyuki Yamazaki Pretend to be a digital voice message when responding to a dodgy call.
- 26 You might burst into laughter in the middle of it. (Emiko Fukuda)
- Update the elderly members of your family on information concerning scams 28 regularly and include links to calming videos in the message. (Mami Aoyagi)

- Ask the question" What is mother to you?" when on the phone with a scammer. They might remember their mother and stop scamming people. (Yuko Fujimoto)

Help Find the Missing Girl Nationwide! Contact: Kanagawa Asahi Police Station TEL: 045-361-0110



Kaori

It has been 28 years since Kaori Nomura (a 3rd-grade elementary school student back then) who lived in Honjuku-cho, Asahi-ku, Yokohama, went missing around 15:50 on October 1, 1991. There are only few eyewitness accounts. If you have any information, please contact us now!



Kaori at 8 years old when she went

Okaasan Gyokai Shimbun Special English Edition

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お母さんの笑顔を応援しています

Mother University Bulletin Board

Phrases with Roses



Touching phrases with roses.

Une maman est semblable à une rose qui ne se fane jamais; A mom is like a rose flower that never withers. Stop and smell the roses; Calm down and feel the happiness just around you. Take time to smell the roses; Cherish the moment and enjoy your

Japanese roses by Rose Farm KEIJI



"Wabara - Japanese roses" created by Keiji Kunieda and his son Kenichi, rose breeders in Moriyama City, Shiga. About 60 kinds of lovely and gentle roses are displayed on the "Wabara Rose Catalog" website. As a mother is the center of a family, a life with Japanese roses in the center of a house must be wonderful

Picture Book that Makes You Want to Grow Roses



A bouquet of roses gifted by her grandma. Rachel is heartbroken to see the roses dying, until she decides to plant and care for her own roses from a sapling. The pictures with a soft touch express the affection between the mother and the daughter. "Rachel's Roses" written by Karen Christensen, illustrated by Bernadette Watts, translated by Yoshiko Yagita, and published by Nishimura Shoten.

Rose House "Climbing Rose Garden"



Taketo Hamada's "Climbing Rose Garden" in Nagoya City has become a model for gardeners. Searching for sunshine and air, warmth in winter and coolness in summer, it has grown tall and to the left and right, and now it is a huge 55-year-old tree with a width of 30 meters that covers the entire house. Find your favorite rose and start with the one tree.

http://www.okaasan.net/

For more info visit:



Some of the local governments like Yokohama City have roses as its city flower. They revitalize the city by maintaining rose gardens, developing rosethemed gourmet and souvenirs, naming their facilities and events after roses, designing a city mascot and manholes inspired by roses, and so on. How much are roses loved by Japanese people?

"Rose" Hot Pot Makes Everyone Smile!



How about a "rose" hot pot made with pork ribs (both pork ribs and roses are "bara" in Japanese). Put Chinese cabbage on the bottom of the pot, and your favorite ingredients on top, then sliced pork ribs rolled like a rose flower on the top. Gently pour the soup stock from the side and let simmer. An usual dish becomes special.

CREDITS

EDITORIAL

The volunteer translators who helped us create the English Edition of Okaasan Gyokai Shimbun: Amiko Ikeshima, Asuka Otsuka, Takiko Shichida, Yoko Ogata, Koichi Tanaka, Mia Takeshige, Misuzu Nakano, Emiko Nagayasu, Tomoko Nishizawa, Nobuto Fujiyoshi, Yukinori Miyazawa, and Hinako Fujimoto.

Special thanks to Lindsay Coderre for all her help with the making of the paper.

Thank you for reading our paper. We have published

newspapers to make mothers smile for 30 years, but it

was our very first time making an English edition. We

would like to thank the volunteer translators who made

it possible from the bottom of our hearts.





Okaasan Gyokai Shimbun For the latest information. visit our website and social media







people all across the world have stayed at home and been reminded of the importance of family. Oceans and skies have cleared up, which has told us that it's our responsibility to preserve nature for our children.

We hope the pandemic ends as soon as possible and the smile on everyone's face returns. Goodbye, corona.

