

親子サロンはじめのおもい

子育てに対する不安はいつの時代にもあったはずですが。実際、私たちは子育ての中で、孤立・不安・揺れ・いらだち・ストレスを感じる事が多いです。でもこれらを軽減、解消していく場や機会をなかなか持てないまま時間だけが過ぎていきます。その結果、子どもに対してゆとりを持って関われないお母さんたちが急速に増えてきています。ここには国籍の差はありません。

そのお母さんたちの孤立感の解消・息抜き・不安の軽減などをはかるためには何が必要でしょうか。いつでも自由に話ができる交流の場がほしいのですね。誰にも合うようなものは難しいです。でも、少しでも自分の気持ちをほぐせるような場は必要です。そのためにできることが‘親子サロン’です。「みらいちゃん」「ポテト」を運営する中で、たくさんの人の気持ちがほぐれるような場にしていきたいと思います。

山本 とも子

In any era, people faces insecurities in child care. Most of the time, people feel loneliness, insecurities, instability, irritation and stress during child care. However, there is no place or opportunity to reduce or eliminate how mothers feel. As a result, mothers who feel tensed in child care is rapidly on the increase. This is true regardless of any nationalities.

What is needed to help mothers to eliminate their loneliness, reduce their insecurities and for mothers to take a break? A place where mothers can freely talk and communicate is desired. It is however difficult to meet everyone's needs. However, a place where you can relieve even a little of your stress is necessary. Thus, the start of "Let's Play Together - Parent and Child" play group. We would like to create an environment where through this play group, eventually many people will be able to relieve some stress in child care.

Tomoko Yamamoto

私がポテトを開こうと思ったのは、日本語教室で「来日して4年になるが日本人の友人はいない」の一言でした。私も30年前、厚木に越して来て3人の子供の親になり不安な事も有りましたが、幸いにも私は回りの人に助けられました。今、良き友人達、そして母親達、子供達とつながりを持ち、手を組みながらのんびりと「ポテト」を作っていきたいと思います。

杉本 秀子

The reason that I thought of starting up the play group "Potato" is due to these words "I have been in Japan for 4 years but I do not have any Japanese friends" by a student of the Japanese language class. I moved to Atsugi 30 years ago. I am a mother of 3 and there were times when I felt insecure but when I was in trouble, there were people around me who helped me. Together with good friends, mothers and kids, hand in hand, I would like to leisurely form the play group "Potato".

Hideko Sugimoto

I am a Malaysian. I came to Atsugi in February 2004 with my husband, a Japanese and 6 month old daughter. When I first arrived, I know only very basic Japanese and I was not able to hold a conversation in Japanese. The first thing to do is to look for a Japanese class. However, with a 6 month old baby, it was quite impossible to attend formal Japanese classes. My husband browsed the internet and came upon the ViVi Voluntary Japanese class. There were several other Voluntary Japanese classes but this was the only place that allowed you to bring a small baby along to class. Being a foreigner in an unfamiliar territory surrounded by people speaking a totally foreign language can be quite intimidating. The teachers were all very helpful and friendly. Through the teachers, I was introduced to a play group for mothers with small children held at the ViVi child care center every Wednesday morning. I started joining the play group and through it, made 2 good friends whom I keep in touch with until now. I am very appreciative and thankful that I came across ViVi. Learning the Japanese language and culture from the Japanese teachers and being given the opportunities to meet other mothers with kids of the same age really ease the transition of my life in Japan. Both my daughters have now started kindergarten. I was approached to start up a play group for foreign mothers with small children. Being a foreigner myself, I can understand how tough it can be to be away from your family and country. Japan is a nice country with very nice people and as I was offered lots of assistance since I came to Japan, I would like to do what little I can to help others too. Through Potato, I hope to establish an environment where foreign mothers can exchange information and hopefully ease the transition of their life in Japan.

Jenny Saito

私はマレーシア人です。2004年2月に日本人の主人と6ヶ月の娘とマレーシアから厚木に引っ越しに来ました。来たばかり時は簡単な日本語しかわからず、会話は殆どできませんでした。日本語クラスを探しましたが、6ヶ月の赤ちゃんを連れて一緒に勉強できる場所はViViの日本語教室しかありませんでした。外国に来てみんな良くわからない言葉を話している中、自分を小さく感じました。日本語先生達はとても親切でいろいろな事を手伝ってもらいました。先生達の紹介でViViの親子サロンに参加しました。親子サロンで二人の親しい友達ができ、今でも連絡を取り合う仲です。ViViに関わり、とても感謝しています。先生達と、娘と同じ年のお母さん達との出会い、日本社会により馴染む事ができました。今、二人の娘は幼稚園に通っています。私は外国人のための親子サロンを始めませんかと誘われました。自分は外国人で家族と自分の国を離れて生活する事は簡単なものではない事を良く知っています。日本は素晴らしい国だと思います。日本人は親切で、日本に来た外国人の私を良く手伝ってくれました。私はできる限り、少しでも誰かを手伝ってあげたいと考えています。これから「ポテト」を外国人が情報交換をし、日本に住みやすくするための場としていきたいと思っています。

齋藤 ジェニー