

# 次世代のこころを育むパークマネジメント

## Park management to nurture the mind of the next generation

みんなの健康、次世代を育むこと  
Healthy life and nurture the next generation

### 背景・課題

#### Background and Challenges

- 子育ては、次の時代を担う人を育てる重要なことであるとともに、親として我が子とともに過ごす貴重な時間でもあり、親と子の双方にとって充実したものでなければなりません。
  - しかし、現在の日本では、少子化や核家族化、さらには地域とのつながりや近隣関係の希薄化により、孤独な子育てに悩む親が増えています。
  - また、仕事を持つ親は、子育ての時間が不足し、子どもとの良好な関係を築くことにも悩んでいます。
  - 遊びの多様化や習い事の増加により、子どもは植物や生き物と触れ合う時間が減少している傾向にあり、生活のなかで自然の素晴らしさや命の尊さを、身をもって学べる機会が減っています。
- Raising children is not only precious for parents to spend time with their own children, is but also very important to nurture the next generation. Therefore we hope that it will be fulfilling for both parents and children.
  - However, in Japan today, a lot of parents are distressed by raising children alone without asking for help due to a low fertility rate, nuclear family tendency and weakening of their relations with the neighborhood and community.
  - Additionally, parents having jobs are distressed also by building a good relationship with their own children due to the lack of time to be together.
  - Increasing in lessons and the diversity of plays, e.g. virtual reality game, make children have less opportunity to contact with plants, bugs, animals and learn the great nature and life.

### 都市公園の役割

#### Role of Public Parks

- 人と地域をつなぐ、人と人をつなぐ、人と自然をつなぐ役割を果たす都市公園は、子育てに悩む親同士、親と地域、親と子をつなぎ、誰もが、楽しく充実した“子育て”ができる地域社会づくりに貢献できます。
  - 私たちは、このような視点に立ち、公園管理に関わるなかで、さまざまな形の次世代支援に取り組んでいます。
- Public parks take important role in connecting between people and nature, people and local community, people and people. Therefore public parks can support parents to raise their children happily in their local community, connecting between parents distressed by raising children alone and their local community, the parents each other, the parents and their own children.
  - Based on this view, we have making an effort to support next generation in different way in administrating public parks.

### 私たちが捉える次世代支援のパークマネジメント

#### Our Park Management for Supporting the Next Generation

- 私たちが都市公園を舞台に取り組む「健康づくり」は、すなわち、次世代支援でもあります。
  - 私たちは、「健康」を、身体的な健康ばかりでなく、心の健康も含まれ、さらには、地域社会の健やかさや人のつながりにおける健やかさも指す概念として捉えます。
- “Health promotion”, which we are implementing at public parks, is also a support for next generation.
  - “Health”, our goal to work toward, means not only physical health, mental health, but also social well-being such as the healthy community where people are connecting to people, their community and nature.

