For Children Whose Hometown will be Koto City

“Koto City Child-rearing Handbook 2016” includes contact information of Koto City facilities and services related to child-rearing and specialists who can advise you on issues and concerns in child-rearing. It’s difficult to raise children alone.

I believe that support from the family, community, government agencies, and child-rearing support groups are necessary for a child’s healthy growth.

Please read this handbook and let’s raise children together in “Koto City”, the hometown of children and let’s raise children together and make Koto City their great hometown.

Lastly, I’d like to take this opportunity to express my gratitude to the sponsors who have supported the purpose of this handbook.

City Hall Office Building Information

4-11-28 Toyo, Koto City
Phone: 03-3647-9111 (Representative)
Mon.-Fri.: 8:30 a.m.-5 p.m.
* Some receptions are open until 7 p.m. (Only Wednesdays)

<table>
<thead>
<tr>
<th>2nd Sundays</th>
<th>Wednesday Nights</th>
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</table>
| Civic Affairs Division
  - 2F Disaster Prevention Center 2F
    - Changes on family register
  - National pension application/exemption
| ☒ | ☒ |
| Medical Insurance Division
  - 2F
    - Application for National Health Insurance, lump-sum allowance for childbirth
| ☒ | ☒ |
| Welfare Office Protection First Division
  - 2F
    - Implementation of protection for poor households, family counseling, and hospital delivery aids based on Public Assistance Act of each region*
      - * For regions, refer to p. 22.
| ☒ ☒ | ☒ |
| Nursery Division
  - 3F
    - Nursery school counseling, application, and fee payment
| ☒ | ☒ |
| Child-rearing Support Division
  - 3F
    - Application for allowances related to children, medical aid application and reception, and issuance of medical allowance certification
| ☒ | ☒ |
| After School Support Division
  - 6F
    - Training fee payment for Child Club Payment for Koto Kids Club
| ☒ | ☒ |

[Closing Days]
Sat./Sun./Holiday/New Year’s holiday (Dec. 29 - Jan. 3)
* 2nd Sunday of every month (4th Sunday in March/June)
Reception is open between 9 a.m.-4 p.m.

Toyosu Special Branch Office

Toyosu Civic Center 3F, 2-2-18 Toyosu, Koto City
Phone: 03-5534-9299 (Administrator)
* Business days and hours are the same as the city office.

<table>
<thead>
<tr>
<th>Services</th>
<th>2nd Sundays</th>
<th>Wednesday Nights</th>
</tr>
</thead>
</table>
| Resident Division
  - Issuance of certification related to family register
| ☒ | ☒ |
| Family Register Division
  - Changes on family register
| ☒ | ☒ |
| Nursery Division
  - Advices on finding nursery school
| ☒ ☒ | ☒ |
| Child-rearing Support Division
  - Child allowance application, medical aid application and reception, and issuance of medical allowance certification
| ☒ | ☒ |

* Not all affairs are handled at our office. Please contact us beforehand.
Index by the Type of Help You Need

I don’t have any acquaintances in this area...Is there any place I can visit with my children, sit down and discuss childcare with someone knowledgeable? Are there parents like me in my neighborhood?

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Health Counseling Centers → p. 11, 12
Child-rearing Support Groups List → p. 19, 20

We’ve just had a baby! What do I have to notify the city?
Procedures & Notifications → p. 24, 25

I’m worried about my child’s development. What should I do?
Counseling → p. 13, 14, 63-66
(Koto City counseling and development support centers)
Support Systems for Children Entering Schools → p. 52

Where are the nursery schools and kindergartens?
Nursery Schools → p. 32-43
Kindergartens → p. 47-49
Centers for Early Childhood Education and Care → p. 50

The next step is an elementary school. What systems are there?
Elementary School Systems → p. 51-53

Is there any facility that takes care of children after school?
Child Club, Koto Kids Club, and
After School Kids Class (Genkids) → p. 54-57

I need help picking up my child. I want to go shopping. Is there any facility that takes care of children when I am busy?
Temporary Child-rearing Support → p. 68
Temporary Childcare Support for Recreation → p. 70
Family Support Center → p. 72

I need help with household chores! What services are there?
Helper Service → p. 73
Senior Human Resource Center → p. 74

Is there any facility where I can play with my children?
Support Centers for Families with Children → p. 9, 10
Koto City Facilities Where Parents Can Play with Their Children → p. 75-79
Outing Map → p. 81-88

What kind of support is there for single parents?
Counseling → p. 91 (Single Mother & Father Counseling)
Financial Support → p. 91-93
Independence Support → p. 93
Other Supports → p. 94, 95

I don’t know how to raise children!! Help!!
Phone Counseling → p13, 14
Learning Opportunities → p. 90

What do I do when children are ill or get injured?
Emergency Contacts → p. 102-104
Childcare for Sick Children → p. 45, 46

I hear a child crying in a house nearby...
Suspected Child Abuse → p. 101

Can I receive a medical checkup in the neighborhood?
Koto City Medical Institutions List → p. 106-118
Koto City Map and Town Names & Main Road and Station Area Map
Useful for Child-rearing!

Child-rearing Information Web Portal

1. Support Centers for Families with Children (Nickname: Mizube)
You can check monthly schedules and events such as classes at five support centers for families with children in Koto City.

2. Baby Map
It shows stations within Koto City that have a facility where you can change babies’ diapers and breast-feed your baby. You can also see the map on a smartphone. It is very useful when you are on the road.

3. Events at Child-rearing Facilities
A Google calendar shows monthly schedules of nursery schools, kindergartens, children’s centers, and support centers for families with children. You can also copy the schedules to smartphones and computers.

4. Child-rearing Support Emails
You can subscribe for our periodical email newsletters, "Hello, My Baby!," "Vaccination Navigator," and "Child-rearing Event Info."

"Hell My Baby" has just launched!

Maternity Email
- 00 weeks and 00 days pregnant
- 00 days until the scheduled delivery date
- <Baby’s disposition>
- <For Moms Today>
Based on how many weeks and days you have been pregnant, we send you information on the estimated growth of your baby and advice for new parents.

New Mother’s Email
- 00 days has passed since 00’s Birth
- <About the Baby>
- <For Moms Today>
It delivers child-rearing advice and physical health information that matches your baby’s monthly age along with mental health information for you.

You can subscribe from Child-rearing Information Web Portal.
http://koto-kosodate-portal.jp/
What is **Child-rearing Information Web Portal?**
This website is available on smartphones and computers. You can get a lot of information on child-rearing! If you are rearing children, this is for you!

5. **Local Child-rearing Support Information**
It carries current information on events held by child-rearing support groups around Koto City. Please check out the events of your interest.

6. **Child-rearing Handbook**
This handbook is also available in electronic formats. You can download it as a smartphone app or save it as a PDF. Keep it handy all the time!

**Voices of users <About Child-rearing Information Web Portal>**
I often go to the support center for families with children, so I use this to check their monthly schedule. I have little time, taking my older child to and from kindergarten and lessons and taking care of my younger child, so this is quick and useful. (by Hanahana-san (4-chome Toyosu)/ Children: 6, 1, and 1 year old)

Koto Kosodate(Child-rearing) Messe 2016 will begin!
→ Please see p. 72 for details.
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<td><strong>Civic Affairs Division</strong></td>
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<td><strong>School Affairs Division (Kindergarten)</strong></td>
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<td><strong>School Support Division</strong></td>
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<td><strong>Schooling Support Center</strong></td>
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<td><strong>Disabled Persons Support Division</strong></td>
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<td><strong>Protection First &amp; Second Division</strong></td>
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<td><strong>Others</strong></td>
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<th>3 months</th>
<th>6 months</th>
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<td><strong>School Affairs Division (Kindergarten)</strong></td>
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<td><strong>Disabled Persons Support Division</strong></td>
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<td>Aid for Tots Handbook for the Mentally Disabled p. 96</td>
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<td>1 year old</td>
<td>1 year and 6 months</td>
<td>2 years old</td>
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Child Short Stay p. 71

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Childcare Classes for 9-10-month-olds p. 26

Medical Checkups for 1 and Half-year-olds p. 26 &
Dental Checkup for 1 and Half-year-olds p. 26
Childcare Classes for 1 and Half-year-olds p. 26
Detailed Medical Checkups for 1 and Half-year-olds p. 30

Medical Checkups for 3-year-olds p. 26
Detailed Medical Checkups for 3-year-olds p. 30

Follow-ups for Toddlers
- Food Classes for 1-year-olds p. 26
- Dental Hygiene Counseling for 1-year-olds p. 13

Dental Hygiene Counseling for 2-year-olds p. 13
- Childhood & Adolescence
  Mental Health Counseling p. 13
  Psychological Counseling for 3-year-olds p. 26

Mental Health Medical Aid for Children p. 31

Childcare for Sick Children p. 45, 46

Board of Education Classes p. 90
School Counseling p. 14 & 53
Education Counseling p. 14

Kindergarten p. 48 & 49

Facility for Supporting Child Development p. 63-66
Other Support p. 98-100
Center p. 72
A Heartwarming Support for Your Child-rearing

Koto City Support Centers for Families with Children Mizube

What do support centers for families with children (Nickname: Mizube) offer?

- There is a “Child-rearing Hiroba” where parents and children can play together.
- You can receive advice from well-experienced staffs and experts.
- You can join various programs and classes.
- You can create communities for yourselves and your children.
- You can start using these services during pregnancy.

Mizube is a place where people warmly welcome you.

**A** Fukagawa Kita Support Center for Families with Children
Address: 14-6 Takabashi
General: 03-5600-8701
Counseling only: 03-5600-8708

**B** Toyo Support Center for Families with Children
Address: 3-1-2 Toyo
General: 03-3699-4871
Counseling only: 03-5665-4017

**C** Toosu Support Center for Families with Children
Address: 5-5-1-201 Toosu
General: 03-3536-7681
Counseling only: 03-3536-7682

**D** Ojima Support Center for Families with Children
Address: 4-1-37 Ojima
General: 03-5836-1621
Counseling only: 03-5836-1625

**E** Minamisuna Support Center for Families with Children
Address: 3-14-1-101 Minamisuna
General/Counseling: 03-5617-7772

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**Feel free to receive counseling!**

Child-rearing Counseling
[Every Mon.-Sat.]
(Except for holidays and New Year’s holiday)
Face-to-face counseling: 9 a.m.-5:30 p.m.
Phone: 9 a.m.-6 p.m.

**Enjoy!**

Child-rearing Hiroba
[Every Tue.-Sat.]
(Except for holidays and New Year’s holiday)
10 a.m.-4 p.m.

**Seek help**

Special Counseling (Reservation Only)
[Once a month]
- Development Counseling
- Family affairs counseling
- Psychological counseling
It's important to relax once in a while.

Temporary Childcare Support for Recreation (Reservation Only)

[Every Mon.-Fri.]
9 a.m.-12 p.m. & 1 p.m.-5 p.m.
Up to 3 hours per day (by hour)
¥500 per hour
Please refer to P70 for details.
Feel free to ask anything.

What are Health Counseling Centers?

Health counseling centers provide counseling and medical checkup for infants, parents, and expecting mothers. They provide information on classes and counseling about child-rearing and family health. Residents have designated health counseling centers depending on their area. Please feel free to contact each health counseling center for details.

Voices of users <About Parents Classes>

I am pregnant with my first child and was worried about everything. One day, a public health nurse gave me information on parents classes on holidays. I had no work on holidays, so I went with my husband. Listening to experiences of other parents was very informative and helped me imagine what it is like living with a baby. More than anything, their babies were simply adorable! I also found comfort in being able to meet other expecting mothers in the neighborhood. I hope that my husband and I can gradually become great parents. (by Premamami-san (2-chome Shiomi))
Health Center and Health Counseling Center Main Services

**Counseling**
(Refer to p. 13)
Special counseling by specialists such as public health nurses, nutritionists, dental hygienists, psychological counselors, and child psychiatrists is also available.

**Medical Checkups**
(Refer to p. 26)
Check your child’s growth and development through a medical checkup. Medical checkups take place at ages of 3-4 months, 6-7 months, 9-10 months, 1 year and a half, and 3 years. Medical specialists provide follow-ups for children with signs of growth or development issues.

**Classes**
(Refer to p. 90)
Classes are held on pregnancy, childcare according to age, and baby food (Parents classes, childcare classes, and food classes). Reservation may be necessary for some classes. Please contact each health counseling center for more information.

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~ A Koto Project Launch: Yurikago (New Project of 2016) ~

**<Maternity Counseling>**
Public health nurses and other medical specialists will give face-to-face counseling to all expecting mothers and introduce services for pregnancy and post-delivery, give advice on pregnancy, and offer counseling on delivery and child-rearing.

**<Postpartum Care Services>**
“Postpartum Care Stay” and “Postpartum Care Visit” are available for those with concerns about childcare without family support. “Breast Care (at Home or Hospital)” is available for those with breast problems. These services are all one time only. Please see the Koto-ku website for eligibility, fees, and other details.

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**Voices of users <About Parents Classes>**

I was reluctant at first when my wife asked me to join, but I am glad I did. Listening to other parents, it was an eye-opening experience to hear other mothers sharing how difficult it was for mothers after giving birth. The belly I wore was much heavier than expected! It made me want to help and support my wife as much as I can. Listening to the lecture, I learned about the recent child-rearing information and became aware of my responsibilities as a parent. (by Papa1stYear (Shinonome 1-chome))
Feel Free to Ask

Concerns About Child-rearing, Child Growth, and Development

There are so many uncertainties in child-rearing, and it is normal to be concerned. Some concerns may be “Am I properly breast-feeding my baby?”, “I feel stressed around the baby.”, or “The baby has not spoken yet.” Feel free to ask anything concerning yourself or your baby. Experienced staff and experts are happy to help. You will feel more at ease.

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<tr>
<th>Counseling Service</th>
<th>Phone Counseling</th>
<th>Hours</th>
<th>Contents</th>
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<tbody>
<tr>
<td>Support Centers for Families with Children</td>
<td>(Counseling Only)</td>
<td>Phone Counseling Mon.-Sat. 9 a.m.-6 p.m.</td>
<td>We provide counseling on anything related to children and family. Please feel free to call! In addition, experienced staff is available at Mizube to speak with you upon a visitation. They may refer you to an organization that can best support you depending on the counseling contents.</td>
</tr>
<tr>
<td>Fukagawa Kita Mizube</td>
<td>5600-8708</td>
<td>Days and hours may vary depending on the type of counseling that 6 available at the centers.</td>
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<tr>
<td>Toyosu Mizube</td>
<td>3536-7682</td>
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<td>Tokyo Mizube</td>
<td>5665-4017</td>
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<td>Ojima Mizube</td>
<td>5836-1625</td>
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<td>Minamisuna Mizube</td>
<td>5617-7772</td>
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<tr>
<td>Health Counseling Centers</td>
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<tr>
<td>Joto Health Counseling Center</td>
<td>3637-6521</td>
<td>Mon.-Fri. 9 a.m.-5 p.m.</td>
<td>We offer counseling for concerns in child-rearing, child health and development, or anything concerning new mothers. Counseling is provided by the center staff and experts. Please first contact the health counseling center of your area.</td>
</tr>
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</table>
| Fukagawa Health Counseling Center                     | 3641-1181        |                                            | ● Breastfeeding Counseling
Counseling for concerns about not having enough milk, not being able to feed properly, breast problems, and knowing when to stop breastfeeding. |
| Fukagawa South Area Health Counseling Center           | 5632-2291        |                                            | ● Childcare Counseling
Group counseling and exchanges are held regularly in each area for parents with infants. |
| Joto South Area Health Counseling Center               | 5606-5001        |                                            | ● Child-rearing Counseling
Counseling with clinical psychiatrists and other experts on concerns such as lack of confidence in child-rearing, questioning your love towards the child, and blaming yourself unnecessarily. |
|                                                                |                  |                                            | ● Development Counseling
Counseling with medical experts for children with problems in motor skill development such as not being able to hold their heads, turn over, or crawl well. |
|                                                                |                  |                                            | ● Dental Hygiene Counseling
Counseling and discussions on dental checkups and cavity prevention for 1 and 2 year olds. (those who are eligible will be personally notified) |
|                                                                |                  |                                            | ● Food Counseling
Counseling with nutritionists on baby food and toddlers’ foods and snacks |
|                                                                |                  |                                            | ● Speech Counseling
Counseling on developmental and behavioral concerns about children such as the late development of speech, pronunciation problems, and having strong preferences. |
|                                                                |                  |                                            | ● Psychological Counseling about Three-year-old
Counseling about children with concerns about mental development and behavior |
|                                                                |                  |                                            | ● Counseling about children with concerns about mental development and behavior |
|                                                                |                  |                                            | Counseling with child psychiatry experts on hyperactivity or developmental disorders and other problems that occur in adolescence such as anorexia, binge eating, refusing to go to school, or domestic violence |
Counseling for Concerns about Child Education and School Life
Counseling on educational concerns such as the inability to adapt to the school environment, disobedience, and falling behind in school are offered.

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<tr>
<th>Counseling Service</th>
<th>Phone Counseling</th>
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<tr>
<td>School Support Division Special Education</td>
<td>3647-9175</td>
<td>Mon.-Fri. 9 a.m.-5 p.m.</td>
<td>We conduct counseling on various school issues such as school recommendation for children with mental or physical problems or anxiety towards school life.</td>
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<tr>
<td>Schooling Support (Education Center 3F)</td>
<td>3649-3835</td>
<td>Face-to-Face Counseling Mon.-Sat. 9 a.m.-5 p.m.</td>
<td>Resident clinical psychologists provide specialized guidance and advice on refusing to go to school, bullying, learning, career choices, child education, and behavior.</td>
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<td>3649-3834</td>
<td>Phone Counseling</td>
<td>Mon.-Sat. 9 a.m.-5 p.m.</td>
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<tr>
<td>Board of Education Office</td>
<td>3647-9179</td>
<td>Mon.-Fri. 9 a.m.-5 p.m.</td>
<td>Supervisors and educational counselors offer counseling on educational contents in preschools and elementary and middle schools.</td>
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Other Counseling Services

**Tokyo Child-rearing Information Services**

This child-rearing information service is available 24/7. Guidance for Pregnancy, child-rearing, prevention and emergency measures towards accidents involving children are available via the Internet and phone.

- **Phone:** 03-3568-3711 (Automated Reply)
- **Internet:** [Tokyo Child-rearing Information Services](#)  

**Tokyo Metropolitan Child Guidance Center**

Specialists offer counseling on child-rearing, discipline, and development.

- **4152 Phone Counseling:** 03-3366-4152
- **Counseling Hours:** Mon.-Fri. 9 a.m.-9 p.m.
  
  Sat./Sun./Holiday 9 a.m.-5 p.m. (Except for Dec. 29-Jan. 3)

- **FAX for the Auditory and Speech-Impaired:** 03-3366-6036

**Koto Child Consultation Center, Tokyo** 03-3640-5432

Child Consultation Center is an advisory organization based on Child Welfare Act. Anyone can receive counseling about children under the age of 18 including the children themselves, their families, school teachers, or people in their community. Child welfare officers, child psychologists, doctors (part-time), and other experts will give advice and assistance.

- **Hours:** Mon.-Fri. 9 a.m.-5 p.m.
- **Counseling Content:** Following are some of the assistance we provide.

**Child Concerns**

- I don’t want to go to school
- I am having a difficult time with my friends
- I am being bullied, but I can’t tell anyone
- My parents hit me, say hurtful things, and don’t feed me.

**Adult Concerns**

- I get irritated and hit my children.
- I am reporting child abuse, or I am reporting a suspected child abuse.
- I can’t take care of my children due to illness
- I would like to have an Ai no Techo (Handbook for the Mentally Disabled) issued
- My child has been away from home, shoplifting, and has become violent.
There is a system that provides homes or facilities to rear children who have no parents or whose parents are unable to take care of them and are seeking foster homes and parents.

- **Foster Parents**
  - Foster Homes (Hotto Family)
    - Households that provides temporary care for children who cannot live with their parents, for one month or more.
  - Special Foster Homes
    - Households that provides temporary care for abused or disabled children, juvenile delinquents, and other children who require special support.
  - Foster Relatives
    - Households with person under duty to support or a family member of the spouse who will support a child with specified conditions (e.g. both of the parents have died) and his or her partner that provides temporary care to the child.
  - Adoptive parents
    - Households that takes children into their foster care with an intention to adopt them eventually.

- **Facilities**
  - Infant Homes
    - Eligibility: Infants under two years old who cannot be raised at their home due to parent’s illness, financial issues, or abuse.
  - Children’s Homes
    - Eligibility: Children that are at least two years old who cannot be raised at their home due to parent’s illness, financial issues, or abuse.

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**Child Counseling (Tokyo Society of Certified Clinical Psychologists)**

Counseling for children and parents about the child’s home and school life, friends, or parent-child relationship is available.

- **Phone Counseling:** 03-3868-3626
- **Hours:** Tue./Wed./Fri./Sat./Sun. (Except for New Year’s holiday) 10 a.m.-12 p.m. & 1 p.m.-4 p.m.

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**Child Health Counseling (Child Emergency Counseling)**

Specialists offer counseling on child health and emergencies.

- **Bureau of Social Welfare and Public Health, Aging Society Department, Family Support Division**
- **Phone Counseling:** #8000 or 03-5285-8898
- **Hours:** Mon.-Fri. 6 p.m.-11 p.m.
  - Sat./Sun./Holidays/New Year’s holiday: 9 a.m.-11 p.m.

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**Juvenile Counseling Service (Police Department Counseling Services for Juveniles)**

Counseling on concerns about yourself, your child, or your child’s behaviors

- **Adolescents Phone Counseling:** 03-3580-4970
- **Hours:** Mon.-Fri. 8:30 a.m.- 8 p.m.
  - Sat./Sun./Holidays: 8:30 a.m.-5 p.m. (Closed for New Year’s holiday)
**Children’s Human Rights 110 (Tokyo Legal Affairs Bureau)**
This phone counseling service is specialized for human rights-related problems such as bullying, corporal punishment, and abuse. It is also available for adults and is toll-free (anonymity is guaranteed). We provide counseling via the Internet as well.
- **Phone Counseling:** 0120-007-110
- **Hours:** Mon.-Fri. (Except for holidays and New Year’s holiday) 8:30 a.m.-5:15 p.m.

**Children’s Human Rights 110 (Tokyo Bar Association: Children’s Human Rights Redress Center)**
Attorneys offer counseling on the phone about bullying, refusing to go to school, corporal punishment, problems with a school teacher, accidents at school, juvenile delinquency, child welfare, child abuse and other troubles that children may face (consultation is free of charge).
- **Phone Counseling:** 03-3503-0110
- **Face-to-face counseling:** 03-3531-2205 (Reservation Only)
- **Hours:** Mon.-Fri.: 1:30 p.m.-4:30 p.m., 5 p.m.-8 p.m.
  Saturdays: 1 p.m.-4 p.m.

**Child Counseling (Kids Himawari Hot Line)**
Daini Tokyo Bar Association
This service is provided by attorneys for children and parents about problems with bullying, corporal punishment, refusing to go to school, and statelessness. (Counseling is free of charge.)
- **Phone Counseling:** 03-3581-1885
- **Face-to-face Counseling:** 03-3581-2257 (Reservation Only)
- **Hours:** Tue./Thu./Fri. (Except for holidays) : 3 p.m.-7 p.m. (Phone counseling)
  : 3 p.m.-5 p.m. (Face-to-face counseling)

**Inochinodenwa (Social Welfare Corporation Inochinodenwa)**
This phone counseling service is provided for people who are suffering from mental health problems such as loneliness, failures, and social relationship problems.
- **Phone Counseling:** 03-3264-4343 (Open 24/7)

**Tokyo Metropolitan Single-parent Household Support Center, “HAAT”**
To realize a safer life for single-parent households, we provide support such as counseling about daily life and child support, legal consultation for divorce, and child visitation support.
- **Life Counseling:** 03-5261-8687
  Everyday (Except for New Year’s holiday) 9 a.m.-4:30 p.m.
- **Counseling about child support, legal consultation for divorce, and child visitation support:** 03-5261-1278
  Everyday (Except for New Year’s holiday) 9 a.m.-4:30 p.m.
* Face-to-Face Counseling (Reservation Only)
Tokyo Metropolitan Single-parent Household Support Center, “HAAT Iidabashi”

We provide career counseling, career support, and job introduction suitable for each single-parent household.

- Career counseling and support for job search: 03-3263-3451 * Feel free to call.
  - Every day (except for New Year’s holiday) 9 a.m.-4:30 p.m.
  - Tue./Thu. (except for holidays) 9 a.m.-7:30 p.m.
  - Face-to-face Counseling: Mon.-Sat. (Reservation Only) * Sun./Holiday (Phone Counseling Only)

Women’s Counseling (Tokyo Metropolitan Women’s Counseling Center)

We offer counseling for women on violence from a husband or boyfriend, pregnancy, childbirth, mental health and financial problems.

- Phone Counseling: 03-5261-3110
- Every day: 9 a.m.-8 p.m. Mon.-Fri. (Except for Holidays/New Year’s holidays)
- Face-to-face Counseling: For those who live in the 23 wards of Tokyo Call 03-5261-3110 to make an appointment beforehand.

Tokyo Women’s Plaza

General Counseling

We offer counseling on DV, sexual harassment, couple or parent-child problems, lifestyle, and work relationships.

- Phone Counseling: 03-5467-2455
- Every day: 9 a.m.-9 p.m. (Except for New Year’s holiday)
  * Face-to-face counseling is available (reservation only) if needed. Feel free to call.

Men’s Counseling

We offer counseling on problems that men may face.

- Phone Counseling: 03-3400-5313
- Mon. & Wed.: 5 p.m.-8 p.m. (Except for holidays/New Year’s holiday)
  * Face-to-face counseling is available (reservation only) if needed. Feel free to call.

Education Counseling Before Going Abroad, During Stay, and After Return

(Public Interest Incorporated Foundation) Japan Overseas Educational Services
Atago Toyo Building 6F, 1-3-4 Atago, Minato City

Educational specialists offer counseling that suits each household’s educational principles and environment, the period of stay, and children’s ages so that the children can receive education in a foreign country without worries. If you live in a foreign country or away from our office, counseling is also available via our website, phone, FAX, or online counseling.

- Phone Counseling: 03-4330-1352  FAX: 03-4330-1355
- Homepage URL: http://www.joes.or.jp/
List of Koto City Child-rearing Support Groups

These are groups that offer classes, interactive activities, and other events related to child-rearing in Koto City. Feel free to join for when you are worried about child-rearing or want to find friends in the region who are also rearing children. You are not alone.

[All areas in the city]
Child-rearing Support Line “Papa Mama Line Tokyo Kawanote”

1. NPO Koto Oyako Center
   Directors: Keiji Watanabe & Chiyomasa Fujisawa
   2-9-28 Ojima, Koto City / 03-3682-8583
   Call us from anywhere
   1st & 3rd Fridays of the month 1p.m.-4 p.m.
   For those rearing children.
   It is a child-rearing support line in which the volunteers speak with those who are raising children. 03-3633-0415. Talk to us about your child, fellow moms, families, and yourself. You can even complain under anonymity. Talking about your problems might help!
   No registration needed, please call us directly.
   Free of charge

[All areas in the city]
Child-rearing Support Home Visits “Home Start Koto”

1. NPO Koto Oyako Center
   Directors: Keiji Watanabe & Chiyomasa Fujisawa
   2-9-28 Ojima, Koto City / 03-3682-8583
   Within Koto City
   Visitation upon request. Feel free to ask.
   Households with a preschool child.
   Volunteers visit household that rears children and provide child-rearing support in cooperation to assist independence by listening problems, going out with them, and helping domestic duties. Contact: 090-2162-8835.
   No registration needed, please call us directly.
   Free of charge

[All areas in the city]
NPO Mother Tree Nature School

1. Director Keiko Nakayasu
   14-21 Takahashi, Koto City / 03-3633-1320
   /mother-tree@triton.ocn.ne.jp
   Parks in Koto City, support centers for families with children, Biokkuur, etc.
   No regular dates.
   Infants and parents, moms and dads
   By interacting with nature and playing at the near park, we foster “rich sensibilities,” “energy to live,” and “flexible bodies” that children naturally have. Forest Kindergarten (parents classes and child classes), organic cooking (pickled plums and miso), natural crafts, farming experience (rice cultivation), member exchanges, etc.
   Send an application form to the Office (download it from our homepage)
   Must pay registration and annual fees as well as event participation fees.

[All areas in the city]
NPO Child-rearing Support Oyako

1. 1-18-9-204 Sarue, Koto City / 03-3635-4626
   There are three parent-infant classes in Koto City (Sumiyoshi and Umibe) as well as the class in Sarue.
   Infants/Weekdays 9:30 a.m.-2:30 p.m.
   Elementary school children/Saturdays 9:00 a.m.-1:30 p.m.
   Children with development problems or disabilities (0-12 years old)
   We provide developing support for such children and their parents. This is a day care facility based on Child Welfare Act. People learn and interact with each other mainly at parent societies, and hold events such as seasonal events, bus hiking, and a parent-child festival that both parents and children can enjoy.
   Contact us via the phone. Apply at the city office after visiting the facility or having an interview.
   There is a monthly fee ceiling depending on the parents’ income.
   Annual fee: ¥1,000

[All areas in the city]
Community for Active Moms “himawari”

1. Director Emi Yamanishi
   2-chome Kitasuna, Koto City / 090-4925-8494
   /himawarimama.info@gmail.com
   Education Center Gender Equality Promotion Center
   Minamisuna City Resident Center, etc.
   Weekdays: 10:00 a.m.-12 p.m. Days of the week depends on the event.
   Children and parents rearing children (Expecting mothers, children between the ages of 0-year-old-preschool)
   We hold events for parents, children, and moms (Classes, food education, sports, etc.) to meet others in the community. Even those who have just moved in can join easily. We support all the mom’s mental and physical health and active life. We actively join, support, and collaborate at events of other groups, companies, and cities.
   Fill in the membership application form in paper or digital form on our homepage.
   Annual fee: ¥2,000 (Non-member can also join in each event, so feel free to participate in it.)

[All areas in the city]
No Diaper Childcare Exchange

1. Director Yukiko Tsuchiya
   7-50-1-302 Kameido, Koto City / 090-9150-5740
   Kameido Culture Center/City Resident Center
   Once or twice a month 10:00 a.m.-12 p.m.
   Infants between the age of 0-2 and their parents
   It does not mean we forbid using any diapers. The no diaper childcare is aimed for better communication between the infant and the parent through excretion. This social event is organized for those who are doing the no diaper childcare, interested in this rearing method, or just for pregnant women and mothers looking for opportunities to communicate. We will study about how to interact with babies through the no diaper childcare.
   Apply via our homepage each time (No membership system)
   Free of charge
**[Joto Area] Child-Rearing Salon Sukusuku**

- **Director Kyoko Soeya**
  5-5-9-101 Higashisuna, Koto City / 080-5063-6500
- **Child-rearing Salon Sukusukuto Kametaka Area Meeting Place**
- **Mon.-Sat. (Except for Thu.) and 3rd Sunday of the month**
- **Children between the age of 12 months-3 years and their parents**
- **Play with wooden toys at parent-child playground and interact with other participants. Drinks are provided. Large groups will have a lunch break. We also have birthday parties and seasonal events. The family version of it is a**  Mokukiku Hiroba. **Enjoy the Talking Room & Mom Café with your children.**
- **Warabe Uta Baby Massage: Massage your baby along to Japanese nursery rhymes.**
- **We provide temporary childcare upon request. You can borrow “wooden toys”. We recommend children to play with wooden toys every day.**
- **No registration needed, please call to apply.**
- **The basic fee is ¥500 for a parent and child. Fees may change according to each event.**

**[Fukagawa Area] Asobiba Koto Sarue Play Park**

- **Director Yamamoto**
  080-8916-2601 / kendymico@gmail.com
- **Tokyo Metropolitan Sarue Onshi Park to the north of Boken Hiroba**
- **1st, 3rd, and 5th Saturdays of the month 10:30 a.m.-3:00 p.m.**
- **Anyone**
- **The motto of this park is “Play freely under your own responsibility.” This park does not have regular playground equipment and has handmade equipment that allows children to find and express their own ideas. Feel the natural elements of fire, sand, water, and wood. Do things that you cannot do in the city!**
- **Sarue Play Park is available without reservation. Check the information for opening dates on Facebook.**
- **Free of charge  Membership (Annual fee: ¥1200)**

**[Fukagawa Area] Mom Rings**

- **Director Ochiai**
  2-10-9 Sarue, Koto City / 080-4163-8447 / momrings@goatbabe.com
- **Kameido Culture Center, Mom Rings Office**
- **Every month  Once a month child-rearing salon**
- **We designed a homepage, “Koto Child-rearing Daily”**, **Children and parents rearing children or parents rearing children**
- **We operate a child-rearing information website “Baby Safety Café ★ Child-rearing Daily from 0 years old”. The salon is held once a month: “Perfect Child-rearing Daily from 0 years old in Koto” We offer several classes such as “My Child-rearing: Poji Fika Salon”. We are a project management group cooperating with Koto City on “Koto Kosodate Messe”, which began in 2016.**
- **Mom Rings is looking for members who want to spread information on child-rearing and support. Please visit our homepage and Facebook for details.**
- **No membership fee**

**[Fukagawa Area] Mommy Green Choir**

- **3-3-12-303 Miyoshi, Koto City / mommygreen@hotmail.co.jp**

**[Southern Fukagawa Area] NPO Link Smile**

- **Director Mayumi Furuhata**
  2F, 3-10-5 Toyo, Koto City / 03-6666-1361
- **Yamazaki Bldg, 2F, 3-110-5 Toyo**
- **Mon.-Wed.: Three-year-old class**
  **Thursday morning: Parent-child class for 1-2 years old (and younger children)**
- **Children and parents rearing children (preschool children)**
- **Establish a better relationship between parents and their children (one or two-year-olds) and take a step towards making friends. This preschool offers various activities such as eurhythmics, exercise, arts, parent and child games as well as cooking and mom work. Three-year-olds can start learning social skills through play and experiences with other children at the preschool.**
- **Send an email from our homepage or call us directly.**
- **Depends on the service. Please refer to our homepage.**

**[Southern Fukagawa Area] Child-rearing Support Society for Everyone’s Smile**

- **Director Yuko Osaka**
  1-5-17-1401 Tatsumi, Koto City / 090-7334-5129
- **City facilities (e.g. city resident center) and parks, etc.**
- **We hold special or seasonal events (Hiroba).**
- **All child-rearing families**
- **We hold “Hiroba” which aims for children and parents with or without disabilities to interact with and exchange information or have a nice time and create a bond with other community members through events. We also hold a large event once a year.**
- **No application is necessary. Information is provided on the Facebook group page.**
- **Some Hiroba requires a participation fee.**

**Sakai Evangelical Church Tokyo Chapel**

- **2-17-10 Kiba, Koto City**
- **(As a rule) first and third Mondays every month. 10:00 a.m.-noon**
- **Anyone who wants to sing a gospel. We welcome beginners or children accompanied by parents. You do not need to be a Christian! A gospel club where children and parents sing together. While having your children play freely, let’s sing about love, thanks, and prayers with “gospel”. You can chat with others, destress, and refresh.**
- **Entry Fee: ¥1000. Free of charge for a trial. ¥1000/session (includes all expenses)**

**Kiba Play Park Adventurers**

- **Contact: kiba_bokentai@yahoo.co.jp**
- **Tokyo Metropolitan Kiba Park Minami no Boken Hiroba**
- **2nd Saturdays of the month except for August, 10:30 a.m.-3:00 p.m.**
- **Anyone (From infants to elementary and middle school children)**
- **Anyone can play using waste material and enjoy nature without limitation thanks to the local volunteer staff and playground leaders who never say “Stay clean” or “It’s too dangerous!” (Woodworks, mud, rope, paint, beachcombs, cloth, etc.)**
- **No application necessary. There is no entrance fee for Kiba Play Park.**
- **¥500 annual fee for those who would like to be a supporter—refer to the blog for details.**