



Feel Free to Ask

Ekokkuru Koto Environmental Learning Information Navigator "Tasuke-kun"



Concerns About Child-rearing, Child Growth, and Development

There are so many uncertainties in child-rearing, so 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 hasn't said anything yet, is that OK?" Please feel free to ask about any anxieties you have about your baby or about you yourself. Experienced staff and experts will consult with you. You will definitely feel more at ease.

Counseling Counter	Telephone Number	Date	Content
Support Centers for Families with Children Fukagawakita Mizube Toyosu Mizube Ariake Mizube Toyo Mizube Ojima Mizube Minamisuna Mizube 	Counseling Hotlines ☎5600-8708 FAX 5638-7515 ☎3536-7682 FAX 3536-7683 ☎5962-4118 FAX 5962-4301 ☎5665-4017 FAX 5665-4780 ☎5836-1625 FAX 5836-1627 ☎5617-7772 FAX 5617-7773	Phone Counseling Mon. - Sat. 9 a.m. - 6 p.m. *Counseling by interview: every day only in Ariake Mon. - Sat. 9 a.m. - 5:30 p.m. every day only in Ariake Dates are different depending on Special Counseling centers	We offer various counselings on childrens and families. Please feel free to call and ask about any anxieties you have. If you visit any "Mizube", you can consult experienced staff in "Mizube" in person, and they will introduce you related facilities optimal for your counseling contents if necessary. Experts such as clinical psychologists offer counseling for child's development and family affairs periodically. Since reservation is required, please call your nearest "Mizube".
Nursing Counseling centers Joto Health Counseling Center Fukagawa Health Counseling Center Southern Fukagawa Health Counseling Center Southern Joto Health Counseling Center 	☎3637-6521 FAX 3637-6651 ☎3641-1181 FAX 3641-5557 ☎5632-2291 FAX 5632-2295 ☎5606-5001 FAX 5606-5006	Mon. - Fri. 9a.m. - 5p.m.	We offer various counselings on concerns about child-rearing, children's health and development, and counselings for mothers after deliverly. Consultations are offered by staff and experts. Please contact the Health Counseling Center in your area . ●Breastfeeding Class Counseling for concerns about "insufficient mother's milk", "sucking probelms", "breast pain by breastfeeding", etc.and weaning. ●Childcare Class Group counseling and exchange meetings for mothers and fathers having babies and infants are regularly held in each area and for each age group. ●Child-rearing Counseling Counseling by experts such as clinical psychologists with respect to concerns about "feeling unsure of child-rearing", "occasionally feeling difficult to love my child" and "being worried by disagreement with other family members about child-rearing", etc. ●Development Counseling Counseling by medical specialists for children with concerns of development of movement such as delayed development of head control, rolling, crawling, etc. ●Dental Health Counseling Tooth check for 1 year old and 2 years old, talks on how to prevent tooth decay and counseling are offered (eligible children will be notified individually). ●Food Counseling Counseling by registered dietitians on baby food, infant food after baby food, and snacks. ●Speech Counseling Counseling for children with concerns of speech development and behavior such as speech delay, pronunciation problem, strong preference, etc. ●Psychological Counseling for 3-year-olds Counseling for children with concerns of mental development and behavior ●Childhood & Adolescence Mental Health Counseling Counseing by medical specialists of child psychiatry for hyperactivity disorder and developmental disorder and problems in adolescence such as anorexia, overeating, school refusal, and domestic violence, etc.

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After Delivery

Facilities for
Children

When You Need Help
with Child-rearing

Outings with
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Learning Opportunities
about Child-rearing

For Single-parent
Households

For Children with
Special Needs



Child Hotline



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Nursery school Shinai Nursery school  Makoto Nursery school  Tomoshihi Nursery school 	☎3633-1679 (Counseling Only) FAX 3633-1723 ☎3641-6438 (Counseling Only) FAX 3641-1024 ☎3644-2747 FAX 3644-3147	Counseling by phone and interview Mon. - Fri. 9a.m. - 5p.m.	You can consult directors of nursery schools, experienced nursery school teachers, nurses, and dietitians. Besides counseling by phone and interview, services such as "Mother Classes", "Setting up Child-rearing Clubs", and "Child-rearing Salons" are also available. *Counseling on Child-rearing is available also in "My Nursery School Hiroba" beside these three schools. Please see "My Nursery School Hiroba" in p.56 for more details.
Child Development Center (CoCo) Shiohama Oogibashi 	Shiohama ☎5632-2591 FAX 3640-5371 Oogibashi ☎3648-3760 FAX 3648-3671	Mon. - Fri. 9a.m. - 5p.m.	These centers are the special medical treatment institutions for supporting development of preschool children. This center offers counseling for guardians, and individual or group instruction regarding children. If you are worried about anything such as delay in exercise development and development of speech of your child, please feel free to consult with that. ●Main Projects ・Child development support project ・Plan counseling support project ・(City) Counseling project ・Nursing center visitation support project (up to about third-year student in elementary school)
Welfare Commissioners and Child Welfare Volunteers 	Welfare Management Section Public Welfare Division ☎3647-4318 FAX 3647-9186	Introduction of Welfare Commissioners and Child Welfare Volunteers 9a.m. - 5p.m.	Welfare commissioners and child welfare volunteers offer counseling regarding welfare, and provide the necessary support for connecting the consultants to City office and related organs. There are welfare commissioners and child welfare volunteers in each area. Main Counseling Contents ●About loneliness and anxiety of expecting mothers ●About various problems regarding child-rearing and children

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.

Counseling counter	Telephone Number	Date	Content
Special Support Education Section, Education Support Division (Education Center 2F) 	☎3647-9175 FAX 6458-6087	Mon. - Fri. 9 a.m. - 5 p.m.	We offer consultations on various topics about school attendance such as choosing suitable schools for children with mental or physical concerns or with worries about school life.
Education Counseling (Education Center 2F) 	☎3649-3834 FAX 5690-4049	Mon. - Fri. 9 a.m. - 4:30 p.m.	We offer counseling on school refusal, bullying, learning, carrir options, educational concerns and children's behavior, and counseling on education content at city nursery schools, elementary schools, junior high schools, and compulsory education schools. These councelings are offered by full-time education counselors (over the phone) and specialized psychologist (interview, reservation necessary).

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