

Learning Opportunities about Child-rearing

Koto Children's
Festival mascots
"Kakkun and Yu-chan"



Courses held at Support Centers for Families with Children (Mizube)



Support Centers for Families with Children (Mizube) hold various courses on child-rearing for everybody from expecting mothers and fathers to those who are in the middle of raising a child. Please contact each facility for details, such as course content and schedules. The address of each center can be found on p. 13 - 14.

Example courses

- KOTO Happy Child-rearing Training (nicknamed "Hapitore")
- Baby Touch Care for Dads
- How do you deal with the 'rebel period?'
- Playing with nature
- Maternity Yoga

Courses held at Health Counseling Centers

Health counseling centers offer courses in child-rearing for each age and on baby food for expecting parents and those raising children. Please contact each health counseling center for details, as some require reservations. The address of each center can be found on p. 15 - 16.

Example courses

- Parenting classes (weekdays, holidays)
- Childcare classes (9 - 10 months old and 1 and a half years old)
- Baby food classes (6 - 7 months old)
- Classes on meals for one year olds (1-year-old)

Courses held at the Board of Education



In these courses, guardians of children from infancy to junior high school age can learn what roles parents play and about the development of children. These courses provide you with the knowledge and information you need along with providing chances to interact with friends to make sure you can leave all doubts behind about raising your first child. Please visit their website for more information.

Example courses

- Home education classes for parents of toddlers
- Home education classes for parents of elementary school children
- Home education classes for parents of junior high school children
- Volunteer projects by the PTA, "Community Home Education Classes"

Current courses at the Center for Promotion of Gender Equality



The Center for Promotion of Gender Equality offers various educational courses for parents interested in learning while raising children (childcare service can be used. There are also courses whose livestream video can be watched with your children in a separate room). Please subscribe to the e-mail newsletter "Gender Equality Newsletter Pal Cart Mini ♪" for up-to-date information. (You can access the newsletter registration site through scanning the QR code on the top right.)

Example courses

- Koto City Pal College
- Pal College Step Up Support Courses Planned by Seminar Graduates
- Make the whole family smile! Fathers' Happy Child-rearing Course ~Workshop & Putting Child to Sleep~
- Are you ready for child-rearing? Lets' talk about it during paternity leave! Return from paternity leave Course for moms and dads

Child-rearing
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to Ask

After Finding Out
You're Pregnant

After Delivery

Facilities for
Children

When You Need Help
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Outings with
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For Single-parent
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For Children with
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Child Hotline

~KOTO Happy Child-rearing Training Course~

The Koto Happy Child-rearing Training Course (nicknamed “Hapitore”) allows you to study how to face your child and discipline them without resorting to yelling or hitting them. Through roleplay, you can learn skills you can immediately put to use in your own home, and this course is recommended to those who are having trouble with discipline. You take the course with other parents and guardians, and you can also make friends you can talk about your worries with.



■Curriculum

1. Continuation Series Learning and taking steps through 6 main courses and 1 follow-up course
2. Introductory Series You can learn the essence of the program with one two-hour course.



■Eligibility

Those living in the city and raising children between 3 years old and 6 years old, roughly

*The content is meant for those whose children are able to have conversations and talk with people

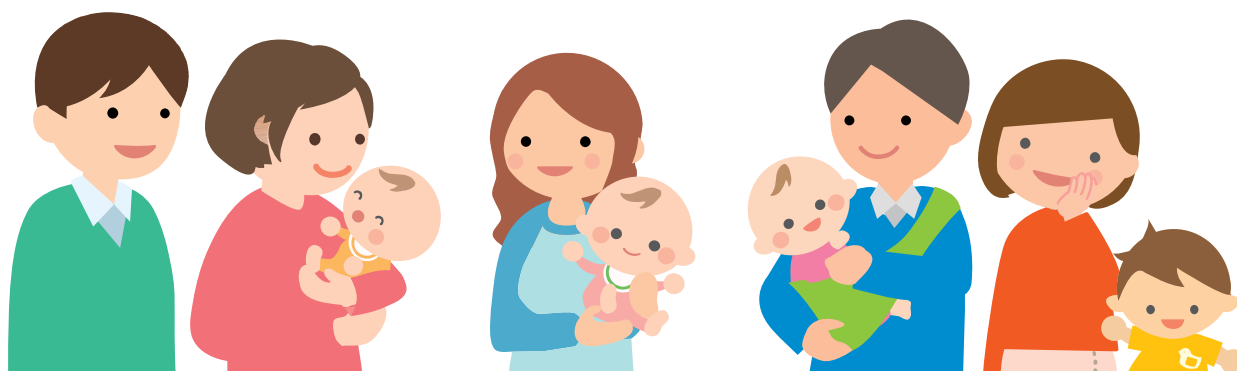
■Application

Continuation series application information is printed in the city report and on the city website.

*Introductory Series are held in the Support centers for Families with Children and Nursery Schools as necessary.

Voices from Participants

- * I have a feeling that my anger during child-rearing has reduced. I was shown all kinds of tips to make spending every day with my child more happy.
- * It was difficult chasing after my children before I took the class, but I was able to listen to others' worries and implement the skills I learned in my own home, which I'm thankful for.
- * I changed myself by taking this course, and I became able to respect my children and treat them more kindly.
- * Thanks to the content we covered in role-play and what we implemented at home as homework and as practice, I was able to apply these skills effectively.
- * By listening to the opinions of the other participants, I was able to see things I had never noticed until now, and I think it was really good that I took part.



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