

# Childbirth, Child-Raising, and Education

## Child-Raising Support

Pregnancy, Childbirth, and Child-Raising



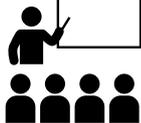
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This booklet is divided into 8 parts

1. Preparing for Emergencies and Disasters
2. Procedures for Changes of Address and Taxes
3. Insurance, Health Maintenance and Welfare
4. Employment and Status of Residence
5. **Childbirth, Child-Raising, and Education**
6. Living
7. Leisure
8. Useful Information

For inquiries regarding matters written in this book, please refer to the Shinjuku Foreign Resident Advisory Corner noted on the last page of this booklet where counseling in foreign languages is available. When you contact departments or telephone numbers listed in this booklet, **unless otherwise specified, be sure to speak in Japanese or have someone who speaks Japanese talk for you. The information in this publication is subject to change.**

This booklet is also posted on the Shinjuku City website.



## Pregnancy, Childbirth, and Child-Raising

### ■ Issuance of the *Mother and Child Health Handbook* (Boshi Kenko Techo)

- ☞ **Ushigome Public Health Center**  
☎ 03-3260-6231
- ☞ **Yotsuya Public Health Center**  
☎ 03-3351-5161
- ☞ **Higashi-Shinjuku Public Health Center**  
☎ 03-3200-1026
- ☞ **Ochiai Public Health Center**  
☎ 03-3952-7161
- ☞ **Health Services Section, Health Promotion Division**  
☎ 03-5273-3047

If you become pregnant, please submit a notification to a Public Health Center, Health Services Section of Health Promotion Division, or a Branch Office at your earliest convenience.

The *Mother and Child Health Handbook* (Boshi Kenko Techo), which records the pregnancy and childbirth progress, the child's development, health check-ups, and immunizations, is issued to those who are pregnant.

A Mother and Child Health Bag, which contains a guidebook on pregnancy, childbirth, and child-raising, and a pregnant women's health examination slip, is given to those who are registered as residents.

#### ○ Eligibility

Those who are pregnant (as a rule, for those who have completed resident registration in Shinjuku City)

#### ○ Application Procedures

Please file a pregnancy registration form available at the City Office counter.

#### ○ Filing Locations

Public Health Centers

Health Services Section, Health Promotion Division  
Branch Offices

Notes:

1. Please call the center/section above for more information.
2. There is a *Mother and Child Health Handbook* foreign-language version in Korean, Chinese, Spanish, Tagalog, English, Portuguese, Thai, Indonesian, and Vietnamese. You can pick a copy up at the

Health Promotion Division and Public Health Centers. The Korean, Chinese, and English versions are also available at our Branch Offices. If you want one, please say so at the service counter when you receive your *Mother and Child Health Handbook*.

### ■ Childbirth/Childrearing Support Programs (“Yurikago [Cradle]” Shinjuku)

#### ☎ Public Health Centers and Health Services Section, Health Promotion Division

To support women from the time of pregnancy and through the childrearing years, specialists such as public health nurses offer personal consultation and information on pregnancy and post-delivery to ensure peace of mind. If you submit a pregnancy notification at a local Public Health Center or at the Health Services Section of the Health Promotion Division, you can receive personal consultation services on the spot. If you file your pregnancy notification at a Branch Office, please bring your *Mother and Child Health Handbook* (Boshi Kenko Techo) to a local Public Health Center or the Health Services Section of the Health Promotion Division. Expectant mothers who go through a personal consultation with a specialist will receive an item (worth ¥10,000) to support pregnancy, childbirth and childrearing at a later date.

You are also eligible for personal consultation services if you move into Shinjuku City while you are pregnant.

### ■ Mother's/Parents' Classes

#### ☎ Public Health Centers

Classes are held for expectant mothers and fathers concerning pregnancy, childbirth, and child-raising.

#### ○ Application

Please make your reservations for the mother's class by phone directly with the Public Health Center where the class will be held. For the parents' class, please ask the contracted company.

### ■ “Nice to Meet You” Baby Support Class

#### ☎ Public Health Centers

Midwives and public health nurses offer group work as well as consultation, advice, and information concerning child-raising for expectant mothers and nursing

mothers.

Please make your reservations directly by phone with the Public Health Center where the class will be held.

## ■ Birth Notification

### Family Register Section, Family and Resident Registration Division

The mother or father should complete the designated birth notification procedures within 14 days of the birth, at either the city office of the place of birth or the parent's present address.

Also, please be sure to complete the following procedures:

- Application for visa status at the Tokyo Regional Immigration Bureau within 30 days of the birth
- Procedures designated by your home country (such as passport application)

Note: If you or your spouse is a special permanent resident and wishes to file a special permanent resident application for your child who was born in Japan, you will need to come to the Resident Registration Section of the Family and Resident Registration Division within 60 days of the birth. A valid birth certificate is required for this application.

## ■ Home Visit Health Checkups for Babies

### Public Health Centers

An instructor (such as a midwife or public health nurse) will visit the home of a family with a baby who is 4 months of age or younger. While the baby's development (measurement of weight), health, and other conditions are being checked, the mother can consult the instructor concerning her (the mother's) health and child-raising. In addition, the instructor can provide information on the child-raising support services of Shinjuku City, so please consult the instructor (free of charge). Please mail the Home Visit Health Checkups for Babies Request Form (Birth Reporting Form) attached to your *Mother and Child Health Handbook* (Boshi Kenko Techo) as soon as your baby is born.

## ■ At-Home Childrearing Support Program (Pre-/Post-partum Support)

### Comprehensive Children's Center

This program dispatches pre-/post-partum support

helpers if you need help with housework and childrearing before and after childbirth.

#### ○ Eligibility

Expectant mothers and those who are raising a child under 1 year of age and living in Shinjuku City

#### ○ Hours

Two, three or four hours per use between 9 a.m. and 6 p.m. (except on Saturdays, Sundays, national holidays, and during the year-end/New Year holidays)

#### ○ Number of Hours This Service Can Be Used

For a total of 40 hours of support (10 hours prepartum and 30 hours postpartum). In the case of a multiple birth, a total of 60 hours of support (15 hours prepartum and 45 hours postpartum).

Notes:

1. Up to 40 hours if you use the service only prepartum (up to 60 hours for multiple-birth families).
2. Up to 30 hours if you use the service only postpartum (up to 45 hours for multiple-birth families).

#### ○ Fees

¥1,000 per hour (reduction/exemption programs are available)

#### ○ Usage Procedures

Apply to the Comprehensive Children's Center (☎ 03-3232-0675).

## ■ Weaning and Solids Class

### Public Health Centers

This class concerning how to handle weaning and the introduction of solid foods (includes cooking practice and taste-testing during the class) and how to prevent accidents is for parents with children around 5–6 months of age. Information will be mailed to those who are eligible.

Please make your reservations directly by phone with the Public Health Center where the class will be held.

## ■ Class on Preparing Meals for Babies

### Public Health Centers

This class concerning meals and snacks after weaning and the introduction of solid foods is for parents with infants 12–18 months of age.

Please take the class on the date printed on the first dental consultation notification.

## ■ Dental Health Consultation

### 👤 Public Health Centers

Consultations with dentists and dental hygienists are available for children who are 1 and 2 years of age.

Notifications are mailed individually to all eligible residents.

## ■ Health Consultation for Infants and Toddlers

### 👤 Public Health Centers

Public health nurses, nutritionists, and dental hygienists offer consultation concerning the physical and mental health, development, child-raising, nutrition, and teeth of infants and toddlers.

# Child-Raising Support Services

## ■ Health Checkups for Infants and Toddlers

### 👤 Public Health Centers

The city examines the health of babies free of charge on designated months of the baby's age. Public Health Centers will send invitations to parents. Please make use of this opportunity.

#### ● Health Checkups for Children 3–4 Months of Age

Location: Public Health Centers

Notification: Individual notification is sent.

Description: Physical measurements, health checkup, group instruction and individual consultation.

#### ● Health Checkups for Children 6–7 Months of Age and Health Checkups for Children 9–10 Months of Age

Location: Contracted medical institutions in the metropolitan area

Notification: The checkup slip is issued at the health checkup for children 3–4 months of age.

Description: Physical measurements and health checkup

#### ● Health Checkups for Children 1 Year and 6 Months of Age

Location: Contracted medical institutions in Shin-

juku City

Notification: The checkup slip is sent individually.

Description: Physical measurements and health checkup

#### ● Dental Health Checkups for Children 1 Year and 6 Months of Age

Location: Public Health Centers

Notification: Individual notification is sent.

Description: Dental checkup, individual consultation

#### ● Health Checkups for Children 3 Years of Age

Location: Public Health Centers

Notification: Individual notification is sent.

Description: Physical measurements, health checkup, dental checkup, and individual consultation

Note: Please call for more information.

## ■ Immunizations

### 👤 Disease Prevention Section, Public Health Promotion and Disease Prevention Division

Immunization is important to protect babies against illnesses. Shinjuku City conducts immunizations for eligible city residents. The immunization time period varies depending on age and the type of immunization. Preliminary checkup sheets are mailed to those who are eligible.

#### Government Recommended Periodic Immunizations (Type A; free of charge)

##### ● Hepatitis B vaccine

Eligibility: Under 1 year of age, three times

Note: Since health insurance covers the mother and child contagious disease prevention program, children eligible for the program who already received the hepatitis B vaccine are not eligible for this government recommended periodic immunization.

##### ● Rotavirus

Eligibility: Children born on August 1, 2020 or after who meet any of the following conditions:

- (1) Between 6 weeks (the sixth week after the child's birth; the same day of the week) and 24 weeks (the twenty-fourth week after the child's birth; the same day of the week) of age; twice (if single-reassortant Rotarix is administered).
- (2) Between 6 weeks (the sixth week after the child's birth; the same day of the week) and 32 weeks (the thirty-second week after the child's birth; the same day of the week) of age; three times (if five-reassortant RotaTeq are administered).

Note: With either vaccine, it is recommended that your child receive the first dose of vaccine before he/she reaches 14 weeks and 6 days of age.

● **Hib vaccine**

Eligibility: 2 months of age to 4 years of age, one to four times (the number of inoculations varies according to the date of the initial immunization)

● **Pneumococcal vaccine**

Eligibility: 2 months of age to 4 years of age, one to four times (the number of inoculations varies according to the date of the initial immunization)

● **DPT-IPV (four-type combination: diphtheria, pertussis, tetanus, and inactive polio vaccine) 1st term**

Eligibility: 3 months of age to 7 years and 5 months of age, four times

● **BCG (tuberculosis)**

Eligibility: 11 months of age or younger, once

● **MR (measles and rubella combination) 1st term and 2nd term**

Eligibility: 1st term, 12 to 23 months of age, once; 2nd term, 5 and 6 years of age (from one year before entrance to elementary school [April 1] up to the day before entrance to elementary school [March 31]), once

● **Varicella vaccine**

Eligibility: 1 and 2 years of age, twice

● **Japanese encephalitis**

Eligibility: 1st term, 6 months of age to 7 years and 5 months of age, three times; 2nd term, 9 to 12 years of age, once

- Children born between April 2, 1995, and April 1, 2007, who have not received or completed the required Japanese encephalitis immunization can now receive (or complete) the free immunization at any point until they reach 20 years of age.

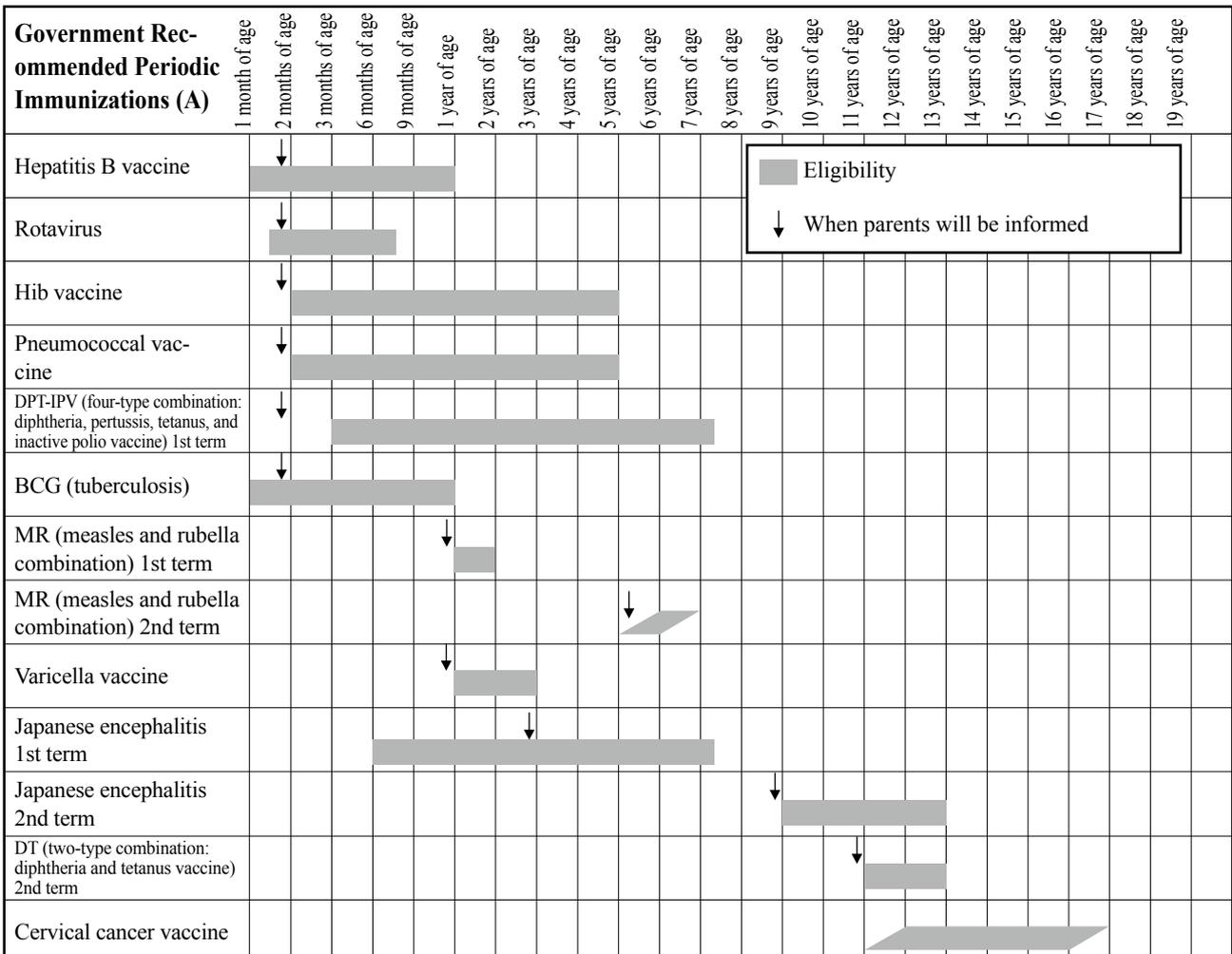
- Children born between April 2, 2007 and October 1, 2009 that have not completed the required first-term immunizations before they reach 7 years and 6 months of age can now receive these immunizations between 9 and 12 years of age free of charge. If you would like to have your child receive these immunizations, please ask for details.

● **DT (two-type combination: diphtheria and tetanus vaccine) 2nd term**

Eligibility: 11 to 12 years of age, once

● **Cervical cancer vaccine**

Eligibility: Female children between the sixth grade of elementary school and first year of high school (and those of an equivalent age), three times



Note: As of February 2021, this immunization is not being actively promoted.

### Optional Immunization

The following are optional immunizations. Please call for more details. The personally borne expense for these immunizations is exempted in some cases, such as for residents who belong to a household that receives public financial assistance for everyday living.

#### ● Mumps

Eligibility: From one year of age up to the day before they enter elementary school (until the first March 31 after their sixth birthdays), once

You have to pay part of the total cost.

#### ● Influenza

Eligibility: 12 years of age or younger, twice

You have to pay part of the total cost.

#### ● MR (measles and rubella combination)

Eligibility: Children between 2 and 18 years of age who have not received the government recommended periodic immunization (excluding those who are eligible for the periodic immunization); up to two times (for the incomplete portion).

Free of charge.

## ■ Fluoride Treatment

### Health Services Section, Health Promotion Division

Dentists of contracted dental institutions in Shinjuku City provide dental and oral health checkups and fluoride treatment free of charge for children between 3 and 7 years of age. Those who are eligible will be notified directly by the City Office.

## ■ Birthday Present Program

### Children's Medical Care and Allowance Section, Children and Family Division

To celebrate the birth of a child, presents are given to him/her.

To be eligible, you must have an address in Shinjuku City, have recently had a child, and the child's address must also be in Shinjuku City. The City Office will notify those who are eligible.

## ■ Medical Subsidies for Children

### Children's Medical Care and Allowance Section, Children and Family Division

Children up to the first March 31 after he/she reach-

es 15 years of age enrolled in Japanese health insurance are issued medical certificates upon application.

If you submit your health insurance card along with this medical certificate at the service counter of a medical institution in the metropolitan Tokyo area, you can be exempted from the personally borne cost for medical treatment covered by insurance. In addition, please apply for a subsidy if you pay the personally borne cost for medical treatment (for example, if you pay the cost of meals during hospitalization or if you undergo medical treatment at an institution outside of the metropolitan Tokyo area).

#### ○ Procedures

Bring the required documents and complete the designated application procedures at the Children's Medical Care and Allowance Section of the Children and Family Division, or at any Branch Office.

#### ○ Required Documents

- Documentation verifying the account information of the applicant
- A copy of the child's health insurance card

## ■ Children's Short Stay Program

### Comprehensive Children's Center

#### ● What Is the Children's Short Stay Program?

For this program, child welfare facilities and cooperating families in the city provide childcare for children under 18 years of age day and night when parents/guardians are unable to care for their children in the following cases:

- Hospitalization for illness or childbirth
- Nursing family members in illness
- Becoming a victim of an accident or disaster
- Exhaustion as a result of childrearing
- Taking a business trip that includes an overnight stay (number of days per year-restricted)
- Other conditions making it impossible to take care of the child at home

#### ○ Eligibility

Children who live in the city from 60 days through 17 years of age.

#### ○ Number of Nights of Possible Use

Up to seven nights (24 hours per night); this program cannot be used for one-day business trips.

#### ○ Child Care Facility, etc.

Futaba Infant and Toddler Center, short stay cooperation families in the city

#### ○ Fees

¥3,000 per night (24 hours) (Programs for reduction/exemption of fee, according to the income of the parents, are available.)

Application

Please apply to the Comprehensive Children's Center (☎ 03-3232-0675).

**■ Twilight Stay****👤 Comprehensive Children's Center**

In this program, a cooperating family in Shinjuku City will take care of your child at night for a maximum of five hours if you are not able to do so.

 Eligibility

Children who live in the city from 6 months through 17 years of age.

 Number of Hours and Times of Possible Use

As a rule, five hours between 5 and 10 p.m. Twelve times per year.

 Fees

¥2,000 each time (reduction/exemption programs are available according to the income of the parents)

 Requirements and Application

Please ask the Comprehensive Children's Center (☎ 03-3232-0675).

**■ Child Allowance****👤 Children's Medical Care and Allowance Section, Children and Family Division**

An allowance is available for those who are raising a child until the first March 31 after the child's 15th birthday.

The benefit amount may vary depending on your income.

 Important

An application must be filed in order to receive the allowance. If you delay in filing an application, the starting date for the allowance may be delayed as well.

In addition to the application form, you may be asked to submit other documents in the application process.

**■ Child-Raising Allowance****👤 Development Assistance Section, Children and Family Division**

There are two types of Child Raising Allowances, both of which are paid upon application. Both allowance programs have income restrictions.

**● Development Allowance**

For those raising a child meeting any of the following conditions, until the first March 31 after the child's 18th birthday

- A child whose parents are divorced
- A child whose father or mother is dead
- A child whose father or mother has a severe disability (*Handbook for the Physically Disabled*, Level 1 or 2)
- A child with a father or mother for whom it is unclear whether he/she is dead or alive
- A child whose father or mother has abandoned the home for one year or longer
- A child whose father or mother was issued a protection order from a court related to his/her domestic violence
- A child whose father or mother has been incarcerated for one year or longer
- A child born out of wedlock and not supported by the father (or mother in the case of a single-father household)

 **Benefit Amount**

¥13,500 per month per child

**● Allowance for the Disabled**

For those raising a child under 20 years of age with any of the following level of disability

- A child with a mental disability, with *Handbook for the Mentally Disabled (Ai-no Techo)*, Level 1, 2, or 3
- A child with a physical disability, with a *Handbook for the Physically Disabled*, Level 1 or 2
- A child with cerebral palsy or progressive muscular dystrophy

 Benefit Amount

¥15,500 per month per child

**■ Child Support Allowance****👤 Development Assistance Section, Children and Family Division**

Child Support Allowance is provided to fathers, mothers, or those raising a child meeting any of the following conditions, until the first March 31 after the child's 18th birthday (under 20 years of age for those with a designated level of disability). An application must be filed in order to receive the allowance. Also, income restrictions apply.

- A child whose parents are divorced
- A child whose father or mother is dead
- A child whose father or mother has a severe disability (*Handbook for the Physically Disabled*, Level 1 or 2)
- A child with a father or mother for whom it is unclear whether he/she is dead or alive

- A child whose father or mother has abandoned the home for one year or longer
- A child whose father or mother was issued a protection order from a court related to his/her domestic violence
- A child whose father or mother has been incarcerated for one year or longer
- A child born out of wedlock and not supported by the father (or mother in the case of a single-father household)

Note: The allowance will not be provided if the child lives overseas.

- Benefit Amount (as of August 2020)
  - For one child  
Total payment: ¥43,160 per month  
Partial payment: ¥10,180 to ¥43,150 per month, depending on income
  - For the second child  
Total payment: ¥10,190 per month  
Partial payment: ¥5,100 to ¥10,180 per month, depending on income
  - For the third and subsequent child  
Total payment: ¥6,110 per month  
Partial payment: ¥3,060 to ¥6,100 per month, depending on income

## ■ Special Child Support Allowance

### Development Assistance Section, Children and Family Division

Special Child Support Allowance is provided to those raising a child under 20 years of age with any of the following levels of disability (An application must be filed in order to receive the allowance. Also, income restrictions apply.):

- A child with a mental disability, with *Handbook for the Mentally Disabled (Ai-no Techo)*, Level 1 through 3 (severe or middle level)
- A child with a physical disability, with *Handbook for the Physically Disabled*, Level 1, 2, 3, or 4 (partial) (severe or middle level)
- If an illness or mental disability causes significant restrictions in everyday life, to the point of being similar to the above levels of disability.
- Benefit Amount (as of August 2020)
  - Monthly amount per disabled child
  - Level 1 (severe level): ¥52,500
  - Level 2 (middle level): ¥34,970

## ■ Family Support Programs

### Shinjuku Social Welfare Conference Shinjuku City Family Support Center

 1-17-20 Takadanobaba, Shinjuku-ku

 03-5273-3545

### ● Regular Childcare Program

This is a mutual assistance program that is run by city residents on a membership basis and provides child-raising support in local communities. Registration is required for those who would like to receive assistance in child-raising (user member) and those who would like to offer assistance (provider member).

#### ○ Eligibility

Parents of children between 43 days old and 18 years of age who live, work, or go to school in Shinjuku City

#### ○ Mutual Assistance Childcare Program

- Providing childcare until the opening hours of a childcare facility such as a nursery school, *kodomo-en*, kindergarten, elementary school or Children's Club
- Providing childcare after the closing hours of a childcare facility, etc.
- Taking children to and picking them up from a childcare facility, etc.
- Providing childcare when the childcare facility, etc. is closed
- Providing necessary services to help members with childrearing
- Hours  
6 a.m. to 10 p.m.
- Fees  
¥800 per hour between 7 a.m. and 7 p.m.; ¥900 per hour between 7 p.m. and 10 p.m. and during year-end/New Year holidays
- How to Use
  - (1) Complete registration procedures at the Family Support Center and apply for these services (reservation required).
  - (2) Ask to be introduced to a provider member and discuss details with the provider member in advance.
  - (3) Request support from the provider member when necessary.

### ● Childcare Program for Ill or Recovering Children

This is a program in which a program support staff member will provide childcare services at your home or the staff member's home when your child is sick or recovering and cannot be looked after at a nursery school or other childcare facility.

○ Who Can Use the Program

Parents of children from one year in age through the sixth grade of elementary school who live in Shinjuku City. Member registration is required.

○ Hours

8 a.m. to 6:30 p.m. (except on national holidays and during the year-end/New Year holidays)

○ Fee

¥1,000 per hour

Note: A doctor's examination is required beforehand. This service may not be used in some cases.

○ To take advantage of this program, please call for more information.

## ■ Community Childrearing Support Center

These plazas are play areas and gathering areas for infants and toddlers and their parents. There is no charge for using these facilities.

Please call for information such as the opening hours and closed days.

### ● Futaba Community Child Raising Support Center

🏠 4 Minami-Moto-machi, Shinjuku-ku

☎ 03-5363-2170

Transportation: An eight-minute walk from JR Shinanomachi Station, or a 13-minute walk from JR Yotsuya Station

### ● Haramachi Miyuki Community Child Raising Support Center

🏠 2-43 Hara-machi, Shinjuku-ku

☎ 03-3356-2663

Transportation: A two-minute walk from Ushigome-Yanagicho Station on the Toei Oedo Line

## ■ Yuttarino

A membership-based facility for children and their parents. Please call for more information.

🏠 Kita-Yamabushi Children's Hall 1F, 2-17 Kita-Yamabushi-cho, Shinjuku-ku

☎ 03-5228-4377

How to Get There: A 10-minute walk from Kagurazaka Station on the Tozai Subway Line; a 10-minute walk from Ushigome Kagurazaka Station or Ushigome Yanagicho Station on the Toei Oedo Line; a five-minute walk from the Yamabushicho bus stop on the Ii (飯) 62 or Hashi (橋) 63 Toei Bus; or a 10-minute walk from the Ushigome Yanagicho bus stop on the Shiro (白) 61 Toei Bus.

## ■ Comprehensive Children's Center/ Families with Children Support Center

The Comprehensive Children's Center, which opened on April 1, 2011, offers all-inclusive support for child-raising, including assistance for children with disabilities. This facility functions as a Families with Children Support Center and a children's hall and provides such services as offering a venue for after-school children's clubs as well as activities after school for children with disabilities.

The Families with Children Support Center not only functions as a children's hall but also offers support for families raising children in the community.

### ● Comprehensive Consultations for Families with Children

Please ask for advice on any concerns, problems, or questions you may have about child-raising. The staff at the center will think matters through with you and offer advice. Also, they can introduce you to specialized institutions as necessary.

### ● Childcare Services, Etc.

- At-Home Childrearing Support Program (Pre-/Post-partum Support) (See page 3)
- Children's Short Stay Program (See page 6)
- Twilight Stay (See page 7)

### ○ Short-Time Childcare in a Play Area

This program provides short-time childcare for infants and toddlers. The program is conducted at the Comprehensive Children's Center, Enokicho Families with Children Support Center and Naka-Ochiai Families with Children Support Center.

### ○ Visiting Childrearing Consultation

Experienced consultants can visit your home, offer advice, introduce games, offer encouragement at meals and provide other information related to childrearing. Please apply to the Comprehensive Children's Center.

### ○ Home Visit Childrearing Volunteer Promotion Program (Home Start)

Volunteers visit homes where the parents have problems or concerns with childrearing (from newborns up to 6 years of age).

● **Play Area for Parents and Children**

- There is an open play area where parents and children can feel free to come and play during the center's business hours.
- The center holds events and continuous child-raising support classes so that parents with infants/toddlers can have friendly exchanges and make friends.

● **Child Abuse Prevention**

If you are wondering, *is this a case of child abuse?* please do not hesitate to call the Comprehensive Children's Center or Families with Children Support Center. The community, relevant institutions, and the Tokyo Metropolitan Child Guidance Center will work together to find a solution.

● **Consultation on Child Development and Use of Services**

Consultation services are available to address any worries you have about your child's development and to inform you of related services you can use. In addition, the center offers specialized support as well as babysitting services for children with developmental concerns.

☞ **Comprehensive Children's Center**

🏠 7-3-29 Shinjuku, Shinjuku-ku  
☎ 03-3232-0675

☞ **Naka-Ochiai Families with Children Support Center**

🏠 2-7-24 Naka-Ochiai, Shinjuku-ku  
☎ 03-3952-7752

☞ **Enokicho Families with Children Support Center**

🏠 36 Enoki-cho, Shinjuku-ku  
☎ 03-3269-7345

☞ **Shinanomachi Families with Children Support Center**

🏠 20 Shinano-machi, Shinjuku-ku  
☎ 03-3357-6855

☞ **Kita-Shinjuku Families with Children Support Center**

🏠 3-20-2 Kita-Shinjuku, Shinjuku-ku  
☎ 03-3362-4152

## Child-Raising Seminars

### ■ Guidance on Advancing to High School for Children with Foreign Roots

☞ **Regional Exchange Division, the Shinjuku Foundation for Creation of Future**

☎ 03-3232-5121  
FAX 03-3209-1833

Mainly, information and consultations on advancing to high school in Japan are provided to foreign students who live or go to school in Shinjuku City and their parents. In addition to providing information on public and private high schools, junior high school teachers and other professionals offer an overview of the school counseling given to children concerning future courses. Interpreters are available. Please call for more information, such as the guidance schedule.

### ■ Family Japanese-Language Classes for Foreign Residents

☞ **Regional Exchange Division, the Shinjuku Foundation for Creation of Future**

☎ 03-3232-5121  
FAX 03-3209-1833

These are Japanese lessons for families who do not understand Japanese. There are three terms each year—first term (May through July), second term (September through November), and third term (January through March).

Please call for more information.

Conducted in cooperation with Shinjuku Niji-no-kai (Rainbow Club).

### ■ Child-Raising Classes and Toddler Circles

☞ **Children's Halls**

There are classes related to child-raising and circles for infants and toddlers to make friends.

For more information, please contact the particular facility.

## Nursery Schools, Etc.

### ■ Entering an Authorized Nursery School, Etc.

#### 👤 Enrollment and Approval Section (for both municipal and private nursery schools, etc.), Nursery School Division

Licensed nursery schools, etc. are child welfare facilities with the goal of providing childcare on behalf of parents who need someone to care for their child because of work, illness, or other reasons.

While the eligible age for admission varies with each nursery school, admission can be from as early as 43 days after birth up to before entrance to elementary school. Nursery fees are determined according to the period of childcare and amount of resident's tax a child's parents pay and the age of the child.

Applications are accepted at the Nursery School Division service counter for both public and private nursery schools, etc.

For nursery school attendance commencing the month of April, applications are accepted between early November and early December of the previous year.

To commence at other times of the year, the application deadline is around the 10th of the previous month. However, it is more difficult to be accepted due to severe competition. Please call the City Office for more details.

After your child is admitted to an authorized nursery school, etc., both you and your child can receive language support if you have difficulty communicating in Japanese. If you need such support, please consult the nursery school where your child is enrolled.

## Kodomoen

### ■ Enrollment in Kodomoen

#### 👤 Enrollment and Approval Section (for both municipal and private kodomoen), Nursery School Division

A *kodomoen* functions as both a kindergarten and licensed nursery school, offering childcare and education to preschool children with the objective of fostering their growth and development.

If you would like to use the kindergarten function of a

*kodomoen*, please apply to the *kodomoen* directly.

If you would like to use the nursery school function of a *kodomoen*, please apply at the Nursery School Division service counter in the same manner as you would for a licensed nursery school.

School fees vary according to the age of your child, period of childcare, and amount of resident's tax a child's parents are paying. Please call the City Office for more details.

After your child is admitted to a *kodomoen*, both you and your child can receive language support if you have difficulty communicating in Japanese. If you need such support, please consult the *kodomoen* where your child is enrolled.

## Kindergartens

### ■ Enrollment in a Municipal Kindergarten

#### 👤 Kindergarten Section, School Management Division

☎ 03-5273-3103

Kindergartens are available as educational facilities for preschool children from 3 through 5 years of age.

There are municipal and private kindergartens.

Municipal kindergartens have classes for children from 3 through 5 years of age.

Children registered with their parents in the city as residents are eligible for admission.

There are no fees for enrollment or nursery school attendance.

Each kindergarten accepts applications for admission. Please call for more information.

### ■ Enrollment in a Private Kindergarten

#### 👤 Kindergarten Section, School Management Division

☎ 03-5273-3103

Subsidies are available for nursery fees, etc. for registered residents of the city who are parents/guardians of children attending a private kindergarten (regardless of whether it is in or outside of Shinjuku City) and other such facilities. However, the amount and other details of the subsidies vary depending on the kindergarten your child attends and the amount of resident's tax you pay.

For more information, please call the School Management Division.

## Elementary School and Junior High School

### Enrollment in Municipal Elementary/Junior High Schools

#### School Management Support Section, School Management Division

##### To Enter

Compulsory education in Japan includes six years of elementary school and three years of junior high school for a total of nine years from 6 to 15 years of age.

Although foreign children are not obligated to receive compulsory education, if you are a foreign resident and would like to enroll your child in a Japanese school, you can apply for admission. Please bring your and your child's residence cards and other necessary documents and consult with the Board of Education.

##### Education Fees

There is no charge for enrollment, classes, or textbooks for municipal elementary or junior high schools. However, parents must bear the cost for school supplies, school lunches, field trips, and excursions. If you have financial difficulty in meeting these costs, there are subsidies available to cover educational expenses depending on income.

For more information, please contact the School Management Support Section of the School Management Division of the Board of Education.

### For Children Who Need Special Support

#### Special Support Education Section, Education Support Division

For enrollment or transfer into a school for a child who needs special attention, such as when a child has a physical or mental disability, a school support committee provides specialized counseling.

Shinjuku City also has *Manabi* Classrooms (special education support classrooms) for developmentally disabled children, special support classes for students with mental disabilities, and Shinjuku Municipal School for Disabled Children for those with disabilities in the arms and legs.

Consultations on enrollment or transfer into metropolitan special-needs schools are also available.

## Education after Compulsory Education

### Admission to High School or University in Japan (for foreign students studying at their own personal expense)

The eligibility requirements for taking an entrance examination to a Japanese public or private high school are: 1. 15 years of age by April 1 of the school year of

### The Educational System in Japan

Basic education in Japan includes six years of elementary school, three years of junior high school, three years of high school, and four years of college.

Of these, elementary and junior high school education are compulsory. Although foreign residents are not obliged to go to school, parents may enroll or transfer their children into an elementary or junior high school in Shinjuku City.

As a rule, admission to high school and university (for those who choose to go) is by examination.

In Japan there are also nursery schools and kindergartens for preschoolers, and vocational schools and other schools with the goal of teaching special skills and trades, mainly for junior and senior high school graduates. There are also schools that provide special support to the disabled.

Schools are divided into three types: national, public (metropolitan/prefectural/municipal), and private.

All grades begin the academic year in April and end in March of the following year.

admission; 2. Having completed nine years of school education in a foreign country, or having graduated from a Japanese junior high school or expecting to graduate.

As a rule, for admission to a Japanese university, the applicant must be 18 years of age and have received 12 years of education from elementary school through high school. Although the requirement is the same for those of foreign nationality, the number of years in school may not be enough, depending on the country.

For details concerning entrance examinations, see the Japan Student Services Organization website ( [www.jasso.go.jp/](http://www.jasso.go.jp/)).

## ■ Scholarships for Foreign Students

### Multicultural Society Promotion Section, Multicultural Society Promotion Division

A scholarship award (¥240,000 for the year) is offered to foreign students living in Shinjuku City who are enrolled in a graduate school, university, junior college, or vocational school in the city for one year or longer and meet designated requirements.

## Children's Halls, Children's Corners, and Children's Clubs

### ■ Children's Halls and Children's Corners

#### Comprehensive Children's Center, Families with Children Support Centers, or Children's Halls

There are Children's Halls (Jidokan) in each area of the city, offering a wholesome play area for children, opportunities to make friends, special events, and consultation services (see page 14).

These facilities also have toddler clubs, provide information on child-raising to parents, and offer consultation services. They can also be used as a place for families to visit together.

### ■ Children's Clubs

#### Children's Clubs

Shinjuku City has the following Children's Clubs: Shinanomachi Children's Club, Honshio-cho Children's

Club, Children's Club in Yotsuya Dairoku Elementary School, Kitayamabushi Children's Club, Saikumachi Children's Club, Higashi-Gokencho Children's Club, Enokicho Children's Club, Yakuo-ji Children's Club, Waseda-Minamicho Children's Club, Children's Club in Tsurumaki Elementary School, Children's Club in Tomihisa Elementary School, Tomihisacho Children's Club, Children's Club in Higashi-Toyama Elementary School, Children's Club in Okubo Elementary School, Children's Club in the Comprehensive Children's Center, Children's Club in Toyama Elementary School, Hyakunincho Children's Club, Takadanobaba Daiichi Children's Club, Takadanobaba Daini Children's Club, Children's Club in Totsuka Daini Elementary School, Children's Club in Ochiai Daiichi Elementary School, Children's Club in Ochiai Daiyon Elementary School, Kami-Ochiai Children's Club, Nakai Children's Club, Nishi-Ochiai Children's Club, Kita-Shinjuku Daiichi Children's Club, Kita-Shinjuku Daini Children's Club, Nishi-Shinjuku Children's Club

#### ○ Eligibility

Elementary school children who live in Shinjuku City, who are able to cooperate in organized group activities and are unable to receive continuous care at home during Children's Club hours because of the parent's work or illness

#### ○ How to Apply

Apply to a Children's Club by completing an application form and attaching a document certifying the parent's employment (distributed with the application form). Fees: ¥6,000 per month (exemption programs are available upon application for those receiving public financial assistance for everyday living and those who are nontaxable for resident's tax.)

Extended Use Fees: ¥2,000 per month or ¥200 each time  
Notes:

1. Extended use requires separate applications.
2. Services can be used only during summer, winter and spring school vacations and on Saturdays as well.

#### ○ Hours

- Monday through Friday (excluding national holidays):  
After school until 6 p.m.; extended use: 6 to 7 p.m.
- Saturdays (excluding national holidays) and Monday through Friday during long school holidays: 9 a.m. to 6 p.m.; extended use: 8 to 9 a.m., 6 to 7 p.m.

Note: Closed from December 29 through January 3

# Japanese-Language Studies at School

## Japanese-Language Support Classes

### Educational Activities Support Section, Education Support Division

Instruction in the child’s mother tongue is offered for children who have transferred into a kindergarten, elementary school, or junior high school in Japan, but cannot speak Japanese, so that they can adjust to the Japanese language and school life in Japan. Teaching formats include Japanese-language support classes which are

based at the Education Center or its satellite office (with-in Ushigome Nakano Elementary School) and Japanese-language support classes at school in which instructors are dispatched to schools and kindergartens.

In the Japanese-language support classes at the Education Center or its satellite office, 30 hours of concentrated instruction is provided. As a rule, the classes are in Korean or Chinese, but they can be provided in other languages upon consultation.

In the Japanese-language support classes at kindergartens and schools, classes for kindergarten students and elementary school first and second graders are conducted for 50 hours, and 70 hours for elementary school third through sixth graders and junior high school students. Additional classes can be added when children are advancing to upper grades in elementary and junior high school.

Besides instruction in the Japanese-language, instructors can also provide consultation for communication between the school and family.

### Children’s Halls (Jidokan) Hours

Hours and Other Information		Honshio-cho Children’s Hall, Kitayamabushi Children’s Hall, Nakamachi Children’s Hall, Higashi-Gokencho Children’s Hall, Waseda-Minamicho Children’s Hall, Tomihisacho Children’s Hall, Hyakunincho Children’s Hall, Takadanobaba Daiichi Children’s Hall, Kami-Ochiai Children’s Hall, Nakai Children’s Hall, Kita-Shinjuku Daiichi Children’s Hall, Nishi-Shinjuku Children’s Hall	Children’s Corner of the Comprehensive Children’s Center	Children’s Corner of the Shinanomachi Families with Children Support Center, Children’s Corner of the Enokicho Families with Children Support Center, Children’s Corner of the Naka-Ochiai Families with Children Support Center and Children’s Corner of the Kita-Shinjuku Families with Children Support Center	Yakuo-ji Children’s Hall, Takadanobaba Daini Children’s Hall, Nakai Children’s Hall and Nishi-Ochiai Children’s Hall
Hours	Mon. through Fri.	9 a.m. to 6 p.m.	9:30 a.m. to 6 p.m. Open until 7 p.m. for junior high school students and older children	9:30 a.m. to 6 p.m.	
	Sat., Sun., and national holidays	9 a.m. to 6 p.m.		9:30 a.m. to 6 p.m. 9 a.m. to 5 p.m.	
	Mon. through Fri. during Long School Holidays	9 a.m. to 6 p.m.	9 a.m. to 6 p.m. Open until 7 p.m. for junior high school students and older children	9 a.m. to 6 p.m.	
Closed	December 29 through January 3				
Main Eligibility Requirements	Children under 18 years of age living, working, or going to school in the city and their parents				
Use Procedures	Parents should complete an application for use form and submit it to the facilities. A user’s card will be issued.				

In the past, many children have learned Japanese through these classes and have been able to enjoy school life in Japan.

## ■ Support Classes for Japanese Language and School Subjects

### 👤 Educational Activities Support Section, Education Support Division

The city can dispatch a Japanese-language tutor to local elementary and junior high schools to help students who can speak basic Japanese and wish to receive individual help in the Japanese language and in their school studies in Japanese. The tutoring takes place after school or at other prearranged times up to twice a week.

Basically, instruction is for two hours each time, for up to 70 sessions (140 hours). For students in their third year of junior high school, even if they have already completed this Japanese-language and school subjects support program, a program offering extra support is available to help them pursue advanced education.

## Japanese-Language Studies in the Community

### 👤 Regional Exchange Division, the Shinjuku Foundation for Creation of Future

☎ 03-3232-5121

FAX 03-3209-1833

## ■ Shinjuku City Japanese-Language Class

There are classes for students 16 years of age or older at the introductory/beginning level in various locations in the city.

Let's start by learning how to greet each other in Japanese!

You can join in at any time of the year if there is an opening. Please inquire for more information.

Hours: Monday through Friday, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (evening classes are on Mondays and Thursdays only.)

First Term: April through July

Second Term: September through December

Third Term: January through March

Fee: For classes once a week:

- ☐ First and second terms: ¥2,000
- ☐ Third term: ¥1,500

For classes twice a week:

- ☐ First and second terms: ¥4,000
- ☐ Third term: ¥3,000

Please visit the Shinjuku City Information on Everyday Living for Foreign Residents website for more information:

🌐 [www.foreign.city.shinjuku.lg.jp/en/manabu/manabu\\_1/](http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_1/)

## ■ Volunteer Japanese-Language Classes

Various volunteer groups offer Japanese classes in the city. The dates and language level (beginning, intermediate, or advanced) vary with each group. Please inquire for more information.

Please visit the Shinjuku Foundation for Creation of Future website and see the section titled, "Japanese-Language Classes Offered by Private Volunteer Groups in Shinjuku City" for more information about each class:

🌐 <https://www.regasu-shinjuku.or.jp/?p=145964>

## ■ Children's Evening Support Classes for the Japanese Language

Support classes for Japanese and school subjects are offered to children in the fourth grade of elementary school through the third year of junior high school. Please call for the location, schedule, and other details of these classes.

Hours: Tue. and Thu., 5:45 to 7 p.m. for elementary school children, 7 to 9 p.m. for junior high school children; Sat., 5:30 to 8:30 p.m. for junior high school children in the second and third year

Location: Education Center

Fee: Free of charge

## Service Counters Where Counseling in Foreign Languages Is Available

★ Shinjuku Foreign Resident Advisory Corner	General everyday living	English		☎ 03-5272-5060
		Chinese	(Mon. through Fri.)	☎ 03-5272-5070
		Korean		☎ 03-5272-5080
● Shinjuku Multicultural Plaza	General everyday living	Korean (afternoon only)	(Mon.)	
		Chinese, Thai, and Nepalese	(Tue.)	
		English (excluding 2nd and 4th Wednesday of the month)	(Wed.)	☎ 03-5291-5171
		Myanmar (Burmese) and Chinese	(Thu.)	
		Korean English (3rd Friday of the month)	(Fri.)	
● Consultation Support Center for Foreign Residents	Consultations concerning immigration, visa procedures, and everyday living	English and Chinese		☎ 03-3202-5535
		Spanish and Portuguese		☎ 03-5125-4039
● Foreign Residents Support Center (FRESC)	General everyday living	English, Chinese, etc.	(Mon. through Fri.)	☎ 0570-011000
● Immigration Information Center	Visa consultations	English, Spanish, Chinese, Korean, etc.	(Mon. through Fri.)	☎ 0570-013904 ☎ 03-5796-7112
● Tokyo Metropolitan Consultations for Foreign Residents	General everyday living	English	(Mon. through Fri.)	☎ 03-5320-7744
		Chinese	(Tue. and Fri.)	☎ 03-5320-7766
		Korean	(Wed.)	☎ 03-5320-7700
● Police Department Comprehensive Consultation Center	Consultations for victims of crimes	English, Chinese, Korean, etc.	(Mon. through Fri.)	☎ 03-3501-0110
			Touch-dial	☎ #9110
● Police Department Consultation for Foreign Residents	Consultations for victims of crimes	English, Chinese, etc.	(Mon. through Fri.)	☎ 03-3503-8484
● Tokyo Legal Affairs Bureau Information on Human Rights Counseling in Foreign Languages	Human rights consultations	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, etc.	(Mon. through Fri.)	☎ 0570-090911
● Shinjuku Employment Assistance and Instruction Center for Foreigners	Labor consultations Introduction of employment/part-time jobs	English and Chinese	(Mon. through Fri.)	☎ 03-3204-8609
● Advisory Services for Foreign Workers	Labor consultations	English	(Mon., Thu. and Fri.)	
		Chinese	(Mon., Tue. and Thu.)	
		Filipino	(Mon., Tue., Wed. and Fri.)	
		Vietnamese	(Mon. through Fri.)	☎ 03-3816-2135
		Nepalese	(Tue. through Thu.)	
		Cambodian	(Wed.)	
		Mongolian	(Fri.)	
● Tokyo Metropolitan Labor Consultation Center	Labor consultations	English	(Mon. through Fri.)	☎ 03-3265-6110
		Chinese	(Tue. through Thu.)	
● Himawari (Tokyo Metropolitan Health and Medical Information Center)	Medical institutions and medical system	English and Chinese	(Daily)	☎ 03-5285-8181
		Korean, Thai, and Spanish		
● Japan Anti-Tuberculosis Association	Telephone consultations for foreign residents concerning tuberculosis	English, Chinese, Korean (third week only), Vietnamese, Myanmar (Burmese; morning only), Nepalese (second and fourth weeks; morning only)	(Tue.) 10 a.m. to 12 noon, 1 to 3 p.m.	☎ 03-3292-1218/9
● Tokyo English Lifeline	Consultations on everyday living	English	(Daily)	☎ 03-5774-0992
● Japan Post Customer Service Center	Postal services	English	(Daily)	☎ 0570-046-111
● NTT East Information	Telephone services, etc.	English, Chinese, Portuguese, and Spanish	(Daily)	☎ 0120-005-250
● JR East Infoline	Information on JR East Japan	English, Chinese, and Korean	(Daily)	☎ 050-2016-1603

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