

2023

Child Care Support Information Magazine for  
0 to 5 Years Old Children  
MIA Special Edition English Version



MIA Childcare Information Magazine

Editorial Committee of Foreigners

Musashino International Association

## Child Care Information Magazine for 0 to 5 Years Old Children · MIA Special Editing Multilingual Version Creation Project

In recent years, even in Musashino City, childcare facilities have been increased, children's playgrounds have been created, and little by little environments for easy child-rearing have been established and movements to support child-rearing are becoming active.

However, some foreigners' fathers and mothers feel that it is difficult to obtain local childcare support information and utilize it for reasons such as Japanese language, the system is different and not well understood.

Therefore, in 2017, as the first step of such support of MIA, focusing on foreign volunteers who have experiences raising children in the area and currently supporting foreigners, we organized “Childcare Information Magazine MIA Special Editing Multilingual Version Creation Project” and based on “The Child Rearing Information Magazine Sukusuku” issued by Musashino City, we edited and added information for foreigners and translated it to English version, Chinese version and Korean version. And this time, with the cooperation of Musashino City, we were able to update the MIA edition to the latest information and create Chinese, English and Korean versions.

MIA will continue to improve access to information for foreigners and help them make the most of it.

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## What is MIA?

Musashino International Association (MIA) supports foreign residents living in Japan and promotes community exchanges in the community for a “Tabunka Kyosei”, multicultural society.

Address : 9F Swing Bld. 2-14-1 Sakai, Musashinoshi TEL: 0422-36-4511

### ■MIA Child Care Support■

**Japanese Course with Childcare** : Thursday and Friday morning, 3 terms per year (10 times per term).

**Interpreter dispatch · Translation Service** : Basically 5,000 yen within 2 hours. MIA registered and trained language volunteers will interpret at City Hall counter, City Facilities such as daycare centers and schools, etc. Please sign up in advance for schedule arrangement. (Twice a free campaign during the year is in progress.)

**The Multiple Language Window for Questions** : Assisting in living such as living consultation arrangements, reading a newsletters from the school and interpreting at MIA, etc.

Language	Date and Time	Language	Date and Time
Spanish	2 <sup>nd</sup> Tue.15-17	German	3 <sup>rd</sup> Tue.14-16
Russian	2 <sup>nd</sup> Fri.10-12	Tamil · Hindi · English	4 <sup>th</sup> Fri.15-17
Norwegian · English	2 <sup>nd</sup> Wed.14-16	Thai	3 <sup>rd</sup> Thu.10-12
Chinese	Tue-Sat 9-17	Japanese · English	Tue-Sat 9-17

**MIA Website** : <https://mia.gr.jp/> Japanese · English · Chinese

**MIA Calendar (4 Languages)** : We create MIA Calendar and regional information newsletters in Japanese · English · Chinese · Spanish versions and mail them to foreign members at the beginning of January, April, July and October. You can also see it on the website.

**Consultation for Legal & Psychological Matters** : The 4th Saturday afternoon of the month in principle (Free of Charge)

You can consult with a lawyer or psychology counselor with interpreter. Reservation is required in advance.

## **Experiences of Senior Mom**

**There were such good things when participating in MIA's Japanese-language course with childcare.**

- Because my child was taken care of by the volunteer staff, I was able to study Japanese at ease.

(Because there is no child) I was able to be alone and relax.

- I made friends. After class, we had lunch together and went to the park to have fun.

- I heard a lot of stories of the kindergarten from senior mothers.

Is it a lunch box? Is there a school lunch? Do you make your own picture book bag? Is there a custody childcare? I listened to lots of things and they taught me.

- I was taught the place where children play.

“Where is the cheap and enjoyable place?” “Park (Koen) is good”

“XX pool is fun too” “Go to Δ Δ amusement park (Yu-enchi)”, etc.

- I sang Japanese child songs together.

- My child learned Japanese greetings. (Hello, goodbye, thank you ...)

## **I used MIA Interpreter Dispatch.**

MIA volunteers will help interpretation at Musashino City Hall counter, daycare centers, schools, etc. to help with language problems.

I used this support to talk with my child's teacher. Once a month, we interviewed at the daycare center. The teacher told me how she was doing, who she was playing with and what she ate for lunch. The teacher also gave me helpful advice. Thanks to the interpreter, I was able to understand the teacher's story without any problems and to communicate. I also had plenty of time to ask questions, so I was able to clear up the worries after the interview.

This service is charged, but I think it's worth it.

## 1. Musashino City Health Service for Mothers, Fathers and Babies

**Inquiry : Health Section (Health Center)** Kichijoji Kitamachi 4-8-10

TEL: 51-0700

Open : 8:30am-5:00pm Closed : Saturdays, Sundays, Public Holidays, New Year's Holiday

Interpretation services are available when you come to Health Center or when a public health nurse visits your home. Please contact us in advance.

### **When you become pregnant**

Please receive a doctor's diagnosis as soon as possible and submit a **Pregnancy Notification Form** to the **Health Section (Health Center)** . We will issue **Mother and Child Health Handbook** and **Pregnant Women's Health Checkup Examination Forms** so that we can record the health status of mothers and babies and receive free medical examination and free vaccination service.

Pregnant Woman Health Checkup Examination Forms (Free Coupon)

② Pregnant woman health checkup examination forms (14 sheets) ★

② Pregnant woman ultrasonic examination medical examination form (4 sheet) ★

③ Pregnant woman cervical cancer screening (carried out in principle at the first checkup) ★

④ Pregnant woman dental health checkup examination form (once during pregnancy)

①-③ can be received at a Consigned Medical Institution in Tokyo

④ can be received at Designated Medical Institution in the city

★ If you visit a medical institution outside of Tokyo (only in Japan) for reasons such as Satogaeri (to go home and give birth), or if you are pregnant with multiples and have had more than 15 prenatal health checkups, you can apply for a subsidy from the city.

Yurikago Musashi interview

A full-time public health nurse will conduct an interview with Yurikago Musashi (reservation required) and answer various questions and concerns during pregnancy. Pregnant women who have moved in should also make a reservation for the interview with Yurikago Musashi.

★ Pregnant women who have been interviewed will be given a child/child-rearing support ticket (child gift certificate: worth 10,000 yen).

★ Childbirth support gift (equivalent to 50,000 yen) eligible (see P.21)

### **Pregnant Woman Consultation (Health Center)**

Public health nurse, etc. responds to various questions and anxiety during pregnancy by telephone or interview.

### **Pre/Post Birth Helpers Business**

Pregnant women who have obtained a Maternal and Child Health Handbook and women who have given birth less than 6 months (in the case of multiple births, less than 3 years since the date of delivery) (both residents of the city) cannot receive help with housework and childcare from their families during

the day, helpers help with household chores.

(Fee : ¥500 per hour) see P.46

Inquiries: Children and Families Support Center TEL: 0422-60-1239

### **Class and exchange meeting such as child rearing**

(in Japanese only · Reservation required · For details please check the city report or website)

① Kounotori-class for becoming fathers and mothers

First pregnant women and their partners

② Open space for becoming mothers

Healthy pregnant women with more than 5 months pregnancy

\*For "Premama's Hiroba", please contact the Ninca Certified Daycare Center.

### **Visiting Pregnant Women**

Midwife and public health nurse visit your home and tell you about pregnancy and childbirth.

Pregnancy Hypertension Syndrome Medical Expense Subsidy

See page 21

## **When your baby is born**

### **Birth Registration**

Please notify the municipal office of parent's legal domicile, the address of the parents (including the place of temporary residence), or the place of birth within 14 days (including the date of birth) from the day the child was born.

### **Hello Baby Visit**

All households that have babies until 4 months after birth

When your child is born, Web application or contact sheet sandwiched between Mother and Child Health Handbook and stick a blindfold sticker and post it. At a later date, we will adjust the schedule and a nurse / midwife will visit to take baby's weight measurement and child - rearing consultation.

★ Child-rearing support gift (equivalent to 100,000 yen) eligible (see P.22)

### **Gokkun Class, Mogu Mogu Class, Kamikami Class, Class for one year old (Health Center)**

Priority is given to parents who are parenting for the first time. There is a classroom at Health Center according to the age of the baby, such as talk about baby food and about cleaning of teeth.

(Japanese only · Reservation required · For details please check the Shiho-Musashino, etc.)

### **Baby Consultation Room (Health Center · Civic Center · 0123 Facility)**

After one month's health examination till under 1 year old

Weight measurement, consultation with midwife/administrative nutritionist, etc. Reservation required. Please check the Shiho-Musashino or website for details.

### **Allowance · Subsidy, etc.**

If your child is born, please apply online, by mail or at the **Child Care Support**

Section within 15 days.

- ① Child Allowance / Special Benefit (See page 21)
- ② Child medical expenses subsidy Infant, Child, High school students, etc. (See page 22)

Online application

Time required 3 minutes



**Congenital Metabolic Abnormality Test** (See page 22)

For everyone. If you fill in the "congenital metabolic abnormality test application form" prepared at the medical institution where you will give birth and submit it to the medical institution, you can take it for free.

### About medical examination

The Medical Questionnaire that baby can receive medical examination for free will be notified individually.

※ If you have transferred to Musashino city please do the procedure at Health Section.

Checkup type	Period	Checkup Contents	Date and Time	Place
3-4 months Medical Checkup	3-5 months of age	Internal medical checkup, Measurement, Childcare consultation, etc.	2-3 times a month Tuesday Reception time 1:00pm-2:00pm	Health Center
6/9months Medical Checkup	6-7 months of age	Internal medical checkup, Measurement, Health guidance, etc.	From time to time within the target age	Tokyo Metropolitan Government Internal Medical Service
	9-10 months of age			

18 months Internal Medical Checkup		Internal medical checkup, Measurement, Health guidance, etc.	From time to time within the target age	City Designated Medical Institution
18 months child and parent Dental Checkup Childcare Counseling	18 months - 20 months of age (and parent)	Dental checkup, Child care counseling, Nutritional consultation, etc.	2-3 times a month Tuesday or Thursday Reception time 9:10am- 10:10am	Health Center
3 years old Medical Checkup	3 years of age	Internal medical checkup, Measurement, Visual acuity / Auditory checkup, Dental checkup, Individual consultation, etc.	2-3 times a month Thursday or Friday Reception time 12:50pm-2:00pm	
Infant Dental Counseling	18 months-30 months	Dental Prevention Class	1-2 times a month Monday	
	After taking the Dental Prevention Class ~ 4 years old	Dental checkup, etc.	2-3 times a month Monday and Friday	

Time to send notices such as Questionnaires

- ② 3-4 months Medical Checkup →the end of the month, which will be 3 months
- ③ 6and9months Medical Checkup →the end of the month, which will be 5 months
- ③18 months Medical Checkup →the end of the month which will be 1 year 5 months
- ④3years old Medical Checkup →the end of the month which will be 3 years old

※ ① and ④ will give you a picture book and a book list.



### About Vaccination

- We carry out individual inoculation in city designated medical institution.
- When vaccinating, “Preliminary Examination Form” and “Mother and Child Health Handbook” are necessary.
- The “Preliminary Examination Form” and the “list of medical institutions” that can receive vaccinations for free will be sent separately at the beginning of vaccination(see notification period in the table).
- For those who do not have “ Preliminary Examination Form” by transfer, or those who lost it, please bring “Mother and Child Health Handbook” to the Health Section (Health Center).
- You can inoculate “until” and “less than” until the day before your birthday.
- For vaccines to vaccinate over 9 years old, please check on Health News / City Website, etc.

Type	Period	Number	Inoculation Interval	Notice Time	
Hepatitis B	Less than 1 year old *Standard vaccination 2 months to 9 months after birth	3 times	Two doses were given at intervals of 27 days or more and then inoculated once at intervals of 139 days or more from the first injection	The end of the month to be 1 month	
Rotavirus Infection	Rotarix From 6 weeks to 24 weeks after birth	twice	27 days or longer interval		
	Rotatec From 6 weeks to 32 weeks after birth	3 times			
※Two kinds of vaccines will be selected.					
Hib Infection	From 2 months old to less than 60 months old	1 to 4 times depending on the age of first vaccination inoculation	First interval of 27 days or more Additional 3rd inquiry more than 7 months after inoculation		
Pneumococci			First interval of 27 days or more Additional interval of 60 days or more after the 3rd time on the day after 12 months after birth		
Diphtheria, whooping cough, tetanus, polio (DPT-IPV) The 1 <sup>st</sup> period	From 2 months old to less than 90 months old	The first time 3 times Additional once	For the first 20 days or more, typically three times at intervals from 20 days to 56 days Additional After the third round of the first round, interval of 6 months or more		
BCG (Tuberculosis)	Less than 1 year old	once		The end of the fourth month	

Chickenpox	From 12 months old to less than 36 months old	twice	Twice at least three months apart	The end of the month to be 11 months
Measles Rubella	1 <sup>st</sup> Term From 12 months to less than 24 months of age	once	/	The end of the month to be 11 months
	2 <sup>nd</sup> Term From 5 years old to less than 7 years old ※ However, from April 1 to March 31 of the previous year of elementary school entrance	once		The end of March, the previous year of elementary school entrance
*Persons up to 18 years old (equivalent to the third year of high school) who have missed the opportunity to receive routine immunizations can be vaccinated.				
Mumps (Self-payment: 2,500 yen)	Preschool children over 12 months old	once	(The Japan Pediatric Society recommends 2 doses at 1 year old and 1 year before entering elementary school. Voluntary vaccination)	End of the 11th month (flyer only. Preliminary examination form is available at medical institutions)
Japanese Encephalitis	1 <sup>st</sup> Term From 6 months to less than 90 months after birth * Standard inoculation is from 3 years old to 5 years old	The first time twice Additional once	1 <sup>st</sup> Term First twice at least 6 days apart 1 <sup>st</sup> Term Additional interval of 6 months or more after the first round	The end of the month to be 3 years old

About infants (6 months to 4 years old) inoculation, child (5-11 years old) inoculation of new coronavirus vaccine.

The new corona vaccine is not compulsory.

The latest information is 2D on the right.

Please check with the code or city call center.

☎03-6736-5604 (weekdays 8:30 a.m. to 5:15 p.m.)



## **Experiences of Senior Mom**

### **I used Mother and Child Handbook (Mother and Child Health Handbook)!**

●When I knew my pregnancy and had Mother and Child Handbook issued at the Health Section (Health Center), I was told “Congratulations!”

I realized that “I’m going to be a mother!”

### **Good Points about Mother and Child Handbook**

●By making notes of what I noticed during pregnancy, it became a bridge between me and the obstetrician doctor, and since my baby was born it became a child-care diary by writing down what happened to my baby.

●The record of changes in my body during pregnancy remained. I could record the date of my first pregnancy checkup and the day when I felt fetal movement. I thought it was good to have this record when I looked back several years later.

●I will not forget the weight of the child at birth even if the child grows up, but I forget the weight at the age of months. However, I have a record of medical examination in Mother and Child Handbook so I was able to look back on later.

●There is a spare column on the last page of Mother and Child Handbook. Because my child had food allergies, I was recording when and what kind of symptoms appeared while eating. Even when the doctor suddenly asked about allergic symptoms at the hospital, I was able to answer concretely when I saw Mother and Child Handbook.

### **Baby Health Examination (Health Examination)**

●A questionnaire form for a baby to receive medical examination for free was sent from Musashino city at the time of visit.

●I was nervous about my baby’s first medical examination, but since baby’s developmental guideline was written in Mother and Child Handbook, so I was able to receive it with a little peace of mind.

●I consulted with the teacher what I am worried about and anxious about at the time of medical examination.

It was a good time to be relieved of parent’s feelings.

●There was a sitting check of the neck at the health examination for 3-4 months, and my child was re-examined again. But I was able to notice this because they pointed out at that exam.

### **Baby got a vaccination**

●“Vaccination Preliminary Examination Form” that can receive vaccinations for free was sent from Musashino city at the time of inoculation started.

●When receiving vaccination, I brought this “Vaccination Preliminary Examination Form” and Mother and Child Handbook. Hospital people recorded which vaccinations were received in Mother and Child Handbook. There were times when it was necessary to check vaccination since entering elementary school, but I understood it immediately by looking at Mother and Child Handbook.

●I thought many times that my child was sore and pity. But I did not want to regret that if my child got a big sickness because of not taking the vaccination at that time. So, I received all the vaccinations that were decided. For children, I think that it is better to receive vaccination for the future of children.

## 2. A circle of support that supports you “Child Care Comprehensive Support Center”

"Child Care Comprehensive Support Center" is a general term for consultation support related to children and child care. Children and Families Support Center, Health Center (Health Section), 0123 Kichijoji, 0123 Harappa, and Sakurazutsumi Children's Center, the 5 locations work together to provide support in the community from the pregnancy period. If it is related to children and child care, ask staff for any consultation. After listening to your story, if there is an appropriate referral, the staff will connect you to the staff.

[Children & Family Support Center]

Musashino City Hall South Building 3F Children & Family Department  
Children & Family Support Center

General Consultation for Child Care / Abuse report TEL: 0422-55-9002  
TEL: 0120-839-002

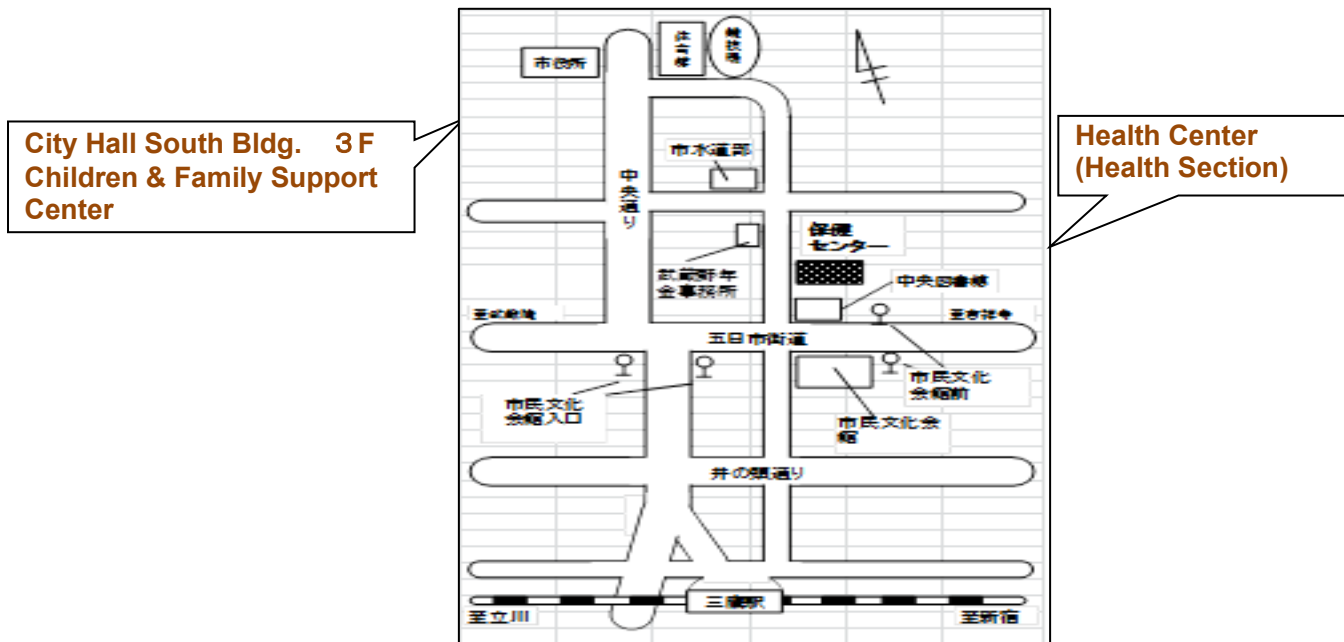
Single Parent / Help desk for women TEL: 60-1850

It is general consultation counter of child care. We also accept consultations on child-rearing for children under the age of 18, consultations from the children themselves, and consultations for single-parent households raising children under the age of 20. If you are not sure where to consult, please click [here](#).

[Health Section (Health Center) ]

Musashino City Health Center 1F Kichijohi Kitamachi 4-8-10 TEL: 0422-51-0700

Matters related to pregnancy and childbirth and life with the baby, regarding the health of children in infancy, public health nurses, registered dietitians, dental hygienists, midwives, etc. work together to provide continuous support, mainly for maternal and child health projects such as infant health checkups and childcare consultations.



## Community place for parents and children

It is a place for parents and children to go out to play freely at any time. "I wonder how everyone is doing", "I want you to listen to me a little", "I want to know information about the area", etc. You can easily ask for advice, and you can exchange information and interact with each other. At 0123 Kichijoji, 0123 Harappa, and Sakurazutsumi Children's Center, there are "child care supporters" who can help you with your child care problems. First of all, please come and visit us. There are many other child care plazas in the city where you can relax and consult about child care. Please go to a place that is easy to use!

[0123 Kichijoji]

Kichijoji Higashicho 2-29-12 Tel.20-3210

It is a slightly large private house-like building in a quiet residential area. Parents and children can spend a relaxing time while increasing the number of child care companions while children play freely.

[Subject] In principle, children living in Musashino City who are 0 to 3 years old (until March of the year they turn 4) and their guardians

[Facility Details] Play Hall, playroom, lounge, library corner, nursery room, garden, etc.

[Event Information] Age-specific plazas, seasonal meetings, lecture by lecturer, lectures, food and consultations on anything, etc.

[Opening Hours] 9:00 a.m. to 4:00 p.m.

[Closing Day] Sundays, Mondays, National Holidays (excluding Children's Day), Year-end and New Year holidays



[0123 Harappa]

Yahatacho 1-3-24 TEL56-3210

It is located in a blessed natural environment with a Chuo Park, promenade, production green space, etc. in the surrounding area. You can play freely in bright light. We also provide a variety of support for parents who are raising children, such as lectures and child care consultations.

[Subject] In principle, children living in Musashino City who are 0 to 3 years old (until March of the year they turn 4) and their guardians

[Facility Details] Play Hall, playroom, lounge, library corner, nursery room, garden, etc.

[Event Information] Fun times, age-specific plazas, seasonal garden play, lectures by instructors, food and consultations on anything, etc.

[Opening Hours] 9:00 a.m. to 4:00 p.m.

[Closing Day] Fridays, Saturdays, National Holidays (excluding Children's Day), Year-end and New Year holidays



[Sakurazutsumi Children's Center]  
 Sakurazutsumi 2-1-29 TEL53-2206

It is a facility aimed at promoting the healthy growth of children through play and enriching their emotions. You can move your body freely by playing Boo Boo car, trampoline, touch panel, etc. in the hall. You can also relax and enjoy picture books with your child in the library. Preschoolers have a preschool room with a play house corner and fun toys.

[Subject] Infants and guardians, elementary school students, junior high school students

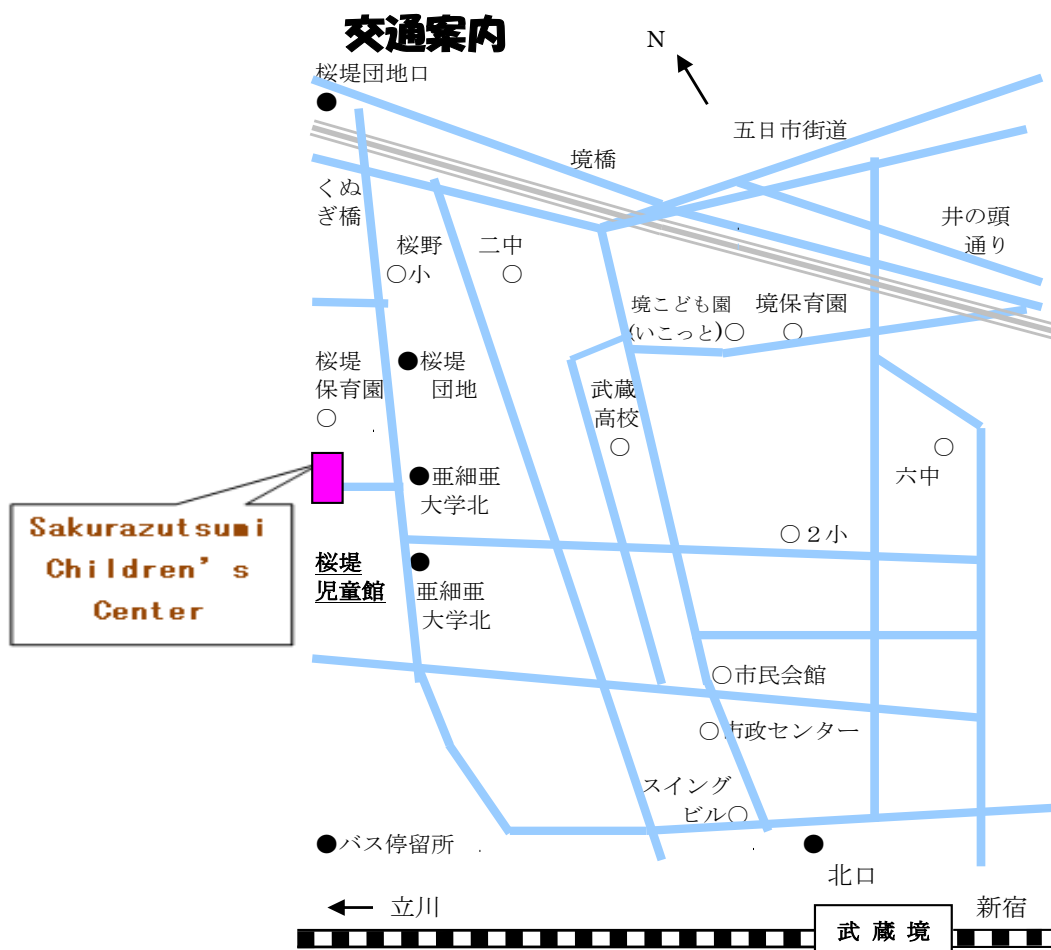
[Facility Information] Hall, assembly room, library, training room, game room, multipurpose room, garden

[Event Information] Children's Land (0year old,1year old,3year old,4year old), Trampoline Day, Story Square, Yu, Yu, Goo Day, parenting course, seasonal events, etc.

[Opening Hours] April-September: 9:30am-5:30pm

October-March: 9:30am-5:00pm

[Closing Day] Sundays, National Holidays (excluding Children's Day), Year-end and New Year holidays (December 29 to January 3)

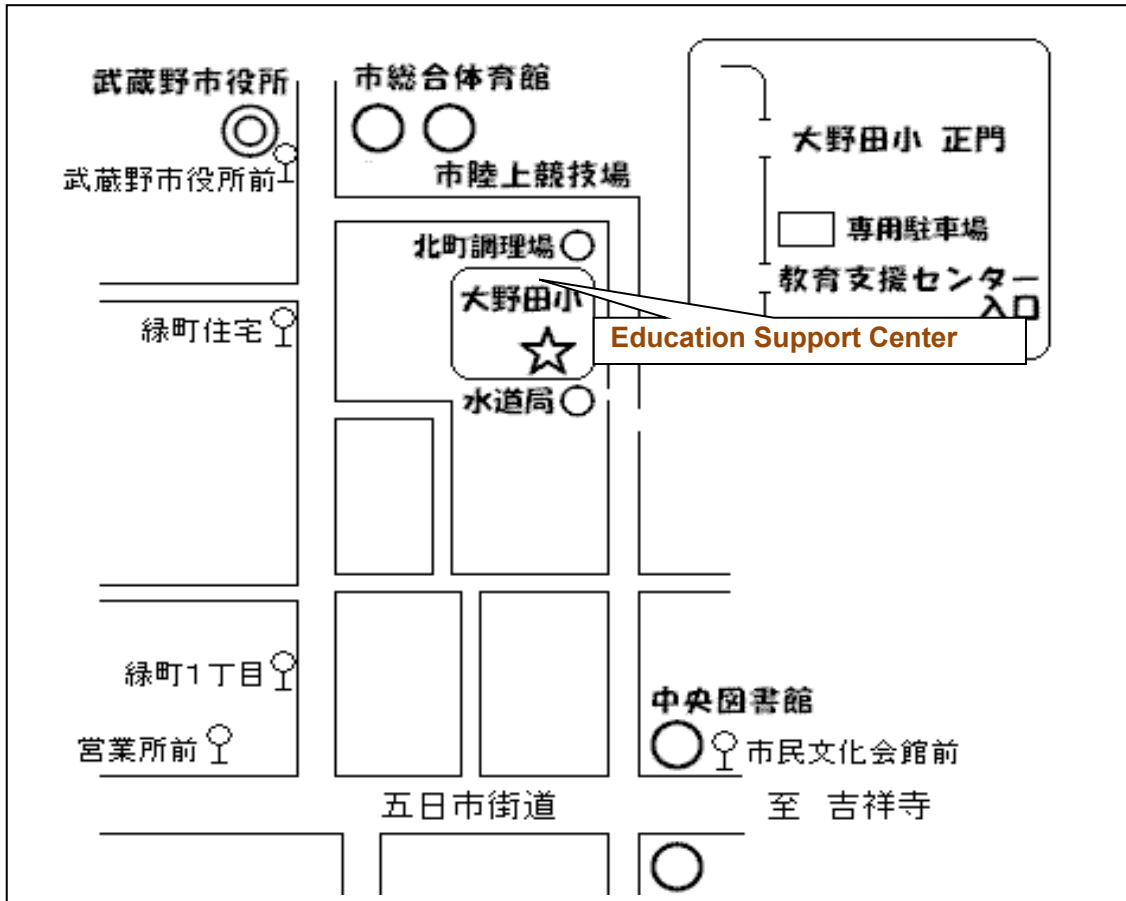


Other consultation desks

[Education Support Center]

Oonoden Elementary School B1F TEL: 60-1899、60-1922 (Telephone consultation hotlines)

Education counselors (Clinical psychologist) respond to various consultations about children from infants to adolescence.



[Consulting Room Habit]

Midoricho 2-6-8 Musashino Midoricho 2-chome No.3 Apartment Building No. 8 1F Midori-no Kodomo-Kan

TEL: 0422-55-8510

Consultations related to 0to18 years old children's development. Appointment is required, so please pick up the phone first. Service is free of charge.





[Gender Equality Promotion Center]  
Sakai 2-3-7 Civic Hall 1F TEL:0422-37-3410

Comprehensive consultation for women: We will listen to various problems that women have in their lives, such as personal relationships at home, work, and school, and think about solutions together.

First Saturday of every month 13:00-15:50

Second Friday of every month 18:00-19:50

Third Monday of every month 14:00-15:50

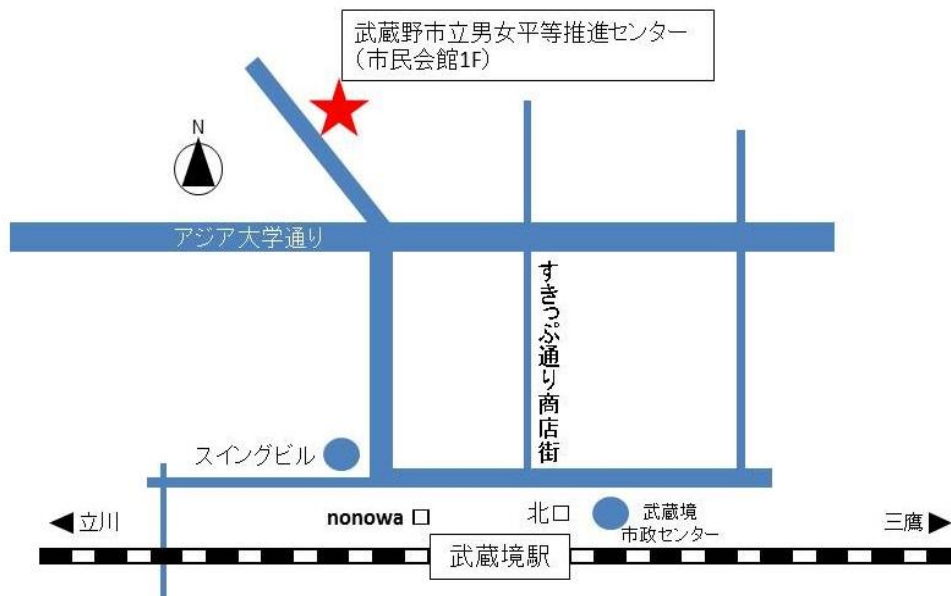
Fourth Tuesday of every month 9:00-11:50

(50 minutes each, reservation required)

Women's Legal Consultation: women lawyers provide consultation on legal responses and procedures such as divorce, support (parenting), and inheritance.

First Saturday of every month 9:30-12:00

(30 minutes each, reservation required)



## Consultation conducted outside Musashino City

Section	Name	Consultation Contents	Implementation Time	Contact Information
Medical Institution Information	Tokyo Metropolitan Medical Institutions and Pharmacy Information Service "Himawari"	Providing information of Medical institution · Night holidays Medical institution	9:00-20:00 daily * Multilingual support available (English, Chinese, Korean, Thai, Spanish)	TEL: 03-5285-8181 Dedicated Fax for the Hearing-Impaired 03-5285-8080 (24 hours every day)
	Tokyo Fire Department Emergency Counseling Center	· Consultation on urgency based on symptoms · Necessity of consultation, medical institution information	24 hours (7 days a week)	#7119 (Push line · Mobile · PHS) TEL: 042-521-2323 (all phones)
	Telephone Consultation "Child Health Consultation Room" (Pediatric Emergency Consultation) (Tokyo Metropolitan Welfare and Health Bureau)	Pediatrician physicians, public health nurses, etc. will answer for the sudden illness at night.	Monday - Friday (excluding public holidays · New Year's holidays) 6 pm – 8am next morning Saturdays, Sundays, public holidays and New Year's holidays 8 am – 8am next morning	#8000 (Push line · Mobile) TEL: 03-5285-8898 (Dial line · IP phone, etc. from all the phones)
Kokoro "Heart"	Mental Healthcare Consultation Room (Tokyo Metropolitan Children's General Medical Center)	Wide consultation on children's behavior and mental development	Monday - Thursday (except public holidays and New Year's holidays) 9:30 am - 11:30 am 1:00 pm - 4:30 pm	TEL: 042-312-8119
	Mental Healthcare Consultation (Tokyo Metropolitan Tama Mental Health and Welfare Center)	Consultation on mental health welfare such as content related to mental health, drugs, alcohol, adolescents	Monday - Friday (excluding public holidays · New Year's holidays) 9 am - 5 pm	TEL: 042-371-5560
	Telephone Consultation at Night in the Tokyo Metropolitan Area (Tokyo Metropolitan Welfare and Health Bureau)	When you are troubled by mental problems, cannot sleep well, lack motivation, or when it's so painful that you want to die, etc.	Every day 5 pm - 10 pm (Reception is open until 9:30 pm)	TEL: 03-5155-5028
Medicine	Medicine Consultation Desk (Pharmaceuticals and Medical Devices Agency)	Medical consultation	Monday - Friday (excluding public holidays · New Year's holidays) 9 am - 5 pm	TEL: 03-3506-9457
	Consumer's Medicine Consultation Desk (Japanese Pharmaceutical Association Central Pharmaceutical Information Center)	Medical consultation	Tuesday and Friday (excluding public holidays · New Year's holidays) 10 am - noon 1 pm - 4 pm	TEL: 03-3353-2251
Female	Tokyo Female Consultation Center Tama Branch	Consultation of women's various troubles by professional staff	Monday - Friday (excluding public holidays · New Year's holidays) 9 am - 4 pm	TEL: 042-522-4232 Visit consultation is <b>【Reservation Required】</b>
	Tokyo Women's Plaza		Every day (excluding New Year's holidays) 9 am - 9 pm	TEL: 03-5467-2455 Interview consultation is <b>【Reservation Required】</b>
	Mothers Hello Work	Introduction to employment counseling and job offering companies Child corner available Various seminars / Training courses	Monday - Friday 9 am - 5 pm (excluding public holidays · New Year's holidays)	Tokyo TEL: 03-3409-8609 Tachikawa TEL: 042-529-7465 Reservation consultation is available

Section	Name	Consultation Contents	Implementation Time	Contact Information
Men	Tokyo Women's Plaza	Counseling for men	Every Monday, Wednesday, and Thursday (excluding national holidays and year-end and New Year holidays) 5:00pm to 8:00pm Every Saturday (excluding public holidays and year-end and New Year holidays) 2:00pm to 5:00pm	TEL: 03-3400-5313 Interview consultation [Reservation Required]
Addiction	Tsukuba Addiction 110	Telephone consultation at Japan Addiction Information Center	Every day 9 am - 9 pm	TEL: 029-852-9999
	Tobacco accidental ingestion dedicated telephone	Information provided by Japan Addiction Information Center	Every day 24 hours	TEL: 072-726-9922 (automatic voice)
General Childcare	4152 Telephone Consultation (Tokyo Metropolitan Child Guidance Center)	Any consultation about children under the age of 18	Monday - Friday 9 am - 9 pm Saturdays, Sundays and public holidays 9 am - 5 pm (excluding New Year's holidays)	TEL: 03-3366-4152 Hearing speech disabled person consultation fax 03-3366-6036

Section	Name	Consultation Contents	Implementation Time	Contact Information
Abuse	Tokyo Sugunami Child Guidance Office	Every consultation such as abusive / delinquent problem, etc. for children under 18 years old	Monday - Friday (excluding public holidays · New Year's holidays) 9 am - 5 pm	TEL: 03-5370-6001
	Child Guidance Center Abuse Response Dial	Notification and consultation on child abuse	24 hours a day (365 days a year)	TEL: 189 (ichihayaku)
	Police	Urgent Consultation	24 hours a day (365 days a year)	TEL: 110 (hyaku to ban)
	(Social Welfare Corporation) Child Abuse Prevention Center Consultation Phone	Consultation about abuse, child raising	Monday - Friday 10 am - 5 pm Saturday 10 am - 3 pm (excluding public holidays · New Year's holidays)	TEL: 03-6909-0999
Single Parent	Heart Tokyo Metropolitan Single Parent Family Support Center ( ( General Incorporated Foundation ) Tokyo Metropolitan Single Parent Family Welfare Council)	Consultation about various problems of single parent family	Mon. Wed. Thur. Sat. Sun. 9 am - 5:30 pm Tues. Fri. 9 am-7:30 pm (Excluding Year-end and New Year holidays)	TEL: 042-506-1182 (Heart Tama)
Law	Tokyo Labor Bureau Equal Employment Office	Consultation on Equal Employment Opportunities for Men and Women, Child Care and Nursing Care Leave	Monday - Friday (excluding public holidays · New Year's holidays) 9 am - 5 pm	TEL: 03-3512-1611

Consultation Service for foreigners (city and outside)

Section	Name	Consultation Contents	Implementation Time	Contact Information
Education (Elementary and Junior High School)	Musashino City Return Home · Foreign Education Counseling Room	Consultation on various problems encountered in the course of adapting to Japanese school life (English, Chinese)	Monday - Friday (excluding public holidays · New Year's holidays) 10 am - 5 pm	TEL:0422-54-8626
Law / Psychology	Musashino International Association (M I A)	Consultation with professional such as lawyer, psychology counselor and language volunteer as interpreter	Legal consultation: The 4th Saturday afternoon of every month (reservation required) Psychological consultation: 3 <sup>rd</sup> Saturday afternoon of every month (reservation required) Reservation reception: Tuesday - Saturday 9 am - 5 pm Consultation time etc. will be confirmed at the time of reservation.	TEL:0422-26-2922
Medical	Tokyo English Life Line Telephone only	Troublesome consultation (free) (English)	Monday - Sunday 9 am - 11 pm	TEL: 03-5774-0992
	Tokyo English Life Line Visit consultation Paid reservation system 10 am - 6 pm	Face-to-face consultation with counselor English, Spanish, Cantonese, Mandarin	Monday - Friday (chargeable / reservation required) 10 am - 6 pm	TEL: 03-4550-1146 (English) 03-4550-1147 (Japanese)
	A M D A International Medical Information Center	Medical information, hospital introduction, medical interpretation English, Chinese, Spanish, Korean, Thai, Filipino, Vietnamese, Portuguese	Monday - Friday 10 am - 4 pm	TEL: 03-6233-9266
	Tokyo Metropolitan Health and Medical Information Center "Himawari"	Hospital introduction, medical information English, Chinese, Korean, Thai, Spanish,	Every day 9 am - 8 pm	TEL: 03-5285-8181
	(Special activity) Share = International Health Cooperation Citizen's Association Telephone only	Telephone consultation on medical care for foreigners (Japanese, English)	Wednesday and Friday 10 am - 5 pm	Japanese · English TEL: 03-6803-0304

※For information on clinics in areas where foreign languages are spoken, the latest information is available on the website of the Musashino City Medical Association.

URL : <https://www.musashino-med.or.jp/>

### **3. Economic support for child rearing - Introduction of Benefits, Subsidies, Medical expense subsidies**

There are various kinds of economic support for child rearing. The target system varies depending on the person. Application of either system is necessary. If the application is delayed, the time to be subject to the system may be delayed or the system may not be accepted, so please be careful.

For details, please contact each counter. Please contact us in Japanese. Interpreter dispatch of MIA (2 hours 5,000 yen/ Free for twice during 2 times free during the fiscal year.) is also available.

#### **Pregnancy-Childbirth**

##### **■Pregnancy Hypertension Syndrome Medical Expense Subsidy**

Inquiry: Tokyo Metropolitan Government Bureau of Social Welfare and Public Health, Maternal and Child Medical Care Subsidy TEL: 03-5320-4375

Requires inpatient treatment due to pregnancy ① Pregnancy Hypertension Syndrome and related diseases ② Diabetes ③ Anemia ④ Obstetric bleeding ⑤ Heart disease and its sequelae, and those who meets the prescribed requirements

HP : [https://www.fukushihoken.metro.tokyo.lg.jp/kodomo/kosodate/josei/n\\_ketsuatsu.html](https://www.fukushihoken.metro.tokyo.lg.jp/kodomo/kosodate/josei/n_ketsuatsu.html)

##### **■ Inspection for Congenital Metabolic Abnormality**

Inquiry: Tokyo Metropolitan Government Bureau of Social Welfare and Public Health, Maternal and Child Health Tel: 03-5320-4372

For all pregnant women. Fill out the application form for congenital metabolic abnormality, etc. prepared at the medical institution to be birthed and submit it to the medical institution for free.(Blood collection fee will be charged)

HP : <https://www.fukushihoken.metro.tokyo.lg.jp/kodomo/shussan/taisyaijou.html>

■ Inpatient midwifery a childbirth support system for pregnant women who cannot be admitted to hospitals for economic reasons. Prior consultation required. Inquiry: Lifestyle Welfare Section TEL: 60-1849

■ Health Guidance Form Low-income person Inquiry: Health Section (inside Health Center) TEL: 51 – 0700

■ Childbirth support gift (equivalent to 50,000 yen) Can be applied for at the interview at Yurikago Musashi (will be delivered at a later date).

Inquiries: Health Section (inside Health Center) TEL: 51-0700

#### **Childbirth-Child care**

■Childbirth Allowance Lump Sum Applicable to national health insurance. It is paid 500,000 yen for each birth child. If you have other health insurance, please contact your health insurance.

Inquiry: Insurance Section TEL: 60-1834

■ Child-rearing support gift (equivalent to 50,000 yen)

You can receive information and apply at the time of Hello Baby Visit (will be delivered at a later date).

Inquiries: Health Section (inside Health Center) Phone: 51-0700

■The Birth Memorial Trees For all babies. Celebrate the birth of a baby

and present a commemorative sapling. We will deliver an application postcard at the time of Hello Baby Visit.

Green City Promotion Section TEL: 60-1863

■Stork Vegetable Project For all babies. Celebrate the birth of a baby, presents a vegetable exchange voucher (for 2,000 yen).

Industrial Promotion Section TEL: 60-1833

■Medical Treatment for Premature Infants Medical

Inquiry: Health Section (in Health Center) TEL: 51 – 0700

When a newborn baby born with immature physical function is hospitalized to designated medical care institution, we will subsidize self-payment of insurance medical treatment.

■Child Allowance / Special Benefit

Inquiry: Child Care Support Section TEL: 60-1852

We will pay to those who have a resident registration in the city, and those who are raising children before secondary school completion. \* Income limit.

■Subsidies for medical expenses for infants, children, High school students, etc.

Inquiry: Child Care Support Section TEL: 60-1852

We will subsidize the co-payment portion of insurance medical care for children registered as residents in the city and who are enrolled in health insurance until the first March 31 after the day of reaching the age of 18. No income limit.

■Children Chronic Illness Medical Fee Subsidy

Inquiry: Social Welfare Section for the Disabled TEL: 60-1904

We will subsidize a part of medical expenses (self-burden after applying health insurance) pertaining to the designated medical institution to the child under the age of 18 whose condition of disease corresponds to the certification criteria. Target disease: Malignant Neoplasia, Chronic Kidney Disease, etc.

■Child-Raising Medical Support for becoming Independent (Training Medical)

Inquiry: Social Welfare Section for the Disabled Tel: 60-1904

We will subsidize a part of medical expenses at the designated medical institution (self-payment after applying the health insurance). Must be under 18 years old and require a surgery with proven results to improve quality of life. Income limit.

■Birthday Support Project

Inquiry: Health Section (in Health Center) TEL: 51-0700

For families raising children who have reached the age of one, we will give out a childcare package worth 10,000 yen and a child-rearing information booklet issued by the Tokyo Metropolitan Government together with a message of support at the time of consultation and dental checkup for a 18-month-old child.

■Air Pollution Medical Expenses Subsidy Inquiry: Health Section (in Health Center) TEL: 51 - 0700

Those who are suffering from bronchial asthma, chronic bronchitis, asthmatic bronchitis, or pulmonary emphysema and meet all the requirements, the Tokyo Metropolitan Government will subsidize medical expenses.

### **In case of Disability**

- Welfare allowance for disabled children
  - Welfare allowance for persons with physical and mental disabilities
  - Severe physical and mental disability allowance
- Inquiry: Social Welfare Section for the Disabled Tel: 60-1904
- Special child support allowance
  - Child development training allowance (disability allowance)
- Inquiry: Child Care Support Section TEL: 60-1963
- Support under 20 years old who is raising a child with certain disabilities.  
Income limit.

### **For a Single Parent Family**

Please contact us for more information.

Support website for single-parent families



- Child support allowance
  - Child development training allowance
  - Single parent household, etc. Medical expenses subsidy
  - Single parent household housing expenses subsidy
- Inquiry: Child Care Support Section TEL: 60-1963
- Single parent home Help service
  - Mother and Child, and Father and Child Welfare Fund Loans
  - Independence Support Education Training Benefit · Higher Vocational Training Benefit · High School Graduation Certification Examination Pass Support Benefit
- Inquiry: Child & Family Support Center TEL: 60-1850

### **For twin and triplet families**

- Subsidy for moving home expenses for multiple fetuses
- Inquiry: Health Section (in Health Center) TEL: 51-0700
- In order to reduce the burden of childcare on families aged 0 to 2 years old, we will present a gift certificate worth 24,000 yen per year as a taxi transportation expense at the time of medical checkups. It will be given to you at the time of the interview with the public health nurse.

### **When entering a Kindergarten / Non-Ninka Certified Daycare Facilities**

- Non-Ninka Certified Daycare Facilities Childcare fee subsidy
- Child Raising Support Section TEL: 60-1843
- Subsidies will be paid to parents and guardians of children living in the city whose children are enrolled in certified childcare centers (in Tokyo) or company-led childcare facility if certain conditions are met.
- There is a monthly upper limit of 50,000 yen. There is income limit.  
The amount of grant varies depending on income (citizen tax amount is

standard) and child's classification.

■ [Non-Ninka Certified Daycare Facilities] Facility Use Fees (National Government's Free System)

Inquiry: Child Raising Support Section TEL: 60-1843

By making early childhood education and childcare free, facility usage expenses will be paid to those who use unauthorized childcare facilities (facilities that have submitted notification to prefectural governments and meet the standards established by the government).

Monthly 3-year-old class ~ 5-year-old class children up to 37,000 yen

0-year-old class ~ 2-year-old class Children in households exempt from inhabitant tax: Up to 42,000 yen

\* In order to receive subsidies, it is necessary to receive facility use benefit certification (confirmation of the necessity of childcare).

■ [Kindergartens] Facility Use Benefit for Child-rearing (Free of charge system of the Japanese government)

Inquiry: Child Development Section TEL: 60-1843

With "Free Early Childhood Education," you can receive free benefits up to a maximum of 25,700 yen per month (there is no income limit).

\* Once admission to kindergarten is decided, all applicants must apply for No. 1 certification.

\* Even if you have been certified in another city, if you transfer to Musashino City, you need to be certified again.

Kindergarten children in the 3 ~ 5 years old class who use daycare and whose household can confirm the reason for the need for childcare are eligible for free childcare (there is an upper limit) upon application. (No. 2 certification)

■ Subsidies for parents of children in private kindergartens

Inquiry: Child Care Support Section TEL: 60-1843

① Subsidy for admission fee

A subsidy will be issued to those who have paid the entrance fee to a private kindergarten or kindergarten-like facility. Children who are registered as residents of the city at the time of admission are eligible. 50,000 yen (upper limit) per child, one time only.

② Guardian subsidy

Part of childcare fees will be subsidized. Sum of the subsidy amount [1,800 to 6,200 yen (maximum monthly amount)] determined by the Tokyo Metropolitan Government according to the income of the guardian (based on the income of the municipal tax) and the subsidy amount [4,000 yen (maximum monthly amount)] determined by the city, and issue it (total 5,800 yen ~).



### **When entering an Elementary School**

#### **■School Enrollment Support**

Inquiry: Education Support Section TEL: 60-1900

School enrollment expenses will be paid to guardians who are living in the city and are guardians of municipal / state elementary and junior high school students who are recognized as difficult to enroll for economic reasons.

(Supplied expense items) School supplies, school supplies expenses, school lunch expenses, extracurricular activities · school excursions participation fee, etc.

#### **■Special Education School Enrollment Incentive Expense**

Inquiry: Education Support Section TEL: 60-1900

Parents of children who live in the city and are enrolled in municipal elementary and junior high school and fall under any of ① to ③.

① I am enrolled in the special support class.

② I go to a class guidance class and travel expenses are applied.

③ There are obstacles as stipulated by laws and ordinances.

\* Living protection, not receiving schooling support expenses

\* Income restrictions (Excluding commuting and regular-grade expense)

<Payment Costs> School supplies, school supplies expenses, school lunch expenses, school excursions and school trips participation fee, commuting and regular grade expenses, etc.

### **Other subsidies**

**■Private kindergarten · Ninka** ·Subsidies for the issuance of certificates for attendance at certified nursery schools

Inquiry: Child Raising Support Section TEL: 60-1843

When a child living in the city who attends a private kindergarten, a ninka nursery school, a certified child center, a community-based childcare service, etc., certified nursery school or company-led nursery facility has an infectious disease. Only if you have been examined by a medical institution affiliated with medical associations, you can have a certificate of permission to attend kindergarten after illness issued free of charge from the medical institution with the subsidy of the city.

## **Experiences of Senior Mom**

There are various kinds of benefits.

There are things that everyone can certainly receive, and there are conditions also.

However, we cannot accept any kind of benefits from ourselves.

Also, it will not be possible to apply even after the application period.

So I decided not to forget to consider the application period of the benefit according to the child's growing stage.

- 1: When pregnant
- 2: When a baby was born
- 3: When a child goes to daycare or kindergarten
- 4: When going up to elementary school
- 5: When going to junior high school / high school

### **On benefits for children with disabilities**

My acquaintance's foreign child had an intellectual disability, but I did not know that the application of welfare allowance applies to children with intellectual disabilities. However, from a colleague of the company, his child was also taught that it would be subject to welfare allowance application, and as a result of applying, after interviewing and examination by a doctor, etc., receiving a designation of the grade, welfare allowance according to the grade is now possible to receive.

#### 4. When you want to put the child in day care.

##### Childcare Facilities ▪ Kindergarten ▪ Asobee ▪ Gakudo Club Information

There are various Childcare Facilities in Musashino City. Please consider the features of the facility and conditions of entry and select the facility you would like.

You can consult when you do not know about Childcare Facilities. Consultation is in Japanese. Please go with someone who can speak Japanese. Reservation (TEL:60-1854). Interpreter dispatch of MIA (2 hours 5,000 yen / Free for twice during the fiscal year.) is also available.

##### **Childcare Facilities**

■Ninca Certified Daycare Center Inquiry : Child Raising Support Section  
TEL: 0422-60-1854

<Age> 3 Months - 5 Years Old \* There is a center to take care from the 57 days after birth.

<Admission Reception>

Acceptance period for mid-year enrollment: In principle, from the 1st to the 10th of the month before the desired enrollment month (Saturday, if it falls on a Sunday or a holiday, it will be the weekday after the holiday.) \*There are no admissions in February or March.

Application period for admission in April: Information will be announced in the city bulletin and on the city website.

<User Burden> It is decided according to the guardian's tax on income.

<Basic Childcare Time>

Weekdays : 8:30am-4:30pm(For municipal daycare)

Saturday : Decided after consulting with nursery school

Closed days : Sunday, Holidays, New Year's Holiday (12/29-1/3)

<Special Childcare>

○Early morning and evening childcare

In addition to the basic childcare hours, early morning and evening childcare will be provided, taking into consideration the parents' work situation and commuting time.

Please check the basic childcare hours (early morning and evening childcare hours) as they differ depending on the nursery.

○Extended childcare

We provide childcare with extended early morning and evening childcare hours. The hours vary by the nursery. A separate usage fee is required.

○Maternity leave childcare

It is childcare from the 57th day after birth.

○Child care for disabled children

We take care for children aged 0 to 5 who have disabilities but are suitable for integrated childcare and group childcare. If you wish to enter the facility, please contact the Child Raising Support Section.

## List of Ninka Certified Daycare Center

Name	Address	Phone Number	Capacity (number)
Kichijoji Higashicho Sumire Nursery	Kichijoji Higashicho 2-6-2	20-6640	60
MammyKichijoji Nursery	Kichijoji Higashicho 3-1-2	27-5541	60
Higashi Nursery	Kichijoji Higashicho 3-28-3	21-2495	75
Minami Nursery	Kichijoji Minamicho 3-6-15	48-1501	96
Kichijoji Kirameki Nursery	Kichijoji Minamicho 3-8-15	26-7723	60
Kids Inagaki Nursery Kichijoji	Kichijoji Minamicho 5-3-9	70-7833	60
With Kichijoji Nursery 1	Kichijoji Honcho 2-35-12	27-1565	60
With Kichijoji Nursery 2	Kichijoji Honcho 2-23-4	27-5468	60
Machi no Nursery Kichijoji	Kichijoji Honcho 3-27-13	38-8260	60
Pinocchio Kindergarten Kichijoji Nursery	Kichijoji Honcho 4-10-10-3F	27-6085	78
Kitamachi Nursery	Kichijoji Kitamachi 1-23-17	21-6681	128
Kichijoji Nursery	Kichijoji Kitamachi 5-11-51	51-5206	102
Nakacho Sumire Nursery	Nakacho 2-5-5-1F	38-6220	60
Muku Muku Mirai Nursery	Nakacho 2-5-9	90-6484	73
Seika Nursery 1	Nakacho 2-31-8	54-3854	72
Musashino Sekijyuji Nursery	Nakacho 3-25-7	52-3298	178
Arinco Nursery	Nishikubo 1-11-10	54-1356	66
Seika Nursery 2	Nishikubo 2-15-3	38-7352	80
Nishikubo Nursery	Nishikubo 2-18-6	51-5307	110
Merhalsa Nursery Hibiki Musashino Nishikubo	Nishikubo 2-27-15	38-8601	60
Fujinomi Nursery	Midoricho 3-4-3	55-2525	103
Nichii Kids Musashino Yahata Nursery	Yahatacho 1-2-25	60-2015	80
Senkawa Nursery	Yahatacho 1-4-13	51-8478	96
Kids Garden Musashino Sekimae	Sekimae 3-4-15	38-6825	96
Musashino Momiji no Mori Nursery	Sekimae 3-12-1	38-8611	108

Konoe Nursery	Sakai 1-16-26	27-8550	90
Musashisakai Sumire Nursery	Sakai 1-17-16	38-9292	66
Musashisakai Kosumo Nursery	Sakai 1-20-5	55-8686	91
Himawari Nursery	Sakai 4-7-12	56-8732	96
Sakai Nursery	Sakai 4-11-3	53-1783	102
Manabi no Mori Nursery	Sakai 5-2-11	38-5066	69
Kyonan Sumire Nursery	Kyonancho 1-21-6	30-9581	60
Kyonan Nursery 2	Kyonancho 2-20-17	32-8167	83
Global Kids Musashisakai	Kyonancho 4-2-19	51-2242	62
Kyonan Nursery	Kyonancho 5-1-1	32-2443	102
Sakurazutsumi Nursery	Sakurazutsumi 2-1-27	52-4671	96
Sakai Kodomoen ( Certified Children's Center Daycare type )	Sakai 4-11-6	53-2312	61 (107)

## Childcare Facility Q & A

**Q1** What is the difference between Daycare Center and Kindergarten?

**A.** The Daycare Center entry criterion is that parents are working there are reasons that require childcare, such as being sick. Kindergarten is for children from 3 years old and can enter even if someone can take care of your child.

**Q2** Where do I get the admission application documents?

**A.** We distribute “Handbook of Childcare Facility” and admission application documents at Ninka Certified Childcare Facilities, Municipal Administration Centers, Child Raising Support Section, etc.

\*The Child Raising Support Section also distributes an English version of the admission application documents.

**Q3** Can I join in the middle of the fiscal year?

**A.** Application for admission is accepted from the 1<sup>st</sup> to 10<sup>th</sup> of the month before the month you wish to join, and you can enter if there is a seat.(There is no admission in February or March.) Please consult the Child Development Section.

As for the acceptance of entry in April, we will inform you on the city newsletter “Shiho Musashino” and Website.

**Q4** Can I enter a childcare facility even while I am in a job offer?

**A.** It is conditional to have a job within 3 months after entry. Please contact each facility for Non-Ninka Certified Daycare Facilities.

**Q5** What is the entrance fee and the user's burden?

**A.** There is no admission fee in the case of Ninka Certified Daycare Facilities in the city. There is no difference between the municipal and the private sector for the user's burden, and it is decided by the citizen tax income dividend of the parent. There is a mitigation measure after the second child. In the case of Non-Ninka Certified Daycare Facilities, please contact them as it varies from facility to facility.

For questions about this question and other questions, please contact the Child Raising Support Section.

About kindergartens and Non-Ninka Certified Daycare Facilities

TEL: 60-1843

About Ninka Certified Daycare Facilities TEL: 60-1854

### **Nintei Certified Daycare Center**

Nintei Certified Daycare Center is a facility that combines the functions of kindergarten, daycare center, and child rearing support.

Level 1 children (kindergarten) and level 2, 3 children (daycare center) play together. There is one center in the city.

Name : Sakai Kodomoen Address : Sakai 4-11-6 TEL: 0422-53-4312

Established and operated by : (Public Interest Foundation) Musashino City Child Association

#### **Entrance Application & Selection**

Level 1 child apply for admission directly to Nintei Certified Daycare Center.

Level 2, 3 child applies the same as Ninka Certified Daycare Center.

Application for admission and selection will be carried out by the Child Raising Support Section (TEL: 0422 - 60 - 1854).

Category	Capacity	Age	User's burden	Childcare time	Holiday
Level 1	46	4-5 years old	*Users will be charged 0 yen due to the free service. *Including school lunch expenses.	Monday-Friday 9:00-14:00 *In addition to the above childcare hours, support childcare is available.	Saturdays, Sundays, holidays, long summer season, winter season, spring season
Level 2 Level 3	61	3 months -5 years old	Decided according to the guardian's citizen tax income quota (Same standard as City Ninka Certified Daycare Center) *For children aged 3 to 5, the user fee will be 0 yen due to the free admission. *Including school lunch fee	Weekdays 7:30-19:15 (Including extended childcare) Saturday 7:30-18:30 * Available time varies depending on month and age.	Sundays and holidays New Year's Holiday (12 / 29-1 / 3)

### **Regional Style Childcare Program**

Children from 0 to 2 years old

The entrance reception is the same as the Ninka Certified Daycare Center.

Application for admission and selection are carried out by Child Raising Support Section (TEL: 0422 - 60 - 1854).

#### **■Pediatric certified nurses (childcare mothers)**

Nursery teacher, kindergarten teacher, nurse or home care teacher are required training and are in charge of nursing in the child rearing room such as home. Three places in the city.

#### **■Company daycare facility**

We will nurture employee's children and local children together at childcare facilities, etc. at the company. One place in the city.

#### **■Small scale daycare facilities**

We will provide childcare with the capacity of a small group (capacity of 6-19 people). Fourteen locations in the city.

## **Non-Ninka Certified Daycare Facilities**

### ■Ninsho Certified Daycare Center

It is a daycare center that meets the criteria of Tokyo and is certified. We do childcare from 0year old child and opened 13 hours a day or more. There is A type in the vicinity of the station and B type (only Sumire Daycare in the city) that carries out homely daycare. There is a childcare fee subsidy system (see P.24) according to certain requirements.

Name	Capacity	Address	Tel	Age
Musashino Puchi Kureishu	40	Kyonancho 2-11-22 Daiichi Hisho Bldg. 2F	33-4400	0~5
Kazenoko Daycare	60	Sakai 1-16-34 Greenheim 1,2F	55-9872	0~5
Poppins Nursery School Musashino	40	Nakacho 3-6-1	50-2125	0~5
Kappanoie Daycare	30	Kichijoji Honcho 2-17-4	23-5960	0~5
Poppins Nursery School Kichijoji	30	Kichijoji Minamicho 1-6-3 Kichijoji Tokyu REI Hotel 2F	70-2171	0~5
Poppins Nursery School Musashino Towers	40	Nakacho 1-12-10 Musashino Towers Sky Gate Tower Towers Mall 5F	60-2180	0~5
Global Kids Cotonior Kichijoji Daycare	32	Kichijoji Minamicho 5-15-10	21-3355	0~5
Poppins Nursery School Musashisakai	33	Sakai 1-2-22 Brilliant Palace 1F	38-6731	0~5
Magio Tanpopo Nursery Kichijoji	39	Kichijoji Honcho 2-10-5 Sankei Bldg. 4F	27-1457	0~3
Nakacho Sumire Nursery	21	Nakacho 3-8-1 Proud City Musashino Mitaka Front Court Bldg. A	38-6220	0~2
Hatcho Hanamizuki Nursery	30	Nakacho 2-21-14-103 Westcourt	080-3556-8732	0~5



### Company-led Childcare Facility

Company-led childcare facilities are non-licensed childcare facilities that aim to provide flexible childcare services according to the way employees work. The childcare fees are affordable thanks to subsidies for operating expenses from the Child Development Association entrusted by the Cabinet Office. There is a childcare fee subsidy system (see P.24) depending on certain requirements.

Name	Capacity (Regional frame)	Address	Tel	Age
Fujimura Nursery	18(9)	Kichijoji Honcho2-6-3 Inside Fujimura Girl's Junior & Senior High School	20-1210	0~2
Sakai Ringo no Ki Nursery	12(6)	Sakai 1-3-2 Skip IT Bldg. 2.3.4F	27-8117	0~2
Little With Kichijoji Nursery	30 ( less than half)	Kichijoji Honcho 2-35- 12-3F	27-5447	0~5
Pinocchio Kindergarten Kichijoji Annex	15(7)	Kichijoji Honcho 4-10- 10 Daishin Kichijoji Bldg. 4F	27-6521	0~2
Poppins Nursery Musashino Nakacho Sumisei Kids	18(9)	Nakacho 2-2-3 Sumitomo Life Insurance Musashino Bldg. 2F	58-8761	0~2
Pika Pika Nursery Kichijoji	12(6)	Kichijoji Minamicho 4- 28-10 street life kichijoji	26-8916	0~2
Lifestyle Education Children and Kindergartens	60 ( less than half)	Kichijoji Higashicho 1- 19-23	23-5377	1~5
Kids Nursery Kichijojien	30(15)	Kichijoji Honcho 3-28- 19	38-9977	0~5
Company-led Hikari Nursery School	40(20)	Sakai 2-10-18 Admis 1F	38-8702	1~5

## **Kindergarten**

In the city there are private kindergartens for 3-5year olds. For further information such as recruitment, please contact each kindergarten.

For details, please see P.35.

### **■Kindergarten Q & A**

**Q1** Can I visit the kindergarten before entering?

**A.** If you wish to visit, please contact in advance by phone, etc. before you go. Also, there are kindergartens conducting kindergarten recruitment briefings and kindergarten visits, so please contact each kindergarten.

**Q2** How do I get an entry application form?

**A.** The entry application form for the following fiscal year will be distributed in each kindergarten from around 15th October. For details, please see the September 15 the issue Shiho-Musashino.

**Q3** Tell me about the entrance procedure.

**A.** Please bring an application form for admission directly to each kindergarten. Regarding the interview at the time of admission and the decision on acceptance or rejection, there is a kindergarten to do on the designated day different from the kindergarten to be done on the submission date of the application form for admission. Regarding admission fee and facility maintenance fee, it seems that there are many cases where you pay mostly within one week after the admission decision.

**Q4** Can I enter in the middle of the fiscal year?

**A.** Some kindergarten might be accepting entrance even during the year, please contact the kindergarten directly.

**Q5** How much is the child care fee?

**A.** It depends on the kindergarten. It is roughly 25,000 yen to 35,000 yen per month. By making early childhood education free, you can receive free benefits up to the free upper limit. About kindergarten which shifted to new system, childcare charges become free in full.

**Q6** What is the subsidy system for nursery fees, etc. ?

**A.** For children who attend private kindergartens, we will grant subsidies from Musashino City. (For kindergartens in and outside the city) Application will be distributed from each kindergarten after entering. Please submit the submission to the city office by mail or directly to the city hall (We do not handle at the municipal administration center). Please refer to P.24 for details of subsidy, amount of money, etc.

**Q7** Are there events for pre-kindergarten children?

**A.** In kindergartens, we utilize the special characteristics of each kindergarten, and we are carrying out events that allow parents and pre-kindergarten children to participate. Please use as a place to make friends and group play experience. For details, please refer to the Shiho Musashino or Website.

List of Kindergartens in Musashino city (12 Kindergartens (Private) + 1 Nintei Certified Daycare Center)

Kindergarten Name	early morning acceptance	Time to come and time to go home Kindergarten education hours 4 hours is the standard		Lunch Number of times/Week	Kindergarten Bus	Kindergarten Uniform	Childcare					Parents burden expenses		
		Time to come	Time to go home				Childcare fee (Annual amount)		During long term holiday			Payment at entry * Entrance fee and facility fee	Child care fee (annual amount) (monthly)	Teaching materials costs, etc. (Annual amount) As a general rule, personal supplies and excursions, etc. are not included (There are exceptions by the kindergarten)
							Finish time	Fee	Period	Time	Fee			
Kashinomi Kichijoji Higashicho 4-7- 2(private) Tel 22-0788	8:00- (300yen)	9:00-9:25	14:00 (Wed. 12 : 00)	School lunch 2 Lunch box 2	-	○	~18:00	¥300 per hour snack ¥100	summer/22 days winter/10 days spring/8days	8:00-18:00	9:00- 13:00 ¥500 per day 8:00-9:00 12:00- 18:00 ¥300 per hour	3 years childcare /¥120,000 2 years childcare /¥110,000 1 year childcare/¥100,000	¥378,000(annual amount) ¥31,500(monthly)	¥42,000 (Teaching materials cost・ Personal supplies fee・Air conditioning fee)
Musashino Soai Kichijoji Minamicho 2-31- 4(private) Tel 43-5260	8:30- (300yen/day) (3,000yen/month)	9:00-9:15	14:00 (Wed. 11 : 30)	Lunch box 4	-	-	~18:00	¥1,000 per day (~17:00) ¥15,000 per month ( ~ 18:00 Subscribers only)	spring/4 days summer/25 days winter/7 days spring/8 days	8:30-18:00	10:00- 14:00 ¥1,000 per day 9:00- 17:00 ¥2,000 per day	¥120,000	¥336,000(annual amount) ¥28,000(monthly)	¥24,000 (Teaching materials cost)
Sumire Kichijoji Honcho 2-32- 10(private) Tel 22-2701	8:30- (250yen)	9:00-9:15	14:00 (Wed. 11 : 30)	Lunch box 4 Mon.・Thu. can choose school lunch	-	○No uniform for 3 years old	~17:00	¥250 per 30 min. ¥1,000 per day Wednesday, Morning childcare ¥1,500 per day	spring/5days summer/24 days winter/5days There are usage restrictions in winter and spring.	8:20-16:30	¥1,500 per half a day ¥2,000 per day	3 years childcare /¥240,000 2 years childcare /¥160,000	¥396,000(annual amount) ¥33,000(monthly)	¥14,000 (Air conditioning fee・ Selection fee)
Musashino Chuo Kichijoji Kitamachi 4-5- 13(private) Tel 52-1136	*Common to both gardens 8:00- (150yen/30min.) (2,000yen/month)	9:00	14:00 (Wed. 11 : 30)	Lunch box 4 Lunch order available	-	-	~17:30	¥150 per 30 min. ¥20,000 per month Monthly contract includes early morning Terms of use *There is an extra charge until 18:00. (Excluded from monthly contract)	spring/5 days summer/22 days winter/4 days spring/8 days	8:00-17:30	¥150 per 30min.	2,3 years childcare/ ¥120,000 1 year childcare/¥60,000	¥378,000(annual amount) ¥31,500(monthly)	-
Musashino Chuo 2 Kichijoji Kitamachi 4-4- 34(private) Tel 52-1136	There is a usage rule for monthly using. *7:30~available for an additional fee. (Excluded from monthly contract)													
Keyaki Nishikubo1-49-4 (private) Tel 52-2186	8:00- (100yen)	8:30-9:00 *30 minutes late in winter	14:00 (Wed. 11 : 30)	School lunch 2 Lunch box 2	-	○	~17:00 *(Except Wednesday)	¥200 per hour ¥500 per day	summer/17 days winter/5 days	summer/9:00- 14:00 winter/9:30- 14:00	¥1,000 per day (+¥100 early childcare from 8:00)	2-3 years childcare /¥100,000 1 year childcare /¥80,000	¥360,000(annual amount) ¥30,000(monthly)	¥31,000 (Teaching materials cost・Air conditioning fee・Facility maintenance cost)
Seisen Nishikubo 3-13- 5 Tel 53-3374 (private)	8:15- (100yen/day)	8:45-9:20	14:00 (Wed. 13 : 00)	School lunch 5 (Selectivity 4 times)	-	○	~18:00	¥200 per hour	spring/5 days summer/25 days winter/10 days	8:15-18:00	¥500 per half a day ¥1,000 per day	¥50,000	-	-

									spring/8 days					
Miyama Midoricho 1-6-22 Tel 51-6029 (private)	8:00- (150yen/30min.)	8:50-9:00	13:30 (Wednesday 12:00)	Lunch box 4 Sandwich, Onigiri order available (Mon, Tue, Wed, Thurs)	Commuting by private car is possible	○	~17:30	¥150 per 30 minutes (snack ¥100) ¥15,000 per month	summer/22 days winter/6 days spring/9days	8:00-17:00	¥150 per 30 minutes until 3pm ¥2,100 ¥2,800 per day (With snacks)	¥130,000	3yearsold ¥384,000(annual amount) ¥32,000(monthly) 4-5 years old ¥378,000 annual amount) 31,000(monthly)	Entrance fee (including examination fee) approx. ¥20,000 (Interview, Uniform, Gym clothes, Teaching materials cost) Next year childcare goods fee is about ¥1,000 per year.
Musashino Higashi 1 Sekimae 3-29-8 Tel 51-3640 (private)	*Common to both gardens 8:00-	8:30 9:30 There is 1 hour time lag depending on the area	13:30 (Wed. 11:00) 14:00 (Wed. 12:00)	School lunch 4	○	○	~18:00	Spot use ¥1,000 per day Wed. ¥1,200 per day + ¥300 lunch fee Regular use ¥10,000 per month + lunch fee	Saturdays, Sundays and holidays Weekdays except year end and new year	8:00-17:00 *Fixed-price applicants who are certified as New No. 2 are open until 18:00.	Spot use ¥1,700 per day + ¥300 lunch fee Regular use ¥10,000 per month + lunch fee	¥145,000	¥330,000(annual amount) ¥27,500(monthly)	¥39,300 (Teaching materials cost・Air conditioning fee・Supporter fee)
Musashino Higashi 2 Sekimae 3-37-10 Tel 53-4367 (private)														
Eiko no Sono Sakai 1-11-6 Tel 54-1200 (private)	7:30- (200yen/day) (2,000yen/month)	8:30-9:00	13:30 (Wed. 11:20)	School lunch 4	○	○ (Used only for the ceremony)	~18:30	¥1,500 per day ¥6,000-¥18,000 per month	Saturdays, Sundays and holidays Weekdays except year end and new year	7:30-18:30	¥3,000 per day 【 July - August】 ¥6,500- ¥20,000 per month	¥150,000	¥420,000(annual amount) ¥35,000(monthly)	¥22,000 (Teaching materials cost・Air conditioning fee・Interview fee)
Shotoku Kyonancho 2-11-8 Tel 31-3839 (private)	8:00- (400yen)	8:45-9:25	14:00 (Wed. 13:30)	School lunch 4 Lunch box 1	○	○	~17:30	¥600 per day	Priority to families working in July	8:00-17:30	¥1,000 per day	¥270,000	¥414,000(annual amount) 34,500(monthly)	¥42,500 (Teaching materials cost・Toy book fee・Health and sanitation expenses・Air conditioning fee)
Nintei Certified Daycare Center														
Sakai Kodomoen (2 years childcare) Sakai 4-11-6 Tel 53-2312 For residents of the city	8:30- (100yen)	9:00	14:00	School lunch 5	-	-	~17:00	¥500 per day	Every day except Saturdays, Sundays and holidays during summer・spring	8:30-17:00	¥800 per day	-	-	-

### **Regional Children's Center • Asobee**

We have "Open Classrooms", "Open School Garden" and "Open Library" at 12 elementary schools.

It is a facility aimed at making children's place to stay on early morning, after school and Saturdays and exchanging children of different ages.

Inquiry: Directly to Asobee or Youth Affairs Section TEL: 60-1985

<Utilization time>

Open Classrooms      Weekdays : 1pm-5pm

                                 Saturday, Long-term holiday : 9am-5pm

Open Library      Weekdays : after school-5pm

                                 Saturday : 9am-noon, 1pm-5pm

                                 Long-term holiday : Wednesday and Saturday 1pm-5pm

Open School Garden      Weekdays : 1 hour before class and after school-5pm

                                 Saturday, Long-term holiday : Time varies according to the

school

                                 (\* Winter season until 4:30pm)

### **Regional Children's Center • Gakudo Club**

It is a facility that aims at healthy fostering of children by activities mainly focusing on children of elementary school children of parents who cannot take care of their child at home after school due to work, etc. There are 12 city school children's clubs and 3 private school children's clubs in the city.

■City Gakudo Club

<Target> 1st to 3rd grade elementary school students living in the city

※For students enrolled in disabled children's frame, up to grade 6.

<Holiday> Sunday, public holiday, New Year's holiday

<Utilization time>

                                 (Normal) After classes - 6 pm      (Extension 7:00 p.m.)

                                 (Public school holiday) 8am-6pm      (Extension 7:00 p.m.)

                                 (Saturday) 8am-6pm      (Extension 7:00 p.m.)

                                 ※Procedures are required separately for use on Saturdays.

<Training fee> 8,000 yen per person per month (6,000 yen from the second person)

※Extended training (procedure required) 6 pm to 7 pm on the fully open days, ¥ 2,000 per month, ¥ 500 per day

※There is a reduction and exemption system for people living protection, residents tax exempt taxable households.

<Admission reception>      We accept applications for children who wish to join the new year from November. We are accepting admissions from time to time as often as possible, but if you exceed the capacity you will not be able to join until you get a seat. Even enrolled children are required to apply for members every year.

Inquiry: Youth Affairs Section TEL: 60-1985

■Private Gakudo Club

It is managed according to the standards of the country and Musashino City. Five locations in the city.

Regarding the method of applying for admission and the condition of child who can join, it depends on each facility. For details, please contact each facility.

Name	Age	Capacity	Opening hours	Address・Tel
Genkiko Nobinobi	1st to 6th grade elementary school students living in the city	35	After classes - 8 pm	Sakai 1-16-34 Green Heim Musashino 101 TEL: 53-5019
Musashino Pal	1st to 4th grade elementary school students living in the city	35	After classes - 6 pm	Midoricho 2-1-10 Musashino Higashi elementary school TEL: 53-6211
Senkawa Sakurakko Club	1st to 6th grade elementary school students living in the city with Ai no Techo	10	After classes - 6 pm	Yahatacho 4-28-13 Within Disabled Welfare Center TEL: 51-4008
Musashi Sakai Sumire Gakudo Club	1st to 6th grade elementary school students living in the city	35	After classes - 6 pm (With extension)	Sakai 1-17-16 Grace Flat Sakai 3F TEL: 28-4775
Sanraku Kids Club Musashino	1st to 6th grade elementary school students living in the city	35	After classes - 6 pm (With extension)	2-20-3 Kichijoji Honmachi Cima 2F TEL: 048-767-8110

## Experiences of Senior Mom

As I was going back to work after childbirth and child rearing, I had to find a facility where I could leave my 2 years old child to be taken care of. Since I had no information on Japanese childcare facilities, I went directly to the city office and asked various questions. It was very helpful because they explained from the general thing of the application for admission to small details kindly. Since the application period for all entrance ceremonies from April in the following year was from November, I made preparations for preparing the documents and visiting daycares so as to make it in time. Many of my friends started 'Hokatsu' (the activity performed by parents to put their children in daycare) from September and October. Fortunately, the entrance from April was decided and I was able to go back to work at ease.

Japanese daycare (Ninka Certified Daycare Center) is a facility that keeps children and keeps them when parents are working or are in a state of sickness, when childcare at home is difficult. People who wish to enter daycare can only enter unless they meet the admission conditions. Since the acceptance period of the entrance application is different for April and the others, it is necessary to prepare for application in according to the desired time of entrance. The reception of the entrance in April of the following year will start around November. Gather information positively by going to the city office or ask directly to the daycare, to check such as early to meet the entrance criteria and which daycare meets our child.

If the applicant for admission exceeds the capacity, the numerical value used for screening is called "index". A person with a high index can preferentially enter the daycare. Although the method of calculating the index varies depending on the municipality, it seems that you can score high and take a high index, such as when working hour are long. It is quite difficult to enter the desired daycare if it is not possible to obtain a high index for reasons such as short working hours. If the child is over 3 years old, in such cases it is also a way to enter a kindergarten where has a substantial child care (it is also called 'extended childcare' which child care for hours after the regular hours). Basically, conditions for entering kindergarten are not except for age. However, if the number of entrants wishing to enroll exceeds the capacity, you may fall by interview, so let's prepare with multiple kindergartens as candidates. \* Please ask Child raising Support Section (0422-60-1854) for the latest information of children on the waiting list.

Musashino City Hall has counselor Nursery Concierge. We receive consultation from each family and provide information on the childcare service that matches the circumstances and hope of the family. If you are having trouble finding children's childcare facilities, you may also consult an expert to help them. Consultation will be in Japanese, so you can also use Interpreter Dispatch of MIA (chargeable/Free for twice during the fiscal year).

5. When you want to put the child in daycare.

Child care support service such as temporary childcare

"I need to go out, but I cannot go with my child", "I got sick."

"I want to take a short break ..." We will introduce services that can be used at such times.

**Temporary Childcare ・ Temporarily Accepted**

It is necessary to register in advance in the facilities.

① Daycare

List of the daycare : Minami Daycare, Nishikubo Daycare, Seika Daycare 2, Sakurazutsumi Daycare, Kyonan Daycare 2, Kitamachi Daycare, Himawari Nursery, Global Kids Musashisakai, Tokotoko Daycare Minna no Tokotoko

※In addition, there are facilities that use their temporary vacancies to provide temporary custody services. Please contact the Child Development Division for the information.

Target : 3 months after birth in the city ~ Preschool child (Nishikubo is 1 year old, Seika Daycare 2 is 1 year and 3 months old, Himawari Nursery is 1 year and 2months old, Minna no Tokotoko is 57 days)

Childcare Period :

Monday-Friday 9am-5pm (Nishikubo is 8:30am-4:30pm, Seika Daycare 2 is 9:15am-4:15pm) ※Please contact Himawari Nursery, Minna no Tokotoko for details.

Fee

Initial registration fee 500 yen (excluding Nishikubo)

~2 hours	1,000 yen
Over 2 hours ~ 4 hours	2,000 yen
Over 4 hours ~ 6 hours	3,000 yen
Over 6 hours ~ 8 hours	4,000 yen
Lunch fee	300 yen

\*Amount as of April 2023 (excluding Nishikubo Daycare, Himawari Nursery,)

Inquiry : To each Daycare see P.28.

Himawari Nursery 56-8732

Minna no Tokotoko 27-7195



②Izumi no Hiroba

Target : From 6 months after birth to 6th grade in elementary school

Childcare Period : Monday - Saturday (Early morning, nighttime, emergency, including accommodation)

Fee

You can choose member registration or visitor usage.

	Member fee
Registration fee	2000 yen
Normal time 8:30-17:30	400 yen / 30 minutes 0 years old extra fee 100 yen / 30 minutes
Early morning / night time 7:00-8:30 17:30-22:00	500 yen / 30 minute 0 years old extra fee 100 yen / 30 minutes

How to Use

Advance Registration (Interview) · Reservation System (TEL: or Visit)

Inquiry : Sukusuku Izumi

Address : Kichijoji Honcho 3-27-17

TEL: 77-0213

**Regular use childcare**

When childcare is difficult due to the parent's work, etc., we will continue to take care of the child on a monthly basis. Pre-registration with the facility is required.

Implementation facility

Facility	Location	Contact No.	Target	Remarks
Tokotoko Daycare	Sekimae 4-17-10	27-7195	57 days to 2 years old	School lunch will be provided after baby food is completed
Minna no Tokotoko	Yurika Mansion 1F			

Usage fee

Admission fee 500 yen (Only when joining)

9:00 am ~ 5:00 pm: 2,200 yen/day

9:00 a.m. ~3:00 p.m.: 1,650 yen/day

Lunch fee 300 yen

### **Temporary custody support business by babysitters**

Part of the babysitter usage fee is subsidized for guardians who need childcare temporarily due to sudden circumstances in their daily lives. It can be used for reasons such as parents working overtime, illness, self-fulfillment, school events, etc., regardless of whether or not they have childcare certification. For details, please check the city website or contact the Child Raising Support Section.

Target: Children before elementary school age \*Subsidy limit applies

Inquiries: Child Raising Support Section TEL: 60-1843

### **Emergency Temporary Daycare**

In case parents are unable to bring up their children at home due to urgent reasons such as hospitalization, due to death, missing, illness, etc., nursing of hospitalized patients living together, disaster restoration, etc., we will temporarily take care of them.

Please consult the Child Raising Support Section

Target : 6 weeks old - Preschool child

Childcare Period : As a general rule one month

Inquiry : Child Raising Support Section TEL: 60-1843

### **Temporary Overnight Childcare (Temporary Accommodation Type Childcare)**

In case parents are temporarily unable to bring up their children at home due to hospitalization, sickness, nursing care of living together family members, disaster restoration, business trips, participation in public events, childcare fatigue, etc. We take care of daily life such as meals and bathing.

Please consult the Children & Family Support Center.

Target : Must live in Musashino and the child must be 1 year old to 6<sup>th</sup> grader at elementary school.

Accommodation Period : Within 7 nights

Inquiry : Children & Family Support Center TEL: 60-1850

### **Daycare for children with Sickness or Post-Sickness**

We keep children who are in sickness or recovery period of illness but who cannot be treated at home because the parents are absent.

Target :

Must live in Musashino and the child must be from 6 months of age to 3<sup>rd</sup> grade at elementary school.

How to Use: Advance registration necessary

Childcare time: Monday - Friday (excluding holidays, New Year's holidays, summer vacation, winter vacation) 8 am - 6 pm

■Post-sickness Daycare "Raporu"

Address Nishikubo 2-1-10 Honchu Building 2F TEL: 56-0910

■Sickness/Post-Sickness Daycare "Puchi Anzu"

Address Kyonancho 4-2-27 (couple with Anzu Clinic) TEL: 50-9774

■Sickness/Post-Sickness Daycare Inagaki

Address Kichijoji Minamicho 5-3-9 TEL: 76-7388

### **Pre/post Birth Helpers**

We send a helper to families with pregnant women who are having difficulty to do housework and parenting due to poor physical condition before and after childbirth, to support life.

Applicant: A pregnant woman who has Mother and Child Health Handbook. A maternal woman within 6 months from the day of birth (within three years from the day of birth in the case of multiple). (Those who live in the city and who need assistance from being unable to receive housekeeping / parenting assistance from families, etc.)

Usage limit : 80 hours (In the case of multiple births, 120 hours from the day the Mother and Child Health Handbook is obtained until the day before the child's 1st birthday, and 120 hours per year thereafter.)

Utilization time: 4 hours a day in units of 1 hour out of 8:00 am to 7:00 pm (excluding New Year's holidays)

Fee : 500 yen per hour

If transportation expenses are required for services outside the home, actual expenses will be borne

Contents: Preparation of simple meals, laundry, cleaning, shopping for everyday items, bathing aid, pick-up and drop-off of the older child, etc.

How to apply: Apply at Child Family Support Center or Health Section (Health Center).

Or send the application documents to the Child Family Support Center.

Applications can also be downloaded from the city's website.

Inquiry : Children & Family Support Center TEL: 60-1239

### **Postpartum care business (accommodation type/day trip type) Visit type**

This program allows mothers who need postpartum support to receive care from midwives etc., and advice on breastfeeding etc., and take a rest.

Inquiries: Health Division (inside Health Center) TEL: 51-0700

Registration application reservation form



## **Family support Center**

This is a mutual support activity in the community between those who want help with child-rearing (family members) and those who help (support members). Center advisors will match both members.

Target: Citizens with children from 6 months old to 6th grade elementary school

For children between 3 and 6 months old, please contact us.

Place of assistance: A place agreed upon in advance (family member's house, support member's house, etc.)

Assistance hours: Between 7:00 am and 8:00 pm (excluding year-end and New Year holidays)

### Usage Fee

Assistance hours	Monday~Friday	Saturday・Sunday・Holidays
7 am~9 am	900 yen	1,000 yen
9 am~6 pm	800 yen	900 yen
6 pm~8 pm	900 yen	1,000 yen

Contents: Pick-up and drop-off to nursery schools, kindergartens, etc., custody before and after childcare facilities, custody when going out for ceremonial occasions, school events, etc.

※We may not be able to find a support member, or we may not be able to meet your request.

Application method: Membership registration is required. Directly to the center or by mail (a 94-yen stamp is enclosed). The registration form can also be downloaded from the Center's website.

Inquiry : Musashino City Family Support Center

Address : Gotenyama 1-3-8 George Park Heights 101 TEL: 30-8077

## **Other Organizations**

To pick up and drop off to daycare, etc., we take care of babies, simple housework, and various services. For details, please contact each facility.

■NPO Corporation Childcare Service Himawari Mama

Address : Nishikubo 2-3-13 Third Yamashita Building 202 TEL: 38-8830

■NPO Corporation Workers Donguri

Address : Nishikubo 2-21-7 Katsumata Bldg.201 TEL: 53-3940

■ Public Interest Incorporated Association Musashino Silver Human Resources Center (in charge of childcare support)

Location: Nishikubo 1-6-27 Tama Shinkin Bank Musashino branch 4th floor  
TEL: 55-1231

■NPO Corporation Child-rearing Support Space Tokotoko

Address : Yahatacho 3-8-5 TEL: 27-7195

## **Experiences of the Senior Mom**

**We also used temporary childcare!**

### **●I used the child rearing support of an NPO Corporation**

• At the age of 2, my son became atopic dermatitis. At night, he could not sleep because it was so itchy that I had to dandle him and I always didn't get enough sleep. My husband and I are both far away from home, so there is no help. I was always irritated because my daily sleep deprivation and my son's atopic dermatitis did not get better. When consulting at the medical examination, I was introduced to NPO Corporations that are providing child rearing support. At first, I was very worried about having a stranger who I do not know taking care of my son.

However, the person who came was a very nice person and my intensely shy son was enough to make it familiar on the day. There were only people experiencing child rearing, I was able to leave it with peace of mind. They went out together and when he came home he seemed even cuter.

I was relieved from the first time childcare and I was able to relax and it helped me a lot. Even now, I remember nostalgically about those who took care of my son those days. For children, for Dad and Mom, I think I can spend my daily life more enjoyable by using temporary childcare.

### **●I used Daycare for children with Sickness or Post-Sickness**

I usually have my son kept at the daycare, but he sometimes gets sick (a fever, etc.), and be absent from the daycare. Although the fever fell, I am still worried to let him play in the daycare. In such cases, I was able to take my child at a post-sickness childcare facility with a nurse, and I was able to work with peace of mind. It is better to register before the child gets sick.

### **●I used Pre/Post Birth Helpers System**

• During pregnancy, I was diagnosed as a pre-placenta and was told to rest quietly in bed from my doctor. However, because I had a 2 years old boy who still love to play outside, I could not sleep at home all day.

At that time, I learned about Pre/Post Birth Helpers System, and the Helper took my son to play outside in the morning. Thanks to that, I got some time to lie down.

• It was when I gave birth to the third child. The second child was still a kindergarten child and needed to be picked up and dropped off every day. I could not bring out the newborn baby outside so I asked the helper to pick up and drop off to the kindergarten. It was particularly grateful, especially on rainy days.