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Childbirth・Children・Education



Information for Non-Japanese Residents of Itabashi City

◆ Information about Mother and Baby health, Child Raising and Support for Single-parent Families

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Unless otherwise noted, please make any Contact to the respective divisions in Japanese .

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After Confirming Your Pregnancy

(1) Maternity Record Book (*boshi kenko techo*)

▶ **Contact:** Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

The Maternity Record Book is used to record information about your baby's growth, health check-ups and vaccinations. Upon confirming that you are pregnant, please submit a Notification of Pregnancy to the Certifications Subsection, Family Registration Section at Itabashi City Office South Building (1F), your local Health and Welfare Center or Itabashi Citizens' Office. The notification forms are usually on display at the counters. You will receive a Mother and Baby Health Bag which includes a Maternity Record Book and maternity health checkup coupons, etc. Maternity Record Books in English and Chinese are also available at the Health Promotion Section and Health and Welfare Centers. For Maternity Record Books in other languages (Korean, Thai, Tagalog, Spanish, Portuguese, Indonesian), please inquire at the Health Promotion Section.

(2) Pregnancy and Childbirth “Navigation” Project (Interview with expecting mothers)

▶ **Contact:** Your local Health and Welfare Center

Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

Health nurses and specialists are meeting with expecting mothers at health & welfare centers in Itabashi City to discuss pregnancy health practices, childbirth preparations, and child-rearing plans. Please arrange an interview in the early stages of your pregnancy. Expecting mothers that arrange an interview will receive a list of Itabashi City's original nursery “package” (nursery items). For further details, please inquire at time of interview.

(3) Parenting Class

▶ **Contact:** Your local Health and Welfare Center

Educational classes are offered for participants to become more informed about pregnancy, birth and child-rearing, and are good opportunities for mothers to make friends and chat with other pregnant women. First-time mothers and fathers are also welcome to attend.

Health and Welfare Center

Open Monday-Friday (excluding public holidays)

※Closed Saturdays, Sundays, and 12/29-1/3

Hours: 8:30-17:00

▶ **Itabashi Health and Welfare Center**

32-15 Oyama higashi-cho, Itabashi-ku

TEL: 03-3579-2333

▶ **Kami-itabashi Health and Welfare Center**

3-18-6 Sakuragawa, Itabashi-ku

TEL: 03-3937-1041

▶ **Akatsuka Health and Welfare Center**

1-10-13 Akatsuka, Itabashi-ku

TEL: 03-3979-0511

▶ **Shimura Health and Welfare Center**

2-5-5 Hasune, Itabashi-ku

TEL: 03-3969-3836

▶ **Takashimadaira Health and Welfare Center**

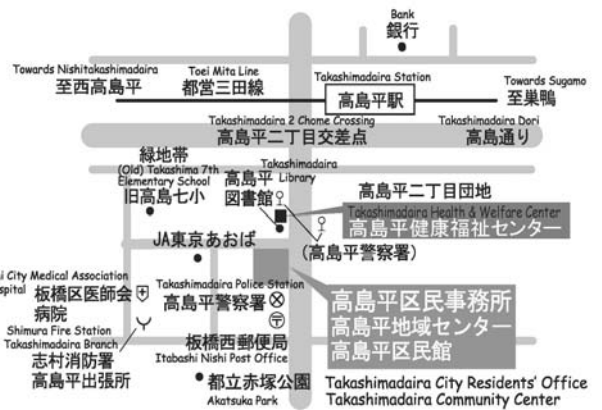
3-13-28 Takashimadaira, Itabashi-ku

TEL: 03-3938-8621

Services/Responsibilities

- Health Counseling ○Vaccinations ○Dental Health ○Nutritional Guidance
- Pregnancy health checkup/child rearing ○Baby health checkup
- Health education ○Fitness ○Care prevention ○Emotional fitness
- Medical cost assistance application for severe illnesses and psychological care





After Giving Birth

(1) Birth Registration (*shussho-todoke*)

- ▶ **Contact:** *Family Registration Subsection, Family Registration Section*
City Office South Building 1F#5 TEL: 03-3579-2202
Resident Services Subsection, Akatsuka Branch Office
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5113
Resident Register Subsection, Family Registration Section
City Office South Building 1F TEL: 03-3579-2207

The Family Register is a notarized document recording vital information from birth to death about Japanese nationals, including their name, date of birth, parents' names, marital status, and familial relations. Although foreign nationals cannot create a family register, births taking place in Japan must be reported.

Birth Registration

Period	Within 14 days from the child's birth, including the day of birth
Applicant	Either parent of the child (Please contact us if neither parent can file the notification)
Where to apply	Municipal office of place of birth or applicant's place of residence
Necessary items	One copy of birth registration form (please get the doctor who attended the birth to fill in the birth certification section in advance), Mother and Child Health Handbook, and marriage certificate (if marriage took place outside of Japan)

<To parents that are mid- to long-term residents>

Parents must apply for a **status of residence** within 30 days of their newborn's birth if the newborn will stay in Japan for more than 60 days.

For details, please inquire with the Immigration Bureau of Japan (03-5796-7112)

<If either parent has permanent residency>

An application for **permanent residency** must be made within 60 days of birth. Applicants are asked to bring proof of birth registration (*shussho todoke juri shomeisho*) and certificate of residence (*juminhyo*) to the Resident Register Subsection (Itabashi City Hall South Building 1F).

(2) Home Guidance for Mothers with Newborn Babies

- ▶ **Contact:** *Your local Health and Welfare Center*

After your child is born, please mail the "birth notice (postcard)" contained in your Mother and Child Health Handbook to your local Health and Welfare Center. Please note that it is obligatory to submit this notice if a newborn baby weighs below 2,500g. Using the information given in the notice, a public health nurse or a midwife will visit your house to check your baby's development, measure your baby's weight, etc. They can also give advice on child-rearing or postnatal health issues.

(3) Postnatal Support

- ▶ **Contact:** *Your local Health and Welfare Center*

A midwife can visit your house to check and bathe your baby within the first 28 days after birth. She can also visit to help with breastfeeding (checking the mother's breasts, giving advice on how to breast-feed) within 120 days of birth. The cost is 600 yen per visit (the Suku-Suku Card can also be used up to two times). Please ask at your local Health and Welfare Center for an application form.

(4) Child-Raising Classes and Consultation (Baby Food Workshop)

▶ **Contact:** *Your local Health and Welfare Center*

Guidance is available concerning physical measurements of infants, child-rearing, baby food, and more. In addition, there is a lecture class (reservation required) that covers recommended baby food methods and preparation for a child's first 5 to 8 months, as well as other lectures, cooking demonstrations, cooking learning sessions, and tasting sessions (cooking learning sessions are not available at Takashimadaira).

(5) Infant Health Check-Ups

▶ **Contact:** *Your local Health and Welfare Center*

With your baby's healthy growth in mind, measuring and advice are offered free of charge at Infant Health Check-Ups. These are an opportunity to make sure your child's mind and body are developing normally, and for early detection of speech problems and illness or health conditions. Information will be sent by mail near the time about future checkups.

Checkup	Age of Eligible Children	Location	Notification
4-month checkup	4 months	Health and Welfare Centers	Mailed near end of 2 nd month
6-months checkup	6 to 7 months	Designated medical institutions within Tokyo	
9-month checkup	9 to 10 months		
18-month checkup	Between 18 months to the day before the child's second birthday	Designated medical institutions within Itabashi	Mailed near end of 17th month
18-month dental checkup	Between 18 months to the day before the child's second birthday	Health and Welfare Centers	
3-year checkup	3 year-olds		Mailed near end of 35th month
4~5 year checkup	4 and 5 year-olds (excluding children in daycare and nursery school)		

(6) Dental Examination

▶ **Contact:** *Your local Health and Welfare Center*

Children under school age, expectant and nursing mothers, and women aged between 15 and 39 years old can have dental examinations (by appointment).

(7) Vaccinations

▶ **Contact:** *Disease Prevention Section, Itabashi City Health Center
32-15 Oyama Higashi-cho, Itabashi-ku TEL:03-3579-2318*

Children can receive the following vaccinations:

BCG (tuberculosis), HIB vaccine, childhood pneumococcal infection, DTP-IPV quadruple combined vaccine (diphtheria, tetanus, pertussis, inactivated polio), chickenpox, DT double combined vaccine (diphtheria, tetanus), MR double combined vaccine (measles, rubella), Japanese encephalitis, HPV vaccine (cervical cancer).

Those eligible for the above vaccinations will be notified by mail. Please receive vaccinations at designated medical institutions within Itabashi. If vaccinations are received within the vaccination period or target age designated by law then the full amount will be borne by public expenses (i.e. free of charge).

Vaccinations

Vaccine	Target age	Preferred vaccination period	Doses
BCG	Up to 1 year old	5 months to 8 months	1
Hepatitis B	Up to 1 year old	2 months to 9 months	3
HIB ※1	2 months to 5 years	▶ Phase 1 2 months to 7 months	3
		▶ Booster Between 7 to 13 months after Phase 1	1
Childhood Pneumococcal Infection ※1	2 months to 5 years	▶ Phase 1 2 months to 7 months	3
		▶ Booster Approximately 12 months to 15 months From 1 year or from 60 days after Phase 1	1
DTP-IPV (Diphtheria, Tetanus, Pertussis & Inactivated Polio)	▶ Phase 1 3 months to 7.5 years	▶ Phase 1 3 months to the day before child's first birthday	3
		▶ Booster 12 to 18 months after Phase 1	1
Chicken pox (varicella)	1 year to 3 years	▶ Phase 1 1 year to 15 months	2
		▶ Phase 2 6 months to 1 year after Phase 1	
MR (Measles, Rubella) ※2	▶ Phase 1 1 to 2 years		1
	▶ Phase 2 During the 1 year period before entering elementary school (equivalent to final year of kindergarten)		1
Japanese Encephalitis ※3	▶ Phase 1 From 6 months to 7.5 years (In intervals of 6 to 28 days)	3 years	2
		4 years (After 6 months have passed from the first time)	1
	▶ Phase 2 From 9 to 13 years	9 years	1
DT(Diphtheria, Tetanus)	▶ Phase 2 11 to 13 years	11 years	1
HPV (cervical cancer) ※4	Girls from grade 6 of elementary school to grade 1 of high school (intervals between doses vary according to type of vaccine)	First grade of middle school	3

※1: The number of doses varies according to the age at which vaccination was started. Please see Itabashi City homepage or inquire for more details.

※2: Children who have contracted measles or rubella in the past can still be vaccinated with the dual vaccine. Alternatively, separate vaccinations for either measles or rubella are also available; please consult your doctor. To request separate vaccinations, please contact your local Health and Welfare Center.

※3: There is a special system for children born from April 2, 1995 to April 1, 2007, and children who were unable to receive the Japanese encephalitis vaccine (up to 4 doses) during the legally designated period. Please contact your local Health and Welfare Center.

※4: HPV (cervical cancer) vaccine is not currently being actively carried out. If you wish to have your daughter inoculated please contact your local Health and Welfare Center.

Subsidies for Birth and Child Raising

(1) Itabashi City Aid for Specified Infertility Treatment

- ▶ **Contact:** Health Promotion Section Women's Health Support Subsection
Itabashi City Healthcare Center 5F TEL:03-3579-2306

Those approved to receive aid for specified infertility treatments will receive aid for incurred expenses from treatments such as external fertilization and intracytoplasmic sperm injection that are not included in one's insurance coverage. Aid does not include support for medical costs covered by insurance or costs associated with documentation.

Incurred expenses from microdissection testicular sperm extraction (MD-TEST) performed in Tokyo are also applicable.

(2) Pregnancy-Induced Hypertension Medical Care Subsidy

- ▶ **Contact:** Your local Health and Welfare Center

If you need to be hospitalized due to Pregnancy-Induced Hypertension Syndrome, you may be eligible for certain subsidies depending on your income and the number of days spent in hospital.

(3) Health Guidance Voucher

- ▶ **Contact:** Your local Health and Welfare Center

Health guidance coupons for health guidance (health examinations) are issued to expectant and nursing mothers and infants who are members of households receiving public welfare or exempt from paying Resident Tax Contact your local Health & Welfare Center for details.

(4) Maternity Coverage System

- ▶ **Contact:** Itabashi Welfare Office, General Information Desk Subsection,
36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322
Akatsuka Welfare Office, General Information Desk Subsection,
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126
Shimura Welfare Office, General Information Desk Subsection,
2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

This system offers financial support for hospitalization and midwife attendance etc. during childbirth. Your medical fees childbirth-related expenses may be completely or partly subsidized by public funds if you stay and give birth at a designated medical institution and have difficulty paying the delivery expenses. Please enquire if you experience financial difficulty paying your delivery expenses (subsidies are means-based).

(5) Children's Medical Care Subsidy

- ▶ **Contact:** Child Subsidies & Medical Care Subsection, Children Policy Section,
City Office North Building 1F#6 TEL: 03-3579-2374/2477

Itabashi City subsidizes the payment of medical expenses (excluding the cost of meals during hospitalization, which is covered by ordinary health insurance) for children up to the age of 15 (until March 31 of the fiscal year they turn 15 years old). Medical costs are fully subsidized upon presenting a health insurance card and medical treatment coupon to medical institutions in Tokyo. To receive this assistance, please bring your health insurance card and apply for a medical treatment coupon for infants or children. For details, please contact the Children Policy Section.

(6) Childcare Allowances

▶ **Contact:** *Child Subsidies & Medical Care Subsection, Children Policy Section
City Office North Building 1F#6 TEL: 03-3579-2374/2477
Akatsuka Special Branch Office, Resident Service Subsection
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5113*

Itabashi City provides allowances to the parents or guardians of eligible children to assist with the expenses associated with child rearing. Please note that these are means-based.

Child Allowance	Payable until the March 31 following their 15th birthday
Dependent Child Allowance	For children with only one parent or one seriously disabled parent, payable until the March following their 18th birthday (or 20th birthday if the child is mentally or physically handicapped)
Child Rearing Allowance	<ul style="list-style-type: none">▶ Child Rearing Allowance: For children with only one parent or one seriously disabled parent. Payable until the March following their 18th birthday.▶ Disability Allowance: For children under 20 years old who have moderate or severe mental or physical disabilities, or who have cerebral palsy or progressive muscular dystrophy
Special Dependent Child Allowance	For families with children under 20 years old with moderate or severe mental or physical disabilities

(7) Medical Treatment and Care Services for Infants

▶**Contact:** *Your local Health and Welfare Center*

It is possible to receive financial support for medical and care services for infants at designated medical institutions if your infant is hospitalized in the following cases: (1) Your infant's birth weight is 2000g or less; or (2) Your infant has serious jaundice.

(8) Medical Treatment for Independence Support (Child Disabilities Medical Treatment)

▶**Contact:** *Your local Health and Welfare Center*

Children under 18 years old who are physically disabled (or who are expected to become so in future) can receive financial support for related medical services if they are expected to recover via operations or other medical treatment.

Eligible conditions: (1) orthopedic birth defects; (2) visual impairments; (3) hearing and balance impairments; (4) auditory, vocal, speech or masticatory impairments; (5) heart problems; (6) renal problems (artificial dialysis and kidney transplants only); (7) intestinal problems; (8) liver problems; (9) other organ problems (excluding respiratory, bladder, rectal or intestinal problems; limited to organ problems caused by congenital diseases); (10) immunodeficiency problems due to HIV
Please note that this assistance is means-based and some individuals may not be applicable for any or all assistance. For details, please consult your local Health and Welfare Center.

(9) Subsidy Program for Air Pollution-related Medical Expenses

▶ **Contact:** *Pollution & Health Subsection, Disease Prevention Section, Itabashi City Health Center, 32-15 Oyama Higashi-cho, Itabashi-ku, TEL: 03-3579-2303
Or your local Health and Welfare Center*

Medical expenses are subsidized for individuals who have contracted the following diseases.

Eligible diseases: Bronchial asthma (Individuals under the age of 18 are also eligible for chronic bronchitis, asthmatic bronchitis and pulmonary emphysema)

Eligible individuals: Individuals must fulfill the following four conditions: (1) Be aged under 18 years old; (2) Have had an address within Tokyo for more than one year (6 months in the case of children under the age of 3); (3) Be enrolled in the National Health Insurance (NHI) program; (4) Do not smoke.

Support details: The copayment after health insurance coverage for medical expenses incurred for medical treatment for the above diseases during the period of validity of medical treatment tickets will be subsidized.

Childcare Support Programs

Children & Family Support Center and Consultations for Child-Raising

▶ **Contact:** *Children & Family Support Center, 36-1 Sakae-cho, Itabashi-ku (Green Hall 7F)*
TEL: 03-3579-2656

(1) Child Consultations

Consultations for child- and family-related problems are available. Please feel free to contact us for advice if you have any worries, concerns or problems related to child-raising. All consultations are strictly confidential. We will introduce you to appropriate specialists depending on your needs.

Who can come for advice?

- Children (under 18 years old)
- Parents or guardians of children
- People who are involved in child raising

How is consultation conducted?

▶By telephone or in person (appointment only)

Please telephone or come in person. Anonymous consultations are also available.

TEL: 03-3579-2656 (Child Consultation)
03-3579-2658 (Child Abuse Consultation Hotline)

▶Consultation by Fax

FAX: 03-3579-2659

In the case of consultation by fax, please include the date you sent the fax, the age and sex of child, the question or problem, your relationship to the person in question, and your telephone and/or fax number.

(2) Short Stay, Twilight Stay

Children can be temporarily looked after at Itabashi's Childcare Centers in case of temporary difficulties in providing childcare due to parent sickness, childbirth, nursing care etc. A charge applies for this service. (Exemptions apply depending on income)

▶Applications & Contact

TEL: Children & Family Support Center 03-3579-2656

(3) Childcare Support Helper Dispatch

Childcare helper services are available for households from one month prior to a baby's birth until their first birthday. A charge applies for this service.

Helper	Healthy people over 20 years old, who are passionate about childcare assistance and have completed the City's Child-raising Supporter Training Program
Fees	800 Yen/hour (up to 5 hours per visit)
Available hours	Weekdays 9:00AM-5:00PM
Registration	Children & Family Support Center, any Children's Hall (26 locations), Children's Policy Section (Itabashi City Office)
Applications & Contact	Childcare Helper Reception Desk TEL: 03-6909-3727

(4) Family Support Center Project

This is a membership-based service for parents who need short-time childcare or transportation to and from daycare centers for their children due to work commitments or sickness.

Eligible parents: Itabashi residents who need childcare support

Child Supporters:

Child Supporters are people aged over 20 years old, who are enthusiastic about childcare activities, are in good health, and have completed Itabashi's Child-raising Supporter Training Course. Interested people can sign up at the Child Support Center.

Age of Child: From 43 days to 12 years old.

Cost:

(per hour per child)

Mon-Fri, 9:00AM-5:00PM	800 Yen
Mon-Fri, outside the above hours	900 Yen
Sat/Sun/Holidays	900 Yen
December 29th-January 3rd	900 Yen

Where to Register:

- Children's Halls (26 locations in Itabashi)
- Family Support Center
- Children & Family Support Centers
- Children Policy Section, Itabashi City Office

Applications & Contact: Family Support Center

Oyaguchi Regional Center, Mukaijima Hall 1F; 1-18-17 Mukaijima, Itabashi-ku; TEL: 03-3957-4801

(5) Suku-Suku Card

The Suku-Suku card includes five tickets that can be used for various services at designated child-rearing facilities throughout Itabashi. The card will be distributed by mail to the guardians of children registered with an Itabashi address. The Suku-Suku card is only given to guardians of children under one year of age.

(6) Child Consultation Offices

▶ **Contact:** Tokyo North Child Consultation Office, 6-1-12 Oji, Kita-ku

TEL: 03-3913-5421 FAX: 03-3913-9048

※ Emergency TEL: 03-5937-2330 (nights, weekends, national holidays and year-end period)

Child Consultation Offices are established based on the Child Welfare Act and offer consultation regarding children aged under 18 years old to the child in question as well as anybody who knows them, including their family members, school teachers, neighbors, etc. (Itabashi's Child Consultation Office is Tokyo North Child Consultation Office)

Please seek consultation in the following circumstances:

- ▶ Child-raising
Problematic home life due to parental illness/death/absence, etc.
- ▶ Delinquent behavior
Running away from home, theft, staying out late, substance abuse, etc.
- ▶ Physical and mental development
Delayed mental/intellectual development, physical impairment, autistic tendencies, etc.

The following kinds of support are offered:

- ▶ Interview consultation
Consultation by interview is offered. Ongoing consultation is also offered. Depending on the content of your consultation, you may also be introduced to other welfare organizations.
- ▶ Temporary childcare
When urgent care of the child, behavioral observation or lifestyle and welfare guidance is required
- ▶ Issuing of *Ai-no Techo*
Tokyo Metropolis issues *Ai-no Techo* (mental disability handbook) to provide assistance to children with mental disabilities.

Learning Support Project “Manabusu”

- ▶ **Contact:** *Manabusu* TEL: 03-6915-5732

We support families that for economic reasons are concerned about the learning environment of their child/children. We assist with support classes, providing spaces for children, as well as consultation and home visits.

Daycare Center, Kindergarten, Children’s Hall

(1) Daycare Centers (*hoiku-en*)

- ▶ **Contact:** *Enrollment Guidance Subsection, Childcare Services Section*
City Office South Building 3F #23 TEL: 03-3579-2452

Daycare Centers are for parents who find it difficult to provide care for their children on a full-time basis due to work, illness or other reasons. The age of children accepted depends on each location, but zero to five years is the general rule. Feel free to drop by the Childcare Services Section or the Social Welfare Office at any time if you would like to enroll your child in a Daycare Center. In the middle of September, a notice for the annual April nursery applications is published in the weekly *Koho Itabashi* newsletter and on Itabashi City’s website.

Applications are accepted at the following locations:

Enrollment Guidance Subsection, Childcare Services Section, City Office South Building 3F # 23
TEL: 03-3579-2452
Akatsuka Social Welfare Office, 6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126
Shimura Social Welfare Office, 2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

Documents required for application:

1. Grant Approval & Childcare Facility Application Form (only forms issued by Itabashi are accepted)
2. Validation Ticket (only forms issued by Itabashi are accepted)
3. Certificate of Employment (if mother or father are employed) (only forms issued by Itabashi are accepted)

4. Entry sheet [For submission to Childcare Services Section] (Designated Ward form)
 5. Other Documents (documents required vary depending on the household; please contact the appropriate section to confirm what you need to bring)
- ※ 1-4 are attached to the Daycare Guidebook.
 - ※ The Daycare Guidebook (*Itabashi Hoiku Riyo no Tebiki*) can be picked up at all Itabashi City-licensed Daycare Centers, Residents Offices, Nursery Service Section, Akatsuka Social Welfare Office and Shimura Social Welfare Office, and libraries.
 - ※ Nursery fees are based on households' per income levy amount of Resident Tax. There is a reduced payment plan for families under certain circumstances and for families welcoming new family members after their child enters Daycare Center.

(2) Kindergartens (Preschool) (yochi-en)

▶ **Contact:** *Educational Affairs Office, Board of Education*
City Office North Building 6F #14 TEL: 03-3579-2613

Kindergartens are for children between the ages of 3 and 5 years old, just prior to entering elementary school. Within Itabashi there are 2 public and 32 private kindergartens. They start to accept applications each year in early November for the academic year that starts in the following April. Guardians with children living in Itabashi who have enrolled their children in private kindergartens and pay the fees there may be eligible for a subsidy.

Child-rearing support system

The following nursery schools will become part of the "Child-rearing support system" that was established in April 2015. School fees are paid for by tax revenue accumulated through residence tax collection.

【Nursery schools】

Takashima Nursery School, Shingashi Nursery School, Akatsuka Nursery School, Mukaihara Nursery School, Nadeshiko Nursery School, Narimasu Nursery School, Narimasu Sumire Nursery School, Futaba Nursery School, Mizono Nursery School

(3) Children's Halls 「CAP'S」 (Children And Parents' Station)

▶ **Contact:** *Growth & Development Subsection, Children's Policy Section*
City Office South Building 3F #22 TEL: 03-3579-2475
Your local Children's Hall

Children's Halls can be used by all children aged from zero up to 18 years old. However, they focus on providing programs for infants and their parents and guardians. Specialist professional staff provide supervision, and use of facilities is free.

Hours of Operation: 9:00AM-5:00PM

Closed: Saturday, Sunday, national holidays, year-end period

Open Hall Times: The facility is open for children and infants and toddlers with their accompanying guardians during these times: Saturdays, Sundays and national holiday
 9:00AM-12:00PM, 1:00PM-5:00PM

Child Raising Advisory Service: Consultation about worries concerning child-rearing available during hours of operation.

Infants' Club (Yoji Kurabu): Age-Appropriate Group Play

The Infants' Club is open for infants and toddlers and their parents or guardians to join in age-appropriate group play every morning from Monday to Friday (excluding national holidays and year-end period; please note that this service is by reservation only). All participants are welcome to use the playroom, library, music room and arts and craft room. Even if your child doesn't join the

Infants' Club, please feel free to drop in and use the Children's Hall facility.

Suku-Suku Salon: A Room Exclusively for Infants

All 26 Children's Halls in Itabashi offer a Suku-Suku Salon room open during Children's Hall opening hours from Monday to Friday where guardians can bring their infants to relax and spend the day while exchanging information and making friends.

※Suku-Suku Salon opening hours may be subject to change.

(4) Childcare Plaza (Forest Salon)

►**Contact:** *Growth & Development Subsection, Children's Policy Section*
City Office South Building 3F # 22 TEL: 03-3579-2475

This is a free space for children under the age of 4 and their guardians. Specialist staff are stationed so that guardians can receive guidance while their children play. Please feel free to stop by.

For inquiries and applications contact Forest Salon TEL: 03-3961-5274

School Education (Elementary School, Junior High School)

Japan has a "6-3-3-4" year school system: elementary (six years), junior high (three years), high school (three years) and college or university (four years). Attendance is compulsory from elementary through junior high school for a total of nine years (ages six to 15). The Japanese school year runs from April through March the following year. Children are required to enter elementary school in the first April following their sixth birthday.

Entering Elementary and Junior High School

► **Contact:** *Education Affairs Section, Board of Education Office*
City Office North Building 6F # 14 TEL: 03-3579-2611

Children of foreign residents are not obliged to attend school in Japan, but those interested in sending their children to a Japanese school are welcome to apply. The paperwork and procedures related to enrolling in schools and the classes at schools themselves are all conducted in Japanese.

Using the information recorded in the Resident Registration records, enrollment information will be mailed to households with children who have attained school age in early September about entering school the following spring. Children continuing on to junior high school after attending elementary school in Itabashi will receive information from their elementary school in early September of 6th grade.

Those who move into Itabashi City and would like their children to attend Itabashi public elementary or junior high schools need to complete paperwork at the Educational Affairs Section, Board of Education Office. Resident (Zairyu) Cards or Special Permanent Resident Cards for the children in question are necessary to apply. Children who have already attended Japanese school at their previous residence will be required to show the enrollment certificate and textbook certificate issued by their previous school.

Admission, tuition fees and textbooks are free at Itabashi public elementary and junior high schools. Guardians only need to pay for school supplies, school lunches and school trips. For further details, please inquire at the contact numbers listed above.

After-School Activities Program “I-Kids”

▶ **Contact:** Regional Education Promotion Section I-Kids Subsection,
City Office North Building 6F#16 TEL: 03-3579-2637

I-Kids (ai-kizzu)

I-Kids is a special afterschool program open to all children that aims to provide a safe and secure afterschool environment for elementary age schoolchildren living in Itabashi and to promote the healthy development of children through hands-on activities such as sports, culture and free play.

Target children


All children who are currently enrolled as school students are eligible. Furthermore, children in grades 1-6 living within the local area of the relevant elementary school and attending any type of school (including municipal schools, private schools, and Special Support Schools) can also participate.

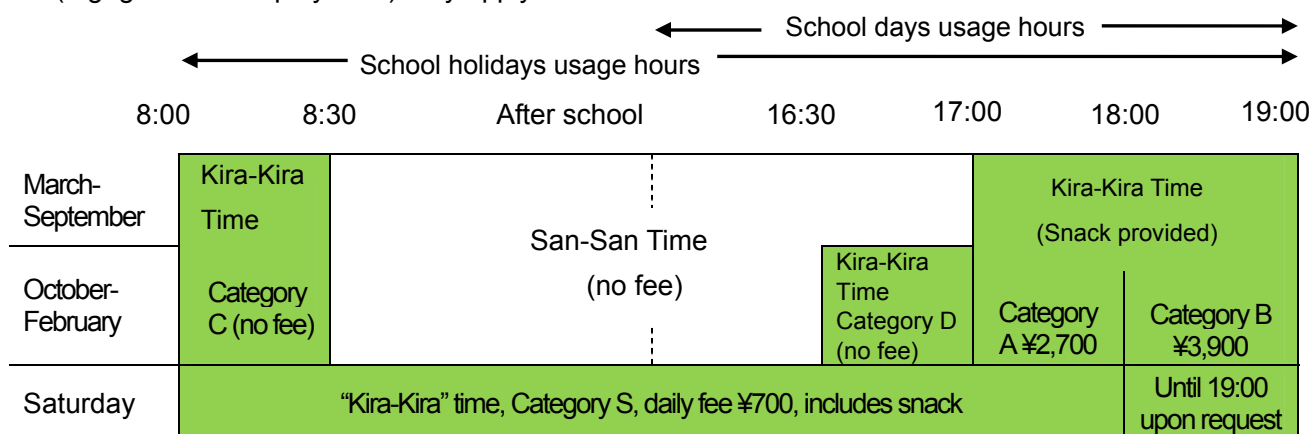
Usage Days

Monday to Saturday (excluding national holidays, yearend holiday period)

※”Kira-Kira” time only on Saturday

Usage Hours

Shaded areas  are extended operating hours. Depending on the usage category, requirements of use (e.g. guardian employment) may apply.



Usage Fees and Snack Provision

San-San Time: No fee No snack provided

Kira-Kira Time: ①Fee (monthly) ··Category A ¥2,700, Category B ¥3,900

②Fee (daily) ··Category S ¥700 ③No fee··Category C and D

Category A, B, and S: Snack provided from 5pm

How to apply

Refer to the table above and apply using the attached application form for the relevant category.

<u>Eligible School Grade</u>	<u>Category</u>	<u>Content</u>	<u>Employment Requirements</u>
Grades 1-6	San-San Time general	Students participate and go home freely. (Home-time supervision for Grade 1 students in first semester only)	No
Grade 1 and 2	San-San Time Orange	San-San time, absence and system for set time to return home	Yes
Grades 1-6	Kira-Kira Time	Attendance and home-time supervision for extended hours usage (Category A, B, C, D,S)	Yes

【Exemption of fees】

Upon separate application, those receiving welfare public assistance will be exempted from fees. Fees will be reduced for households exempted from residence tax (as applicable for widows and bereaved widows exemption) and households receiving school expense subsidies. Please submit fee reduction/exemption application forms to I-Kids (April for exemption and from June for reduction).

※Applications must be made every year. Therefore, please apply next year even if granted reduction or exemption this year.

▼Regarding fee reduction

Category	Fee	After reduction
A	¥2,700/month	¥2,100/month
B	¥3,900/month	¥2,700/month
S	¥700/day	¥400/day

※Children requiring special support

Since individual supervision cannot be given at I-Kids, if your child requires special care or attention, in principle a chaperon/escort is required for safety reasons. Children who attend Special Support Schools or Special Support Classes and whose guardians are unable to be at home after school due to employment, etc. will be accepted within a certain range with additional staff assigned (certain requirements must be met, such as employment). In some cases accommodations or adjustments may be made including referral to neighboring schools, etc.

Single Parent Support Programs

(1) Medical Expense Subsidy for Single Parent Households

▶ **Contact:** *Child Subsidies & Medical Care Subsection, Children's Policy Section*
City Office North Building 1F #6 TEL: 03-3579-2374/2477

Single parent households can receive subsidies for health insurance for the parent and his/her children in the form of refunds for copayment (the amount paid at medical institutions for treatments covered by health insurance). The children should live in the same household as the applicant (parent or guardian) and be under 18 years old as of April 1st of the year treatment is received (for children with a certain level of disability, subsidies continue until the day before their 20th birthday). Medical costs are fully subsidized or reduced to 10% upon presenting a health insurance coupon and medical treatment coupon to medical institutions in Tokyo.

Eligible households:

- ▶ Single-mother or single-father households
- ▶ Households where either parent has a certain level of disability
- ▶ Households with a child who is being raised by someone other than the father or mother.

Please enquire with the Children's Policy Section for more details.

(2) Self-Support Training Benefit Subsidy for Single Parent Households

- ▶ **Contact:** *General Information Desk, Itabashi Welfare Office, 36-1 Sakae-cho, Itabashi-ku*
TEL: 03-3579-2322
General Information Desk, Akatsuka Welfare Office, 6-38-1 Akatsuka, Itabashi-ku
TEL: 03-3938-5126
General Information Desk, Shimura Welfare Office, 2-28-1 Hasune, Itabashi-ku
TEL: 03-3968-2331

1. Self-Support Educational Training Benefit

Single parents can receive partial subsidization for vocational training aimed at helping them gain employment and become financially independent. Those receiving Family Allowance are eligible.

2. Advanced Vocational Training Promotion Benefit

Single parents can receive partial subsidies for education and training lasting at least one year and with the aim of acquiring a qualification. Those receiving Family Allowance are eligible.

(3) Welfare Funds for Women

- ▶ **Contact:** *Social Welfare Offices, General Information Counter*

Single women under 25 years old and women over 25 years old who support their families are eligible for a loan to cover costs incurred as a result of starting a business, daily life, housing, and education. The annual interest is 0% or set at a low rate, and the repayment period is from 7 to 20 years.

(4) Home Helpers for Single Parent Households

- ▶ **Contact:** *Social Welfare Offices, General Information Counter*

Helper services are available for single parent households with elementary school children in case of difficulties doing housework, for example in case of illness or other special circumstances. There is no income limit for application; however the amount paid is means-based so part of the cost must be borne by the applicant.

(5) Leisure Facilities for Single-Parent Households

- ▶ **Contact:** *Social Welfare Offices, General Information Counter*

Single parent households (consisting of a parent and his/her children under 18 years old) can use certain leisure facilities within Itabashi either free or at a discounted rate once per year.

(6) Counseling for Single Parents

- ▶ **Contact:** *Social Welfare Offices, General Information Counter*

A consultation service is available for single parent households.

(7) Welfare Loans for Single Parent Families

- ▶ **Contact:** *Social Welfare Offices, General Information Counter*

Single parent families with children under 20 years old who have lived in Tokyo for 6 months or longer are eligible for this loan in case of financial need, such as business start-ups, daily life, housing repairs, medical treatment, education and employment costs. The annual interest rate is 0% or set at the lowest rate, with the repayment period being from 3 to 20 years.

Japanese Language Education Support

(1) Japanese Classes at Public Elementary and Junior High Schools

▶ **Contact:**

For information on taking classes: *Educational Affairs Subsection, Board of Education Office*
City Office North Building 6F#14
TEL: 03-3579-2611

For details about the teaching: *Guidance Subsection, Board of Education Office*
City Office North Building 6F#17
TEL: 03-3579-2643

Itabashi City offers special Japanese classes at a total of five elementary and junior high schools. These Japanese classes are to help schoolchildren learn Japanese and facilitate their smooth adaptation to school life. Participating students attend language classes at their schools at determined times and dates. Those who wish to have their children attend Japanese classes should consult with their school principal.

<u>Schools with special Japanese classes</u>		
Shingashi Elementary School	1-3-1 Shingashi, Itabashi-ku	03-3936-8521
Itabashi 6th Elementary School	13-1 Oyama-cho, Itabashi-ku	03-3956-8101
Itabashi 8th Elementary School	42-1 Futaba-cho, Itabashi-ku	03-3963-4181
Shimura 2nd Junior High School	1-21-1 Azusawa, Itabashi-ku	03-3969-3363
Itabashi 2nd Junior High School	26-1 Saiwai-cho, Itabashi-ku	03-3956-8121

(2) Japanese Classes

▶ **Contact:** *International Exchange Section, Itabashi Culture & International Exchange Foundation,*
City Office North Building 8F #13 TEL: 03-3579-2015

※Details of all the Japanese classes below are also available at: <http://www.itabashi-ci.org>

a. Japanese classes sponsored by ICIEF

The Itabashi Culture & International Exchange Foundation (ICIEF) holds beginner Japanese courses year-round to help foreigners living in the City learn the basic Japanese necessary to go about their daily life. There are two identical courses, both of which meet twice a week. The courses are 6 months long and divided into two semesters.

- ▶ Monday & Thursday Course (10:00AM-12:00PM)
- ▶ Tuesday & Friday Course (6:30PM-8:30PM)

Place: Itabashi Green Hall, Meeting Rooms

Capacity: 40 students per class

Terms: First Semester: April through September; Second Semester: October through March

Cost: Lesson fee plus textbook cost

For details, please contact the ICIEF (above).

b. Volunteer Japanese Classes in Itabashi City

ICIEF has a list of Itabashi volunteer groups which teach Japanese to foreigners. For details, please contact the ICIEF (above).