



# Playing/Learning as a Family

## Child-Raising Plazas

Childrearing Support Subsection,  
Home Childrearing Support Section ☎3993-8155

This is a place where infants and toddlers up to three years of age can play together with their parents/guardians. Each plaza holds events such as childrearing support courses and puppet shows and also provides childrearing consultation services. Feel free to stop by whenever you like. Each facility's schedule is different. Please call the particular facility for more information.

### Eligibility

Infants and toddlers from newborns to three years of age and their parents/guardians

### Fee

Free of charge

- List of Piyo-Piyo Child-Raising Plazas  
➔Telephone directory, page 72
- List of private Child-Raising Plazas operated by NPOs, etc.  
➔Telephone directory, page 73

## Childrearing Support Programs Niko-Niko (Smile) Using Children's Club Rooms

Jidokan Subsection, Child-Raising Support Section  
☎5984-5827

Children's Club rooms are available to everyone during the hours when there are no children. In addition, Children's Club rooms at a jidokan and the Health, Welfare and Cultural Center can be rented by child raising groups.

### ● Individual use

Advance registration and reservations are not required to use the facility. Please call the facility you want to use for information on its schedule.

### ● Group rental

Advance registration and reservations are required to use the facility. Please call the facility you want to use for information on its schedule.

### Eligibility

Infants and toddlers from newborns to three years of age and their parents/guardians

### Fee

Free of charge

- List of childrearing support programs Niko-Niko (Smile) using Children's Club rooms  
➔Telephone directory, page 74

\*In addition to the abovementioned plazas, there are also child-raising plazas using private children's facilities. (They charge fees. For a list of these facilities, please see the telephone directory on page 77.) The schedule for each facility is different. Please call the particular facility for more information.

## Jidokan and Jidoshitsu

Jidokan Subsection, Child-Raising Support Section

☎5984-5827

Jidoshitsu, Health, Welfare and Cultural Center

☎3991-3080

Each jidokan and the Health, Welfare and Cultural Center (Jidoshitsu) have facilities such as a library, crafts room and playroom. Children are free to visit and play at the facilities. Using the facilities, guidance is provided on playing and events such as game tournaments are held. Parents and their infants and toddlers can use the facilities together. Depending on the facility, storytelling as well as rhythmic exercise and other programs for infants and toddlers are conducted.

Jidokan also offers programs for junior high and high school students. For more information, such as on their hours and holidays, please call the jidokan you want to use.

### Eligibility

Children under eighteen years of age, infants and toddlers with their parents/guardians

### Fee

Free of charge

- List of Jidokan  
➔Telephone directory, page 78

## Oyako (Family) Plaza

Community Facilities Subsection, Regional Promotion Section  
☎5984-4573

Local Residents' Halls (excluding the Hikarigaoka Local Residents' Hall) offer a community venue where infants and toddlers and their parents/guardians can enjoy friendly exchanges. There are picture books and toys there.

**Eligibility** Infants and toddlers and their parents/guardians

**Fee** Free of charge

**Hours** 9 a.m. to noon on weekdays

### ■ List of facilities

➔ **Telephone directory, page 78**

- \* Available days, hours and location vary depending on the particular facility. For more information, please call the facility you want to use.
- \* Since these buildings are also used as facilities for the elderly and other gatherings, a particular plaza may not be available depending on its schedule.
- \* Please register as an individual user at the Local Residents' Hall reception desk before using the facility for the first time.
- \* Food and beverages are not permitted in the space. If you would like to nurse your baby, please ask the office staff.

## Availability of Children's Rooms (library, recreation room, etc.)

Community Facilities Subsection, Regional Promotion Section  
☎5984-4573

Local Residents' Halls have recreation rooms and a children's library available for children to play in and use. Preschoolers accompanied by a parent/guardian can use the facilities.

**Eligibility** Children under eighteen years of age

**Fee** Free of charge

**Hours** Weekdays: 1 p.m. to 6 p.m.  
Saturdays: 9 a.m. to 5 p.m.

During summer, winter, and spring breaks from school:  
9 a.m. to 6 p.m.

### ■ List of facilities

➔ **Telephone directory, page 78**

- \* Available days, hours and location vary depending on the particular facility. For more information, please call the facility you want to use.

- \* Since these buildings are also used as facilities for the elderly and other gatherings, a particular Children's Room may not be available depending on its schedule.
- \* Please register before using the facility for the first time.
- \* Food and beverages are not permitted in the space. If you would like to nurse your baby, please ask the office staff.
- \* If you have preschool children, we recommend that you use the facility during Oyako Plaza hours.

## Community Exchange Programs at Municipal Nursery Schools

### Any municipal nursery school

Municipal nursery schools offer various programs for infants and toddlers in the community, and nursery school grounds are opened up to the public and for seasonal events. The Fureai school lunch program, for example, allows participants to enjoy the school lunch with the children at the nursery school and provides advice on meals (on a reservation basis; fee charged). They also provide advice on childrearing.

- \* Programs and schedules vary with each nursery school. Please call the nursery school you want to use in advance.

**Eligibility** Infants and toddlers and their parents/guardians

**Fee** Free of charge  
The Fureai school lunch is ¥250 for adults and toddlers, and ¥170 for infants.

### ■ List of municipal nursery schools

➔ **Telephone directory, page 62**

## Open Programs at Municipal Kindergartens

### Any municipal kindergarten

Municipal kindergartens open their childcare rooms to the public several times a month for preschool children from newborns to four years of age. Children and parents can play with the toys and equipment of the kindergartens and use them for friendly exchanges with each other. There are also opportunities to sing and dance together with kindergarten children and teachers. You can also get childrearing advice for any problem you may have. Please ask the particular kindergarten about its schedule.

**Eligibility** Preschool children from newborns to four years of age

**Fee** Free of charge

### ■ List of municipal kindergartens

➔ **Telephone directory, page 71**

## Nerima Children's Cafe

Children's Policy Subsection, Children's Policy Planning Section ☎5984-1306

Nerima Children's Cafe is a program that provides a place where you and your child can participate in activities, play, and listen to lessons on childrearing, and relax at private cafes in Nerima City.

You can also freely consult with local kindergarten teachers, nursery schoolteachers, nutritionists, nurses, and other childcare professionals. Please use it as an opportunity for parents/guardians to interact with each other and exchange information.

**Eligibility** Preschool children and their parents/guardians who are raising their children at home (Each session will target a different age group of children.)

**Fee** Free of charge (as a rule)  
\* Drink charges apply

**Application** Apply electronically from the Nerima City website (first come, first serve).

### Location

Name of facility	Address
Tully's Coffee Oizumi-Gakuen Branch	Oz Studio City 1F, 2-34-1 Higashi-Oizumi
Tully's Coffee Shakujii Park Branch	Viola 1F, 2-14-31 Shakujii-machi
Hotel Cadenza Tokyo	J. CITY Bldg. 1F, 5-8 Takamatsu
cafe COCO	Branssica Nerima Takamatsu 1F, 1-25-12 Takamatsu
mamacomo HOUSE	Kikuya Bldg. 1F, 1-11 Sakaecho
Ohashi Gohan	5-1-10 Nukui
Island Closet	102 Corp Ocher, 2-30-4 Sekimachi-Kita

\* If you have questions about the program, please ask the subsection above, not the shops.

\* Please see the Nerima City website for details such as the dates and times, venues, topics, and reservation method.

## Outdoor Play-Based Child-Raising Plaza (known as "Ohisama Piyo-Piyo")

Child and Family Support Center Management Subsection ☎3993-8155

This is a playground where children and their parents can interact with each other and with nature in the park. Counselors are also available to provide consultations on childrearing. Please feel free to join.

**Eligibility** Children from newborns to three years of age and their parents/guardians

**Fee** Free of charge

**Program hours** From 9:30 a.m. 1:30 p.m. (You can come and go as you please during this period.)

### Location

Name of park	Location
Municipal Toyotama Park	6-8-3 Toyotama-Kita
Municipal Nakamura Kashiwa Park	1-17-1 Nakamura
Metropolitan Shakujii Park	1-26-1 Shakujii-dai
Municipal Tateno Park	32-1 Tatenochō
Metropolitan Oizumi Chuo Park	9-4-3 Oizumigakuencho
Municipal Igashira-no-Mori Green Zone	7-26-8 Higashi-Oizumi
Metropolitan Hikarigaoka Park grassy plaza, south side	4-1-1 Hikarigaoka
Metropolitan Johoku Chuo Park Hidamari Plaza	1-3-1 Hikawadai

\* Excluding long-term breaks (summer break, etc.), national holidays, Tokyo Citizens' Day (Oct. 1), and the year-end/New Year's holidays. In addition, the program may be canceled due to conditions at the location.

\* The program is held around once per week at each of the locations. To find out which days the program will be held and whether it will be held even in bad weather, please check the program organizer's website linked from the Nerima City website.

## Programs That Provide a Place to Play Outdoors

School Cheering Squad and Extension Subsection,  
Child-Raising Support Section ☎5984-1057

Places for outdoor play are provided at parks and other locations in Nerima City. These are locations where children and parents/guardians can relax and play outdoors while enjoying nature, such as the trees and sand of a park. An outdoor play leader will help families with fun outdoor play. Please feel free to join the fun.

Please check the program organizer's website linked from the Nerima City website for information on locations, times, and whether or not the program will be held even in bad weather, etc.

## Nerima Children's Festival

Jidokan Subsection, Child-Raising Support Section  
☎5984-5827

This is a festival where children can enjoy simple crafts and games. In 2021, the festival was split up and held at 17 different municipal jidokan children's centers.

### Planned date and time (FY2024)

May 11, 2024 (Sat.)  
10 a.m. to 4 p.m.

### Location

Jidokan (17 centers)  
Health, Welfare and Cultural Center, Local Residents' Halls (21 halls)

### Eligibility

Mainly children under eighteen years of age

**Fee** Free of charge

## Chichibu Youth Campgrounds

Youth Subsection, Youth Section  
☎5984-4691

Nerima has a campsite in the mountains near Chichibu Sakura Lake where you can stay overnight and enjoy the natural surroundings. Groups can use the grounds for up to three nights and four days per stay during the six-month period from May 1 to October 31. There are four bungalows, fifteen rental tents, a cooking area, hot-water shower rooms and toilets. Tents are set up during the summer period (July 21 through August 31). (Using the tents only is not permitted.)

### Eligibility

Groups or families of Nerima City residents. Must be three persons or more, including youths (between six and eighteen years of age). For groups of ten persons or more, the number of youths must be half or more.

**Fee** Free of charge; however, there is a fee for firewood

**Application** By phone

- For groups of ten persons or more: Reservations are accepted from March 1 (in order of application). Reservations are accepted during the campsite period (May through October). Please complete procedures at least seven days before your stay.
- For groups of three to nine persons: Reservations are accepted from March 1 (in order of application). Please apply and complete procedures from three months to seven days before your stay.

\* For details, please see the Nerima City website.



### Bookstart (Picture Book Distribution)

Children's Service Management Subsection, Hikarigaoka Library  
☎5383-6500

This program provides opportunities for babies and their parents/guardians to enjoy a moment of emotional bonding through the gifting of picture books and storytelling. Information on childrearing in the community will be provided at the same time.

#### Eligibility

Children who undergo a health checkup for four months of age and their parents/guardians

**Fee** Free of charge

However, to receive a picture book set, please bring the picture book exchange coupon you received at the health checkup for children four months of age and your *Mother and Child Health Handbook*.

\* The schedule varies with each location. Please read the Book Start schedule distributed at the health checkup for children four months of age, and come to the library when it is convenient. You can check the schedule via the Nerima Municipal Library website as well.

#### List of libraries

➔Telephone directory, page 79

### Storytelling for Infants and Toddlers

Children's Service Management Subsection, Hikarigaoka Library  
☎5383-6500

Libraries conduct fun programs for infants and toddlers such as storytelling.

#### Eligibility

Infants and toddlers and their parents/guardians

**Fee** Free of charge

\* Schedules vary with each library. Please check the Nerima Municipal Library website, etc., or contact each library directly.

#### List of libraries

➔Telephone directory, page 79

### Reading to Children and Storytelling

Children's Service Management Subsection, Hikarigaoka Library  
☎5383-6500

Libraries conduct fun events for children, such as reading picture books and kamishibai (paper plays), and storytelling.

#### Eligibility

From toddlers to elementary school children

**Fee** Free of charge

\* Schedules vary with each library. Please check the Nerima Municipal Library website, etc., or contact each library directly.

#### List of libraries

➔Telephone directory, page 79

### Children's Reading Day and Children's Reading Week Commemorative Events

Children's Service Management Subsection, Hikarigaoka Library  
☎5383-6500

Various events such as fun gatherings and presentations commemorate Children's Reading Day (April 23) and Children's Reading Week (April 23 through May 12).

#### Eligibility

Infants and toddlers and their parents/guardians

**Fee** Free of charge

\* Some events require advance registration. Schedules vary with each library. Please check the Nerima Municipal Library website, etc., or contact each library directly.

#### List of libraries

➔Telephone directory, page 79

## Rules that Protect Lives

### Rules to follow when riding a bicycle with a child

As a general rule, riding a standard bicycle with two people on it is prohibited. It is allowed, however, only when a person sixteen years of age or older is operating a bicycle which is installed with a child seat and a child up to the age of commencing elementary school rides as a passenger.

#### Configurations that are allowed (examples)

- 1 One child rides as a passenger on a child seat

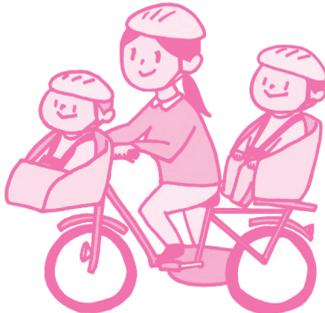


- 3 One child is carried securely on the rider's back with a strap, etc.



Note: Do not carry a child in front of you using a carrying strap as it will interfere with bicycle handling.

- 2 Two children ride as passengers on child seats of a two-child bicycle\*



- 4 One child rides as a passenger on a child seat, while another child is carried securely on the rider's back with a strap, etc.



\* A vehicle with a special structure or equipment that allows two children to ride together on a bicycle as passengers.

Illustrations: Taken from a flyer prepared by the Kanagawa Prefectural Police

## Baby Places

Child and Family Support Center Management Subsection ☎3993-8155

Baby Places are facilities that those raising or caring for children can use for nursing, changing diapers or similar things. There are 76 designated Baby Places in Nerima City. Feel free to use these facilities during business hours. For more information on the facilities that have Baby Places, please check the Nerima City website.

### List of Facilities with Baby Places

	Facility	Location
Nerima District (postal code 176)	Community Child and Family Support Center Nerima Nerima Piyo-Piyo (Temporary childcare room)	Coconeri 4F, 1-17-1 Nerima
	Nerima Culture Center* <sup>1</sup>	1-17-37 Nerima
	Kosei Bunka Kaikan	4-2-3 Nerima
	Sakuradai Community Meeting Room	1-22-9 Sakuradai
	Sakuradai Local Residents' Hall	3-39-17 Sakuradai
	Sakaecho Jidokan	40-7 Sakaecho
	Toyotama Recycle Center	2-22-15 Toyotamakami
	Toyotama-Kita Local Residents' Hall	3-7-9 Toyotama-Kita
	Public Health Center, Toyotama Branch	Inside Toyotama Sukoyaka Center, 5-15-19 Toyotama-Kita
	Community Child and Family Support Center Nerima Branch Nerima Piyo-Piyo (Playroom)	2F, 5-18-12 Toyotama-Kita
	Child and Family Support Center	5-28-3 Toyotama-Kita
	Lifelong Learning Center/Nerima Library	6-8-1 Toyotama-Kita
	Nerima City Office Main Bldg. 2F, 10F and 20F	6-12-1 Toyotama-Kita
	Nerima Art Museum/Nukui Library	1-36-16 Nukui
	Community Child and Family Support Center Nukui Nukui Piyo-Piyo	Fujimi Land Mansion 1F, 3-25-15 Nukui
	Hikarigaoka District (postal code 179)	Nakamura Jidokan
Nakamura South Sports Exchange Center		1-2-32 Nakamura-Minami
Hikarigaoka Jidokan		1-3-1 Hikarigaoka
Hikarigaoka Kumin Center, 1F (Public Health Center, Hikarigaoka Branch), 3F, 4F (Hikarigaoka Nakayoshi Jidokan), 6F (Community Child and Family Support Center Hikarigaoka Hikarigaoka Piyo-Piyo (Temporary childcare room))		2-9-6 Hikarigaoka
Hikarigaoka Gymnasium		4-1-4 Hikarigaoka
Hikarigaoka Library		4-1-5 Hikarigaoka
Hikarigaoka Child and Family Support Center Branch Hikarigaoka Piyo-Piyo (Playroom)		5-2-5-105 Hikarigaoka
School Education Support Center (joint complex with Disaster Prevention Learning Center)		6-4-1 Hikarigaoka
Tagara Local Residents' Hall Piyo-Piyo		3-28-13 Tagara
Kasugacho Recycle Center		2-14-16 Kasugacho
Kasugacho-Minami Local Residents' Hall Piyo-Piyo		5-20-25 Kasugacho
Takamatsu Local Residents' Hall		3-24-27 Takamatsu
Asahicho-Minami Local Residents' Hall		5-23-15 Takamatsu
Doshida Jidokan		2-32-8 Doshida
Kitamachi Jidokan		1-19-17 Kitamachi
Kitamachi Local Residents' Hall		2-26-1 Kitamachi
Kitamachi Daini Local Residents' Hall	6-24-101 Kitamachi	
Kitamachi Harunohi Jidokan	6-35-7 Kitamachi	
Public Health Center, Kita Branch	6-35-7 Kitamachi	
Heiwadai Library	1-36-17 Heiwadai	

	Facility	Location
Hiwagawa District (postal code 179)	Heiwadai Jidokan	2-18-14 Heiwadai
	Hikawadai Local Residents' Hall	2-16-14 Hikawadai
	Hayamiya Local Residents' Hall	4-14-5 Hayamiya
Shakujii District (postal code 177)	Miharadai Jidokan	2-11-29 Miharadai
	Sogo Gymnasium	1-7-5 Yahara
	Nerima Takenodai Stationfront Community Meeting Room	1-7-29 Takenodai
	Lifelong Learning Center Annex	2-25-1 Takenodai
	Fujimidai Local Residents' Hall	3-10-1 Fujimidai
	Minamitanaka Library	5-15-22 Minamitanaka
	Minamitanaka Jidokan	5-15-25 Minamitanaka
	Shakujii Koen Resident Exchange Center	2-14-1 Shakujii-machi
	Shakujii Bldg.	3-30-26 B1F, Shakujii-machi
	Shakujii-koen Furusato Museum	5-12-16 Shakujii-machi
	Shakujii Jidokan	7-28-21 Shakujii-machi
	Public Health Center, Shakujii Branch	7-3-28 Shakujii-machi
	Gender Equality Center Yell	8-1-10 Shakujii-machi
	Shimoshakujii Local Residents' Hall	6-8-15 Shimoshakujii
	Kamishakujii Jidokan	1-5-2 Kamishakujii
	Kamishakujii-Minami Community Meeting Room	1-6-16 Kamishakujii
	Shakujii Library	1-16-31 Shakujii-dai
	Shakujii-dai Jidokan	2-18-13 Shakujii-dai
	Sekimachi Recycle Center	1-7-14 Sekimachi-Kita
	Community Child and Family Support Center Seki Seki Piyo-Piyo	1-21-15 Sekimachi-Kita
	Sekimachi-Kita Local Residents' Hall	4-12-21 Sekimachi-Kita
	Public Health Center, Seki Branch	1-27-4 Sekimachi-Higashi
	Sekimachi Library	3-11-2 Sekimachi-Minami
Sekimachi Jidokan	4-15-7-102 Sekimachi-Minami	
Tateno Local Residents' Hall Piyo-Piyo	15-42 Tatenochi	
Oizumi District (postal code 178)	Oizumi Recycle Center	1-34-10 Oizumigakuencho
	Oizumi Library	2-21-17 Oizumigakuencho
	Public Health Center, Oizumi Branch	5-8-8 Oizumigakuencho
	Oizumigakuen Local Residents' Hall	8-9-5 Oizumigakuencho
	Kita-Oizumi Local Residents' Hall	2-41-26 Oizumimachi
	Kita-Oizumi Jidokan	4-15-15 Oizumimachi
	Oizumi Branch City Office	Lizmo Oizumigakuen 4F, 1-28-1 Higashi-Oizumi
	Oizumi-Gakuen Yumeria Hall	1-29-1 Higashi-Oizumi
	Oizumi Child and Family Support Center (Oizumi Piyo-Piyo)	5-35-1 Higashi-Oizumi
	Higashi-Oizumi Jidokan	7-20-1 Higashi-Oizumi
	Minami-Oizumi Library	1-44-7 Minami-Oizumi
	Minami-Oizumi Local Residents' Hall	2-19-26 Minami-Oizumi
	Minami-Oizumi Library Branch Children's Reading Plaza	3-17-20 Minami-Oizumi
	Nishi-Oizumi Jidokan	3-21-16 Nishi-Oizumi

\*1 Closed for repair work from October 15 (Sat.), 2022 through April 30 (Tue.), 2024 (scheduled).