

Childrearing Support

Post-Childbirth Care Programs

Your local Public Health Center branch

→ Telephone directory, page 60

This program offers short stays (overnight) and daycare (daytime) for mothers and children at facilities with midwives, as well as postpartum care visits by midwives at your home. You must apply in advance to use this service.

Eligibility

Mother and her child under one year of age, who meet the following requirements:

1. Very concerned about childcare
2. Unable to receive support from family or others after birth
3. Both mother and child do not require medical treatment

Care provided

Breast care, lactation consultation, bathing and bathing guidance, childcare consultation, etc.

How to apply

Applications accepted at your local Public Health Center from the 20th week of pregnancy

Usage fees

Fees vary depending on the service used

Content (number of days)	User-paid fees (tax included)
Mother-child short stay (up to 7 days)	1 night, 2 days: ¥13,200 (plus ¥6,600 for every additional day)
Mother-child daycare (up to 7 days)	1 day: ¥3,300
Postpartum care visit (up to 3 times)	1 time: ¥3,300

* Fee reductions and exemptions are available for households exempted from resident's tax and households receiving public financial assistance for everyday living

* You may not be able to use the program depending on availability or other circumstances

Childrearing Support Helper Program

Nerima Child and Family Support Center

☎ 3993-8155

A home helper will be dispatched to families who need help with housework due to reasons such as poor health before or after childbirth to provide support for daily tasks such as cleaning, laundry, and meal preparation.

Eligible period

During pregnancy and up to the last day of the month when the child reaches two years of age

Hours

Monday through Friday (weekdays only), 9 a.m. to 5 p.m.

Maximum number of hours of use

36 hours

* 104 hours for those who gave birth to a low-weight child, those who gave birth at less than twenty years of age, those with multiple birth children, etc.

Usage fees

¥1,000 per hour

* ¥500 for those who gave birth to a low-weight child, those who gave birth at less than twenty years of age, etc.

* ¥300 for those with multiple birth children

* Households exempted from resident's tax and households receiving public financial assistance for everyday living are exempt.

How to apply

The application form can be downloaded from the Nerima City website.

Beginner's Childrearing Support Tickets

Nerima Child and Family Support Center ☎3993-8155

Beginner's childrearing support tickets are mailed to families that have just given birth or moved into Nerima City with a child under two years of age (an application for issuance is required for those who move into the city with a one-year-old or older child). You can use these tickets for the childrearing support helper program, consultation and care from midwives or obstetric medical institutions, post-childbirth yoga or other childrearing support courses, the family support program, and temporary childcare for infants and toddlers offered at Piyo-Piyo in Child and Family Support Centers.

Number of tickets issued Eight

Programs That Support Tickets Can Be Used For

● Childrearing Support Helper Program (⇒page 28)

This program dispatches a house helper to families who need help with daily housework due to reasons such as poor health after childbirth.

Usage period

From the date of issuance up to the last day of the month when the child reaches two years of age

Value of one ticket

One ticket is good for one hour of support.

● Midwife Care Program

You can use support tickets for breast care or childrearing consultations from a midwife or the Nerima Midwife Association (Sango Salon).

Usage period

From the date of issuance up to the last day of the month when the child reaches two years of age

Value of one ticket

One ticket covers ¥2,000 of the cost for one session.

● Obstetric Medical Institution Program

You can use support tickets for breast care or childrearing consultations offered by obstetric medical institutions.

Usage period

From the date of issuance up to the last day of the month when the child reaches two years of age

Value of one ticket

One ticket covers ¥2,000 of the cost for one session.

● Childrearing Support Courses

You can use support tickets for post-childbirth yoga or other courses offered by providers contracted by Nerima City.

Usage period

From the date of issuance up to the last day of the month when the child reaches two years of age

Value of one ticket

First use is free of charge (if the fee for one session exceeds ¥2,000, the support ticket can be used to pay for the equivalent of ¥2,000)

● Family Support Program (⇒page 33)

Paid volunteers (aid-providing members) who have completed Nerima City's training course will take care of your child on a one-on-one basis.

Usage period

From 58 days of age up to the last day of the month when the child reaches two years of age

Value of one ticket

One ticket entitles you to one hour of service.

● Temporary Childcare for Infants and Toddlers (⇒page 33)

You can use support tickets for temporary childcare for infants and toddlers offered by Piyo-Piyo at five Child and Family Support Center locations.

Usage period

From six months of age up to the last day of the month when the child reaches two years of age

Value of one ticket

One ticket is good for one unit (three hours) of childcare.

When You Find
Out You Are
Pregnant

Various
Subsidy
Programs

When
Your Baby
Is Born

Your
Child's
Health

Childrearing
Support

Childcare

Playing/
Learning/
as a Family

Let's Create a Circle
of Childrearing
Friends

Consultation for
Childrearing and
Education

Single-Parent
Households

Telephone
Directory

Other
Consultation
Services

Emergency
Contacts