



Consultation for Childrearing and Education

Childrearing Consultation

Child and Family Support Center

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Child and Family Support Centers offer advice on various matters related to children and families. They can also introduce you to specialized institutions and services according to your needs.

Could This Be Child Abuse? Ask Us

Nerima Child and Family Support Center
(Dedicated toll-free number for reporting)

☎ 0120-248-551

Monday through Friday, 8:30 a.m. to 7 p.m.

Saturdays, 8:30 a.m. to 5 p.m.

(excluding national holidays, year-end and New Year's holidays)

At night and during holidays:
Child Guidance Office Abuse Response
Hotline

☎ 189

In case of an emergency involving the
life of a child, call 110 without hesitation.



Suku-Suku (Healthy Growth) Advisor

Advisors handle consultation on anything and everything concerning childrearing, provide information on childrearing support services in the community, and act as a bridge when necessary to introduce you to related organizations.

Location

General Affairs Subsection, Child-Raising Support Section, Nerima City Office Main Bldg. 10F

☎ 5984-1517

E-mail: sukusuku@city.nerima.tokyo.jp

Nerima Station North Branch, Nerima Child and Family Support Center

☎ 3948-2312

Hikarigaoka Child and Family Support Center

☎ 6385-4167

Oizumi Child and Family Support Center

☎ 3925-6700

Seki Child and Family Support Center

☎ 6674-2082

Hours

Monday through Saturday (excluding national holidays and the year-end/New Year's holidays; excluding Saturdays for Nerima City Office Main Bldg. 10F), 9 a.m. to 5 p.m.

Consultation about everyday living—such as disciplining your child, meals and sleep—is also available at the locations below:

- **Municipal nursery schools** (→ page 62)

Monday through Friday, 10 a.m. to 3 p.m.

- **Piyo-Piyo Child-Raising Plaza** (→ page 72)

Conducted during the operating hours of your local Piyo-Piyo facility.

- **At your local jidokan*** (→ page 78)

Conducted during the operating hours of your local jidokan.

* For information on the days and hours, please call the facility you want to use.

Child and Family Support Center Map

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Nerima Child and Family Support Center
 5-28-3 Toyotama-Kita, Nerima-ku
 A five-minute walk from the west exit of Nerima Station.
 Nerima Station North Branch / 1-17-1 Nerima, Nerima Station north exit (Coconeri 4F)
 Nerima Station South Branch / 5-18-12 Toyotama-Kita; a two-minute walk from Nerima Station.

Nukui Child and Family Support Center
 Fujimi Land Mansion 1F, 3-25-15 Nukui, Nerima-ku
 A ten-minute walk from Fujimidai Station.

Nerima Child and Family Support Center (Shakujiji Bldg.)
 Shakujiji Bldg. 4F, 3-30-26 Shakujijimachi, Nerima-ku
 A five-minute walk from the west exit of Shakujiji-Koen Station.

Oizumi Child and Family Support Center
 5-35-1 Higashi-Oizumi, Nerima-ku
 A five-minute walk from the south exit of Oizumi-Gakuen Station.

Hikarigaoka Child and Family Support Center
 2-9-6 Hikarigaoka (Hikarigaoka Kumin Center 6F), Nerima-ku
 Two-minute walk from Hikarigaoka Station.
 Branch Office / 5-2-5-105 Hikarigaoka; a three-minute walk from Hikarigaoka Station.

Seki Child and Family Support Center
 1-21-15 Sekimachi-Kita, Nerima-ku
 A five-minute walk from the south exit of Musashi-Seki Station.

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

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Public Health Center Branches

Public Health Center branches in each neighborhood

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You can get advice on childrearing related to your baby's growth, development and health. Other consultation topics include your family's physical and mental health, meals, and dental and oral health. Public health nurses, nutritionists and dental hygienists offer advice. You can use these consultation services over the phone, in person or by staff visit. Your local Public Health Center branch has jurisdiction over your neighborhood.

Pregnancy/Childrearing Consultants

Public Health Center branches in each neighborhood

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A pregnancy/childrearing consultant such as a public health nurse or other certified staff member will interview you at the Public Health Center branch when you receive a *Mother and Child Health Handbook*. If you have any questions or concerns, please talk with the consultant when you obtain your handbook. Consultation is also available on topics such as pregnancy, childbirth and childrearing over the phone or in person on an ongoing basis.

Column

Pay Attention to What You Can Only Experience and Enjoy during Childrearing

Childrearing is a lot more difficult than one imagines. The parent-child relationship is one of raising each other: the child grows, and the parent also grows. That is the fun and joy of childrearing. And there are things that you can only experience and enjoy through childrearing.

Childrearing Together

If you have a problem, it is good to have someone you can depend on to help you. If you are worried, first talk things over with your family. Then look for people outside of your family who can help you with childrearing. It is good to use activities such as classes for mommies and daddies, childrearing consultation, childrearing classes and childrearing clubs to make friends so that you can share difficulties and think together. Supporting each other is a key.

Get everyone around you involved in your childrearing, and increase your circle of helpful friends!



Worries

You may worry that your child is not developing as described in your childrearing books. It's natural to think so.

Every child is different. Please remember that what is written in those books is just a rough guideline. What's most important is the unique child in front of you. Each child develops at his/her own pace. Watch over the daily changes and growth of your child and celebrate them!

I Hate This...

Maybe you're thinking about how difficult it is to be with your child. Don't criticize yourself for feeling that way. There is no such thing as a perfect mother. What is most important is that you face and accept your own feelings honestly.

Nerima City has a lot of places where you can meet people who understand your feelings and responsibilities concerning childrearing, as well as support you. If you're having a hard time, it is good to find someone you can share your feelings with and depend on.



Things Don't Turn Out As Expected

It's natural that childrearing does not turn out as expected. The key to enjoying childrearing is to accept and enjoy things with an "Oh well!" outlook. Through living with a child, grown-ups grow up, too.

Public Health Center MAP

Public Health Center branches in each neighborhood

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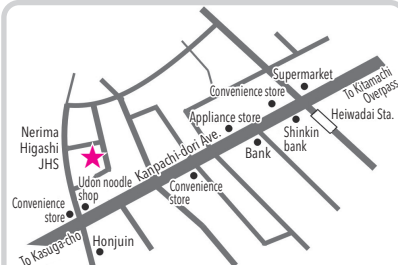
Public Health Center, Toyotama Branch

5-15-19 Toyotama-Kita (inside Toyotama Sukoyaka Center), Nerima-ku
A five-minute walk from Nerima Station.



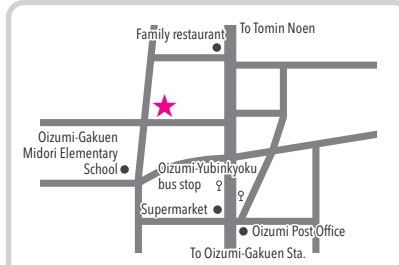
Public Health Center, Shakuji Branch

7-3-28 Shakuji-machi, Nerima-ku
A seven-minute walk from the west exit of Shakuji-Koen Station.



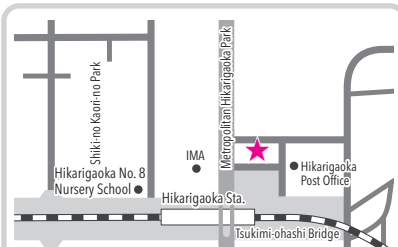
Public Health Center, Kita Branch

6-35-7 Kitamachi, Nerima-ku*
A seven-minute walk from Heiwadai Station.



Public Health Center, Oizumi Branch

5-8-8 Oizumi-Gakuencho, Nerima-ku
A three-minute walk from the Oizumi Yubinkyoku bus stop.



Public Health Center, Hikarigaoka Branch

2-9-6 Hikarigaoka (Hikarigaoka Kumin Center 1F), Nerima-ku
A one-minute walk from Hikarigaoka Station.



Public Health Center, Seki Branch

1-27-4 Sekimachi-Higashi, Nerima-ku
A seven-minute walk from the south exit of Musashi-Seki Station.
A five-minute walk from the Musashi-Seki Eki Iriguchi bus stop.
A six-minute walk from the Kichijoji-dori Iriguchi bus stop.

* The Public Health Center, Kita Branch moved to its current location at the end of March 2021.

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Child Development Support Center

☎3975-6251

Consultation on development and medical services is available for children up to eighteen years of age who may have developmental problems, and support is provided as appropriate. The center also offers various services and programs, including daytime training programs, visiting programs, classes for families, educational programs for residents, and a place for relevant groups to conduct activities.

Consultation hours

Monday through Friday, 9 a.m. to 5 p.m. (excluding national holidays and the year-end/New Year's holidays)

Nerima Tsutsuji Dental Checkup

☎3993-9956

Dental checkups and consultation services are available for children with physical or mental disabilities. Advance reservations are required.

Reservation hours

Tuesday through Saturday (excluding national holidays and the year-end/New Year's holidays), 9 a.m. to 5 p.m.

Tokyo Metropolitan Pregnancy Consultation Hotline

☎5339-1133

A consultation service is available for those who are worried about an unexpected pregnancy or their health condition during pregnancy.

Consultation hours

Monday through Sunday, 10 a.m. to 10 p.m. (excluding New Year's Day)

* You can also use the service via email using the consultation form on their website.

Education Consultation

Education Consultation Office

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The Education Consultation Office at the School Education Support Center offers consultation over the phone or in person concerning truancy, bullying, developmental delays, underachievement and delinquency for children from toddlers up to eighteen years of age. (Personal consultations are on a reservation basis.)

Adaptation Instruction Classrooms

Free Mind (for elementary schoolchildren) ☎6385-8677

Try (for junior high school students) ☎6385-8681

The School Education Support Center's adaptation instruction classrooms offer support for truant elementary and junior high school students. The programs help children achieve peace of mind through counseling as well as through individual and group instructions. They are designed to encourage the child's independence, social skills and scholastic abilities, and hopefully allow them to return to school. (For admission, please call the classroom you want to use.)

Education Consultation at Tokyo Metropolitan Education Consultation Center

☎0120-53-8288

Telephone consultation Accepted 24 hours/day

In-person consultation

Please call the number above to make an appointment. Monday through Friday, 9 a.m. to 9 p.m. Saturdays, Sundays and national holidays, 9 a.m. to 5 p.m. (excluding days when the building is closed and the year-end/New Year's holidays)

Telephone Consultation Office for the Heart

Tokyo Metropolitan Children's Medical Center

☎042-312-8119

A consultation service is available for children between the ages of 3 and 18 years regarding behavioral and mental development issues.

Consultation hours

Monday through Thursday, (excluding national holidays and the year-end/New Year' holidays), 9:30 to 11:30 a.m. and 1 to 4:30 p.m.

Tokyo Metropolitan Bullying Consultation Hotline

☎0120-53-8288 (daily, on a 24-hour basis)

* Consultation on issues other than bullying is also accepted.

Other Consultation Services

Gender Equality Center Yell Consultation Office

☎3996-9050

Consultation hours

● Comprehensive consultation

Daily, except during the year-end/New Year's holidays and facility inspection days, 9 a.m. to 7 p.m. (until 5 p.m. on national holidays)

* Only phone consultations are accepted on Sundays and national holidays.

● Emotional consultation (reservation basis)

Monday through Saturday, except during the year-end/New Year's holidays and facility inspection days, 10 a.m. to 7 p.m. (until 5 p.m. on national holidays)

* Reservations are accepted daily, 9 a.m. to 7 p.m., except during the year-end/New Year's holidays and facility inspection days (until 5 p.m. on national holidays).

● Specialized consultation for spousal and family-related violence (DV; reservation basis)

Days below except during the year-end/New Year's holidays and facility inspection days:

Mondays, 9 a.m. to 5 p.m. Wednesdays and Fridays (except the first Wednesday and Friday of the month), 10 a.m. to 7 p.m. (until 5 p.m. on national holidays)

* Conducted at the Nerima City Resident Consultation Center, 9 a.m. to 5 p.m., on the first Friday of the month (excluding national holidays and the year-end/New Year's holidays).

* Reservations are accepted daily, 9 a.m. to 7 p.m., except during the year-end/New Year's holidays and facility inspection days (until 5 p.m. on national holidays) Reservations for the Nerima City Resident Consultation Center are also accepted.

● Sexual minority-related special consultation

Third Saturday of the month, 9 a.m. to 5 p.m.

Spousal Violence Consultation Support Center Nerima DV Special Line

☎5393-3434

Consultations on DV and DV victim certifications are available. You will also be introduced to relevant institutions.

Telephone consultation

Excluding the year-end/New Year's holidays Monday through Friday, 9 a.m. to 9 p.m. Saturdays and Sundays, 9 a.m. to 7 p.m. (Until 5 p.m. on national holidays)

Consultation on DV, Human Rights, etc., Outside of Nerima City

Tokyo Women's Plaza ☎5467-2455

Tokyo Metropolitan Women's Consultation Center

☎5261-3110

Women's Rights Hotline ☎0570-070-810

Tokyo Metropolitan Infertility and Recurrent Miscarriage Hotline

☎3235-7455

Consultation hours

Every week on Tuesdays from 10 a.m. to 4 p.m. (excluding national holidays, during the year-end/New Year's holidays)

Tokyo Metropolitan Sudden Infant Death Syndrome (SIDS) Telephone Consultation / For Families Who Have Lost a Child

☎5320-4388

Consultation hours

Every week on Fridays from 10 a.m. to 4 p.m. (excluding national holidays, during the year-end/New Year's holidays)

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