

# Starter Guide for Parenting in Toshima Ward



Toshima Ward

## Useful Information for Daily Life

3~8

Outing spots

Ward office

Public Health Center / Health Consultation Center

Library

Map

## Delivery and After Childbirth

9~16

Flow Chart

- ① When you become pregnant
- ② Notification of the pregnancy
- ③ Pregnancy checkup
- ④ Delivery Preparation and Delivery
- ⑤ After the birth of the baby
- ⑥ Notification of the childbirth
- ⑦ After Childbirth Support Service
- ⑧ Baby's medical checkup
- ⑨ Consultation on childcare (SOS)
- ⑩ Temporal baby care • Baby sitting • Family Support Service Center
- ⑪ Nursery schools (Hoikuen)
- ⑫ Vaccination

## Medical Care for Children

17～20

Home doctor (family physician)

Urgent care / holiday clinic

Ambulance / Urgent Care

## Disaster Preparedness

21～24

What to prepare

Disaster Emergency Message Dial 171

Where to evacuate

Relief Center Map

## About the Guidebook

- ☆ Scan the QR code with your cell phone for more information.
- ☆ You can also ask "support groups" if you have any questions.

Check out  
support groups!

えぬびーおー ざいにちがいきこくじん こそだて

NPO

在日外国人

子育て



## Outing spots

These are places where you can go out with your children.  
You can find them on the map on page 5~6.

## Parks

There are "parks with lots of flowers and trees", "parks with playgrounds",  
and "parks with train views".

## Child and Family Support Center



There is a play area for children with toys and a garden.  
The staffs there are very familiar with babies and children.

### Eastern Child and Family Support Center

### Western Child and Family Support Center

You can consult with them about your childcare issues.

☆ About Eastern Child and Family Support Center. ⇒  
You can choose your language on the website.



☆ About Western Child and Family Support Center. ⇒  
You can choose your language on the website.



## Toshima Civic Center

This facility has a "Papamama Spot" where you can play inside the building.

☆ Reservations are required. ⇒  
The WEB site is available in English.



It is a place where you can consult with them about your daily life.  
You can find those on the map on page 7~8.

## Toshima Ward Office

You can consult with them about various aspects of living in Toshima-ku.

☆ Living Information for foreign residents of Japan ⇒  
You can choose your language on the website.



☆ Childcare Information ⇒  
You can choose your language on the website.



## Public Health Center / Health Consultation Center

You can consult with them about various aspects of living in Toshima-ku.

## Library

Many books and DVDs are available.  
There are books for adults and children.  
You can borrow books and DVDs.



ちゅうおう としよかん  
中央図書館

☆ Library WEB site ⇒  
English, Chinese, and Korean are available.



☆ Use of the Library ⇒



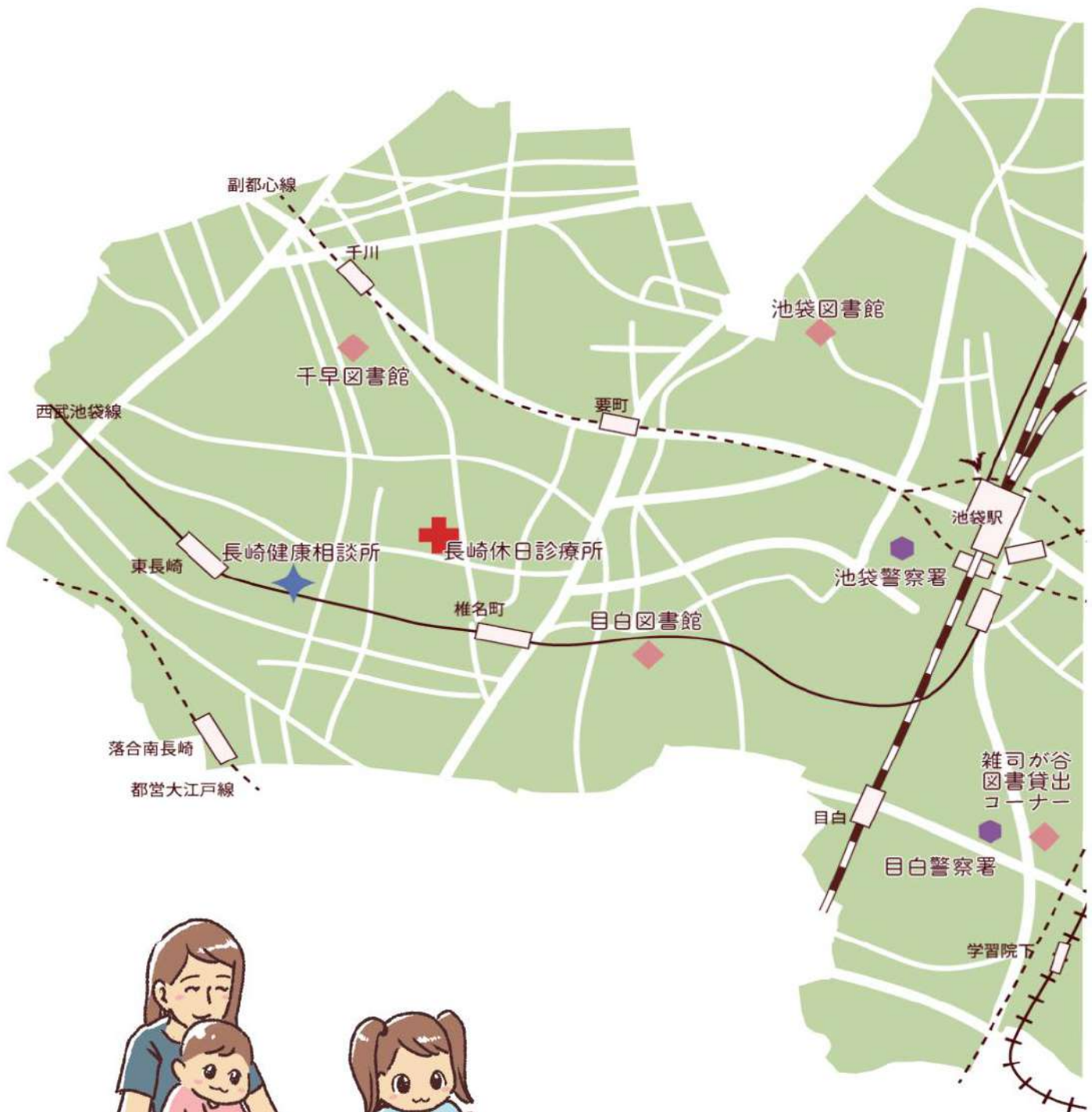
## Outing Spots

- Parks ■ Eastern Child and Family Support Center
- Western Child and Family Support Center ■ Toshima Civic Center





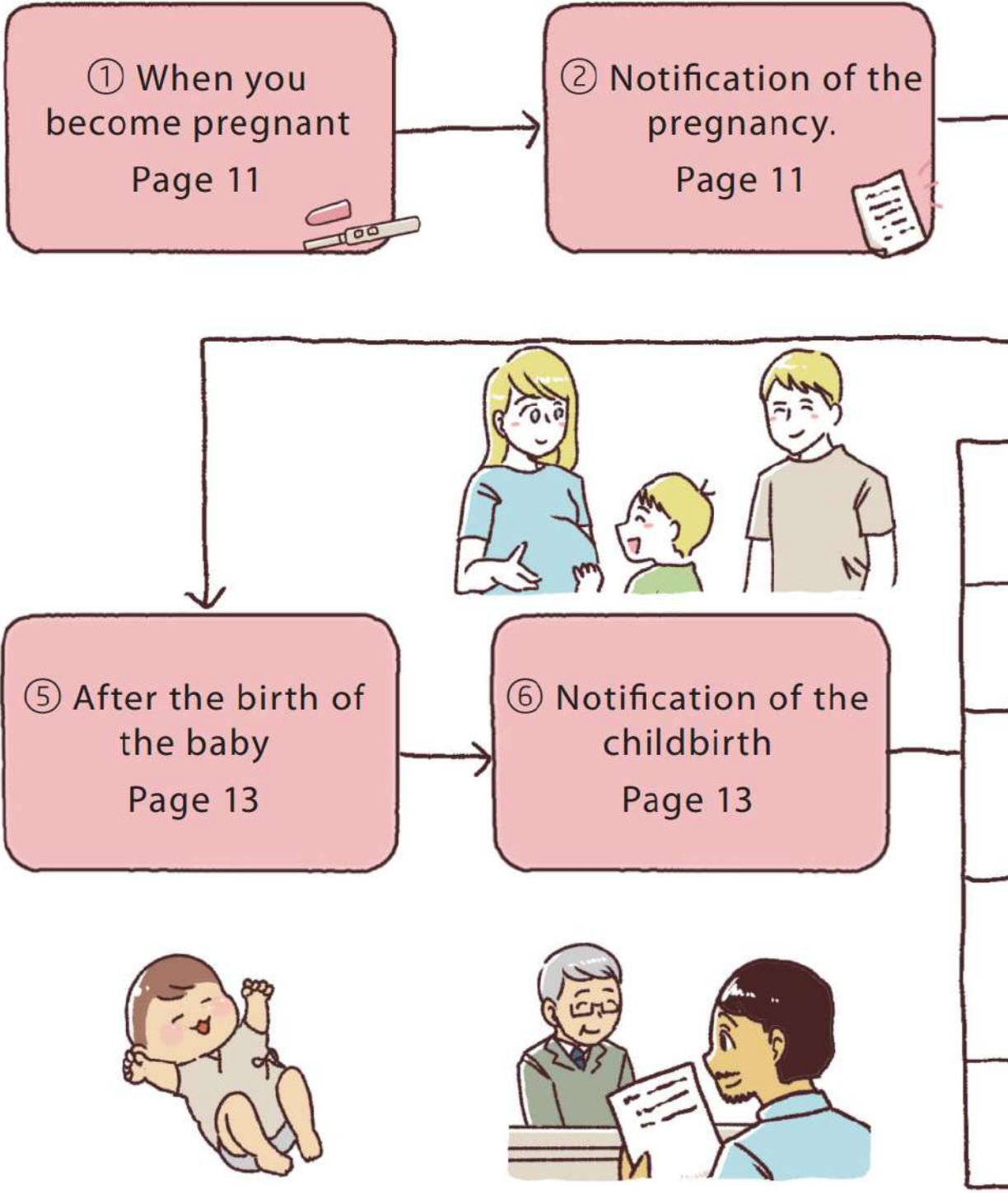
## Ward office • Public Health Center • Health Consultation Center • Library



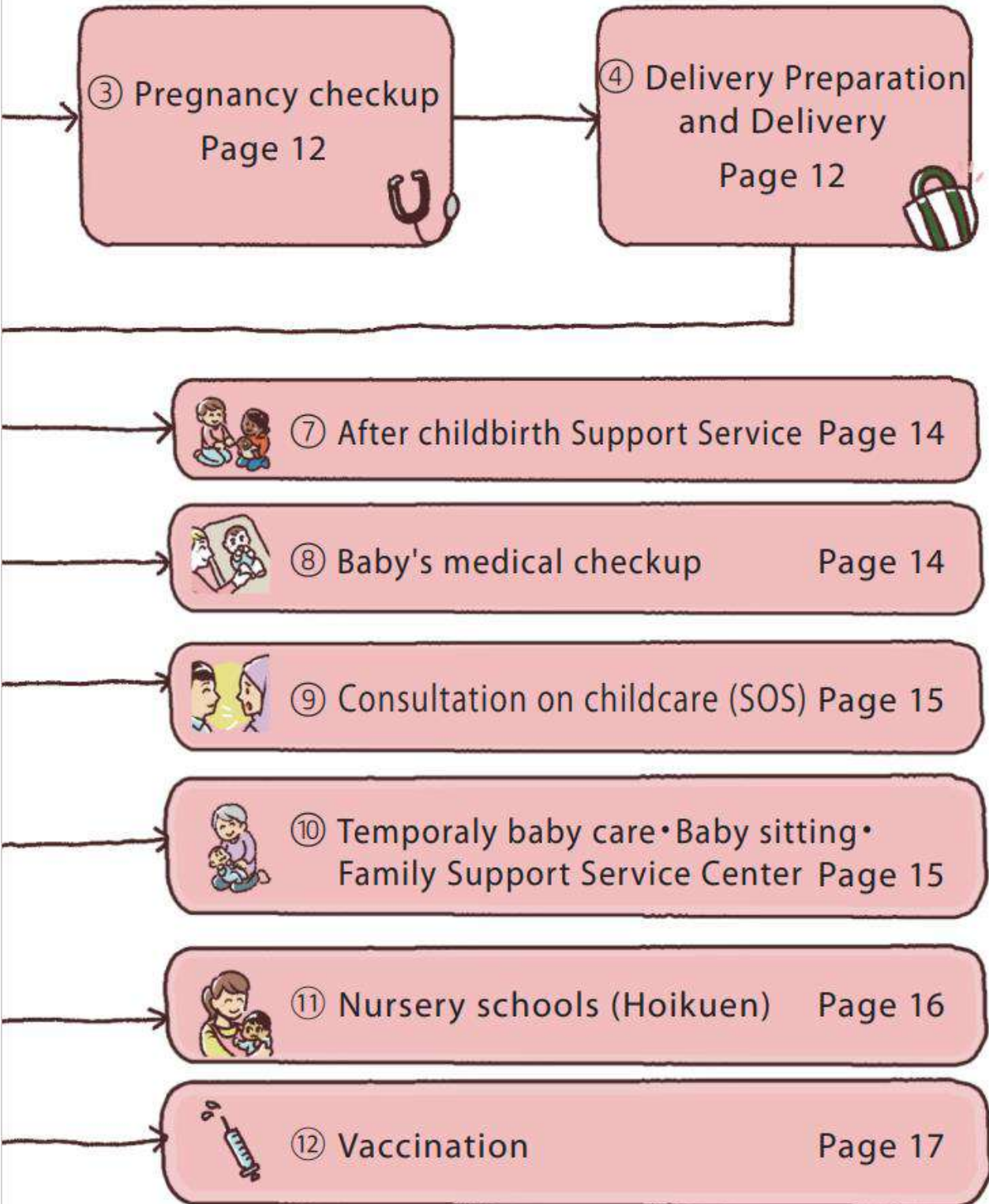




## Flow Chart



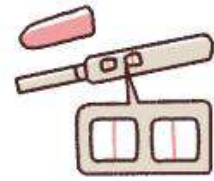
"Boshi Mo" is an information site useful for pregnancy, delivery, and child-rearing. ⇒  
You can choose your language on the website.





## ① When you become pregnant

When you wonder if you are pregnant, go to a pharmacy.  
Buy a pregnancy test kit.  
Bring home and test by peeing on the tester.  
If the result is positive, go to a hospital.



About Hospitals in Japan ⇒



## ② Notification of the pregnancy

Go to either Ikebukuro Health Center or the Nagasaki Health Consultation Office, whichever is closer from your home.

→ See the map (pages 7-8) for locations.

☆ What to bring

- Residence card (Be sure to bring this with you!)
- INDIVIDUAL NUMBER CARD (if you have one)

☆ What you will receive

“Maternity Passbook”

“Mother and Child Health Bag”

- Pregnancy Health Checkup vouchers to be used at hospitals

- Notice

- Baby Visiting Postcard

“Pregnancy badge”

- You will talk with a midwife or public health nurse at the “Cradle to Cradle Interview”.
- It will take about 2 hours to complete the pregnancy notification.

Need to send out  
after the baby is born.  
Keep it for future use.



### ③ Pregnancy checkup

The hospital will examine the mother's body and the baby's condition.

Pregnancy 0-23 weeks: Once a month

Pregnancy 24-35 weeks: Once every 2 weeks

Pregnancy 36 weeks - delivery: Once a week

#### ☆ What to bring

- Pregnancy Health Checkup vouchers to be used at hospitals (Be sure to bring this with you!)
- Cash (about 10,000 yen) • Maternity Passbook
- Health Insurance card • Patient Registration Card
- When you go to a hospital for the first time, you will fill out a medical questionnaire.

How to fill out the medical questionnaire ⇒ You can choose your language on the website.



- The hospital will explain the procedures for hospitalization, delivery, and delivery costs after 36 weeks.
- If you are sick during pregnancy, you can get support with housework (normal domestic work) and childcare for 900 yen per hour.

☆ Registration is required to get support. Multi language translation available. ⇒



### ④ Delivery Preparation and Delivery

#### Delivery Preparation

Pack a large bag with everything you will need for the delivery.



#### Delivery

If you have a sign (slight vaginal bleeding), contractions every 10 minutes, water breaking or bleeding, be sure to call the hospital.

Then call a "Labor Pains Taxi" and wait for the cab to arrive.

☆ Drivers of Labor Pains Taxis can assist pregnant women.

You can register with them prior to delivery.

Check it out!

じんつうたくしー としまく

陣痛タクシー 豊島区





## ⑤ After the birth of the baby

- The hospital stay is about 5 days for a "natural birth" and 8 days for a "cesarean section".
- When you leave the hospital, you will receive a "birth certificate".
- The baby's one-month checkup will be held at the hospital where the baby was born.



## ⑥ Notification of the childbirth

- This is to be submitted within 14 days of the baby's birth.
- Father or mother can submit the notification.
- Submit the notification to counter No. 4 of General Service Section on the 3rd floor of Toshima Ward Office.
  - Monday to Friday: 8:30 a.m. to 5:00 p.m.
  - Saturdays, Sundays & national holidays: 9:00 a.m. to 5:00 p.m.
- If you visit the ward office from Monday to Friday, you can also apply for the baby's resident registration, child medical card, and child allowance.

### ☆ What to bring

- Birth Certificate • Maternity Passbook • Residence card

☆ It takes one day to register the birth and complete all procedures.

☆ Don't forget to send out the "Baby visiting postcard" after your baby is born.



Please post the "Baby Visiting Postcard"!

赤ちゃん訪問のご案内	
赤ちゃんの初誕生にあわせてごさいませ。保健所で生まれてすべての赤ちゃんの健康に訪問します。	
<b>お母様が決まったら必ずお出しください。</b>	
※お母様の住所を記入の上、シールを貼ってお返しくさい。	
住所氏名	
日 時	日 月 年 時 分 秒
氏 名	姓 名 姓 名 姓 名
生年月日	年 月 日 初産期間 産 産 日
住 居	住 居 住 居
出生場所	出生場所 月 日
助産士氏名	助産士氏 年 月 日
助産士氏名	助産士氏 年 月 日
住 居	住 居
お送り先住所氏名 ( ) 丁目	
お送り先住所氏名 ( ) 丁目	
※お母様の住所、ご出産の病院で必ずお出しください。	
※お母様の住所、ご出産の病院で必ずお出しください。	
※お母様の住所、ご出産の病院で必ずお出しください。	

This postcard is the one you received when you notified your pregnancy. (It is in the Mother and Child Health Bag.)

A midwife or public health nurse will pay you a home visit to check on the mother's physical condition and the baby's growth after the birth.



## ⑦ After Childbirth Support Service

There are services available when you are in trouble because there is no one to help you.

### ▪ Toshima City post Childbirth Care Service

This service is available until the baby is 3 months old.

You can stay at a hospital or midwifery center and learn how to take care of your baby.

You can stay up to 3 days for ¥ 3,300 per day.

For more information, please call the Public Health Center.

- 池袋保健所 ☎ 03-3987-4174
- 長崎健康相談所 ☎ 03-3957-1191

### ▪ Childrearing Support Helper Program

This service helps people with children up to 1 year old with housework and other childcare matters.

For more information, please call the "子ども家庭支援センター".

- 東部子ども家庭支援センター ☎ 03-5980-5275
- 西部子ども家庭支援センター ☎ 03-5966-3131

### ▪ Public Health Nurse

They come to your house for "baby visits" after childbirth.

You can also call them anytime for consultation.



## ⑧ Baby's medical checkup

### ▪ There is "One-month checkup".

It is held at the hospital where the baby was born.

(Some hospitals also provide a 2-week checkup after birth.)

### ▪ After the "one-month checkup," checkups are conducted at a public health center or a medical institution (a hospital where checkups can be conducted).

☆ Checkups at public health centers / health consultation center

- 3-4 month checkup
- 1 year-old dental checkup(Dental checkup)
- 18 month checkup(Dental checkup)
- 3 year old child medical checkup

☆ To be done at hospitals in Tokyo City or Toshima Ward

- 6-7 month checkup
- 9-10 month checkup
- 18 month checkup(internal medicine)

You will receive a notice of your baby's health check up (by mail)

You will receive a notice of your baby's health check up (by mail)



## ⑨ Consultation on childcare (SOS)

You can consult with us about your baby, any problems you may have in raising your child, or any other issues.

- 東部子ども家庭支援センター ☎ 03-5980-5275
- 西部子ども家庭支援センター ☎ 03-5966-3131
- 児童相談所 ☎ 03-6758-7910
- 子育てインフォメーション ☎ 03-4566-2487



## ⑩ Temporal baby care • Baby sitting • Family Support Service Center

You can leave your baby with us when you go out or run errands.

- Need registration before you use these services  
(Temporal baby care, baby sitting, family support service)
- Subsidies available when use

Please consult with the "ward office", "public health nurses" or "support groups" before you use.

☆ There are "support groups" available for consultation

## Keywords for search

Check out support groups!

えぬびーおー ざいにちがいこくじん さんぜんさんご

NPO 在日外国人 産前産後



えぬびーおー ざいにちがいこくじん こそだて

NPO 在日外国人 子育て







## ⑪ Nursery schools (Hoikuen)

Babies who reach 6 weeks of age can attend nursery school

1. working parents (mother / father)
2. parents looking for job
3. parents who attend a school
4. parents with other circumstances

Parents (from 1~4) can place your baby in a nursery school

Need to apply at the ward office if you want to enroll your baby to a nursery school

- Please apply well in advance. It takes time for enrollment process
- Childcare fee vary according to the family income
- There are some things required when you apply

First of all, please consult with us  
4th floor of ward office building  
Child Care Division, Department of Children and Family Affairs  
Nursery Admission Group 1 & 2  
☎03-3981-2140



## ⑫ Vaccination

- "Vaccination Notice" will be sent to your registered address when your baby reaches 2 months of age
- Order and type of vaccinations may differ from your home country
- Make sure to take Maternity Passbook with you when you go back to your home country, record of vaccination is important for your child

Order and type of vaccinations  
You can choose your language on the website.



## Home doctor (family physician)

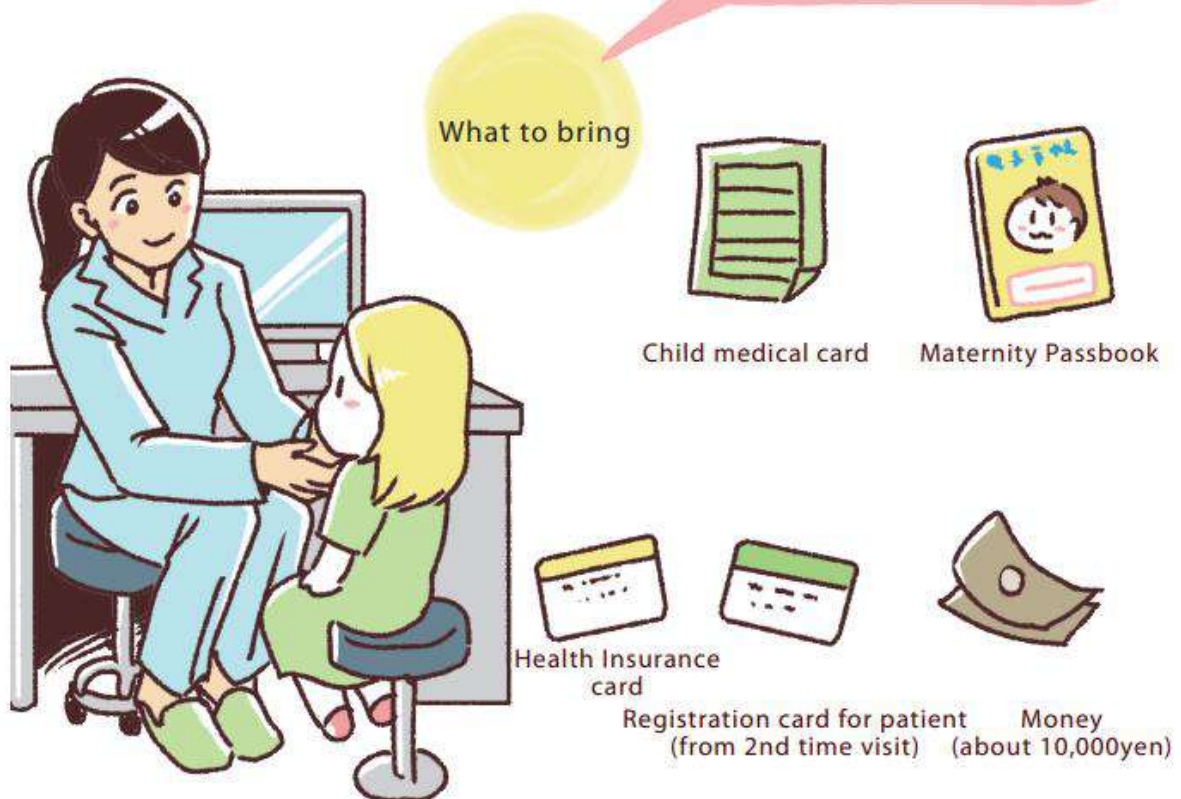
Decide which hospital you may take your baby to when he/she is sick  
This hospital /clinic is so-called "Kakaritsuke-I (home doctor)"

- Besides "Pediatrics" (specialized in providing medical care to children), you need to look for "otolaryngology" (when having problems with ears and nose) and "dermatology" clinic (when having skin problems) as well
- It is good to go to several hospitals, not just one family doctor

## Things to bring when you visit

- Health Insurance card
- Child medical card
- Maternity Passbook
- Registration card for patient (from 2nd time visit)
- Money (about 10,000yen)

The same procedure when you visit "clinic open on holidays" and "emergency hospital"



## Procedure for doctor visit



- ① at the reception desk, present your insurance card, child medical card, maternity passbook (Boshi techo), and registration card for patient
- ☆ Need to fill out medical history when you visit a hospital for first time
  - ☆ Make sure to bring child medical card



- ② Need to wait in the waiting room until you are called



- ③ When you are called, then the doctor examine your child



- ④ After examination, you will wait in the waiting room until you are called again



- ⑤ When called, receive all documents at the reception desk



- ⑥ Receive medicine if needed
- ☆ The style of giving medicine to patients vary from hospital to hospital
  - 1. Receive medicine at a hospital
  - 2. Receive a "Prescription" at a hospital, then submit it to the pharmacy

## Urgent care / holiday clinic

On Sundays and National Holidays, "Holiday clinic" is available

### ☎ Make sure to call before your visit

Please see  
the map on P7-P8

- いけぶくろきゅうじつしんりょうじょ  
▪ 池袋休日診療所 (Ikebukuro Holiday Clinic)

☎ 050-3146-4578 or ☎ 03-3982-0198

Saturdays : 17:00-21:30

Sundays & National Holidays : 9:00-12:00 / 13:00-21:30

豊島区東池袋4-42-16 (Ikebukuro Public Health Care Center 1st Floor)

- ながさききゅうじつしんりょうじょ  
▪ 長崎休日診療所 (Nagasaki Holiday Clinic)

☎ 050-3146-4577 or ☎ 03-3959-3385

Not available on Saturdays

Sundays & National Holidays : 9:00-12:00 / 13:00-16:30

豊島区长崎2-27-18 (3rd Floor)

## Ambulance / Urgent Care

"Children's Urgent Care" is available on weekday night

### ☎ Make sure to call before your visit

- としまぶんきょう きゅうきゅう  
▪ 豊島文京こども救急 (Toshima Bunkyo Children's Urgent Care)

☎ 03-3941-3211

Mondays to Fridays : 20:00-23:00

豊島区南大塚2-8-1 (Toritsu Otsuka Hospital 1st Floor)

Please see  
the map on P7-P8

If you are not sure whether to call an ambulance or go to a hospital, you can call for advice

- とうきょうしょうぼうちゆうきゅうきゅうそうだん  
▪ 東京消防庁救急相談センター (Tokyo Fire Department Emergency Consultation Center)

☎ #7119 or ☎ 03-3212-2323

Connect 24hours a day

- とうきょうとしょうにきゅうきゅういりょうでんわそうだん  
▪ 東京都小児救急医療電話相談 (Tokyo Metropolitan Children's Emergency Medical Services Telephone Consultation)

☎ #8000 or ☎ 03-5285-8898

Mondays - Fridays : 18:00 - 08:00 (until next morning)

Saturdays • Sundays • National Holidays : 08:00 - 08:00 (until next morning)

## When you should call an ambulance or go to a hospital even on holidays or at night



### Call an ambulance immediately

☎ 119

- Body cramps (convulsions) lasting more than 10 minutes
- He/she cannot open his/her eyes properly and cannot respond clearly when calling his/her name
- He/She has trouble breathing and make woo woo sound (wheeze)
- His/Her face is pale and his/her lips turns purple

### Go to the hospital even on holidays or at night

- His/Her body was convulsing
- He/She has a pain in his/her abdomen
- He/She has a pain in his/her head and vomitted, and can't move
- Urinary problems: He/She is not able to pee
- He/She has trouble breathing

### Prepare before calling an ambulance

- You will be asked "Fire? (Kaji-desuka?)" or "Emergency? (Kyu-kyu desuka?)", so please answer " Emergency (Kyu-kyu desu)"
- They will ask your name and telephone number
- They will ask your home address
- They will ask your child's condition
- The ambulance arrives about 10 minutes after you call
- ☆ Write down your address and phone number on a piece of paper and taped it to the wall of your room would be helpful!

# Disaster Preparedness

When disasters such as earthquakes, fires, rivers overflowing, etc. occur, the electricity, water, and gas in the house may be cut off. You should be prepared so that you will not be in trouble in the event of a disaster.

## What to prepare ( It's good to prepare for 7 days )

- What you need to prepare
  - Milk for baby • Baby bottles and Disinfectant • Disposable diaper
  - Water for baby⇒Water for baby formula • Baby food, Snack
  - Change of clothes, Shoes, Hat • Wipes • Baby carrier • Medicine
- Things that are useful to have
  - Spoon, Straw, Children's Toothbrush
  - Towel, Swaddle, Large scarf
  - Portable toilet for driving
  - Toy, Illustrated book

☆ You can find the most current information on TV, radio, and the Internet.



### Safety Tips

- This is the Japanese government's official multilingual disaster prevention application.



iPhone



android



### NHK WORLD JAPAN

- TV and radio



### CLAIR

- Multilanguage application that provides daily information



## Disaster Emergency Message Dial 171

You can record a message on your phone that says, "I'm alright."  
Family and friends can then listen to the message over the phone.

- It can be used in Japan.
- It can be used from pay phones, home phones, and cell phones.
- Call 171.

### Record your message.

- ① Press 171.  
↓
- ② Press 1.  
↓
- ③ Press your phone number.  
↓
- ④ Say what you want to record.

### Listen to a message

- ① Press 171.  
↓
- ② Press 2.  
↓
- ③ Press the phone number of  
the person you want to check.  
↓
- ④ Listen to the message

## Where to evacuate

- Temporary meeting place

This is a place to be safe for a little while, away from the dangers of disaster.

This is where people who live nearby gather  
where you can make sure everyone is alright.

Temporary meeting place ⇒



- Relief center

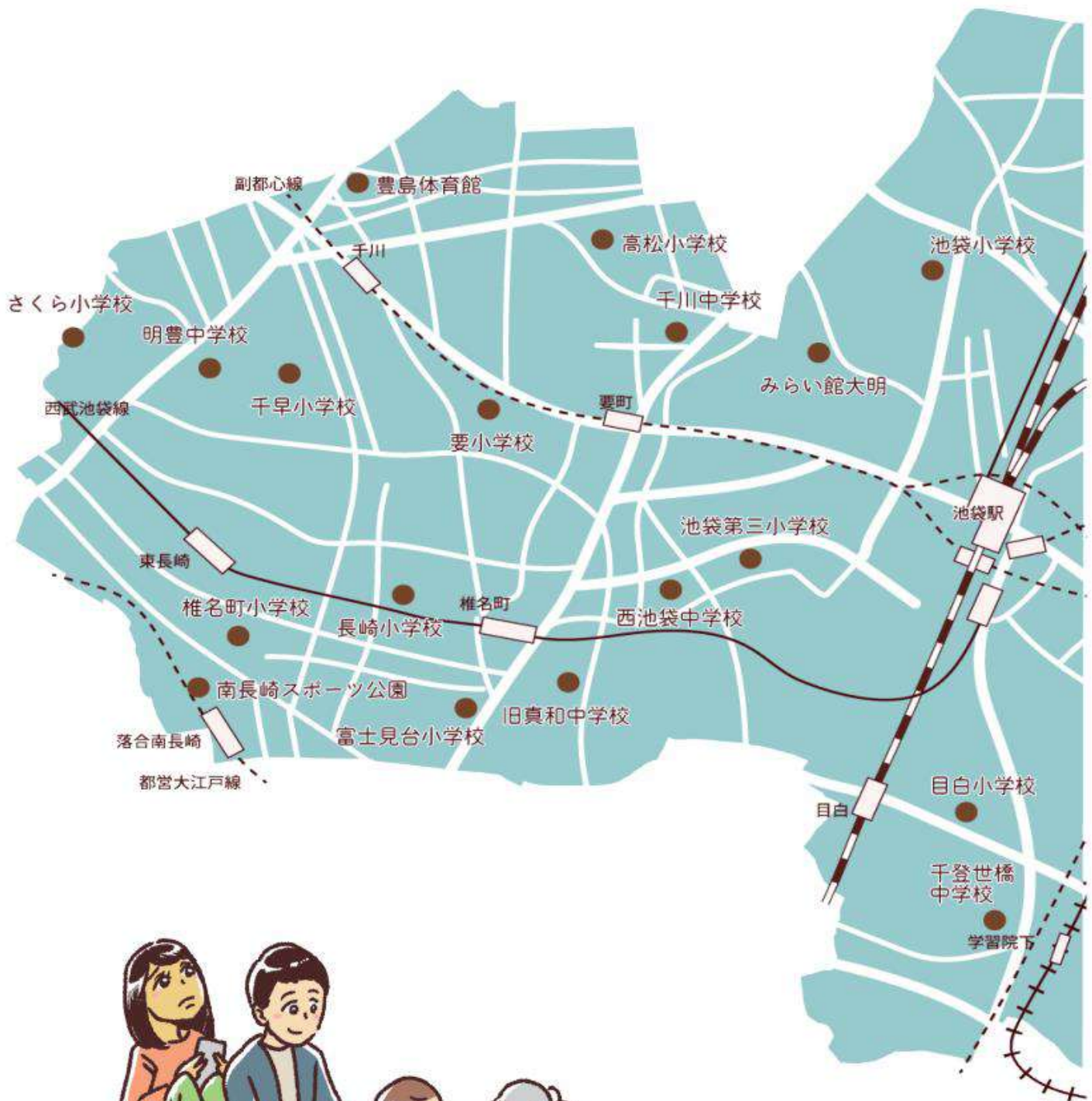
This is a place where people who are unable to stay at home  
due to a disaster can live for a while.

Elementary and junior high schools will serve as relief centers.

Relief Center ⇒



## Relief Center Map







It's a good idea to check the relief center closest to your home.





## Japanese that are useful to remember



- ✿ ゆっくり <sup>はな</sup>話してください  
Yukkuri hanashite kudasai  
**Speak slowly, please.**
- ✿ やさしい <sup>にほんご</sup>日本語で <sup>はな</sup>話してもらえますか？  
Yasashii Nihongo de hanashite moraemasuka?  
**Could you speak in easy Japanese?**
- ✿ メモ <sup>か</sup>を書いてもらえますか？  
Memo wo kaite moraemasuka?  
**Could you write a note?**
- ✿ ○○の <sup>し</sup>ことを知りたいです。  
○○ no koto wo shiritaidesu.  
**I would like to know about the ○○.**
- ✿ ○○の <sup>こま</sup>ことで、困っています。  
○○ no koto de, komatteimasu.  
**I am having trouble with the ○○.**
- ✿ どこに <sup>い</sup>行けば <sup>じょうほう</sup>情報をもらえますか？  
Dokoni ikeba Jouhou wo moraemasuka?  
**Where can I get information?**
- ✿ どこに <sup>い</sup>行けば <sup>そうだん</sup>相談できますか？  
Dokoni ikeba Soudan dekimasuka?  
**Where can I go for advice?**
- ✿ <sup>しょうい</sup>書類の <sup>か</sup>書き方 <sup>かた</sup>を <sup>おし</sup>教えてください。  
Shorui no Kakikata wo oshietekudasai.  
**How do I fill out the document?**
- ✿ おむつ <sup>か</sup>を変えたり、<sup>じょにゅう</sup>授乳 <sup>ばしょ</sup>できる場所 <sup>は</sup>ありますか？  
Omutu wo kaetari, Junyuu dekiru bashowa arimasuka?  
**Is there a place to change diapers or breastfeed?**
- ✿ ネットの <sup>しら</sup>調べかた <sup>おし</sup>を教えてください。  
Net no Shirabekata wo oshiete kudasai.  
**How do I find it on the internet?**
- ✿ サポート <sup>うれ</sup>してくれると嬉しい <sup>です</sup>。  
Support shitekureru to ureshiidesu.  
**I would be happy if you could support me.**
- ✿ <sup>おし</sup>教えてくれて <sup>おし</sup>ありがとう <sup>おし</sup>ございました。  
Oshiete kurete arigatou gozaimasita.  
**Thank you for letting me know.**

## Memo

This guidebook was created by gathering the voices of international mothers.  
Please feel free to have your baby and enjoy raising your child in Toshima Ward.

発行 としまくこ 豊島区子ども家庭部子育て支援課

☎ 03-4566-2478

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イラスト いらすと 織田博子





すすきみみずく

Charm for childbirth, child rearing, and good health



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