



Pregnancy, childbirth, and raising a child are new and unfamiliar experiences for many people. This leaflet introduces helpful tips to support the start of parenthood, presented as “Papa's Actions.” While many joyful and happy moments await you, there may also be times that feel difficult or overwhelming. To help ease these feelings, Toshima Ward provides continuous support from pregnancy through child-rearing. Every family’s journey is different. Please make use of the various support services available and move forward step by step, at your own pace.

Five Important Principles

As times change, fathers are becoming more involved in childcare and housework, and the number of men taking childcare leave is increasing. At the same time, new challenges have emerged, such as fathers feeling isolated, concerns about health, and a lack of opportunities to learn about parenting. Becoming a father involves responsibility, but support is equally important. Supporting fathers means supporting families. To support all men becoming fathers in Toshima Ward, the ward office has partnered with the Daddy Support Association to provide father-focused support. The following five principles are especially important.



1 Parents’ health comes first.

Parents’ physical and mental health is the foundation for a child’s healthy development. Just as important as a child’s health and environment are the parents’ own well-being and a safe living environment.



2 You don't have to do it alone

Pregnancy, childbirth, and parenting do not have to be handled by the parents alone. Do not try to do everything by yourselves. You can reach out and ask for help.



3 It's okay not to be perfect.

Fathers, mothers, and babies are all beginners at parenting. Instead of aiming for perfection, focus on avoiding danger and keeping everyone safe.



4 Accept differences

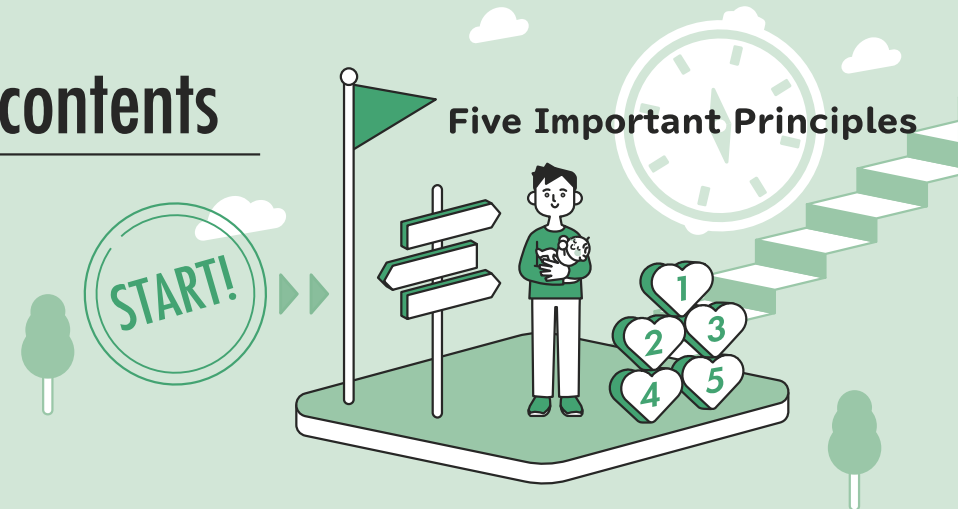
Differences in values and ways of thinking may become more noticeable between partners. Because you were raised in different environments and have different experiences, differences in values and ways of thinking are natural. Start by listening to each other.



5 Knowledge protects you and your family.

There is important information that helps keep both the mother and baby safe. Prepare yourself with the right knowledge from pregnancy onward.

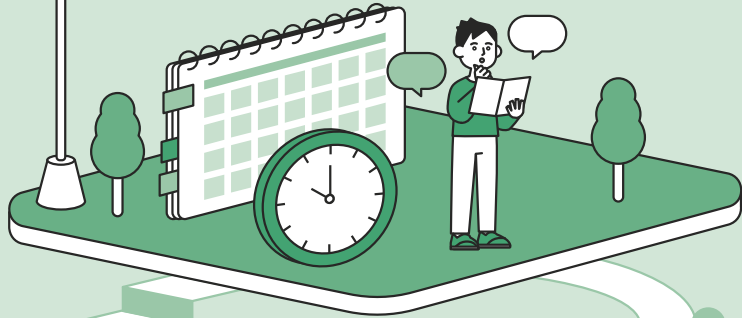
contents



Chap. 1

Support Calendar for Papa ◀ p.5

If you are unsure what to do as an expectant father, the support calendar can help. It introduces necessary procedures and available support from pregnancy through the postpartum period in a calendar format. Related Papa Actions are also included, so you can use it as a guide for what to do now and how to prepare for future applications.



Pregnancy period

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Age 0

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Newborn period

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Chap. 2

“The basics of child-rearing support you want to know and should know.” ◀ p.13

After understanding the basic information in Chapter 1, let's explore the detailed information about child-rearing support. Some popular services require advance appointments, so it is important to gather information early. Now, while you are an expectant father, is the best time to start researching.



Supports you have at your hand

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Financial support, List of “Costs” and “Benefits”

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Ward facilities and service counters

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Financial Support by Ward office

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Let's find places to turn to when you need help

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*Most of the main materials introduced in MAP for PAPA are included in the "Mother and Child Health Bag" that is provided when you submit your pregnancy notification. Please be sure to check them as well.

*In MAP for PAPA, [Maternal and Child Handbook] refers to the "Maternal and Child Health Handbook," [Handbook] refers to the "Child-Raising Information Handbook," and [Toshima See more, Learn more] refers to the "Maternal and Child Health App: Toshima See more, Learn more by BoshiMo."

*The information in MAP for PAPA is current as of August 2025



action 4 Organizing life with a child
- Preparing to return to work

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action 3 Starting practical childcare
- From birth to around 8 weeks

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action 2 Preparing to become a parent
- During pregnancy

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action 1 Becoming parents together

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Chap. 3

**Becoming parents together:
Stage-by-stage Papa's Actions**

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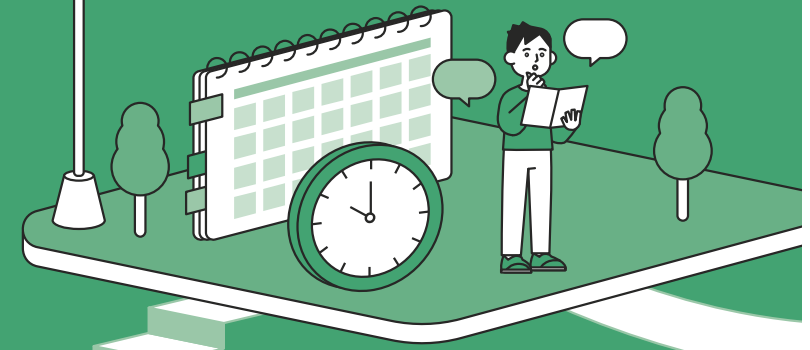
During pregnancy, it is important to prepare for parenthood together with your partner.
Papa's Actions are tips for action, but remember that the specific answers lie with you and your partner

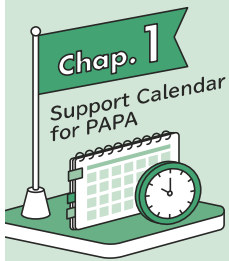


Chap. 1

**Support Calendar
for PAPA**

We introduce the necessary procedures and available support from pregnancy through the postpartum period in a calendar format.
Related Papa's Actions are also found in the calendar.
Please use them as a reference for what you should do now and how to prepare for future applications.





Pregnancy Period



The pregnancy period is an important time to prepare for welcoming your baby. During pregnancy, your partner's mind and body undergo many changes each day, and support and consideration from those around her become a powerful source of strength. Stay close to your partner so she can spend her days without strain, and take this new first step together.

Due Date _____

Month / Day

	Early stage				Middle stage			Late stage		
	Month 1 of pregnancy	Month 2 of pregnancy	Month 3 of pregnancy	Month 4 of pregnancy	Month 5 of pregnancy	Month 6 of pregnancy	Month 7 of pregnancy	Month 8 of pregnancy	Month 9 of pregnancy	Month 10 of pregnancy
About this stage	Weeks 4-15 Pregnancy is counted in four-week units, and "Month 1 of pregnancy" refers to the period from conception to four weeks. Although many people may not yet realize they are pregnant, inside the body the fertilized egg implants in the uterus and the embryo (the beginning of the baby) starts to grow. It can be difficult to immediately feel a sense of becoming a parent. First, make good use of opportunities such as prenatal checkups and the "YURIKAGO(Cradle) Interview," and spend this time facing your partner with care and attention. It is also important to understand things that should be avoided around a pregnant person, such as smoking. If you feel anxious or have questions, please feel free to use the ward's consultation services. ▶ Ward facilities and consultation counters (p.16)				Weeks 16-27 During the middle stage of pregnancy, your partner's physical condition is relatively stable. This is a good time for the two of you to discuss life after childbirth and future work arrangements. ▶ Step by step (p.30) Once you decide to take childcare leave, report it to your workplace and begin adjusting your duties as early as possible. "Motherhood Classes" and "Papa & Mama Preparation Classes" are good opportunities to learn about life after childbirth, so please consider participating.			Week 28 onward From 37 weeks of pregnancy onward is called the full-term period, when the baby's body is becoming ready to adapt to the outside environment. Since the due date is only an estimate, try to prepare with enough flexibility to be ready for birth at any time. It is also recommended to simulate in advance transportation methods and communication procedures for when labor begins.		
Prenatal checkups (Frequency is a guideline)		Once every 4 weeks (Date: __ / __)	Once every 4 weeks (Date: __ / __)	Once every 4 weeks (Date: __ / __)	Once every 4 weeks (Date: __ / __)	Once every 4 weeks (Date: __ / __)	Once every 2 weeks (Date: __ / __) (Date: __ / __)	Once every 2 weeks (Date: __ / __) (Date: __ / __)	Once every 2 weeks (Date: __ / __) (Date: __ / __)	Every week (Date: __ / __) (Date: __ / __) (Date: __ / __)
Ward procedures	Submission of pregnancy notification <small>After pregnancy is confirmed</small>				Papa & Mama Preparation Classes (First pregnancy: weeks 24-36)			Motherhood Classes (First pregnancy: weeks 24-36)		
Pregnancy support	YURIKAGO Interview ¥10,000 (electronic coupon) Once during pregnancy ¥50,000 (cash or electronic coupon)				Welcome Baby Program For first-time expectant fathers and mothers			Childcare Support Helper Program Available for accompanying prenatal checkups or household help (Available until the child turns two)		
	Child-Rearing Home Visit Consultation Program Consultations available from pregnancy									
Papa's Action Procedures and available services	<input type="checkbox"/> Decide on the medical facility for delivery (including if giving birth at the partner's hometown SATOGAERI SHUSSAN) <input type="checkbox"/> Submit the pregnancy notification <input type="checkbox"/> Check the prenatal checkup schedule and attend together whenever possible. <input type="checkbox"/> Attend the YURIKAGO Interview. • YURIKAGO Support Gift (Electronic coupon worth ¥10,000) • Application for pregnancy support benefits (¥50,000 in cash or electronic coupon) <input type="checkbox"/> Check the contents of the " Mother and Child Health Bag ". • Review the " When You Become Pregnant " handbook. • Read the " Maternal and Child Handbook ". • Register for the Maternal and Child App " Toshima See More, Learn More ". • Review the "When a Baby Is Born" procedure checklist. <input type="checkbox"/> If you have older children, research and consider using childcare support services offered by Toshima ward. (short stays, childcare support helpers, family support, babysitter subsidy, etc.).				<input type="checkbox"/> Decide on and reserve a date for the Papa & Mama Preparation Class. <input type="checkbox"/> Check and reserve days when fathers can participate in Motherhood Classes.			<input type="checkbox"/> Confirm procedures needed to receive allowances and benefits. • " When a Baby Is Born " handbook • " When a Baby Is Born " procedure checklist <input type="checkbox"/> Confirm and apply for support for caring for older children during delivery.		



The medal icon indicates that financial support is available.

Consultation services and financial support from pregnancy through childbirth and the child-rearing period


[Details on ▶](#)



Newborn Period

The first four weeks after birth are called the “newborn period.” This is an important time for your baby to adjust to their new environment. Work together as a family and rely on others as needed while starting your new life.

1-Month Health Checkup
Month / Day

	Birth	Week 1	Week 2	Week 3	Week 4
During This Period	 Date: ___ / ___	Completing the necessary administrative procedures is also an important way to support your partner so they can rest with peace of mind. First, be sure to submit the birth registration within 14 days including the day of birth. It is also important to recheck the home environment in preparation for returning home after discharge.	Babies sleep and wake around the clock, so caregivers often become sleep-deprived. It's important for fathers to help with childcare and housework while the partner is recovering, but be careful not to over-exert yourself. Don't aim for perfection; sometimes it's okay to take it easy or ask for help.	Both papas and partners tend to accumulate fatigue and stress during this period. If your partner continues to show symptoms such as crying for no clear reason, contact the maternity clinic without waiting for the 1-month checkup. The Child-Rearing Home Visit Consultation Program offered by the ward office allows a counselor to visit your home, so you can consult together with your partner.	You've all worked really hard for a full month as a family. At your baby's 1-month health checkup, feel free to ask about anything, even small concerns. Even those who are usually energetic may start feeling fatigued around this time. Check whether both of you are able to get sleep or rest even for short periods, and if necessary, review how you divide childcare and housework.
Procedures at Ward office Child-Rearing Support		<div style="border: 1px dashed gray; padding: 5px;"> <p>Birth Registration (Within 14 days including the day of birth)</p> <ul style="list-style-type: none"> ▶ Child Allowance Application (Within the month of birth, or within 15 days from the day after birth) ▶ Infant Medical Certificate Application (Within 2 months from the date of birth) </div> <p>National Health Insurance Enrollment (If applicable)</p> <p>Babysitter Support Program Subsidy for babysitting fees (For preschool children)</p> <p>Postpartum Care Program (From birth to approximately under 4 months of age)</p> <p>Child-Rearing Support Helper Program Help with housework and childcare (For children under 2 years old)</p> <p>Child-Rearing Home Visit Consultation Program (From pregnancy until school age)</p>			
Papa's Action Procedures and available services		<ul style="list-style-type: none"> <input type="checkbox"/> Submit the birth registration <input type="checkbox"/> Apply for the child allowance <input type="checkbox"/> Apply for the infant medical certificate <input type="checkbox"/> Enroll in health insurance (National Health Insurance procedures are handled at the ward office) <input type="checkbox"/> Submit the birth notification card (*) to receive the “Hello Baby Visit” *This postcard is included in the “Mother and Child Health Bag” provided when you submit your pregnancy notification. <input type="checkbox"/> Check required procedures and services <ul style="list-style-type: none"> • [Handbook: “When Your Baby Is Born”] • [When a Baby Is Born] Procedures Checklist 			

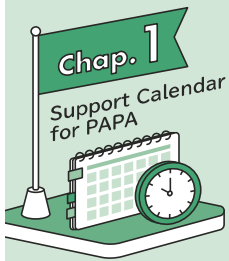
First Step Submit the Birth Registration!
If Submitting in Toshima City

Ward Office General Service Counter, Counter No.4 (3rd Floor)
Please allow plenty of time and arrive by 3:00 PM on weekdays (by 2:00 PM on Saturdays).

★After submitting the birth registration
You will be guided through the necessary procedures for your situation, such as applying for child allowance or enrolling in National Health Insurance.


★What to Bring
Please check the information pages for each system and the **“When a Baby Is Born” Procedures Checklist.**

If you have any questions, please contact us in advance.
Call Center 03-3981-1111












Age 0

Life with a newborn is filled with both joy and uncertainty. Rather than aiming for perfection, cherish the time spent with your little one. Work together with your partner and nurture your family bond.

First Birthday 

Month / Day

	From 1 Month After Birth	From 2 Month After Birth	From 3 Month After Birth	From 4 Month After Birth	From 5 Month After Birth	From 6 Month After Birth	From 7 Month After Birth	From 8 Month After Birth	From 9 Month After Birth	From 10 Month After Birth	From 11 Month After Birth		
During This Period	After Submitting the Birth Notification Form ▶ p8 Papa's Actions , About two weeks later, a ward staff member will contact you to schedule the Newborn Home Visit. After the visit, be sure to apply for the gift. Information about "Childcare Cheer" Support will be mailed about one month after birth.		Help your baby learn the difference between day and night by establishing a daily rhythm, such as getting morning sunlight and having a bedtime routine. With "Childcare Cheer" Support starting at 4 months, a support staff member will visit your home monthly and talk with you for about five minutes. Feel free to share any questions or concerns.		Each baby grows at their own pace. Avoid comparing them to others, and focus on your child's unique development. If you feel anxious or have questions, do not hesitate to consult. There are also consultation services for developmental concerns. See the ▶ handbook "Consultation and Support" . From around 5 to 6 months, it is time to start thinking about baby food and dental and oral care. The ward office offers baby food classes for parents who have started weaning. 			As your baby becomes more active, it becomes harder to take your eyes off them. Since most accidents up to age one occur indoors, such as falls, choking, or burns, it is important to review your home environment according to your child's development. If you feel tired, consider using the drop-in childcare service at the Child and Family Support Center to recharge. 		For active play, the Child and Family Support Center and community plazas are recommended. The centers are open on weekends, and childcare consultations are available.			
Health Checkups and Vaccinations	One-Month Health Checkup	Start of Vaccinations	3-4 Month Health Checkup (Group Checkup)		6-7 Month Health Checkup			9-10 Month Health Checkup		One-Year-Old Dental Checkup			
Child-Rearing Support	Hello Baby Home Visit (Birth to under 5 months)  50,000 yen (Cash or electronic coupon)		Child-Rearing Household Visit ("Childcare Cheer" Support)  3,000 yen coupon (4 to 11 months) (Maximum 8 times)										
	First Birthday Visit  Equivalent to 60,000 to 80,000 yen												
	Drop-in Childcare (Child and Family Support Center) (From 10 months)												
	Child Short-Stay Program (43 days to 18 years old)		Family Support Program (43 days to elementary school age)		Child Connection Program (Daycare) (6 months to 2-year-old class)			Postpartum Care Program (Birth to approximately under 4 months)		Baby Food Classes			
	Babysitter Support Program		Child-Rearing Support Helper Program		Dad Support Classes (Under 1 year and 7 months)								
Papa's Action	<input type="checkbox"/> One-Month Health Checkup <input type="checkbox"/> Receive the Hello Baby Home Visit . • Apply for the Support Grant for Pregnant Women  (50,000 yen cash or coupon) <input type="checkbox"/> Register and apply for "Childcare Cheer" Support Program . • Issue Toshima Birth Support Coupon.  (50,000 yen electronic coupon) <input type="checkbox"/> [Handbook "When Your Baby Is Born"] Check the vaccination schedule list. Make an appointment for the first vaccinations starting at 2 months.		<input type="checkbox"/> 3-4 Month Health Checkup. <input type="checkbox"/> Schedule and receive "Childcare Cheer" Support visits . (4 to 11 months up to 8 times) • Receive a  3,000 yen coupon after each visit.		<input type="checkbox"/> 6-7 Month Health Checkup. Make an appointment at a designated clinic and visit. <input type="checkbox"/> Book and attend a baby food class . <input type="checkbox"/> Consider attending a Dad Support Class .			<input type="checkbox"/> 9-10 Month Health Checkup. Make an appointment at a designated clinic and visit.		<input type="checkbox"/> First Birthday Visit (Home visit or online questionnaire.  60,000 to 80,000 yen worth catalog gift points).			
Procedures and available services	<input type="checkbox"/> Go out and spend time with your baby. [Handbook "Going Out"] <input type="checkbox"/> Child and Family Support Center <input type="checkbox"/> Papa and Mama☆Spot <input type="checkbox"/> Parks <input type="checkbox"/> Community Plazas <input type="checkbox"/> My Nursery School <input type="checkbox"/> Toshima Childcare Salon <input type="checkbox"/> Libraries and more												

 The letter icon indicates that information will be sent by post.

豊島区男性育児支援プロジェクト 『For PAPA』 ～男性の育児を推進から支援へ～

これまでは、男性が育児にあまり関わらないことが問題とされてきたため、男性がもっと積極的に育児に参加するよう、国や自治体の政策で育児休業を取る人を増やしたり、育児や家事にかかる時間を増やす目標が掲げられ、さまざまな施策が展開されてきました。

こうした取り組みが進む中で、豊島区の子育て支援窓口では、男性がひとりで子どもを連れてくるような姿も見受けられるようになり、育児の当たり前が変わりつつあります。しかしその一方で、妊娠中の配偶者へのサポートの仕方や子育てに悩む男性が増えるといった新しい問題も出てきています。

そこで豊島区として、「ForPAPA プロジェクト」という男性の育児支援プロジェクトを立ち上げました。

今後は、男性の育児を推進するだけでなく、「支援」がますます重要になってくると考えます。男性が情報を知しやすいかどうか、制度やサービスが使いやすいかといった視点で、現状を見直し、より利用しやすい子育て支援を目指します。

男性を対象とした子育て支援に関するアンケートを随時実施します。
お子様のため、これからパパになる男性のためにも、
ご協力をお願いいたします。



ロゴマークのご紹介



親子を取り囲む手のうち、ひとつは「父親の手」、もう片方の手は「支援」を表し、父親と支援のふたつの手で親子を包みこみ支えるイメージです。

手の外側の太いラインは輪の一部のように描き、支援の輪の広がり表現しています。

男性向けの子育てイベントや、男性歓迎の施設で目印として活用します。

Chap.2

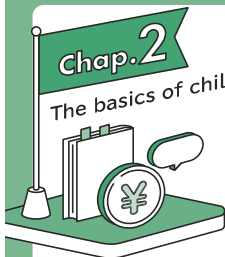
The basics of child-rearing support

"you should know" and "want to know"

In Toshima Ward, there are many programs and services that provide continuous support from pregnancy through child-rearing!

We provide information "you should know and want to know" to eliminate the feeling of "I didn't know such services existed."





Chap. 2

The basics of child-rearing support

Helpful Resources at Hand ~ Various Reference Materials ~

The ward office provides child-rearing information through several tools, but some people find it difficult to locate the information they need. In fact, when you submit your pregnancy notification, you receive materials that include “basic and essential information.” Please check the materials you have, read them, and make good use of them.

Maternal and Child Health Handbook

This handbook helps support the health of mothers and children. Be sure to bring it to prenatal checkups, obstetric and pediatric visits, vaccinations, and health guidance sessions, and have necessary information recorded as needed. It is used throughout a person’s life, so please keep it safely.

When you get it At the time when you submit the pregnancy notification



Main contents

- Birth record and certification of birth notification
- Stool color check records (stool color card)
- Records (maternal health condition, delivery details, postpartum progress, vaccinations, etc.)
- Systems related to childbirth and childcare for working women and men
- Growth charts
- Maternal Health Care Guidance Communication Card, etc.

Maternal and Child App Toshima: See More, Learn More

This app supports you from pregnancy through childbirth and child-rearing. It sends push notifications to remind you of vaccination schedules. You can share checkup and growth records with your family. It also offers a wide range of event information. It is well received for making it easy to keep track of the ward’s attractive child-rearing events.

About registration and fees

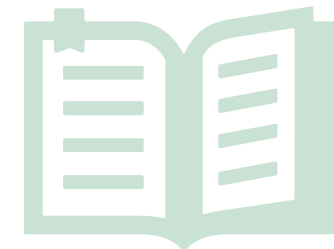
To use the service, you need to download and register “Bosimo” app. After downloading “Bosimo” app, enter your residential area’s postal code during profile registration. The app title will change to “Toshima See More, Learn More by Bosimo.”

Please check the ward’s website for details.



Link : <https://www.city.toshima.lg.jp/219/kenko/kenko/033557.html>

The app is free of charge. There are no fees for viewing information or using the functions. However, data charges are the responsibility of the user.



Child-Rearing Information Handbook

This handbook provides useful information on pregnancy and child-rearing services offered by the ward office. There are information on services, procedures, and financial support available according to your child’s growth. If you find a service of interest in this booklet, please check the [Handbook] for more details.



When you get it At the time when you submit the pregnancy notification

Main contents

- Child-Rearing Calendar
- Child-Rearing Support Services
- Information on Parks and Playgrounds
- List of Contacts
- Procedures from Pregnancy through Child-Rearing and School/Daycare Enrollment

e-book version “Child-Rearing Information Handbook”



Link :

<https://ebooks.scinex.co.jp/contents/11977/html/index.php>

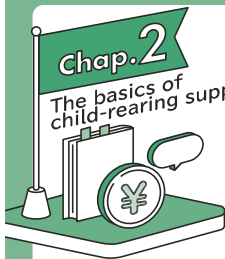
A digital book is available on your computer, tablet, smartphone, and other devices.

Ward office website Childbirth and Child-Rearing in Toshima



Check the ward office website regularly for the latest information on child-rearing support.

Link : <https://www.city.toshima.lg.jp/guide/shussan.html>



Toshima ward facilities and service counters

Talk Learn Play

~ Various Places to Visit ~

Toshima City has many places that support child-rearing families, such as play spaces, learning facilities, and consultation services when you are in need. Don't miss out on these helpful resources! Find your favorite play spot and a consultation service you can trust.

"I want to learn more" or "I want someone to listen" about child-rearing, "I want my child to play." If you have concerns, this is a good place to start!

Child and Family Support Center

This facility offers a play space where parents and preschool children can visit freely. There are two Child and Family Support Centers in Toshima City, one in the east and one in the west. You can consult about anything related to child-rearing and family life. Classes useful for child-rearing and programs for fathers are also held at the center.



Comprehensive guidance for child-rearing information. You are welcome to visit with your child

Child-Rearing Information

Located on the 4th floor of the ward office. A service counter offering a wide range of child-rearing information. Available without reservation from pregnancy onward. It's okay even if you have lots of questions! Child-rearing navigators listen to your concerns and worries and introduce necessary services and information.



Health Promotion Division, Nagasaki Health Consultation Office

Health Promotion Division, Nagasaki Health Consultation Office

You can consult about mental and physical health during pregnancy and after childbirth, as well as childcare, nutrition, and dental care for babies, and many other health-related matters for parents and children.



Ikebukuro Disaster Prevention Center

Conducts "First Aid Classes for New Parents." You can learn cardiopulmonary resuscitation and proper methods for removing foreign objects so you can respond calmly in case of an accident involving your baby.

※Information on clinics such as holidays is listed in the [Handbook "Medical Care and Disaster Prevention"].



Community Plaza

You can visit even when it is too hot in summer or too cold in winter to play at the park. At the "Community Plaza" located in each elementary school district, babies can also play comfortably. At the "Child-Rearing Plaza," hand games and exercises are being held. Open on Saturdays and Sundays except for year-end and New Year holidays, public holidays, and temporary closures. More fathers are using the facilities as well.



My Nursery School

By registering a nearby nursery school as your "My Nursery School," you can participate in nursery programs, play activities, and open playgrounds. You can also consult with childcare workers, nurses, and nutrition staff.



Papa & Mama☆Spot (Toshima Civic Center)

A popular wooden play space that supports outings with babies. The wood-surfaced calming space is equipped with wooden toys and a nursing area. Reservations are given priority; entry is on a rotation basis. The nursing area, diaper-changing tables, and parent-child restrooms can be used without reservation.



Toshima Disaster Prevention Green Park (IKE-SUN PARK)

A park that serves as a disaster prevention base in times of emergency. In addition to diaper-changing areas, the presence of a nursing room makes it easy to use with babies. There are many other parks in Toshima City. Please check the [Handbook "Outings"] for more information.



Papa & Mama☆Spot (Toshima Civic Center)

There are many more places to go out and service counters! Check the [Handbook]!



Financial Support

List of Expected Costs and Available Benefits

Costs related to pregnancy and childbirth are generally paid out of pocket, but there are subsidies and benefits available from the national government, local governments, and your health insurance provider. Use the table below as a reference to check major expenses and the financial support you may receive. Necessary items and how long you may need them vary from family to family. When considering what you need, it may be helpful to think about renting as well as purchasing items.

	Costs	Benefits
During pregnancy	Prenatal checkup fees, transportation costs, Maternity goods, Preparation items for the baby (Baby bed, child seat, baby carrier, etc.)	Maternal health checkup coupons (Able to receive regular prenatal checkups. Initial diagnosis, non-covered items, and amounts exceeding subsidies are out of pocket) YURIKAGO Support Gifts Support for Pregnant Women
Childbirth	Delivery and hospitalization costs (Natural delivery is not covered by insurance)	Lump-Sum Childbirth Allowance (500,000 yen per child paid by national health insurance. Dependents will receive the Family Childbirth Allowance) Childbirth Allowance (For those insured under other than national health insurance) Smile Card
Postpartum	Baby goods (diapers, wipes, formula, clothes, bedding, toys, etc.) Postpartum care items and clothing for the mother Food and utility costs may increase (more laundry, more frequent washing, longer use of heating/air conditioner) Increased transportation and living costs when returning to partner's hometown Babysitter fees, housekeeping services, etc.	Childcare Leave Benefits (For those insured under employment insurance) Exemption from social insurance premiums (During prenatal/postnatal periods and childcare leave) Child Allowance Support for Pregnant Women Toshima Childbirth Support Coupon Electronic coupons to choose childcare support items Web catalog gift points ★We018 Support (Tokyo Metropolitan Government) ★Baby First Gift (Tokyo Metropolitan Government) ★For details on Tokyo support programs, please contact the Tokyo Metropolitan Government

Important Notes on Childcare Leave Benefits

Childcare leave benefits are generally paid about three months after childcare leave begins. For women, childcare leave starts after maternity leave, so the first payment is usually made about 4-5 months after childbirth. After that, payments are generally made every two months. It is reassuring to prepare living expenses with this schedule in mind.

Financial Support by Ward office

The ward office provides continuous consultation and financial support from pregnancy through childbirth and child-rearing (As of August 2025). For details on eligibility, procedures, and contact information, please see the list below and the ward office website.

For those who received a “Yurikago Interview”

- [Equivalent to 10,000 yen] (electronic coupon)
- [Equivalent to 50,000 yen] (cash or electronic coupon)

At the time of birth registration

- Smile Card (Free drop-in childcare coupons, Mom’s Café vouchers)
- Commemorative Tree Certificate

For those who received the “Hello Baby Visit”

- [Equivalent to 50,000 yen] (cash or electronic coupon)

For those who applied/registered after confirming mailed notices

- [Arrives by around 1 month after birth] **Toshima Childbirth Support Coupon**
 - After registering for “Childcare Cheer,” an electronic coupon [Equivalent to 50,000 yen] for childcare support items is issued
- [Notification by email by around 4 months after birth] **Childcare Cheer** (electronic coupons for childcare support items)
 - Apply for care watch home-visit support starting at 4 months of age. After each monthly visit, an electronic coupon [Equivalent to 3,000 yen] is issued
- [Arrives around the child’s 1st birthday] **Birthday Support Program** (Web catalog gift points)
 - After answering a questionnaire: First child: 60,000 yen, Second child: 70,000 yen, Third child and beyond: 80,000 yen in web catalog gift points.

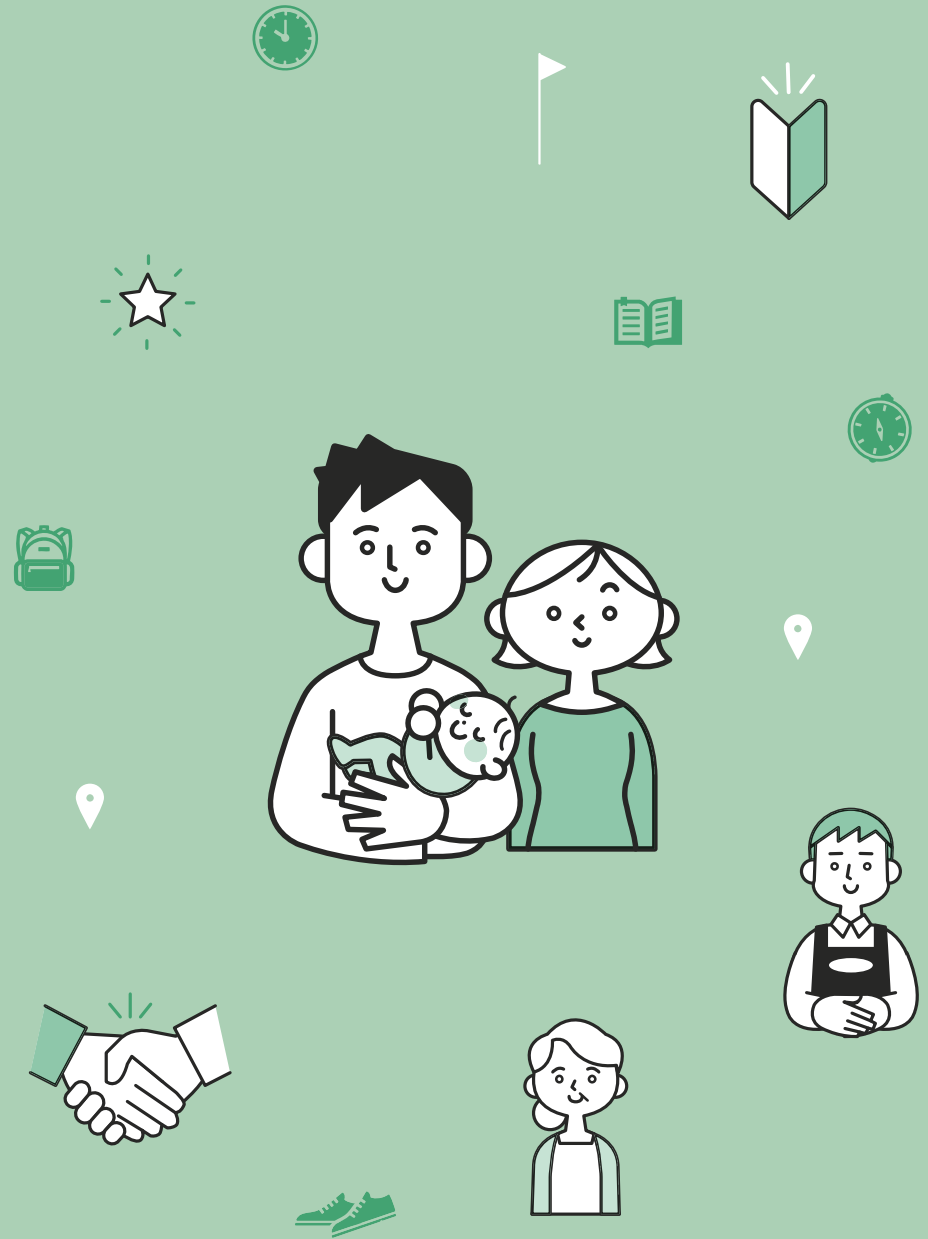
Check the Ward office website

Consultation support and financial support from pregnancy through childbirth and child-rearing

The latest information on consultation and financial support is available.

<https://www.city.toshima.lg.jp/219/kosodate/ninshin/2303161305.html>





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