



FY2024



Maternity Class Schedule

Minato Public Health Center provides information on pregnancy, childbirth, and childrearing. Classes are conducted with the aim of helping expectant mothers make friends in the community.

3 sessions per course
(all classes are held on Fridays)

Class time (Registration starts 15 minutes before each session begins)	Details
<p>Session 1 14:00~16:00</p>	<ul style="list-style-type: none"> • Introduction to maternal and child health services • Accident prevention for babies • Group interaction • Upper body stretches • Nutrition and diet for mothers and babies 
<p>Session 2 14:00~16:00</p>	<ul style="list-style-type: none"> • Bathing a baby (demonstration) *No hands-on practice for participants • Dental hygiene during pregnancy • Mental health of mothers during pregnancy and childbirth 
<p>Session 3 (1) Shiba, Azabu, Akasaka areas 13:00~14:45 (2) Takanawa, Shibaura-konan areas 15:00~16:45</p>	<p>*Conducted separately in groups classified by areas (1) and (2)</p> <ul style="list-style-type: none"> • Life during pregnancy • Exercises for expectant mothers (Please come in clothes that you can move comfortably in.) • Delivery process • Post-partum life • Breast milk and other types of milk 

Eligibility (Due date)	Class date			Eligibility (Due date)	Class date		
	Session 1	Session 2	Session 3		Session 1	Session 2	Session 3
2024 April – August	5th	April 12th	19th	2024 October - 2025 February	4th	October 11th	18th
2024 May - September	10th	May 17th	24th	2024 November - 2025 March	1st	November 8th	15th
2024 June - October	7th	June 14th	21st	2024 December - 2025 April	6th	December 13th	20th
2024 July - November	5th	July 12th	19th	2025 January - May	10th	2025 January 17th	24th
2024 August - December	2nd	August 9th	23rd	2025 February - June	7th	2025 February 14th	21st
2024 September - 2025 January	6th	September 13th	20th	2025 March - July	7th	2025 March 14th	21st

Minato City implements projects in compliance with laws related to the protection of personal information, so you can participate in our projects with peace of mind.

Eligibility

Minato citizens who are expectant mothers

Capacity

60 people (in order of applications received)

What to bring

- Maternal and Child Health Handbook
 - Writing materials
 - Bag to hold A4 size materials
- ※ The textbook will be used every session, so please bring it along from the second session and after.

Venue: 8F Conference Room, Minato Public Health Center (1-4-10 Mita, Minato City)

Train

- 5 min. walk from Akabanebashi Exit of Akabanebashi Station, Subway Oedo Line
- 10 min. walk from Exit 3 of Azabujuban Station, Subway Namboku Line
- 10 min. walk from Exit A2 of Shibakoen Station, Subway Mita Line

Bus

- Toei Bus (To 06) Shibuya Ekimae to Shinbashi Ekimae
3 min. walk from Akabanebashi Ekimae bus stop
- Toei Bus (Hashi 86) Meguro Ekimae to Shinbashi Ekimae
3 min. walk from Akabanebashi Ekimae bus stop
- Tokyu Bus (Higashi 98) Tokyo Eki Marunouchi Minami-guchi to Todoroki Soshajomae
5 min. walk from Akabanebashi Ekimae bus stop
- Minato City Community Bus (Chii Bus) (Tamachi Route) Tamachi Eki Higashi-guchi to Roppongi Hills
3 min. walk from Akabanebashi Ekimae bus stop

※ Please refrain from coming by car.



Note

- Childcare services are not provided.
- **Please note that there is no waiting list for cancellations.**
- If you wish to cancel your booking, please contact Minato Public Health Center.

How to apply



You can apply online through the

Minato Public Health Center medical checkups, etc. booking system in the **Minato Maternal and Child Health Handbook App**.

Online booking period

1st – 20th of the month before
the month when the class is held.

- ※ If you are unable to make an online booking, please inquire with the Public Healthcare Subsection of the Minato Public Health Center.
- ※ **It is possible to make a booking after the online booking period if there are any spaces left.** Please call the Minato Public Health Center directly.

Inquiries

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center

TEL: 03-6400-0084 FAX: 03-3455-4539