

# Parents' Classes



Pre-booking required

April 2024

**Lecture** Life during pregnancy, the delivery process, postpartum life, introduction to maternal and child health services

**Practical seminar** Bathing (not using hot water), hands-on experience of holding a baby, welcoming a baby (work)

<b>Eligibility</b>	<b>Minato citizens</b> who are expectant mothers, and their partners *The expectant mother and/or the partner may also participate alone. The participant may bring along an older child, but childcare is not provided. *If you plan to bring an older child along, please call and inform Minato Public Health Center.	
<b>Capacity</b>	<b>20 couples each session</b> (first-come-first-served basis)	
<b>Time</b>	<b>Held twice a day</b> *The contents are the same, so please apply for only one session. <b>1st class 12:15 ~ 13:50</b> (Registration from 12:00) <b>2nd class 14:15 ~ 15:50</b> (Registration from 14:00)	Parents' classes website
<b>Venue</b>	<b>4F, Imperial Gift Foundation Boshi-Aiiku-Kai</b> (5-6-8 Minami-azabu, Minato City) <u>Not held at Aiiku Clinic.</u> *Please see the "Parents' classes website" for a details map. Note that you cannot enter via the premises of Aiiku Clinic.	
<b>What to bring</b>	<b>Maternal and Child Health Handbook, writing materials, bag to hold A4 size material!</b>	
<b>Booking</b>	<b>Online booking:</b> <b>In the Minato Maternal and Child Health Handbook App, Minato Public Health Center checkups, etc. booking system</b> *Please note that only fixed appointment dates are available.	

- The dates on which you can participate vary depending on your due date. Please check before applying.
- All classes are held on Saturdays, twice on the same day (same contents).
- Each couple can only participate in the class once.

## Schedule

Class date	Eligibility (Due date)	Online booking period	Class date	Eligibility (Due date)	Online booking period
2024 April 6 April 20	2024 April - July	March 1 - 20	2023 October 5 October 19	October 2024 – January 2025	September 1 - 20
May 11 May 25	May - August	April 1 - 20	November 2 November 16	November 2024 – February 2025	October 1 - 20
June 1 June 15	June - September	May 1 - 20	December 7 December 21	December 2024 – March 2025	November 1 - 20
July 6 July 20	July - October	June 1 - 20	2024 January 11 January 25	2025 January - April	December 1 - 20
August 3 August 17	August - November	July 1 - 20	February 1 February 15	February - May	2025 January 1 - 20
September 7 September 21	September - December	August 1 - 20	March 1 March 15	March - June	2025 February 1 - 20

### Regarding participation

Videos showing the steps of bathing a baby are available online. [QR code below] Please watch it before coming to class



### Points to note:

- Please check your physical condition before coming to class. If you do not feel well, please reschedule and participate another day.
- If you wish to cancel your booking, please be sure to contact Minato Public Health Center at least one day before the class.
- On the day itself, please contact the Training Department of the Boshi-Aiiku-Kai.
- Classes may be cancelled in the event of stormy weather or disasters.
- Please refrain from coming by car.



**Inquiries**

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

☎ 03-6400-0084

FAX

03-3455-4539

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.

Contact on the day:  
Boshi-Aiiku-kai Training Dept.  
03-3473-8335