

Minato City Children and Families Support Center Consultation Guide

Minato City Children and Families Support Center provides consultation services on marriage, pregnancy, child-rearing, and family matters, including child-rearing and family concerns and problems, and concerns of children themselves.

I had a fight with my husband for the first time since we got married, and I don't know how to make up with him.

I'm pregnant, but I'm worried because my husband works away from home and I don't have any friends or relatives nearby.

I'm a mother of a four-month-old baby. I just moved here. Is there a place where I can meet other mothers with children of the same age?

This is my first time raising a child, and my child cries all the time. I don't know what to do and I don't have anyone to talk to about it.

My daughter, a junior high school student, can no longer go to school after the summer vacation. As a parent, I don't know how to respond and I'm at a loss.

To be a couple that smiles and maintains a good relationship every day

We believe that everyone who gets married wishes to have a happy life as a couple.

Here are three ways to build and maintain your relationship as a couple, five secrets to staying a harmonious couple, and four ways to improve communication as a couple that you can start today.

♥ Three ways to build and maintain your relationship ♥

- 1 A married couple has a special relationship, but they are still strangers, so each needs his or her own time.

In addition to spending time together, if a couple respects each other's individual time...

By taking individual time for personal growth and relaxation, a couple will enrich their relationship.

- 2 Have a common goal that strengthens the bond between the couple.

Having common goals and values will strengthen the bond between the couple, so...

Make a plan for the future that respects each other's opinions and strive to achieve the plan flexibly.

- 3 Your spouse is the best supporter and a valued collaborator.

Your spouse is the most reliable supporter around you, but you tend to forget it because he/she is so close to you...

Remember that your spouse is your best supporter and valued collaborator, so strengthen your relationship.

♥ Five secrets to staying a harmonious couple ♥

There are five little secrets to staying a harmonious couple.

1 Be interested in/notice each other...

The first step to marital happiness is to show interest and concern for each other.

Break out of your routine and try new challenges between the couple to become aware of each other's attractive aspects.

2 Understand and empathize with each other...

Once a couple is interested in each other, they will be able to understand each other's situations and feelings, leading to empathy. This will help build deep trust and a strong bond.

3 Need for dialog between the couple

A relaxed and casual dialog between husband and wife leads to sharing each other's feelings and values. Begin with a relaxed and respectful dialog of appreciation.

4 Share a sense of fun between the couple.

Have a little humor when responding to each other while talking, and keep the conversation light to make the relationship between the couple more relaxed and less stressful.

5 Respect each other.

Husband and wife are born and raised in completely different worlds, and therefore have very different opinions and preferences. So respect each other, accept differences, avoid unnecessary conflict, and maintain harmony.



♥ Communication to improve relationships through assertion training ♥

1 What is assertion training?

Assertion training improves your communication skills, allowing you to appropriately communicate your views while respecting the other person's opinion.

2 What is your self-expression type when you communicate?

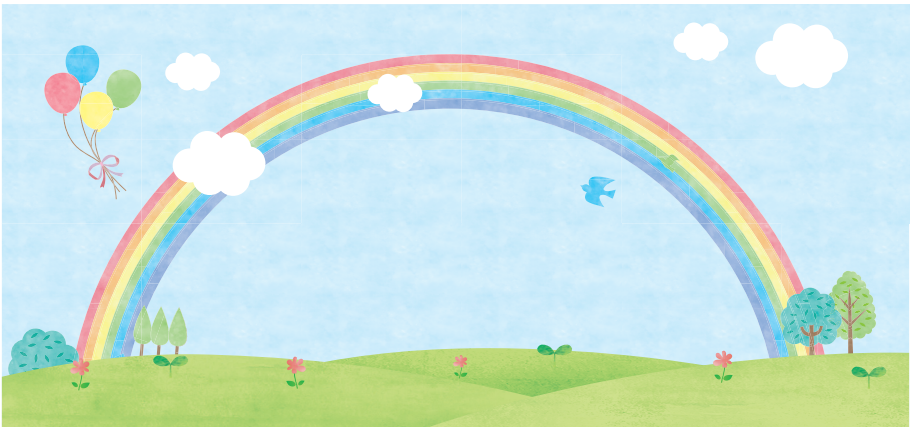
So, what is your self-expression type when you communicate?

■ Negative self-expression ■

- 1 If you tend to express yourself in an aggressive way, you tend to impose your own opinions and forget to respect the opinions of others. This can cause friction in communication between the couple, which can have a negative impact on their relationship.
- 2 If you have a non-assertive style, you will always prioritize the other person's opinion, suppress your own assertiveness, and accumulate frustration and stress. You will end up exhausted and withdraw from communication with your spouse, which will also have a negative impact on the relationship between the couple.

□ Recommended self-expression □

The balanced assertive style allows a couple to respect each other's opinions and to assert themselves appropriately. This will help build mutual trust and constructive communication between the couple, which will improve their relationship.



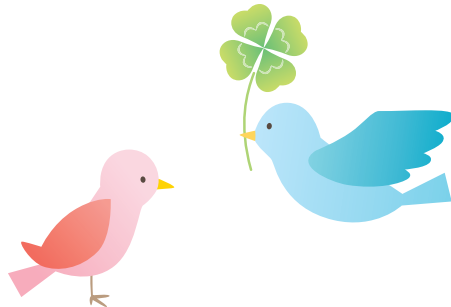
♥ Four ways to improve your communication that you can start today ♥

- 1 Do not expect your spouse to be a perfect “husband” or “wife,” but develop a relaxed relationship.
- 2 Speak kindly and politely to your spouse, and avoid expressing your irritation.
- 3 Do not badmouth or say negative things about your spouse to others. This attitude could come out when you are with your partner, so be careful!
- 4 Many people say they cannot have long conversations, so start with a single phrase of appreciation for your spouse, such as “Thank you,” “I’m glad,” or “Thank you for your help.”

♥ Finally, let’s start with words of appreciation ♥

Good communication is essential to staying a good couple. Being able to smoothly express words of appreciation, which is the first step, leads to communication using kind and polite words while respecting each other’s opinions, which is the goal of assertion training.

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The Children and Families Support Center offers a variety of consultation options. Please feel free to contact us.

In-person and Phone Consultations

Minato City Children and Families Consultation Hotline ☎03-5962-7215

We offer consultation services on children and child-rearing, marital and parent-child relationships, single parenting, domestic violence, etc.

8:30 a.m. to 6:00 p.m. on Monday to Friday

8:30 a.m. to 5:00 p.m. on Saturday

(Excluding the New Year holidays and public holidays)

Specialist Consultations

Public health nurse/Psychologist ☎03-5962-7202

You can talk to a public health nurse or psychologist about children and child-rearing.

Public health nurse consultations: 9:00 a.m. to 1:00 p.m. and 2:00 p.m. to 5:00 p.m.
on Tuesday, Thursday, and Saturday

Psychologist consultations: 9:00 a.m. to noon and 1:00 p.m. to 5:00 p.m.
on Monday to Saturday

(Excluding the New Year holidays and public holidays)

Online Consultations

Don't struggle alone, please talk to someone.



We accept parenting consultations 24 hours a day.

Anyone who is a child under 18 years old, the guardian of a child under 18 years old, and a pregnant woman living in Minato City can consult us via your smartphone or computer.

To consult through Minato Consultation Website, use this QR code. →

<https://minato-kosodate.net/public/>



・ It will take 2-3 days to receive a response.
(We will send you a response within one week at the latest.)

Access

Address: 5-7-11 Minami-Aoyama, Minato-ku, Tokyo
Minato Children and Families General Support Center

● Subway

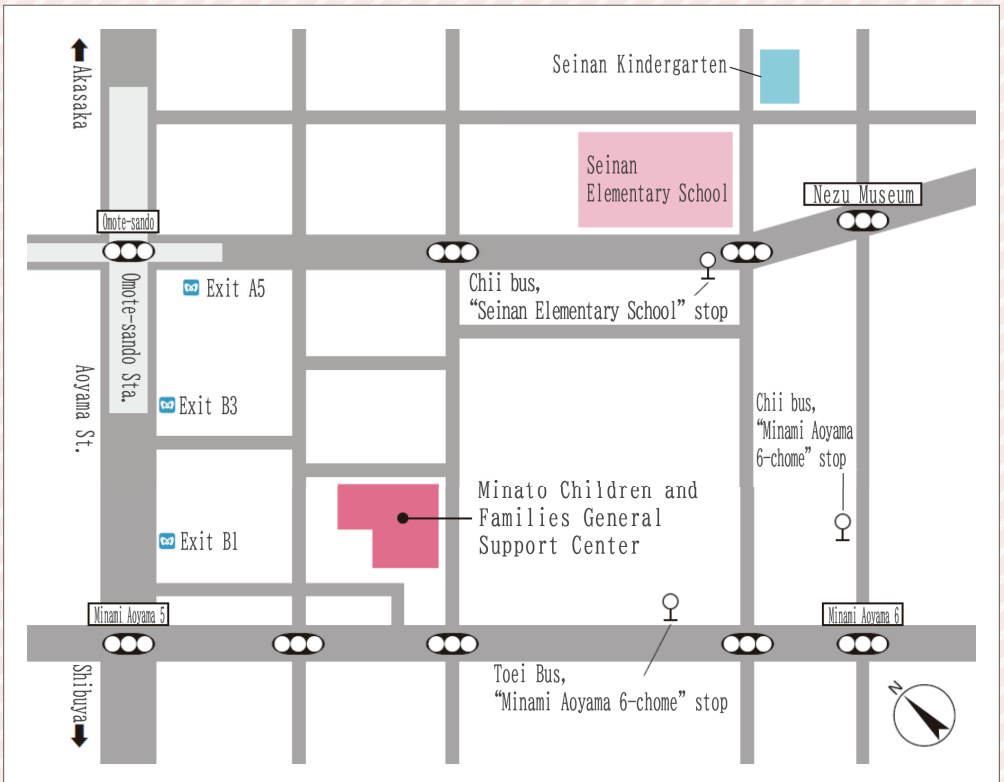
3 min. walk from Exit B3, Omote-sando Sta.
on the Tokyo Metro Ginza Line, Hanzomon Line, Chiyoda Line

● Bus

4 min. walk from Toei Bus [渋88], “Minami-Aoyama 6-chome” stop

5 min. walk from Chii Bus Aoyama Route, “Minami Aoyama 6-chome” stop

6 min. walk from Chii Bus Aoyama Route, “Seinan Elementary School” stop



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