

Parents' Classes



Pre-booking required

April 2026

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)

Eligibility	Minato citizens 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 services are not provided. *If you plan to bring an older child along, please call and inform Minato Public Health Center.
Capacity	40 couples each session (first-come-first-served basis)
Time	13:15 ~ 15:15 (Registration from 12 : 45)
Venue	4F, Imperial Gift Foundation Boshi-Aiiku-Kai (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.
What to bring	Maternal and Child Health Handbook, writing materials, bag to hold A4 size materials, bath towel
Booking	Online booking: In the Minato Maternal and Child Health Handbook App, Minato Public Health Center medical checkups, etc. booking system *Please note that only fixed appointment dates are available.



Parents' classes website



Minato Maternal and Child Health Handbook app

- 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
2026 April 4 April 18	2026 April - July	March 1 - 20	2026 October 3 October 17	October 2026 - January 2027	September 1 - 20
May 9 May 23	May - August	April 1 - 20	November 7 November 21	November 2026 - February 2027	October 1 - 20
June 6 June 20	June - September	May 1 - 20	December 5 December 19	December 2026 - March 2027	November 1 - 20
July 4 July 18	July - October	June 1 - 20	2027 January 9 January 23	2027 January - April	December 1 - 20
August 8 August 22	August - November	July 1 - 20	February 6 February 20	February - May	2027 January 1 - 20
September 5 September 19	September - December	August 1 - 20	March 6 March 20	March - June	2027 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	Contact on the day: Boshi-Aiiku-kai Training Dept. 03-3473-8335
	03-6400-0084 03-3455-4539	

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