

FY2025



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

Session 1

14:00~16:00

- Introduction to maternal and child health services
- Accident prevention for babies
- Group interaction
- Upper body stretches
- Nutrition and diet for mothers and babies



Session 2

14:00~16:00

- Bathing a baby (demonstration)
*No hands-on practice for participants
- Dental hygiene during pregnancy
- Mental health of mothers during pregnancy and childbirth



Session 3

(1) Shiba, Azabu, Akasaka areas

13:00~14:45

(2) Takanawa, Shibaura-konan areas

15:00~16:45

- *Conducted separately in groups classified by areas (1) and (2)
- 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		
	Session 1	Session 2	Session 3
2025 April – August	4th	April 11th	18th
2025 May – September	9th	May 16th	23rd
2025 June – October	6th	June 13th	20th
2025 July – November	4th	July 11th	18th
2025 August – December	1st	August 8th	15th
2025 September – 2026 January	5th	September 12th	19th

Eligibility (Due date)	Class date		
	Session 1	Session 2	Session 3
2025 October – 2026 February	3rd	October 10th	17th
2025 November – 2026 March	7rd	November 14th	21st
2025 December – 2026 April	5th	December 12th	19th
2026 January – May	9th	2026 January 16th	23rd
2026 February – June	6th	2026 February 13th	20th
2026 March – July	6th	2026 March 13th	27th

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