

## Chapter 3

# Consultation and support for when you need help

When you are distressed, anxious, or concerned about your child's development, behavior and such, we recommend that you consult an expert for support. Many specialists are available for consultation. We would like to help solve any problematic situations at home.





When you  
need help

Minato City and other public  
institutions offer consultation on  
raising children.



## Minato Children and Families Support Center Comprehensive consultations for children and families

\*The facility is inside the Minato Children and Families General Support Center

### Minato Children and Families Telephone Consultation Hotline ☎03-5962-7215

#### <Hours for telephone/face-to-face/home-visit consultations>

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

Saturday.....8:30 a.m. – 5:00 p.m.

(Except Sundays, national holidays, and December 29-January 3)

The telephone consultation hotline provides consultation  
services for children and families. Counseling staff will respond to your calls.

Feel free to call about any worries, big or small, such as if your baby cries too much at night, or  
you have no partner in childcare, or you struggle to feel affection for your child.

Feel free to contact us if you  
experience any difficulties with  
your children or family!  
For children below the age of  
18 and their parents/guardians  
living in Minato City

### Expert consultation (with a public health nurse or psychologist) Expert Consultation Hotline ☎03-5962-7202

#### <Hours for telephone/face-to-face/home-visit consultations>

Public health nurse: Tuesdays, Thursdays, Saturdays

.....9:00 a.m.-5:00 p.m. (except during lunch break)

Psychologist: Monday-Saturday

.....9:00 a.m.-5:00 p.m. (except during lunch break)

(Except Sundays, national holidays, and December 29-January 3)

◇Consultation with a public health nurse ..... Consultation on child development

◇Consultation with a clinical psychologist ..... Consultation regarding the emotional state of parents and children



Consultation service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Consultation with a public health nurse	9:00 a.m.-1:00 p.m.	●	●	●	●	●
	2:00 p.m.- 5:00 p.m.	●	●	●	●	●
Consultation with a clinical psychologist	9:00 a.m.-Noon	●	●	●	●	●
	1:00 p.m.- 5:00 p.m.	●	●	●	●	●

## Minato City Parenting Consultation Net

Feel free to contact us using your smartphone or computer!

◆ For parents: guardians of children below the age of

18 and expectant mothers living in Minato City

◆ Types of consultation: Worries and anxiety about  
raising children

◆ Hours: Anytime, 24 hours a day

<URL> <https://kosodate.minato.kodomosoudan.net>



## Child-Rearing Forum /temporary care for young children

### Child-Rearing Forum services

Children ranging from newborns to preschoolers and their parents/guardians can enjoy playing in  
this space. We offer many seasonal events and various programs in which you can mingle with other  
children and parents.

#### Intended for:

Child-rearing Forum Appy: Mainly for children up to 3 years of age and their parents/  
guardians living in Minato City

Minato Child-Rearing Support Plaza Pokke: Children up to 3 years of age and their  
parents/guardians

Child-Rearing Forum Ai-Port: Children from newborns to preschoolers and their parents/guardians



### Temporary childcare program for infants and young children

We provide temporary childcare services regardless of the reason, such as when you need to leave  
your children for a hospital appointment, provide nursing care for relatives, or take a break.

District	Facility	Address/telephone number	Intended for/hours
Shiba	Minato Child-Rearing Support Plaza Pokke	5-18-1-102 Shiba ☎03-6435-0411	[Intended for] Children from 4 months old to preschool [Hours] 7:15 a.m.-8:15 p.m. [Closed] Once a month (irregular), the New Year/year-end holidays, facility inspection days, etc.
	Appy Shimbashi	6-4-2 Shimbashi KiraKira Plaza Shimbashi, 2nd & 3rd Floors ☎03-5425-7525	[Intended for] Children from 4 months old to preschool [Hours] 8:30 a.m.-6:30 p.m. *A maximum of 5 hours a day (on an hourly basis)
Azabu	Appy Azabu	5-12-24 Roppongi Azabu Library, 1st Floor ☎03-5114-9900	[Closed] The New Year/year-end holidays, facility inspection days, etc.
	Appy Nishi-azabu	2-13-3 Nishi-azabu Nishi-Azabu Ikiiki Plaza 3rd Floor ☎03-5467-7175	
Akasaka	Child-Rearing Forum Ai-Port	2-25-1 Minami-Aoyama ☎03-5786-3250	[Intended for] Children from 2 months old to 6th grade of elementary school [Hours] 7:30 a.m.-9:00 p.m. [Closed] The New Year/year-end holidays, facility inspection days, etc.
	Appy Akasaka	9-4-2 Akasaka Park Court Akasaka Hinoki-cho The Tower 2nd Floor ☎03-3475-3900	
Takanawa	Appy Shirokanedai	4-6-2 Shirokanedai Yukashi no Mori 1st Floor ☎03-6450-4249	[Intended for] Children from 4 months old to preschool [Hours] 8:30 a.m.-6:30 p.m. *A maximum of 5 hours a day (on an hourly basis)
Shibaura/Konan	Appy Konan	2-3-13 Konan Shinagawa Front Building Kids Hall 3rd Floor ☎03-6712-0688	[Closed] The New Year/year-end holidays, facility inspection days, etc.
	Appy Shibaura	3-1-16 Shibaura ☎03-5730-3253	

## Minato City Child Consultation Center

\*The facility is inside the Minato Children and Families General Support Center

Minato City established the Child Consultation Center in April 2021.

The Child Consultation Center offers consultation on a wide variety of child-rearing concerns, such as anxiety about child-rearing, worries about a child's development, or frustrations with parenting. Expert staff including child welfare officers, child psychologists, public health nurses, doctors, and lawyers cooperate to provide counseling on issues related to children and families.

### Types of consultation

#### Consultation on childcare

##### Difficulties in child-rearing

When difficulties arise in caring for a child due to circumstances such as illness, death, or divorce, or when a child is missing

##### Consultation on child abuse and countermeasures

###### Physical abuse

Hitting children or shaking them roughly, etc.

###### Neglect (child abandonment)

The failure of a parent/guardian to provide a child with appropriate food, clothing, or shelter, etc.

###### Psychological abuse

Threatening a child, the use of behavior or language that results in emotional harm to a child, domestic violence in the presence of a child

###### Sexual abuse

Indecent acts toward a child, etc.

#### Consultation on disabilities

Consultations related to language development, physical impairment, delayed speech, and developmental disorders

Consultation related to children with intellectual disabilities and the Handbook for the Mentally Disabled ("Ai-no-Techo")

#### Consultation on child-rearing

Consultation related to caring for babies and infants, how to discipline and play with a child, and anxiety about child-rearing

Consultation on truancy/bullying  
Consultation related to a child's personality or behavior (inability to play with other children, shyness, restlessness, violent behavior at home, etc.)

#### Consultation on juvenile delinquency

##### Consultation on predelinquency

Consultation related to children below the age of 18 who show problematic behavior (running away from home, stealing parents' money, etc.)

##### Consultation on law infringement

Consultation related to children below the age of 14 who have violated laws (theft, etc.)

#### Consultation on health

Consultation related to health management of infants, premature babies, and physically weak children or children's diseases, accidents, and injuries

#### Consultation on foster parenting

Consultation on foster parenting (foster homes) for those who want to be foster parents, or who wish to place a child in foster care  
Consultation on special adoption

#### Other consultations



#### Face-to-face consultation

8:30 a.m.-6:00 p.m. (Except Saturdays, Sundays, national holidays, and December 29-January 3)

#### Telephone consultation

- Child Consultation Center ☎03-5962-6500 (8:30 a.m.-6:00 p.m., except Saturdays, Sundays, national holidays, and December 29- January 3)
- Foster Parenting Hotline ☎03-5962-6505
- Minato City Child Abuse Hotline ☎0120-483-710 (24 hours a day, 365 days a year)
- Child Consultation Center Nationwide Hotline ☎189 (toll-free)  
(You will be connected to the child consultation center nearest to you.)



## School Affairs Section, Secretariat of the Board of Education/Minato City Education Center Consultation on schooling

Provides consultation on enrollment in kindergarten or other schools and support for children with special needs (including children who need constant medical care).



#### <Hours>

Monday to Friday/ 8:30 am – 5:00 pm  
(Closed on Saturdays, Sundays, national holidays and the New Year/year-end holidays)

#### <Inquiry>

School Affairs Section, Secretariat of the Board of Education

☎03-3578-2726~2729

Minato City Education Center

☎03-5422-1543 (For special needs education)



## Minato City Education Center General consultation on school education

We offer consultation on the contents of education and teaching at kindergartens and schools.

#### <Hours>

Monday to Friday:

8:30 am – 5:00 pm

(Closed on Saturdays, Sundays, national holidays and the New Year/year-end holidays)

#### <Inquiry>

Guidance Supervisor of the Minato City Education Center School

☎03-5422-1541



## Childcare Support Subsection, Childcare Section of the respective Regional City Offices Consultation on kindergarten enrollment

We offer consultation on kindergarten enrollment and childcare.

#### Health and Welfare Section, Residents Support Section of the respective Regional City Offices

Shiba ..... ☎03-3578-3161  
Azabu ..... ☎03-5114-8822  
Akasaka ..... ☎03-5413-7276  
Takanawa ..... ☎03-5421-7085  
Shibauro-konan ..... ☎03-6400-0022

#### Childcare Support Subsection, Childcare Section of the respective Regional City Offices

☎03-3578-2441



## Tokyo Child Counseling Center

### 4152 Telephone consultation

Experienced specialists provide consultation on your worries and anxiety about raising children and/or worries about yourself.



#### <Hours>

Monday to Friday/ 9:00 am – 9:00 pm  
Saturdays, Sundays, and national holidays/ 9:00 am - 5:00 pm  
(excluding the New Year/year-end holidays)

☎03-3366-4152

#### <Inquiries>

Tokyo Child Guidance Office

☎03-5937-2317



## Telephone consultation: "Children's Health Consultation" (Pediatric emergency consultation)

Provides consultation in Tokyo by a nurse, public health nurse, or doctor (if necessary) regarding caring for children's health and pediatric emergencies during the hours when healthcare centers are closed.



#### <Hours>

Monday-Friday/6:00 p.m.- 8:00 a.m. the next day  
Saturdays, Sundays, national holidays and the New Year/year-end holidays/8:00 a.m.-8:00 a.m. the next day

☎ #8000

(For land-line phones, mobile phones, etc. that are push-button phones)

☎03-5285-8898

(For all phones, including dial-up and IP lines)



### Minato City Education Center Consultation on children's education

Provides consultation on educational concerns or issues for children under 18 years of age. Expert counselors conduct interviews by telephone or in person in order to find a solution with you.

#### ● Telephone consultation

☎03-5422-1546

Monday-Friday/9:00 am-7:00 pm  
Saturdays/9:00 am-5:00 pm  
(Closed on Sundays, national holidays and the New Year/year-end holidays)

#### ● Face-to-face consultation

☎03-5422-1545

Monday- Friday/9:00 am-5:00 pm  
(Closed on Saturdays, Sundays, national holidays and the New Year/year-end holidays)



### Minato City Child Development Support Center PAO

Do you have any concerns about your child's growth or development? We offer support for children under 18 years of age with developmental setbacks through consultation, guidance, and daycare services.

#### <Hours>

Monday-Saturday/ 9:00 am-6:00 pm  
(Closed on Sundays, national holidays and the New Year/year-end holidays)

#### ● Consultation support

- General consultation
- Scheduled consultation support/consultation support for handicapped children

#### ● Daycare support for handicapped children

- Support for child development
- After-school daycare service
- Nursery school visiting support
- Home-visit child development support

\* Those who wish to receive consultation services are required to present a daycare service recipient certificate. Some services charge a fee.

#### <Inquiries>

Minato City Child Development Support Center

☎03-6277-3106



### Minato Public Health Center Health consultation for children and parents

We provide periodical medical check-ups and vaccinations to children, as well as health counseling for children and mental health counseling for mothers and children.

#### ● Suku-Suku child-rearing consultation (reservations required)

We offer consultation services every month to those with children ranging from newborns to preschoolers, regarding their development, growth, nutrition, dentistry, emotional state, and language skills. You can measure your child's height and weight.



#### ● Mental health counseling for mothers and children (reservations required)

We offer a face-to-face 30-minute consultation session with a doctor. It is held in a private room and a registered public nurse is also in attendance



\*Childcare service is available in a separate room. Please request for the childcare service when making an appointment for counseling. \*We respect your privacy.

<Inquiry> Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎03-6400-0084



# MEMO

Space for taking notes about child-rearing, etc.

## Before entering elementary school (Preparation for elementary school)

### Mid-October

You will receive a School Entry Health Checkup Form and School Selection Form.



### Late October – November

The child will undergo a school entry health checkup.



### Early November

You are required to submit the school selection form. Please do not miss the deadline.



### Early December

A draw is held (if necessary).



### Mid-January

After your child's school has been confirmed, you will receive a school attendance notice.

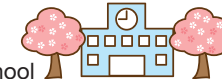


### February

Participate in the school information session.



**April**  
Enroll in  
elementary school



### What is the school selection system?

In principle, each child is placed in a school in the school district of his/her residence. However, Minato City has introduced a school selection system that allows children to choose a school in another school district if they wish.

Elementary schools host open days. You can visit the schools and understand their characteristics and educational contents, to use as reference when choosing a school.



Educational Affairs Subsection, School Affairs Section, Secretariat of the Board of Education  
☎03-3578-2111 (Extension 2726 - 2729)

Please refer to "Minato KIDS," Minato City's handbook for child-rearing. You can obtain "Minato KIDS" at facilities such as Regional City Offices, Minato Public Health Center and Children and Families Support Center. You can also download it from the Minato City website.





**Minato Kids NAVI**  
Connecting children's  
growth with learning  
**What is important at home**  
**Parents' Handbook**



Official tree of Minato City



**Flowering dogwood**

Cornaceae  
Native to North America Foreign species  
Deciduous broadleaf tree

Official flowers of Minato City



**Hydrangea**

Saxifragaceae  
Native to Japan (Southern Kanto region)  
Deciduous broadleaf tree (1.5 - 2.0 m)



**Rose**

Rosaceae  
Native to Japan, China, and Europe  
Evergreen, deciduous shrub or vines

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