

Nerima Childrearing Map



Nearby Consultation Centers

These facilities are dedicated to helping you raise your children.





Nerimaru, Nerima City official animation character ©Nerima City









- Public Health Center branch ⇒ Page 52 (Telephone directory, page 60)
- Child and Family Support Center ⇒ Page 50 (Telephone directory, page 60)
- Piyo-Piyo Child-Raising Plaza ⇒ Page 40 (Telephone directory, page 72)
- Jidokan ⇒ Page 40 (Telephone directory, page 78)
- Ohisama Piyo-Piyo ⇒ Page 42




Maternity Calendar

	Early Pregnancy			Mid-Term Pregnancy (Stable Period)			
No. of Months	Two	Three	Four	Five	Six	Seven	
No. of Weeks	4-7	8-11	12-15	16-19	20-23	24-27	
Baby's Condition	Length: About 0.6 to 18 cm			Length: About 25 to 35 cm			
	Weight: About 0.7 to 120 g			Weight: About 300 to 1,000 g			
	<ul style="list-style-type: none"> • The brain, heart, liver and other organs develop • Eyelids, lips and nose develop • Gender becomes definite • Drinks amniotic fluid and urinates 			<ul style="list-style-type: none"> • Hair, fingernails and toenails grow • Swimming in amniotic fluid • Heartbeat becomes stronger 		<ul style="list-style-type: none"> • Can distinguish outside noises • Can sense light 	
Changes in the Mother's Body and Attitude	<ul style="list-style-type: none"> • Basal body temperature remains high • Morning sickness begins • Becomes irritable 	<ul style="list-style-type: none"> • Becomes constipated easily 	<ul style="list-style-type: none"> • Urination is more frequent • The placenta develops 	<ul style="list-style-type: none"> • The stomach grows bigger • Morning sickness ends, and the mother feels better • Appetite grows 	<ul style="list-style-type: none"> • Fetus movement can be felt • Lactation may begin 	<ul style="list-style-type: none"> • May develop varicose veins • Legs may retain water • May start to breathe with the shoulders 	
Precautions	<ul style="list-style-type: none"> • Stop smoking cigarettes and drinking alcohol • Consult your doctor about the side effects of medication • Prevent contagious diseases 			<ul style="list-style-type: none"> • Start pregnancy exercises as your physical condition allows • Keep your legs and lower back warm • When you start to feel your baby move, start massaging your breasts, unless your stomach frequently feels tight or you are at risk of premature childbirth • Visit a dentist at this stage 			
Let's undergo checkups regularly	<ul style="list-style-type: none"> • If you have morning sickness, do not force yourself to eat. Eat what you can, when you can. If your symptoms are serious, consult your doctor. • Eat foods that are high in folic acid • Avoid working too hard and strenuous exercise, and get plenty of sleep • Do not carry heavy items • Move your bowels daily 			<ul style="list-style-type: none"> • Eat nutritionally balanced meals, and monitor your weight • Beware of high blood pressure (symptoms include rising blood pressure, proteinuria and swelling) • Beware of diabetes during pregnancy (urinary sugar) and anemia 			
Health Checkups	Once every four weeks					Once every two weeks	
Other	<ul style="list-style-type: none"> • Pregnancy notification • Obtain your <i>Mother and Child Health Handbook</i> and <i>Mother and Child Health Package</i> • Choose a hospital • Services you can use during pregnancy <ul style="list-style-type: none"> • Childrearing support helpers program (page 28) • Expectant mother visits (page 10) 			<ul style="list-style-type: none"> • Participate in baby prep classes (page 11) • Prepare supplies for childbirth and the baby • Undergo dental and health checkups for expectant mothers (page 10) 			





Pregnancy to Childbirth

Latter-Term Pregnancy			Delivery	Birth and Post-Childbirth
Eight 28-31	Nine 32-35	Ten 36-39		
Length: About 40 to 50 cm				
Weight: About 1,500 to 3,000 g				
<ul style="list-style-type: none"> Starts to breathe Genitalia are completely formed Baby face develops The baby may be born anytime after 36 weeks 			<p>Childbirth</p> 	<ul style="list-style-type: none"> About two days after childbirth, the breasts will feel tight Physical and mental stress are very high Emotional change Maternity blues post-childbirth depression
<ul style="list-style-type: none"> Pregnancy lines may develop The stomach may feel tight 	<ul style="list-style-type: none"> The stomach may feel under pressure May experience palpitations and breathlessness May experience micturition and residual urine 	<ul style="list-style-type: none"> Pressure on the stomach and breasts may disappear May experience light uterine contractions 		
<ul style="list-style-type: none"> Avoid traveling and going out in the crowds Refrain from sexual activity 		<p>[Signs of the beginning of childbirth]</p> <ul style="list-style-type: none"> Labor pains <p>Contact the hospital when your labor pains are between about ten minutes apart for first-time childbirths, and ten to fifteen minutes apart for second and subsequent childbirths</p>		<ul style="list-style-type: none"> Recuperation* Generally about four weeks after childbirth If there are abnormalities during pregnancy or delivery, continue receiving treatment
		<p>! If there is bleeding or breaking water</p> <p>Use a sanitary napkin and contact the hospital immediately.</p>		<p>* Recovering strength after a major illness or childbirth</p>
Once every two weeks	Once every week			Health Checkups for one-month-olds after childbirth
<ul style="list-style-type: none"> If you plan to return to your hometown for childbirth, travel at 32 to 34 weeks of pregnancy Prepare for hospitalization Fill out eight-month pregnancy survey 	<p>Hospitalization</p> 	<ul style="list-style-type: none"> Required procedures (page 19) <ul style="list-style-type: none"> Birth notification Health insurance enrollment Childbirth and childrearing lumpsum benefit Child allowance Medical certificate for infants and toddlers, etc. Services you can use after childbirth <ul style="list-style-type: none"> Post-childbirth care programs (page 28) 		




Childrearing Calendar

	From Birth to Two Months of Age	Three to Four Months of Age	About Six Months of Age	
Baby/ Child's Condition	<ul style="list-style-type: none"> Newborns: Sleeping both day and night, other than when they are nursing; repeated cycle of nursing and short sleep periods Around two months of age: Babies are awake for about half an hour after nursing 	<ul style="list-style-type: none"> The baby cries, drinks milk and sleeps The parents soothe the baby frequently The baby loves to be cradled The baby takes everything into its mouth, and check things by licking them. (This continues until about 18 months of age.) 	<ul style="list-style-type: none"> The baby can roll over and sit up with support The baby squeals with joy when soothed. The baby may talk to other people by saying, "Ah-ah" or "Oo-oo." (Although this varies according to the child, he/she may become shy at around eight months of age.) 	
Essential Childrearing Points to Remember	<ul style="list-style-type: none"> Talk gently when holding or feeding the baby There is no need to worry about keeping the baby from crying. Spend time with him/ her and stay relaxed. You will likely be exhausted physically and emotionally soon after childbirth. Raise your child with the cooperation of your family and people around you. 	<ul style="list-style-type: none"> Look in your baby's eyes and smile while talking Maintain a sense of rhythm in your lifestyle Keep items that the baby puts in his/her mouth clean Adults need to be especially careful about keeping the baby from suffocating, swallowing objects, being burned, and touching/handling sharp and dangerous items, especially until he/she is about 18 months of age 	<ul style="list-style-type: none"> Lifting the head and reaching for things while lying prone and crawling are important exercises. Let your baby do plenty of both. Babies seem to enjoy being with family and listening to the conversation of adults. Recognize and respond to your baby's reactions. 	
Services and Benefits	<ul style="list-style-type: none"> Family support program (from 58 days of age up to sixth grade of elementary school) (page 33) Beginner's childrearing support tickets (page 29) Temporary childcare at nursery schools (page 34) Short Stay for children (from two months of age up to under 18 years old) (page 36), etc. 	<ul style="list-style-type: none"> Child-Raising Plazas (up to three years of age) (page 40) Book-Start Program (page 44) 	<ul style="list-style-type: none"> Temporary childcare for infants and toddlers (from six months of age to preschool age) (page 33) 	
Health Checkups	<ul style="list-style-type: none"> Newborn hearing screening test (page 12) Health checkups for one month of age 	<ul style="list-style-type: none"> Health checkups for four months of age (page 21) 	<ul style="list-style-type: none"> Health checkups for six months of age (page 21) Health checkups for nine months of age (page 21) 	
Immunizations (page 22)	<p>From two months of age</p> <ul style="list-style-type: none"> Hepatitis B Pediatric pneumococcal Rotavirus DPT-IPV-Hib (five-type combination) 		<ul style="list-style-type: none"> BCG 	
Consultation (page 50), Classes and Visits	<ul style="list-style-type: none"> Hello Baby Visits (page 20) (until four months of age) Post-childbirth care programs (page 28) Baby consultation for two months of age (page 21) 	<ul style="list-style-type: none"> Childrearing/nutrition/dental Consultation (up to three years of age) (page 21) Eating and drinking consultation from infancy (until around after one year of age) (page 21) Post-childbirth consultation 		

From Birth to Age Three

About One Year of Age	About 18 Months of Age	About Two Years of Age	About Three Years of Age
<ul style="list-style-type: none"> From walking with support to walking without support Points while saying "Ah-ah" 	<ul style="list-style-type: none"> Is mischievous, such as pulling things out of drawers or putting things in, or pulling at tissues Starts babbling words such as "woof woof" or "boo boo" 	<ul style="list-style-type: none"> Imitates familiar people Loves picture books and stories If an adult interrupts an activity, the baby may become upset, throw a tantrum or cry continuously The baby may insist on doing things himself/herself, saying "Me! Me!" 	<ul style="list-style-type: none"> Wants to do things that are a little difficult and new by himself/herself Has an interest in the things around him/her, asking many questions such as "Why?" or "How come?"
<ul style="list-style-type: none"> Once your baby is able to walk, his/her perspective expands. For this reason, he/she will become more active and interested in all kinds of things. Be careful about the baby falling or injuring himself/herself. This is the age when your child develops language. Look your child in the eye and respond by saying things like, "Oh! This is a ○○, isn't it?" 	<p>Mischief is a sign of curiosity, so encourage that behavior. However, teach your baby what is dangerous and should be avoided.</p> 	<ul style="list-style-type: none"> Babies love to imitate adults. Make sure you are good at listening. (Do not try to finish a baby's sentence for him/her.) Be sensitive to your child's feelings and spend time with them patiently Do not help the baby right away, but be aware that it is important to watch over them protectively and wait for them 	<ul style="list-style-type: none"> Since the child can do things for himself/herself, watch over him/her with care Give the child plenty of opportunities to play with friends Praise the child as much as possible Answer questions without being becoming irritated
		<ul style="list-style-type: none"> Twilight Stay for children (page 36) 	
	<ul style="list-style-type: none"> Health checkups for 18 months of age (page 21) 	<ul style="list-style-type: none"> Dental health checkup and childrearing consultation for two years of age (page 21) Dental health checkup for two year and 6 months of age (page 21) 	<ul style="list-style-type: none"> Health checkups for three years of age (page 21)
<ul style="list-style-type: none"> MR (measles and rubella combination), first series Chicken pox 			<ul style="list-style-type: none"> Japanese encephalitis, first series
<ul style="list-style-type: none"> Childrearing consultation for one year of age (page 21) 			

Childrearing Calendar

	Around Four Years of Age	Around Five Years of Age	Starting Elementary School
Child's Condition	<ul style="list-style-type: none"> • The child's imagination expands and becomes more complex, and he/she is able to describe imaginary things as if they really happened. (To adults, it seems as if the child is lying.) • The child is capable of apologizing when he/she makes a mistake • Friendships with others grow stronger, and they express their feelings, likes and dislikes 	<ul style="list-style-type: none"> • When given responsibilities, they work hard to achieve their goals • They are able to make things while talking things over with friends • They enjoy picture books and stories and fantasy 	<ul style="list-style-type: none"> • Expectations and worries about starting elementary school grow 
Essential Childrearing Points to Remember	<ul style="list-style-type: none"> • Recognize the things they are able to do • Affirm the child's feelings by saying, "You're right!" or "Oh, I see how you feel!" • Let children experience working together with friends 	<ul style="list-style-type: none"> • Create tasks for them at home, and give them some responsibility • Help them do things that require thinking for themselves, being creative, and following through to the end • Talk with them about being thoughtful and considerate of other people in specific situations 	<ul style="list-style-type: none"> • To address your child's expectations and worries about starting elementary school, remember what he/she has learned and is now able to do • This is the when your child's environment changes significantly. Make sure your child gets enough sleep, and listen carefully when he/she is talking.
Services and Benefits			
Health Checkups			<ul style="list-style-type: none"> • Health checkup for elementary school entrance
Immunizations (page 22)	<ul style="list-style-type: none"> • Japanese encephalitis, first series booster 	<ul style="list-style-type: none"> • MR (measles and rubella combination), second series 	
Consultation (page 50), Classes and Visits	