

# Childrearing Support

## Post-Childbirth Care Programs

Your local Public Health Center branch → [Telephone directory, page 60](#)

This program offers short stays (overnight) and daycare (daytime) for mothers and children at facilities with midwives, as well as postpartum care visits by midwives at your home. You must apply in advance to use this service.

### Eligibility

Anyone requiring post-childbirth care  
\*Both mother and child do not require medical treatment

### Care provided

Breast care, lactation consultation, bathing and bathing guidance, childcare consultation, etc.

### How to apply

Applications accepted from the 20th week of pregnancy  
Please check the Nerima City website for how to apply.

### Usage

	Mother-child daycare (daytime) <under 1 year of age>	Mother-child short stay (overnight) <up to around 4 months of age>	Postpartum care visit <under 1 year of age>
Hours	10 a.m. to 4 p.m.	At most 6 nights, 7 days	About 90 min. each time
Number of times	Up to 12 days If multiple births, up to 18 days	Up to 7 days in total	Up to 6 times If multiple births, up to 10 times
Meals	Lunch	3 meals a day	No meals
User-paid fee	1 day: ¥1,500	1 night, 2 days: ¥7,000 (plus ¥3,500 for every additional day)	1 time: ¥500

- \* Eligible ages for mother-child daycare vary depending on the facility. For details, please check with the facility.
- \* Fee exempt for households exempted from resident's tax and households receiving public financial assistance for everyday living
- \* Subsidy program for pick-up and drop-off service is available for households exempted from resident's tax and households receiving public financial assistance for everyday living
- \* You may not be able to use the program depending on availability or other circumstances

## Childrearing Support Helper Program

Child-Raising Program Subsection, Home Childrearing Support Section ☎5984-5673

A home helper will be dispatched to families who need help, etc. with housework due to reasons such as poor health before or after childbirth to provide support for daily tasks such as cleaning, laundry, and meal preparation.

### Eligible period

During pregnancy and up to the last day of the month when the child reaches two years of age

### Hours

Mon. to Sat., 9 a.m. to 5 p.m.  
\* Excluding national holidays and the year-end/New Year's holidays  
\* Only some home helper providers are available on Saturdays.

### Maximum number of hours of use

36 hours  
\* 104 hours for those who gave birth to a low-weight child, those who gave birth at less than twenty years of age, those who were diagnosed with threatened preterm labor/threatened miscarriage, those with multiple birth children, etc.

### Usage fees

¥1,000 per hour  
\* ¥500 for those who gave birth to a low-weight child, those who gave birth at less than twenty years of age, those who were diagnosed with threatened preterm labor/threatened miscarriage, etc.  
\* ¥300 for those with multiple birth children  
\* Households exempted from resident's tax and households receiving public financial assistance for everyday living are exempt.

### How to apply

The application form can be downloaded from the Nerima City website.

## Beginner's Childrearing Support Tickets

Child-Raising Program Subsection, Home Childrearing Support Section ☎5984-5673

Beginner's childrearing support tickets are issued to families that have just given birth or moved into Nerima City with a child under two years of age (an application for issuance is required for those who move into the city with a one-year-old or older child). You can use these tickets for the childrearing support helper program, consultation and care from midwives or obstetric medical institutions, post-childbirth yoga or other childrearing support courses, the family support program, temporary childcare for infants and toddlers offered at Piyo-Piyo in Community Child and Family Support Centers, temporary childcare offered at private Child-Raising Plazas, etc.

Number of tickets issued Eight

### Programs That Support Tickets Can Be Used For

#### ● Childrearing Support Helper Program (→page 28)

This program dispatches a house helper to families who need help with daily housework due to reasons such as poor health after childbirth.

**Usage period**  
From the date of issuance up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
One ticket is good for one hour of support.

#### ● Midwife Care Program

You can use support tickets for breast care and breastfeeding consultations, childrearing consultations, bathing, etc. by a midwife, as well as for pelvic care at some facilities.

**Usage period**  
From the date of issuance up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
One ticket covers ¥2,000 of the cost for one session.

#### ● Obstetric Medical Institution Program

You can use support tickets for breast care or childrearing consultations offered by obstetric medical institutions.

**Usage period**  
From the date of issuance up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
One ticket covers ¥2,000 of the cost for one session.

#### ● Childrearing Support Courses

You can use support tickets for post-childbirth yoga or other courses offered by providers contracted by Nerima City.

**Usage period**  
From the date of issuance up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
First use is free of charge (if the fee for one session exceeds ¥2,000, the support ticket can be used to pay for the equivalent of ¥2,000)

#### ● Family Support Program (→page 33)

Paid volunteers (aid-providing members) who have completed Nerima City's training course will take care of your child on a one-on-one basis.

**Usage period**  
From 58 days of age up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
One ticket entitles you to one hour of service.

#### ● Temporary Childcare for Infants and Toddlers (→page 33)

You can use support tickets for temporary childcare for infants and toddlers offered by Piyo-Piyo at five Community Child and Family Support Center locations. The days and hours vary by facility.

**Usage period**  
From six months of age up to the last day of the month when the child reaches two years of age

**Value of one ticket**  
One ticket is good for one unit (three hours) of childcare.

#### ● Temporary Childcare at Private Child-Raising Plazas

You can use support tickets for temporary childcare offered by service providers that have concluded agreements with Nerima City.

**Usage period**  
From 58 days of age up to the last day of the month when the child reaches two years of age  
\* Varies by facility

**Value of one ticket**  
The support ticket can be used to pay for the equivalent of ¥2,000 of the fee for one-time use of childcare.  
\* No change is given even if the fee is under ¥2,000.

#### ● Temporary Childcare at Nursery Schools

You can use support tickets for temporary childcare offered at municipal nursery schools and at private nursery schools that have concluded agreements with Nerima City.

**Usage period**  
From 58 days of age up to the last day of the month when the child reaches two years of age  
\* Varies by facility

**Value of one ticket**  
The support ticket can be used to pay for the equivalent of ¥2,000 of the fee for one-time use of childcare.  
\* No change is given even if the fee is under ¥2,000.

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