

FREE! ¥0

[Aoba, Kohoku, Tsuzuki and Midori Wards]

OYACO

Reference Booklet

Living with Kids in Northern Yokohama

"Childcare & Education / Health Services"

Second Edition



Sharing Caring Culture

Non-Profit Organization

Introduction

This booklet, OYACO, takes its name from the Japanese word *oyako* (親子 おやこ), which means “parent and child” in Japanese.

The aim of the OYACO booklet is to provide a guide about life in Japan for international families.

In this booklet, we have included personal stories of experienced mothers, lists of medical and educational facilities, and some useful information.

About Sharing Caring Culture (SCC)

SCC is a nonprofit organization founded in 2014 by women with diverse backgrounds living in Japan. Through intercultural activities and childcare support, we aim to deepen exchanges among the residents of all nationalities and celebrate diversity in the community.

Who is OYACO for?

There is a large population of families with small children in the Northern part of Yokohama, and many international families move in and out frequently. We are aware that living with kids in Japan is surprisingly challenging, especially taking into account the language barrier. Sometimes it can be hard for families who are new to the area to find information. To fill the information gap, SCC supporters have compiled the first edition of this booklet in English in 2018.

Three years have passed since we published the first edition. Many readers have given us a lot of input and feedback regarding the original booklet. To remain relevant in the changing world, we felt the need to create this second edition to keep the information current.

With the cooperation and support from the Kanagawa International Foundation, Tsuzuki Ward Office, Popola Childcare Support Center of Tsuzuki Ward, Nonprofit Organization Kodomoto, Certified Nonprofit Organization Chikyu Gakko, and Yokohama City Hokubu Chiiki Ryoiku Center, we have completed this second edition of the OYACO booklet. We hope that this booklet will continue to help international families in Yokohama.

Keiko Misaka, Director of Sharing Caring Culture, and the OYACO Editorial Team



[Aoba, Kohoku, Tsuzuki and Midori Wards]
Reference Booklet
Living with Kids in Northern Yokohama



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Living in Yokohama

How to Get Information and Being Connected: Anastasia's Story

When I moved to Japan in the summer of 2019, one of my main priorities was to stay socially connected in my new country and find new friends for me and my kids. Even before I moved to Japan, I asked my friends in my hometown if they knew someone living in Japan.

And one of them actually did! I got the telephone number of a German woman, who had already been living in Japan for two years. It was so nice to have someone around right from the start, who was able to answer some of my questions and help me with everyday issues like visiting a supermarket or a doctor.

My children's school (DSTY) was also a great place to find first connections. The school organized some events for newcomers, which helped me to meet other Germans living here. My boys also found many new friends at school. But I wished to make more contacts with local Japanese people. I read about a riceball (*Onigiri*) making event, organized by an NPO Sharing Caring Culture, and I decided to join in with my whole family. We enjoyed our time there a lot. After that, we visited many other events, where people from all over the world and Japanese people

came together to cook, learn new things from other cultures, or just to have some fun. Another good way to make Japanese friends and to learn more about the Japanese language and culture is to find a language exchange partner. I found mine through mutual friends, but there are also some online platforms where you can search for a language exchange partner close to you. Now, after nearly two-and-a-half years in Japan, I can say that we feel very happy here and that we have found many great friends and acquaintances.

My Tips!

***Be open-minded and curious! Moving abroad is a unique chance to get to know people from other cultures and learn from them. Don't miss it!**

***Be active! Search for playgroups, sports courses, or leisure activities for foreigners. Get engaged with some NPO or parent's group at your children's school.**

Notes: The first few months in a new country may feel very lonely and frustrating. That's normal and mostly everyone has to go through it. But remember that it's just a phase and things will get better even sooner than you think.

YOKE and International Lounge Contact Info

If you have difficulties with the Japanese language or have concerns about living in Japan, the international lounge of your ward will assist you. You can also contact the Yokohama Association for International Communications and Exchange (YOKE).

Website <https://www.yokeweb.com/>



Aoba-ku

Aoba International Lounge

Website

<https://aoba-lounge.com/index.php?lang=ja>



Kohoku-ku

Kohoku International Lounge

Website

<https://kohoku.lounge.com/>



Tsuzuki-ku

Tsuzuki MY Plaza

Website

<http://tsuzuki-myplaza.net/newhome/>



Midori-ku

Midori International Lounge

Website

<https://midori-lounge.com/>



Pediatric Healthcare Services: Katrina's Story

We moved from Malaysia to Japan a week before the first covid-19 case was detected in Japan. About 2 months after our arrival, our 1-year-old son developed a high fever and vomiting. We brought him to a general clinic with a doctor who spoke English. He diagnosed that the vomiting caused my son to become dehydrated, which led to the fever. The doctor then prescribed probiotics, explaining that once our son was hydrated again he'd be fine. A few days later, on a Saturday, the fever went up to 39°C, so we decided to go to a hospital.

After finding an English-speaking hospital with a pediatrics department in our area on the internet, we arrived only to find that the pediatrics department is closed on weekends. A kind passerby offered to call an ambulance for us, and we managed to communicate with her using our minimal Japanese. The ambulance arrived within 10 minutes and we were asked to fill out basic paperwork and answer some questions. The paramedics used a translating device throughout the ride and we were brought to Minato Red Cross Hospital at Naka Ward. Within 10 minutes the doctor there diagnosed my son's condition as Kawasaki Disease, an inflammation of the coronary arteries. Further tests were done while we filled up our admission papers. For our next 12 days of hospitalization, everything was explained to me in Japanese, though the nurses would write some notes in English. During discharge, we were informed about side effects, things to take note of, future appointments, and so forth.

In that same year, our son was diagnosed

with congenital scoliosis, meaning that his spine was curved in an S shape. With a referral letter from Minato Red Cross Hospital, we were sent to Kanagawa Children Medical Center. This hospital has a translator available but advance booking is needed. The translator accompanied us from registration, through consultation, treatment, and post-treatment follow-ups. They even explained how to maximize the insurance and claims for my son's scoliosis brace. We continued to have check-ups at this hospital every 6 months.



My Tips!

***Always bring the Maternal and Child Health Handbook and My Medication Record Book book.**

***If your Japanese isn't good, have an audio translator device on hand like Google Translate. It might not be accurate but it could help. There is a medical bilingual form available online, print it out and keep it on hand, along with any other sentences you think necessary. And manage the expectations of doctors and hospital staff in regards to your Japanese-speaking ability.**

***Be brave: to seek further information, to have written notes that you could refer to later, and to ask questions.**

List of Hospitals, Clinics and Dentists

To access the Website: Click each hospital or clinic name and that will easily go to URL respectively.

General Hospitals in Yokohama

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Kohoku	All	横浜労災病院 Yokohama Rosai Hospital	045-474-8111	10 mins walk from Shin-Yokohama station	English, Chinese, Korean website
Tsuzuki	All	昭和大学横浜市北部病院 Showa University Northern Yokohama Hospital	045-949-7000	6 mins walk from Center Minami station	English, Chinese website
Kanazawa	All	横浜市立大学附属病院 Yokohama City University Hospital	045-787-2800	1 min walk from Shidai-Igakubu station	English website
Minami	All	横浜市立大学附属市民総合医療センター Yokohama City University Medical Center	045-261-5656	5 mins walk from Bandoabashi station	English, Chinese website Medical interpreter service, prior reservation required.
Minami	All	神奈川県立こども医療センター Kanagawa Children's Medical Center	045-711-2351	Bus from Gomyoji, Higashi Totsuka, Totsuka and Yokohama station	English, Chinese, Korean website Refer to pamphlet on website
Nishi	All	けいゆう病院 Keiyu Hospital	045-221-8181	3 mins walk from Minatomirai station	English website
Naka	All	横浜中央病院 Yokohama Chuo Hospital	045-641-1921	3 mins walk from Ishikawacho station	English, Chinese, Korean website Medical interpreter service for English, Chinese and Korean, prior reservation required.
Naka	All	横浜市立みなと赤十字病院 Yokohama City Minato Red Cross Hospital	045-628-6100	Bus from Yokohama, Sakuragicho, Isogo, Negishi, Kannai and Kamooka station	English website Medical interpreter service, prior reservation required.
Izumi	All	国際親善総合病院 International Goodwill Hospital	045-813-0221	7 mins walk from Yayoi-dai station	English website Email (inquiry@shinzen.jp) to request foreign language speaking staff.
Kanagawa	All	横浜市民病医院 Yokohama Municipal Citizen's Hospital	045-316-4580	Bus from Yokohama and Higashi Kanagawa station	English website International Patient Coordinator for English, Chinese and Malay.

English Speaking Doctors & Visiting Nurse Service in Aoba, Kohoku, Tsuzuki, Midori

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Aoba	Internal Medicine, Gynecology, Dermatology	河合医院 Kawai Medical Clinic	045-902-5001	Bus from Azamino and Tamaplaaza station	English website
Aoba	Pediatrics, Internal Medicine, Ophthalmology, Radiology	横浜青葉台クリニック Yokohama Aobadai Clinic	045-988-0631	5 mins walk from Aobadai station	English website
Aoba	Pediatrics, Allergy	ごとう小児科アレルギー科 Goto Pediatrics Allergy	045-983-5110	30 seconds walk from Aobadai station	English website
Aoba	Gastroenterology, Breast Surgery, Internal Medicine	Kクリニック K Clinic	045-903-4108	2 mins walk from Azamino station	English website
Aoba	Visiting Nurse Service	訪問看護ステーション芍薬青葉 Visiting Nurse Service Shakuyaku Aoba	045-550-3031	3 mins walk from Fujigaoka station	English speaking social worker and consultant.
Kohoku	Internal Medicine, Rheumatology, Gastroenterology, Otorhinolaryngology (ENT), Orthopedic Surgery	日吉メディカルクリニック Hiyoshi Medical Clinic	045-564-1740	1 min walk from Hiyoishi station	English website
Tsuzuki	Obstetrics & Gynaecology	おとめクリニック Otome Clinic	045-943-1103	2 mins walk from Center Minami station	1 doctor, 3 nurses, 1 concierge (receptionist) speaks English.
Tsuzuki	Internal Medicine, Pediatrics, Gastroenterology, Cardiology, Respiratory medicine	松浦内科 Matsuura Medical Clinic	045-593-1166	0 min walk from Kita-Yamata station	English website
Tsuzuki	Pediatrics, Allergy	センター南こどもクリニック Center Minami Children Clinic	045-948-2100	2 mins walk from Center Minami station	English speaking doctor.
Tsuzuki	Diabetic Internal Medicine, Pain clinic	ピュアライフメディカルクリニック Pure Life Medical Clinic	045-949-0755	2 mins walk from Center Minami station	English and Chinese website
Tsuzuki	Obstetrics & Gynaecology	田中彰レディースクリニック Tanaka Akira Ladies Clinic	045-914-6560	1 min walk from Center Kita station	'English is available' mentioned in the website.
Tsuzuki	Pediatrics	こどもの木クリニック Kodomonoki Clinic	045-947-1888	16 mins walk from Eda station, Bus from Eda station	English speaking doctor. Consultation in Italian also available. Child counselling in English is available on Saturdays.
Tsuzuki	Internal Medicine, Pediatrics	デンエンクリニック Denen Clinic	045-942-3939	1 min walk from Tsuzuki-fureainooka station	English website Taiwanese doctor

Aoba Kohoku Tsuzuki Midori Other Wards

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Midori	Internal Medicine, Cardiovascular Medicine, Pulmonary Medicine (Respiratory Medicine), Gastroenterology, Pediatrics, Allergy	田村内科クリニック Tamura Medical Clinic	045-989-6388	1 min walk from Tokaichiba station	English website
Midori	Pediatrics	ちはら小児クリニック Chihara Pediatrics Clinic	045-923-1226	Bus from Tokaichiba and Aobadai station	English speaking doctor.
Midori	Obstetrician	みなみレディースクリニック Minami Ladies Clinic	045-482-7373	7 mins walk from Nagatsuta station	English website

English Speaking Dentists in Aoba, Kohoku, Tsuzuki, Midori

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Aoba	General Dentistry, Periodontal Therapy, Preventive Care, Dental Implants, Pediatric Dentistry, Cosmetic Dentistry, Whitening, Dentures, Root Canal Treatment, Periodontal Abscess, Hyperesthesia, Bad Breath Treatment, Bruxism, Oral Surgery, Temporomandibular Disorder, Dental CT Scan	ロイヤル歯科医院 Royal Dental Clinic	045-905-2880	3 mins walk from Tamaplaaza station	English spoken mentioned in the website.
Aoba	General Dentistry, Periodontics, Pediatric Dentistry, Whitening, Cosmetic Dentistry, Orthodontics, Dentures, Dental Implants, Temporomandibular Disorder, Dental CT Scan	ほりぐち歯科医院 Horiguchi Dental Clinic	045-985-8107	Aobadai station Tokyu Square South2 7F	English speaking doctor.
Aoba	Pediatric Dentistry, General Dentistry, Temporomandibular Disorder, Tongue Pain	みどり小児歯科 Midori Pediatric Dentistry	045-982-7977	10 mins walk from Aobadai station	English website Complete reservation system.
Tsuzuki	General Dentistry, Prosthetic Dentistry, Dental Implantology, Pediatric Dentistry	あおぞら歯科クリニック Aozora Dental Clinic	045-941-1818	2 mins walk from Nakamachidai station	English website
Tsuzuki	General Dentistry, Esthetic Dentistry, Orthodontics, Dental Implants, Pediatric Dentistry	ふれあいの丘デンタルクリニック Fureainooka Dental Clinic	045-949-6474	1 min walk from Tsuzuki-fureainooka station	English website 'English speaking dentist' mentioned in the website.
Tsuzuki	General Dentistry, Pediatric Dentistry, Orthodontics, Cosmetic Dentistry, Oral & Maxillofacial Surgery, Dental Implants	マサキ歯科クリニック Masaki Dental Clinic	045-943-3111	2 mins walk from Tsuzuki-fureainooka station	English website English speaking dentist.
Tsuzuki	Dental Implants, Dentures, Orthodontics, Cosmetics Dentistry, Whitening, Teeth Transplant, Temporomandibular Treatment, Parodontitis	吉江歯科 Yoshie Dental Office	045-591-8242	5 mins walk from Kita-Yamata station	English and German website
Tsuzuki	General Dentistry, Pediatric Dentistry, Whitening, Dentures, House-call Dentist	とわ歯科クリニック Towa Dental Clinic	045-914-2512	1 min walk from Center-Kita station Mosaic Mall Kohoku 5F	English website

Night-time Emergency Medical Centers

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Naka	Internal Medicine, Pediatrics, Ophthalmology, Otorhinolaryngology (ENT)	横浜市夜間急病センター Yokohama-shi Night-time Emergency Medical Center	045-212-3535	3 mins walk from Sakuragicho station	Outpatient hour 20:00 - 24:00 (reception begins at 19:30)
Tsuzuki	Internal Medicine, Pediatrics	横浜市北部夜間急病センター Yokohama-shi Hokubu Night-time Emergency Medical Center	045-911-0088	8 mins walk from Center Kita station	Outpatient hour 20:00 - 24:00 (reception begins at 19:30)
Izumi	Internal Medicine, Pediatrics	横浜南西部夜間急病センター Yokohama-shi Nanseibu Night-time Emergency Medical Center	045-806-0921	8 mins walk from Izumi Chuo station	Outpatient hour 20:00 - 24:00 (reception begins at 19:30)

Holiday Emergency Clinics

Ward	Medical Subject	Name of Hospital	Phone	Station	Memo
Aoba	Internal Medicine, Pediatrics	青葉区休日急患診療所 Aoba Ward Holiday Emergency Clinic	045-973-2707	8 mins walk from Ichigao station	Outpatient hour 09:00 - 12:00, 13:00 - 16:00
Kohoku	Internal Medicine, Pediatrics	港北区休日急患診療所 Kohoku Ward Holiday Emergency Clinic	045-433-2311	10 mins walk from Kikuna and Okurayama station	Outpatient hour 10:00 - 16:00
Tsuzuki	Internal Medicine, Pediatrics	都筑区休日急患診療所 Tsuzuki Ward Holiday Emergency Clinic	045-911-0088	8 mins walk from Center Kita station	Outpatient hour 10:00 - 16:00
Midori	Internal Medicine, Pediatrics	緑区休日急患診療所 Midori Ward Holiday Emergency Clinic	045-937-2300	10 mins walk from Nakayama station	Outpatient hour 10:00 - 16:00

Parenting Chart for foreign residents

From Pregnancy
to enrolling in elementary school

外国人住民のための子育てチャート
～妊娠・出産から小学校入学まで～

www.kifjp.org/child/chart



English

英語



STEP 1

ママに
なるための準備
Preparation to
become a mother



赤ちゃんを妊娠した？
Am I pregnant?

1 うるちをさがす
Choose where
you will give birth



2 母子健康手帳をもらう
Maternal and
Child Health Handbook
[BOSHI TECHO]



3 出産育児一時金の手続き
Procedure for receipt of
Childbirth Lump Sum grant



4 ははやががきゅう さんか
母親(両親)学級に参加
Mothers'/Parents' classes
[HAHAOYA GAKKYU]



5 入院・分娩
Hospitalization and
delivery



妊婦健診
Prenatal Checkup



STEP 3

赤ちゃん和妈妈の
健康のために
For mother and
baby's health

11 いっかげつけんしん
Baby and mother's
one-month checkup



12 しんせいじ あか
新生児(赤ちゃん)
訪問
Home visit for
the newborn baby



13 よぼうせつしゅ
予防接種・い
かりつけ医
Vaccination and
home doctor



STEP 4

おうちから地域への
はじめの歩
First steps to enter
your community
with a baby



15 こもだ しまん など
子育て支援センター等
Child care support center



16 はいくえんやうえん
保育園入園
Entering nursery schools
[HOIKUEN]
または or
17 ようちまん
幼稚園・こども園入園
Kindergarten [YOUCHIEN] /
Early childhood Center
[KODOMOEN]



18 しょうこうやうがくじゅん
小学校入学準備
Preparing to enter
elementary school



しょうこうやうがく
小学校入学
Entering elementary school

STEP 2

生まれてから
すること
What to do after
giving birth

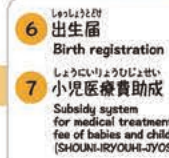
6 しゅうしゅ
出生届
Birth registration



8 じどうて
児童手当
Child allowance



7 しょういりやうじょせい
小児医療費助成
Subsidy system
for medical treatment
fee of babies and children
[SHOUNI-IRYOUJI-SEI]



9 しょうせいのりょう
出生連絡票
Birth contact sheet



i

Three Important
Procedures for a
Newborn Child of a
Foreign National Family
Living in Japan

にほん す がいこくせきかてい
日本に住む外国籍家庭に
赤ちゃんが生まれたときの
大切な3つの手続き

www.kifjp.org/child/threeprocedure_eng



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やさしいにほんご



中文



Tagalog



Português



Español



Tiếng Việt



नेपाली भाषा



ಕನ್ನಡ



한국어



Bahasa Indonesia



Childcare Facility Classification in Yokohama

In Japan, it is compulsory for parents to send their children to elementary school and junior high school. Pre-school education is not compulsory and is decided by the parents. There are many choices available for pre-school education.



Hoikuen Nursery, Daycare

Ages
0-6
years

Hoikuen are based on the Child Welfare Act and provides childcare service to children of working parents. There are two types of childcare facilities: public and private facilities. It is quite difficult to get admission in public childcare facilities due to the growing number of working parents.

★ Usage fee: Calculated based on the amount of municipal resident tax (*Shiminzei* 市民税).

Nintei Kodomoen Certified Combined Nursery and Kindergarten Facility

Integrates both daycare and education in one facility. The functions are different depending on the facility type.

Qualifications for Use

- Working and non-working parents are eligible to apply.

Childcare Type

Ninka Hoikusho Licensed Nursery Facility

- ▶ A government licensed child welfare facility certified to meet legal requirements such as facility size and the number of caregivers per child.

Takes care of children from 0 to 6 years old from 7:00 to as late as 20:30. (exact hours depend on the *hoikuen*) The facility takes care of the children all day. The children have naps, meals, and snack time and are given some basic education about daily life.

Qualifications for Use

- Parents who are unable to take care of their children during the day due to illness.
- Parents who work more than 64 hours in a month.
- Parents who are searching for a job. (3 month grace period)
- Parents who are studying at a university or vocational training school with more than 64 hours a month of classes.

Ninka gai Hoiku Shisetsu Unlicensed Nursery Facility

- ▶ The child welfare facilities which have not been licensed by the municipal government because they have not met the stipulated criteria in terms of staff, equipment, etc.

Takes care of children aged 57 days to 5 years. Capacity: Depends on the facility. Usage fee: Each facility has its own fee structure. Apply directly at the facility.

Qualifications for Use

- Parents who are unable to send their child to the *Ninka Hoikusho* (authorized daycare center).

Yokohama Nursery Rooms Unlicensed Childcare Facility

Facilities that meet the criteria set independently by the City of Yokohama in terms of childcare fees, environment, hours, etc. Takes care of children age 57 days to 2 years old.* Weekdays: From 7:30 to 18:30, Saturday: 7:30 to 15:30. All facilities provide lunch. Apply directly at the facility.

* There are also some facilities which accept children aged 3 years and above, and provide services such as childcare for children with special needs, extended hours childcare, childcare on holidays, temporary childcare services, etc.

Qualifications for Use

- Parents who are unable to take care of their children due to work or illness.
- Working parents: Working more than 64 hours in a month

Memo

- As subsidies for facility operating costs are available from the City, you have to undergo an assessment for benefits at the Children and Families Support Division of the ward where you live before you apply.
- Fee depends on each facility, with an upper cap of 58,100 yen per month for children aged 2 years and under.

Shokibo Hoiku Shisetsu Small-scale Childcare Facilities

Takes care of children age 57 days to 2 years old. Facility with a capacity of 6 to 19 children, and provides attentive childcare.

Qualifications for Use

- Parents who are unable to take care of their children due to work or illness.

Memo

- Please refer to the Children and Families Support Division at the Ward Office where you live.
- Refer to the Ward Office regarding the deadline for application.
- The monthly usage fee is calculated based on the amount of municipal resident tax.

Kateiteki Hoiku Jigyo Small-scale Childcare Services

Children age 57 days to 2 years old. Capacity: 3 - 5 children. Facilities provide childcare in a family-like environment.

Qualifications for Use

- Parents who are unable to take care of their children due to work or illness.

Memo

- Please refer to the Children and Families Support Division at the Ward Office where you live.
- Refer to the Ward Office regarding the deadline for application.
- The monthly usage fee is calculated based on the amount of municipal resident tax.

Yochien Kindergarten

Ages
4-6
years

Yochien are based on the school education law and are considered to be educational facilities with the aim of encouraging the growth and development of small children in a suitable environment. However, the educational approach varies considerably in kindergartens. There are two types of kindergarten: public and private. *Note: All kindergartens in Yokohama city are run privately.

★ Usage fee: 3-5 years old children attending kindergarten, daycare centers (nursery) and / or centers for early childhood education and care are free of charge up to 25,700 yen monthly.



Subsidy info

Nintei Kodomoen Certified Combined Nursery and Kindergarten Facility

Kodomo-en Kindergarten Type provide children with childcare services and educational programs in a kindergarten setting.

Qualifications for Use

- Working and non-working parents are eligible to apply.

Kindergarten Type

Yochien Kindergarten

Takes care of children from age 3 to 6 years. (2-year-old children: There is also 'Pre-Hoiku (pre-childcare)' that children go to once or twice a week from one year before entering kindergarten) Takes care of children from 9:00 to 14:00. (depending on the kindergarten) If you wish to request *Azukari-Hoiku* (extended hours childcare), there are some kindergartens that provide childcare from 7:00 to 19:00.

Qualifications for Use

- Working and non-working parents are eligible to apply.

Childcare Facility - How to Choose and Enroll

How to Choose a Good Childcare Facility

- 1 Gather information and consult the nursery section of the municipalities.
- 2 Visit the facilities before deciding.
- 3 It is not advisable to decide only based on the outward appearance or the low cost of the facility.
- 4 When visiting, ask to enter the classroom to see the children.
- 5 See if the children's expressions are lively.
- 6 Observe the ratio of teachers to children, whether there are qualified nursery teachers, and whether the teachers are treating the children with a smile.
- 7 See if there is enough space, whether play equipment is available, if the rooms are clean, if there is enough sunlight and ventilation, and if there are emergency exits and fire escapes.
- 8 Ask about their childcare policy, school lunches, contact with families, and whether they have an open-house day.
- 9 Even after your child is enrolled at the facility, make visits from time to time to monitor your child and the childcare service.
- 10 If you have any complaints or questions, please consult directly with the facility.

Please note:

During the application process, you can indicate the daycare center that you prefer, but it is possible that you won't get your first choice. Before applying, you can visit the daycare/nursery and observe the day-to-day routine. This is an opportunity for you to see how the children and their teachers interact with each other.

Points to Consider When Choosing a Kindergarten

- Are school lunches provided by the kindergarten or do parents have to prepare a lunch box for their children?
- Does the kindergarten provide a school bus system or is it pick-up/drop-off by parents?
- How big is the kindergarten's yard?
- Are there opportunities to engage with nature - are there nearby fields or meadows, for instance?
- Are there extra-curricular activities such as English lessons, swimming lessons, gymnastics classes, etc.?
- Are there opportunities to interact with children of different ages?
- In addition to the tuition fee, enrolment fees and uniform fees may be charged, depending on the kindergarten.

Enrollment

- Q** When and Where to Apply? **A** Application depends on the type of facility.

To apply for childcare facilities in Yokohama city (*Ninka Hoikusho*, *Nintei Kodomoen*, *Katei HoikuJigyo*, *Shokibo Hoiku Shisetsu* on page 9 and 10), please refer to the Children and Families Support Division at the Ward Office where you live.

City of Yokohama Website

https://www.city.yokohama.lg.jp/kurashi/kosodate-kyoiku/hoiku-yoji/shisetsu/hoikuriyou/r4hoikuriyou.files/0136_20220120.pdf



Education Prior to Elementary School

An Experience in Selecting a Kindergarten: Saira's Story

Being a foreign parent in Japan without any Japanese-language ability is hard enough. Finding a kindergarten that suits our requirements - language, food, accessibility, fees, etc. is a real challenge. I will explain some issues that international parents face while selecting a suitable kindergarten for their children.

There is a possibility that kindergartens may not accept your application for various reasons. However, once you find a kindergarten that accepts you, the process of filling the admission forms and documents, including those relating to allergies and lunch menus, can be quite daunting if you cannot read and write Japanese. The next challenging task is opening a bank account to pay the fees and this is equally hard as

all the instructions are in Japanese. We also have to be prepared to accept kindergartens that do not allow lunch boxes from the children's homes for specific reasons.

It was at this challenging time that I joined the OYACO series discussion run by Sharing Caring Culture and Popola Childcare Center, which proved very helpful for foreigners living in the Aoba and Tsuzuki ward. This series of discussions, SCC Facebook page and OYACO booklet provided useful information on hospitals, kindergartens, community centers, emergency helplines, and disaster preparedness for those who have newly arrived in Japan and do not have any idea about such vital information. The SCC team members who held an OYACO session about living in Japan for international families are very supportive.

Tips from OYACO

There are many things you need to purchase and prepare before your child enters daycare/nursery (*hoikuen*) or kindergarten (*yochien*). The items and their sizes depend on the facility and are usually available at stores and online. You might need to sew some items such as bags and towels if the facilities require a specific size. Here are some examples of things you will need to prepare:

- 1 **Tesagebukuro** (big bag)
- 2 **Uwabaki** (indoor shoes)
- 3 **Uwabaki ire** (bag for indoor shoes)
- 4 **Obento / Koppu ire** (lunch / cup bag)
- 5 **Omutsubukuro** (diaper bag)
- 6 **Takebuton** (blanket for naptime at daycare/nursery)
- 7 **Pajamas** (pajamas for naptime at daycare/nursery)



Children with Special Needs

Parenting for Children with Special Needs: Elena's Story

We did everything right. We planned, we saved, we prepared. We were so sure about everything. With a combination of biology and love, we made the perfect baby. And yet, it took us a year after our son's birth to realize that maybe our baby was a bit different. By the age of two all his baby milestones had been reached—late, but we were fine with that. I often get asked what I could have possibly seen that was different with my son when he was a year and a half or when he was three years old. Could I have been wrong and just been over-reacting? Could it be my shy maternal instinct telling? I noticed a number of milestones reached way too late or in an odd way. For example:

- He barely made any eye contact and would not respond to his name.
- When he was two, he would say only about four words—a sentence was impossible for him.
- As a baby he almost never cried to express pain or hunger.
- It would always take a lot of time for him to fall asleep even after a very active day.
- He started walking late, and he barely crawled.

These are just some characteristics that individually would not be any cause of concern, but all of them together made us worried. It's interesting how even with deep love, that situation made parents see things differently. One of us had a hard time trying to accept even the possibility of having a neuroatypical child, while the other accepted and embraced the idea that "different is good". We did agree that it was best to get a proper diagnosis of the condition and get our son the help he needed to develop to

his full potential.

First, we went to our pediatrician to get a referral. After several calls and months of waiting due to pandemic restrictions and the limited number of specialists, we were able to see the doctor and watch him interact with our son. We could all see it clearly then, right in front of our eyes, that our boy was different. After a couple of tests at our nearest *ryoiku center*, we got a diagnosis and the wheels started to turn faster. Putting a name to my son's neurological difference, having a word for his condition, and, even more, a written name on paper and in our hands, was also a stamp in our hearts as parents. We got incredible support from our fantastic social worker and a bilingual friend who deeply cares for our boy. Now my child attends regular kindergarten in the morning and most afternoons he goes to an after school facility which he loves. After a year and a half in this facility for children with special needs, he has made great strides with his social and motor skills with the help of his teachers who sincerely care about his challenges and who inform us of his daily victories.

Ryoiku Center is offering consultations on infant/child/students growth and overall education. The list of *Ryoiku Centers* is on page 24.



Interview on Special Needs Education

From April to September 2021, NPO Sharing Caring Culture, together with Tsuzuki Ward Childcare Support Center Popola, conducted a series of workshops on parenting in English and easy Japanese. In one of the session, Ms. Yoko Sato, director of the NPO Children Support Network which operates Popola Childcare Support Center of Tsuzuki Ward, shared her valuable thoughts about raising a child with special needs. Ms. Sato herself is a mother who is raising a child with special needs.

In Yokohama City, when a child with special needs enrolls in a school, parents can consult the Yokohama City Special Needs Education Center. Parents will have four options to choose from regarding where they would like their child to learn. Those options are:

- 1 Regular School Classes at the local elementary school (*Ippan Gakkyuu*)*
 - 2 Coaching Class for Children with Special Needs (*Tsuu-kyuu Shidou Kyoushitsu*)*
 - 3 Classes for Children with Special Needs (*Kobetsushien Gakkyuu*)
 - 4 Special Needs School (*Tokubetsu Shien Gakkou*)
- * It is possible to combine options 1 & 2.

Yokohama City Special Needs Education Center

Website https://www.city.yokohama.lg.jp/kurashi/kosodate-kyoiku/kyoiku/sesaku/tokubetusien/soudan-madoguti.files/0023_20211013.pdf



When selecting a school for your child, here are some points to consider:

What does your family cherish and value? Talk about this with your family.

Example: We want - our child to be known by the children of his/her age group
- our child to be able to study well
- our child to go to a school near our house
- to respect our child's wishes (feelings)

What does your family value the most? Think about this with your family before deciding on the school. Ms. Sato's answer to this was: "What I value the most is for the people living in this town to recognize and know my child's name. That is why, I sent my child to the elementary school near where we live". But this will depend on the kind of things the child likes and dislikes. For example, there are children who may enjoy being around many people and there are also children who would prefer being around a small number of people. It is a good idea for parents to visit the school with their child.

What is Hokubu Chiiki Ryoiku Center?

► *Ryoiku*: education and support for children with disabilities and / or special needs

Q What services are offered by the Yokohama City Hokubu Chiiki Ryoiku Center?

A This center is for children between age 0 to elementary school year 6, living in Midori Ward and Tsuzuki Ward. At this center, you can receive a consultation about your child's development, consult a medical specialist, and get assistance (training) for your child. Consultation is for both children with physical disabilities and children with special developmental needs. There is no fee for consultation, but there is a fee for medical examinations (except your child has a *Syouni iryoushou*).

Procedure: 1. Talk with a social worker (±1 hour), they will listen to your concern.

2. Consult a doctor or a specialist (first consultation ±1 hour, next 30 minutes)

Q I want to use the Ryoiku Center but I do not know Japanese. Is there an interpreter?

A For foreigners who do not understand Japanese, *Hokubu Chiiki Ryoiku Center* will request interpreters from MIC Kanagawa Medical Interpreter Volunteers and Yokohama City Interpreter Volunteers to come and assist in the sessions at the center.

*For other areas of *Ryoiku Center*, please refer the page 24.



Request an interpreter
from Yokohama City



MIC
Kanagawa

List of Childcare Facilities

Ninka Hoikusho (Authorized Daycare Center)

Ward	Name of the facility	Phone	Memo
Tsuzuki	Angel Planet エンジェルプラネット	045-913-8741	English Website available English speaking staff available English immersion Students have experience learning both Japanese and foreign cultures through activities
Tsuzuki	Angel Planet Nakamachidai エンジェルプラネット 仲町台園	045-943-4175	English Website available English speaking staff available English immersion Children have experience learning both Japanese and foreign cultures through activities

Yochien (Kindergarten)

Ward	Name of the facility	Phone	Memo
Tsuzuki	GOLDEN STAR KINDERGARTEN 金の星幼稚園	045-911-7000	English immersion class available 2yrs - 5yrs class is run by a Japanese and English speaking teacher pair Many international families send their kids to this kindergarten and some Japanese moms are fluent in English
Tsuzuki	Yamata Kindergarten やまた幼稚園	045-592-4850	English speaking staff available Childcare is in Japanese but English program is offered everyday

Ninkagai Hoiku Shisetsu (Unlicensed Childcare Facility)

Ward	Name of the facility	Phone	Memo
Aoba	English Express International School Utsukushigaoka イングリッシュ・エクスプレス インターナショナルスクール 美しが丘校	045-479-6545	English speaking staff available English immersion Childcare and activities are run by English native teachers
Aoba	Hallelujah International Christian School Preschool ハレルヤ インターナショナル クリスチャンスクール プリス쿨	045-902-7898	Organized by the church
Aoba	Tiny Happy Garden International School タイニー ハッピーガーデン インターナショナルスクール	080-7183-2121	English website available English speaking staff available English immersion Montessori method, Reggio-Emilia program English and Spanish programs are available in the after school kindergarten class
Aoba	NES International School Tamaplaza ネスインターナショナルスクール	045-530-5935	Accepts if both parents are working
Aoba	Little Treehouse International School リトルツリーハウス インターナショナルスクール	080-7258-8683	English website English speaking staff available Reggio Emilia approach and some Montessori ideas
Aoba	Kinder Kids International School Tamaplaza School キンダーキッズインターナショナルスクール たまプラザ校	045-909-4040	English speaking staff available. International school for children living in Japan Japanese class is available in the extra-curricular class
Aoba	CoCoKids International Academy ココキッズ インターナショナル アカデミー	045-291-4031	English website English speaking staff available English immersion Childcare and activities are run by English native teachers
Kohoku	International Language House Preschool インターナショナル ランゲージハウス	045-431-5346	English speaking staff available Bring your lunch (obento)
Kohoku	READY KIDS CHILDCARE & PRE SCHOOL レディ キッズ チャイルドケア プリス쿨	045-642-6848	English speaking staff available English immersion

Aoba

Kohoku

Tsuzuki

Midori

Ward	Name of the facility	Phone	Memo
Tsuzuki	English Express International School Center Kita イングリッシュ・エクスプレス インターナショナルスクール センター北	045-914-8301	English speaking staff available English immersion Childcare and activities are run by English native teachers
Tsuzuki	Montessori Sumiregaoka Kodomono Ie モンテッソーリすみれが丘子供の家	045-591-4688	English website available Provides complete Japanese immersion within a Montessori framework All children are welcome, regardless of Japanese language ability
Tsuzuki	KITTY INTERNATIONAL SCHOOL AND PRE SCHOOL キティインターナショナル スクール プリス쿨	045-944-3907	English website available English speaking staff available English immersion
Tsuzuki	Kids Duo International キッズデュオインターナショナル	0120-570-700	English speaking staff available English immersion
Tsuzuki	Universal Kids Nakamachidai Ensha ユニバーサルキッズ仲町台園舎	045-945-0130	English and multiple languages website available English speaking staff available English immersion
Tsuzuki	TWINKLE・KIDS トゥインクル・キッズ	045-912-6655	English speaking staff available English immersion
Midori	Nonprofit Pokke no Oheya NPO法人ぽっけのおへや	045-981-2249	English speaking staff available

This list was based on the information available on the internet as of March 2022.

Words List

Name in Romaji	Japanese	English
boshitecho	母子手帳	maternal and child health handbook
jido-teate	児童手当	child allowance
rinyushoku	離乳食	baby food
junyū	授乳	nursing, breast feeding
bonyū	母乳	breast milk
honyubin	哺乳瓶	feeding bottle
omutsugae	おむつ替え	changing diapers
oshikko	おしっこ	pee
unchi	うんち	poo
yobosesshu	予防接種	vaccination
kenshin	検診	medical examination
yonaki	夜泣き	cries at the night
akachan gaeri	赤ちゃん返り	acting like a child
netsu	熱	fever
keiren, furue	痙攣、震え	convulsions, shaking
hakike	吐き気	nausea
seki / zei zei suru	咳 / ぜいぜいする	cough / wheezing
yakedo	火傷	burn
goin	誤飲	accidentally swallowing
atama wo butsuketa	頭をぶつけた	accidentally hitting head

What does a Neighborhood Association do?

There are some residents who may not know what activities are conducted by a neighborhood association. We'd like to tell you about those activities here.

- Neighborhood association is operated voluntarily by membership fee collected from participating residents.
- Membership fee varies depending on the region, but it is about a few hundred yen per month.
- Neighborhood association is a voluntary organization. It is not compulsory to join.



Activity 01

Preparing for a disaster

Neighborhood association operates the disaster management base, and has a system in place to prepare for emergency situations like earthquakes, floods, and other disasters. It also conducts regular disaster preparedness training, such as simulating earthquakes and other disasters, as well as keeping stocks of necessities such as emergency food, blankets, and others.



Training of Safety Confirmation During Disaster (Kachida Union)



Activity 02

Neighborhood watch and preventing crime

Neighborhood association watches over children on their commute to and from school. They not only ensure the children cross the roads safely, but also greet each of them warmly with 'Good Morning' and 'Welcome Back'. Neighborhood association conducts crime prevention patrols in the evening and at night. Members will patrol on foot and by car to prevent burglary, purse snatching, and other crimes in the area.



Watching over children as they return from school (Sumiregaoka Neighborhood Association)



Crime Prevention Patrol (Fureainooka Community Crime Prevention * Chiiki Genki Zukuri Council)

Activity 03

Making connections

Neighborhood association holds seasonal events such as summer festivals, *dondoyaki*, and sports festivals. It also supports the elderly, parents, and children through *Keirokai* (Seniors' Club), *Akachankai* (Babies' Club) and *Kodomokai* (Children's Club). Various events help local residents communicate and connect with each other.



Dondoyaki (annual burning of New Year's decorations) (Eda Minami Union)

Activity 04

Keeping the town clean

Neighborhood association puts effort into the town's beautification activities. Neighbors work together to clean up the parks and streets. Other activities also include managing garbage collection points and making rules to keep them clean.



Cleaning activities (Konobecho Kouchi Neighborhood Association)



Cleaning activities (Kawamuko Neighborhood Association)

Activity 05

Delivering local information

Neighborhood association provides useful information to the community via the internet, circulars (回覧板 *kairanban*), and bulletin boards (掲示板 *keijiban*). There are also neighborhood associations that prepare bulletins and inform members about their events and operation status. Passing around the circulars also helps to build "face-to-face relationships" between neighbors.



Newsletter (Tsuzukigaoka Jyutaku Neighborhood Association)



Circular

*Types of activities differ between various Neighborhood Associations.
Steps are also taken to prevent the spread of COVID-19 during any activities.

'Do I need to go to the evacuation shelter?'

Evacuation centers (local disaster prevention centers) are not fully equipped with sanitation, comfortable temperature, and there is little privacy. It is not an ideal place to stay with children.



If your house is safe, it is best to stay home during the evacuation period.

Even if you stay at home after a disaster, you will still receive information and supplies from the evacuation shelter.

Should I evacuate? Check the following when a disaster occurs:

- ☐ **Is there a danger of fire?**
Check the area around your house. If there are a lot of wooden buildings, there is the danger of widespread fire.
- ☐ **Is there a danger in the building itself?**
Are there any cracks in any pillars, beams, floors, or walls?
Are the adjacent buildings in danger of falling onto your house?

If your house is unsafe, go to an evacuation site such as the local evacuation shelter.

Nearest local evacuation shelter

The evacuation center for landslides and floods could be different from the ones for earthquakes! Check the information of each ward.

Evacuation sites in the event of wind and flood damage

Let's learn about local disaster prevention centers.

In Yokohama City, municipal elementary and junior high schools are the main local disaster prevention centers. Local disaster prevention centers are set up when an earthquake of intensity 5 or higher is observed at any one location in the city.

Amount of food supplies

Supplies are limited.



Toilet

There may be cases of long lines of people lining up, toilets becoming clogged, or otherwise rendered out-of-service.



Living space

The capacity of the facilities may be reduced due to infection control measures. For instance, at the time of this booklet's publication (beginning of 2022), the capacity of most facilities is reduced due to measures to prevent COVID-19 infections.



When a tremor of more than intensity 6 or higher occurs... You will not be able to move during the quake!

So prepare in advance! /

Safety measures in the house

When tremor occurs, it is impossible to protect and take cover immediately. Therefore, as you will be in the house for quite some time, take safety measures in order of priority starting from the bedroom and children's room.

Order of priority

- 1 Bedroom
Children's room
- 2 Living room
Kitchen
- 3 Others



What kind of disaster danger is there?

Is it possible to 'shelter at home'?

Find out before a disaster strikes!

If you know the dangerous spots around your house and the nearby area beforehand, it is possible to prepare yourself in advance by planning your movement during a disaster.

Condominium apartments and reinforced steel buildings are strong!



Check the Disaster Prevention Map and Hazard Map

The Disaster Prevention Map is available at the ward offices and at the Administrative Service Corner located in places such as train stations. Additionally, it can also be viewed on the ward office homepage.

Check the dangerous areas with the map!

- Danger of tsunami
- Falling rocks, landslide
- Flooding of rivers
- Inland water flooding (overflow of sewage pipe and drainage)

Text and images are reproduced from the "Disaster Preparedness Handbook for Family" by nonprofit organization Kodomoto. Translation done by Sharing Caring Culture.

OYACO Tips: First Aid and Emergency Care for Children at Home

When Your Child is Sick

To know if it is an emergency, begin by observing your child's condition and symptoms.

If your child has any of the following symptoms, bring him/her to the emergency medical institution immediately for consultation.

- looks pale and unwell, lips are bluish
- looks tired and exhausted, in an unusual way from his/her normal self
- is very drowsy and keeps falling asleep
- has abnormal speech or behavior
- does not drink (hydrate) for more than half a day
- does not urinate for more than half a day

If you are unsure whether or not to bring your child to the hospital...

Kodomo QQ Kids Emergency
is a useful website

Scan the QR code on P.25

If you are unsure whether or not to call the ambulance, dial...

#8000

and you will be advised by a specialist (nurse or similar)

When You Need an Ambulance

Calling an ambulance

- If possible, request assistance from someone who can speak Japanese to call on your behalf.
- Give the operator your name, address, and phone number.

119

How to call 119

<https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/20200221091958448.html>



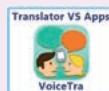
Use the Report Request Card (Tsuhouirai kaado)

When you are outside your house and are unable to correctly explain your whereabouts, use this card to request someone nearby who can speak Japanese to call 119 on your behalf. This card can be downloaded in advance from the Yokohama city homepage and is available in eight languages including English, Chinese and Spanish.



Using VoiceTra app

VoiceTra is a multilingual voice translation app that translates your speech into different languages and can be used in various situations. It is free to download and is available in 31 languages. (*Scan the QR Code on P.25)



First Aid Kit Contents

At home

- Cooling sheet
- Ice pack
- Thermometer
- Oral rehydration solution
- Syringe for medicine intake
- Edible jelly for medicine intake
- Vaseline
- Cotton buds
- Gauze
- Band-Aid / sticking plasters
- Plastic gloves *Useful when your child vomits
- Antipyretic (fever) analgesic (painkiller)

*For infants, request for suppository medicines (坐薬 zayaku) when you visit a medical institution. It can be used easily when your child suddenly develops a fever at home.



When visiting a medical institution, please bring the following

- Medical Subsidy Certificate for Children (小児医療証 Syouni iryoushou)
- Health Insurance card (健康保険証 Kenkou hokenshou)
- Maternal and Child Health Handbook (母子健康手帳 Boshi kenkou techou)
- My Medication Record Book (お薬手帳 Okusuri techou)



Useful Information and Reference

In case of an injury or illness during the holiday or at night

P.5-6 List of Hospitals

Search for medical institutions on the website - JAPAN: the Official Guide

Although designed for travelers, you can use this website to search for medical institutions by selecting the area, language, and medical department. You can also download the 'Guide for using Medical Institutions' (PDF, available in English, Chinese, Korean, Thai and Japanese) for more information.

JAPAN: the Official Guide



Multilingual Medical Questionnaire

Useful when describing symptoms during medical consultation.

Scan the QR code on P.25

List of Community Resources

Kosodate Shien Center (Childcare Support Center)

Kosodate Shien Center (Childcare Support Center) is a child-friendly place for mothers, fathers, guardians, babies, infants, toddlers, and preschoolers. Toys, books, and play equipment are available at the play area. Childcare resources and consultation services are offered as well. Please check out each website for further information.

Area	Name	Station	Open Hours
Azamino Aoba	アートフォーラムあざみ野子どもの部屋 Artforum Azamino Kids' Room	5 mins walk from Azamino station Yokohama Municipal Subway Blue Line or Tokyu Denen Toshi Line	Tue, Wed, Sat 10:00 to 16:00 *Facility charge ¥300 / per family
Aobadai Aoba	青葉区地域子育て支援拠点ラフル Lafull Childcare Support Center of Aoba Ward	3 mins walk from Aobadai station Tokyu Denen Toshi Line	Tue to Sat 10:00 to 16:00 *Facility charge ¥0
Ichigao Aoba	青葉区地域子育て支援拠点ラフル サテライト Lafull Satellite Childcare Support Center of Aoba Ward	7 mins walk from Ichigao station Tokyu Denen Toshi Line	Tue to Sat 10:00 to 16:00 *Facility charge ¥0
Okurayama Kohoku	港北区地域子育て支援拠点 だろっぴ Drop Childcare Support Center of Kohoku Ward	10 mins walk from Okurayama station Tokyu Toyoko Line	Tue to Sat 9:30 to 16:00 *Facility charge ¥0
Tsunashima Kohoku	港北区地域子育て支援拠点 だろっぴ サテライト Drop Satellite Childcare Support Center of Kohoku Ward	10 mins walk from Tsunashima station Tokyu Toyoko Line	Tue to Sat 9:30 to 16:00 *Facility charge ¥0
Center Kita Tsuzuki	都筑区子育て支援センターポポラ Popola Childcare Support Center of Tsuzuki Ward	1 min walk from Center Kita station Yokohama Municipal Subway Blue Line or Green Line	Tue to Sat 10:00 to 17:00 (Playarea is available until 16:00) *Facility charge ¥0
Kamoi Tsuzuki	都筑区子育て支援センターポポラ サテライト Popola Satellite Childcare Support Center of Tsuzuki Ward	7 mins walk from Kamoi station JR Yokohama Line (3F Lalaport Yokohama)	Tue to Sat 10:00 to 17:00 (Playarea is available until 16:00) *Facility charge ¥0
Tokaichiba Midori	緑区地域子育て支援拠点いっぽ Ippo Childcare Support Center of Midori Ward	3 mins walk from Tokaichiba station JR Yokohama Line	Tue to Sat 10:00 to 16:00 *Facility charge ¥0

Libraries

For usage guide of the libraries, scan the QR code.

Yokohama City Library
Usage Guide



Area	Name	Station	Memo
Azamino Aoba	山内図書館 Yamauchi Library	3 mins walk from Azamino station Yokohama Municipal Subway Blue Line or Tokyu Denen Toshi Line	Childcare service at the library is available for children aged 6 months to kids who have not yet started elementary school. Available twice a month on Thursday 10:00-11:00 and 11:00-12:00 for 6 children (first-come-first-served, book in advance). Childcare cost: ¥500 / per hour.
Kikuna Kohoku	港北図書館 Kohoku Library	7 mins walk from Kikuna station Tokyu Toyoko Line or JR Yokohama Line	Storytime : On the second and fourth Thursdays of each month (1-3yrs), the third Wednesday (3-6yrs), and the first Saturday (elementary school age children and up) Storytelling with pictures (<i>Kamishibai</i>) : On the third Saturday of each month (all ages)
Center Minami Tsuzuki	都筑図書館 Tsuzuki Library	6 mins walk from Center Minami station Yokohama Municipal Subway Blue Line or Green Line	Storytime : On the second Thursday of each month (0-1yrs), the third Thursday (2-3yrs), the third Wednesday (for children who can attend without parents)
Tokaichiba Midori	緑図書館 Midori Library	4 mins walk from Tokaichiba station JR Yokohama Line	Storytime : On the second Wednesday of each month (2-3yrs), the third Wednesday (0-1yrs), the fourth Saturday (3yrs and up)

Aoba

Kohoku

Tsuzuki

Midori

Other Wards

Ryoiku Center (Center for Children with Developmental Disabilities) Yokohama Municipal Special Needs Education Center

Ryoiku Center (Center for Children with Developmental Disabilities) offers consultations on a child's growth (0yrs to 12 yrs) and education. They support children with developmental disabilities by providing therapeutic rehabilitation and improving their lives little by little.

Yokohama Municipal Special Needs Education Center provides consultations to parents and guardians of children with special needs. Therapists and education counsellors can do tests and advise you what schools your child can attend.



Area	Name	Station	Memo
Azamino Aoba	地域療育センターあおば Chiiki Ryoiku Center Aoba	Azamino station Yokohama Municipal Subway Blue Line or Tokyu Denen Toshi Line Get on a bus for Azamino Gardens and get off at Oba ne no kami. 3 mins walk from the bus stop.	For children (0yrs-12yrs) mainly living in Aoba Ward.
Shin- Yokohama Kohoku	横浜市総合リハビリテーションセンター Yokohama City Comprehensive Rehabilitation Center	7 mins walk from Shin-Yokohama station Yokohama Municipal Subway Blue Line or JR Yokohama Line	Free shuttle bus service available from Shin-Yokohama station.
Tsuzuki Fureai no Oka Tsuzuki	横浜市北部地域療育センター Yokohama City Hokubu Chiiki Ryoiku Center	5 mins walk from Tsuzuki Fureai no Oka station Yokohama Municipal Subway Green Line	For children (0yrs-12yrs) living in Tsuzuki and Midori ward.
Wadamachi Hodogaya	横浜市特別支援教育総合センター Yokohama City Special Needs Education Center	10 mins walk from Wadamachi station Sotestu Line	To apply consultations at the Special Needs Education Center, contact here. Special Support Educational Consultation Division, Board of Education Secretariat. (*Inquiries in Japanese only) Tel : 045-336-6020 Fax: 045-333-1455 Email: ky-tokuso@city.yokohama.jp

Art Experience - Free zone for children and parents

Area	Name	Station	Memo
Azamino Aoba	横浜市民ギャラリーあざみ野 Yokohama Civic Art Gallery Azamino	5 mins walk from Azamino station Yokohama Municipal Subway Blue Line or Tokyu Denen Toshi Line	Yokohama Civic Art Gallery Azamino offers a family art program three times a month. Children and their parents can enjoy a creative experience and make things with paints, clay, and paper. Fee: ¥100 per person

Bilingual Playgroup



Area	Name	Station	Memo
Azamino Aoba	OYACO あそぼう会 OYACO Playgroup *Available in English and easy Japanese	3 mins walk from Azamino station Yokohama Municipal Subway Blue Line or Tokyu Denen Toshi Line *Yamauchi Chiku Center	SCC holds a monthly playgroup session for families raising 0-6 year-olds. Children and parents or guardians will have storytime, fingerplay, and simple crafts with a seasonal theme.

OYACO Recommendation: Useful Reference Links

General info.

Name / Website URL	QR Code
Japan Expat Guides	
ALL JAPAN RELOCATION https://www.alljapanrelocation.com/	
Multilingual Info	
Mar Mar Japan with Kids https://www.marmar-japanwithkids.com/multilingual/english/	
Support for Moving-in Procedures in Multiple Languages	
NPO Kanagawa Housing Support Center https://sumasen.com/	
Voice Tra *Multilingual Speech Translation App (31 languages available)	
National Institute of Information and Communications Technology (NICT) https://voicetra.nict.go.jp/en/index.html	
Japanese-English dictionary *For words, kanji and example sentences	
Jisho https://jisho.org/	

Parenting & Education info.

Name / Website URL	QR Code
Welcome to the Yokohama School *For Parents and Guardians *School Notifications and School-Related Terms	
Yokohama City Board of Education https://www.city.yokohama.lg.jp/lang/residents/en/about-us/other/living/nihongoshido-tebiki.html	
Writing in the Renrakucho	
Yamagata University - Utsumi Laboratory https://renrakucho.net/eng/	
Do you have concerns about your child's development? ~For parents raising children in Japan~	
National Rehabilitation Center for Persons with Disabilities http://www.rehab.go.jp/ddis/world/brochure/	

Medical info.

Name / Website URL	QR Code
Free Health Consultation for Foreign Residents	
Multilingual Information Center (MIC) Kanagawa https://mickanagawa.web.fc2.com/en-index.html	
Multilingual Medical Questionnaire	
Kanagawa International Foundation https://www.kifjp.org/	
Interpretation at Hospital or Social Services, Document Translations	
JAPAN HEALTH CARE INFO https://japanhealthinfo.com/	
Medical Handbook English	
Ibaraki International Association https://www.ia-ibarak.or.jp/kokusai/english/medical/book/all.pdf	
Find Over-the-Counter Medicines	
Japan Self-Medication Data-base Center https://search.jsm-db.info/sp_en/	
Kodomo QQ Kids Emergency	
JAPAN PEDIATRIC SOCIETY http://kodomo-qq.jp/en/index.php	
Support and Consultation Services for Women during Maternity and Post-Natal Care	
NPO Mother's Tree Japan https://mothers-tree-japan.org/english/	

Leisure info.

Name / Website URL	QR Code
YOKOHAMA Official Visitor's Guide	
Yokohama Convention & Visitors Bureau https://www.yokohamajapan.com/	

Thank you!

This publication was funded as a whole by the Yokohama City International Affairs Bureau in 2021. We would like to thank them for giving us support for this project. We wanted to do more than just fill the information gap for international families. We realize that it is also difficult for those who have just arrived in Japan to get to know people in their local area. Therefore, we started by holding a series of parenting meetups with Popola Childcare Support Center of Tsuzuki ward and a roundtable talk. After those meetups and roundtable talk sessions, we were finally ready to drive this publication project forward.

The project manager Keiko called for SCC members to join in September 2021, and: Sofia joined as the editor in chief; Farah and Akhila as researchers; Risa, Hatsumi, and Yumi as fact-checkers; Yuki, Farah, and Yuko as translators; Andrew and Aarthi as proofreaders; Asako and Elena as supporters; Anastasia, Katrina, Saira, and Elena as contributors; Yukari as the designer.



Some members who engaged in this project are participants who attended the meetups and roundtable talks. Through engaging in this community-based project, the project members got to know each other and became a team. The process of creating this second edition was short but efficient because SCC has more members and supporters than it did three years ago. We hope that this booklet can serve you as a reference for raising children in Japan. If you have any comments or want to join SCC as a member or supporter, contact us via our website.

Regards,
The OYACO team

Members and Supporters WANTED!

SCC is seeking members and supporters who have a passion for building a diverse society in Japan. Help can come in many ways:

- Translator
 - Childcare Person
 - Event staff
 - Cultural event facilitator
- For those interested, please feel free to contact us.


Contact Us Now & Join SCC

Email info@sharingcaringculture.org


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