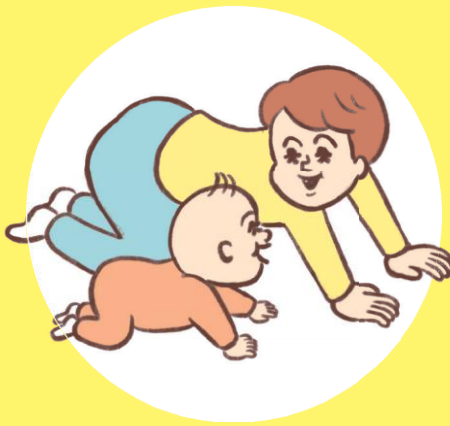




Parenting for Dads

Starter Guide

A complete, easy-to-follow guide to what you can do
from pregnancy through postpartum!

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MESSAGE

To All Dads-to-Be

During pregnancy and after childbirth, mothers undergo various changes in their mind and body.

During this time, the support of the dad is of course essential. However, many dads may feel a mix of joy and various anxieties themselves.

To help such dads enjoy parenting, we have gathered information on mothers' physical and mental changes, practical baby care methods, and thoughts and advice from experienced dads, and compiled it all into one book that can be read easily at any time on a smartphone or other device.

In 2022, the Tokyo Metropolitan Government nicknamed childcare leave "ikugyo," or "childcare work."

The goal is a shift in mindset—that childcare leave is not simply "taking time off," but the important and noble "work" of raising the children who will shape our future—and to build a society that can support dads and moms as they engage in parenting.

While raising children day to day can be tough, it's also a time that gives rise to many happy memories.

We encourage you to use this digital booklet as an opportunity to find your own parenting style, and fully savor the joys of being a dad.



A child's growth is full of surprises—don't miss out.

Taiyo Sugiura

Actor and TV personality. Born in 1981. Rose to prominence in 2001 with his starring role in Ultraman Cosmos. He and his wife, Nozomi Tsuji, have four children.

Even when your wife gets pregnant, the reality of it doesn't always sink in right away for dads. That's why I think it's important to be proactive and get into the right mindset to become a dad. The moment it really hit me that I was going to be a dad was when I heard the baby's heartbeat at a checkup. The baby looked like a tiny bean on the ultrasound, hard to make out, but hearing that clear heartbeat instantly made things real. A wave of joy washed over me as I realized, "There's a life there."

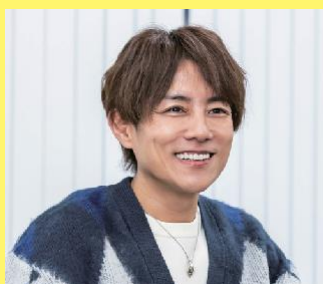
However, I was still young back then, and while I was certainly happy, I was also filled with anxiety about our future. My friends around me were all going out and having fun, but I didn't have that freedom anymore. But hey, the grass is always greener on the other side. That's why I think it's so important to be positive about your current situation.

As a dad who's been there, let me tell you: raising a baby, even at the cost of your free time, brings a joy that nothing else can replace. Babies grow so fast, especially between the ages of 0 and 1, and every day is filled with new surprises. It would be a shame to miss this. What I enjoyed most was changing diapers. I'd think, "A healthy poop today!" I even found myself enjoying this "poop communication," like "It's a bit loose... What should we do?"

Above all, pregnancy and childbirth is physically very demanding for mothers. I believe that if dads think, "I can't take her place, so I'll do what I can to help," they'll naturally see what needs to be done. Just one thing to keep in mind: don't make a big deal about the things you've done (laughs).

I think that if dads get truly involved in parenting, home will become a cherished place for them. So I'd like for dads to enjoy parenting too, with that long-term perspective in mind.

Advice for dads



When you take the initiative with housework and childcare, you'll start to grow into your role as a dad. Enjoy being a dad for your own sake too!

It's okay if you're not good at it! What matters is behaving with compassion.

Chihiro Kondo

Model and TV personality. Born in 1989. Has two daughters with Hirohisa Ota of the comedy duo Jungle Pocket.



I remember one day, I went to my parents' house after giving birth to my daughter. I remember my dad, who was with my daughter, calling to me in confusion, "Hey, she's peed!" and thinking to myself, "I guess he doesn't know how to change a diaper..." I'm glad that it's now common for dads to parent as well, unlike in my dad's days, and I think the men who are able to do it are wonderful.

My husband, when my morning sickness was terrible and I couldn't eat anything, would bring me all kinds of jelly drinks and ask worriedly, "Is there anything you can eat?" He also learned to cook, which he couldn't do at all before, and of course, he changed diapers too. Some dads might think there's nothing for them to do if mom is so efficient and can do everything, but there are always more chores that need to be done. If the tissue box is empty, replace it. If it's garbage day, grab all of the trash. I can't tell you how happy I am to be able to leave the baby with dad and go to the bathroom by myself when we go out. Even if mom says, "I'm fine, it's okay," don't take her at her word. If anything, I think it's often the moms who say "I'm fine" who are actually the most overwhelmed.

Until you get used to it, changing diapers might take a while, and the baby may start to cry. My husband also once had his laptop peed on while he was changing a diaper (laughs). But you'll get the hang of it, so don't give up even if you make mistakes. Women risk their lives giving birth, so postpartum, I hope dads will pitch in and help raise the baby. And instead of taking each other for granted, make a point of saying "thank you" about the things they do that make you happy. A husband and wife are mirrors of each other. Behave with compassion toward one another, and your relationship as a couple will improve, which will in turn, make the baby happy too.

Advice for dads



Moms are new to parenting too. Instead of thinking, "I can't do it," just get involved and find out what you're good at!

Survey

Stories from Experienced Dads

We surveyed dads and moms in Tokyo with children in elementary school.



Parenting is fun and rewarding!

"It brings me so much joy when I come home from work and my child's just happy to see me, and jumps into my arms."

"It makes me so happy when I notice how my child's words and actions mirror my own."

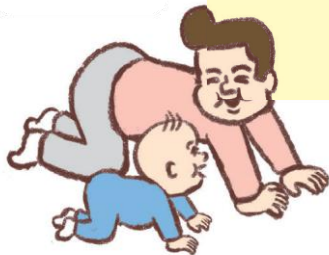
"It makes me happy to see my child able to do more and more things on their own."

"Every day with my children is a new experience, and they grow up so fast. I cherish every moment."

"I'm happiest when I'm relaxing with my wife and children on my days off."

"It makes me so happy when my child's little hand squeezes my own."

"It was a joy to experience various 'firsts' with my children as they grew up."



"Just seeing my child grow and smile brings me such a great sense of joy and love every day."

I should have done more...

"I should have been more gentle with my wife and children, and not gotten so emotional."

"I should have tried harder to see things from my child's point of view, and praised them more."



Advice for new dads

"Children grow up so fast, so spend lots of time holding and playing with them."

"Children are always changing, so enjoy the daily struggles."

"Parenting is hands-on. Experiencing it firsthand is how you'll build the right mindset and communication skills."

"Above all, listen to what your wife has to say and discuss things thoroughly so that you can respect one another."

"These parenting moments only come once. Give your family all you've got so you don't come away with regrets."



Stories from Experienced Moms



Parenting is fun and rewarding!

"In the midst of the daily hustle of parenting, it's so adorable and soothing when my child gives me a quick smile."

"The joy of your child hugging you and saying, 'I love you, Mommy!' I'm just so grateful that they were born."



"I felt so happy when I saw my child being kind to their friends and other people."

"It makes me happy to see my child's emotional growth, like when they have good relationships with their friends or overcome challenges."

"It's been joy after joy since the moment I gave birth, but when my baby held my hand, that sweetness was on another level."

"It brings me joy to see how happy my child is when they do well at their lessons, or in other moments."

"I'm always so moved and happy with every step of their growth. When they first roll over! Stand up! Start walking!"

"I feel happy when my child learns to do something new, or shows me a cute smile."

Thankful for dad

"I'm so grateful that he worked so hard to take care of the children, and gave me time to be alone."

"His attitude of 'Let's figure this out and get through it together' was so reassuring and made me happy."

"He would pick me up from work by car when I was pregnant, and always came with me to my checkups."

Advice for new dads

"Be flexible and accept that parenting doesn't always go according to the rules or on schedule."

"Do what you can to help mom feel comfortable, and make a point of expressing your appreciation, even for the little things."

"It's our first time parenting as moms too. I hope the two of you will engage with your children as a team."

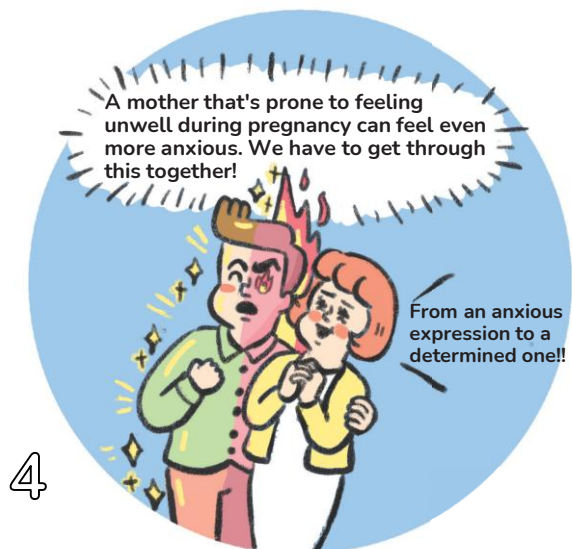
"Don't expect too much from each other. Keep communicating and raising your children as a team."



CHAPTER 1

Pregnancy and Childbirth

Growing closer through joy and anxiety



A baby is on the way. Childbirth is a major turning point in life.

Especially with a first child, everything will be a new experience for both mom and dad.
It's natural to feel anxious.

But raising a child isn't just about anxiety-inducing; it also brings so much hope and joy.

So get prepared, put your mind at ease, and enjoy parenting.

When You Find Out About Pregnancy

Once you submit a Pregnancy Notification, various forms of government support become available.

Submit a Pregnancy Notification

Once your pregnancy has been confirmed, submit a Pregnancy Notification to your local municipal office. At this time, you will receive a Maternal and Child Health Handbook and get information about various support services.



1

Ask about anything and everything!

Consultation with public health nurse

To help you both feel at ease during the pregnancy, you can meet with a specialist, such as a public health nurse, for a consultation tailored to your individual circumstances. As a dad, you should accompany mom whenever possible to discuss any concerns or uncertainties about the future.

2

It's a huge help!

Receive parenting package

After your consultation with a public health nurse, you will receive a Parenting Package (containing baby supplies and other items). Not only is the package itself very useful, but it also helps you get a clear idea of what you'll need after your baby is born.

3

Varies by municipality

Plenty of support

Municipalities offer many forms of support that dads can also take advantage of, such as parenting classes and home visits. Refer to the support programs mentioned in CHAPTER 4 of this guide and check with your local municipality.

4

Moms and dads both!

Maternal and Child Health Handbook

The Maternal and Child Health Handbook summarizes essential information for pregnancy, childbirth, and the postpartum period, and is used to record the changes in and development of both mother and child. Some municipalities call it by other names, such as the Parental and Child Health Handbook. Dads should read this too.

Changes in a mom's body and mind

When a woman becomes pregnant, her body begins to change. She may also experience skin irritation, hair loss, and emotional instability.

Try to be considerate in how you communicate.

Early Pregnancy

4-15 weeks

Make it a habit to talk things through, more than ever.

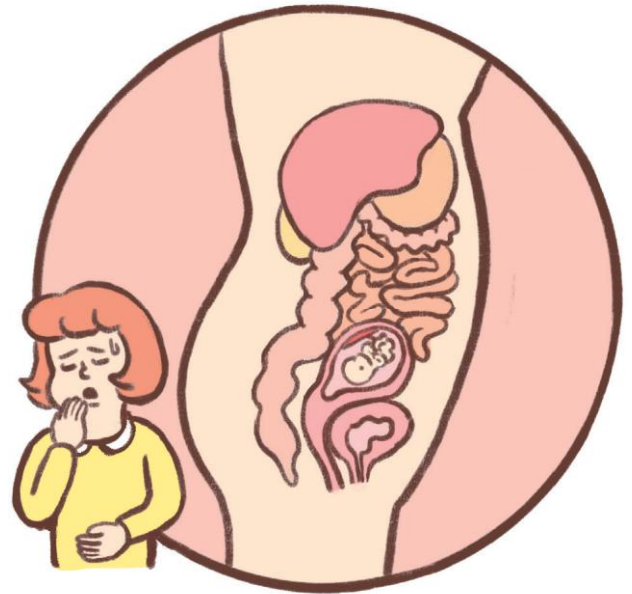
Baby's development

.....
Around the sixth week of pregnancy, the baby's heartbeat can be detected. By the seventh or eighth week, you'll be able to see their adorable form on an ultrasound.
.....

Changes in mom

Mom's body will begin to change, and morning sickness, low-grade fever, and lethargy may follow. Try to communicate well with mom and actively support her. Since they tend to become more sensitive to smells, be considerate of scents in the home (fabric softeners, cooking, etc.) and your own personal products (perfume, hair products, etc.).

- ▶ Prone to nausea and low-grade fever
- ▶ Prone to irritability and nervousness
- ▶ Prone to fatigue and low mood



Make time to talk

Dads and moms face different strains and anxieties, which is exactly why communication is so important. Try to build a habit of talking things through, while it's still easier for mom to stay active.

Be aware of each other's condition

The strain of pregnancy is different for everyone. Talk about how best you can support one another. With that in mind, if mom seems to be having a hard time, show your support and let her rest by taking on the housework.



Rethink work-life balance

Discuss how you will balance your personal life and work between the two of you, and consult your workplaces.

Learn how your perspectives differ

Even couples who get along may have different ideas about parenting. Discuss your thoughts on parenting and what you want to cherish as a family.

Mid-Pregnancy

16-27 weeks

Find out what you can do to ease your partner's strains and anxieties. Also consult with your workplace as early as possible so that you can engage in ikugyo ("childcare work").

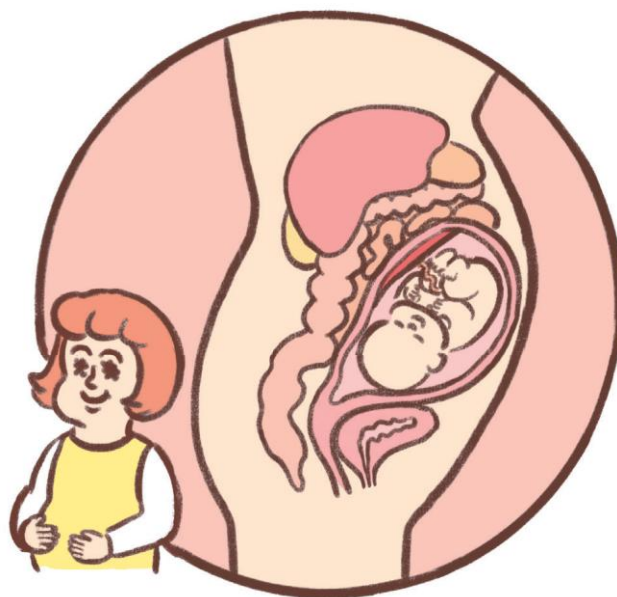
Baby's development

.....
Around the 27th week of pregnancy, the baby weighs about 1 kg. As the baby's brain and muscles develop and they begin to move their arms and legs more often, mom will start to feel their presence more and more.
.....

Changes in mom

Her abdomen will begin to bulge noticeably, and she will begin to feel the baby's movements. Her physical condition will become relatively stable, and her appetite will return. Since she'll be more prone to cavities and gum disease, help her maintain a balanced diet. As you prepare for childbirth and postpartum, go over the clothes and documents needed for the hospital stay with mom.

- ▶ Shortness of breath, dizziness, abdominal pain, etc.
- ▶ Increased appetite and changes in preferred tastes and smells
- ▶ Skin darkening, itchiness, and stretch marks



Things dads did that made moms happy

The strains and anxieties felt by moms differ from person to person. Here are a few examples of what moms said made them happy.

He was there for me

"He started listening to me more than he used to." "He told me a lot how grateful he was."

He did so much to help

"He always carried my bags." "He became more involved with housework." "He went to tour daycares."



We grew closer

"We were always together for checkups and parenting classes." "We took walks together every morning for our health." "I loved seeing how happy he was listening to the baby with his ear against my belly."

I felt cared for

"He started coming home from work earlier." "He stopped drinking with me while I couldn't during my pregnancy."

Experienced
dads!

inspiring stories

- It made me happy to have her say "thank you" to me so often.
- We're able to be more honest with each other about our weaknesses than before the pregnancy.
- I have fond memories of the two of us going on walks every morning.

Late Pregnancy and Childbirth

28-39 weeks

Review the information from the hospital or midwifery clinic, and prepare for childbirth.

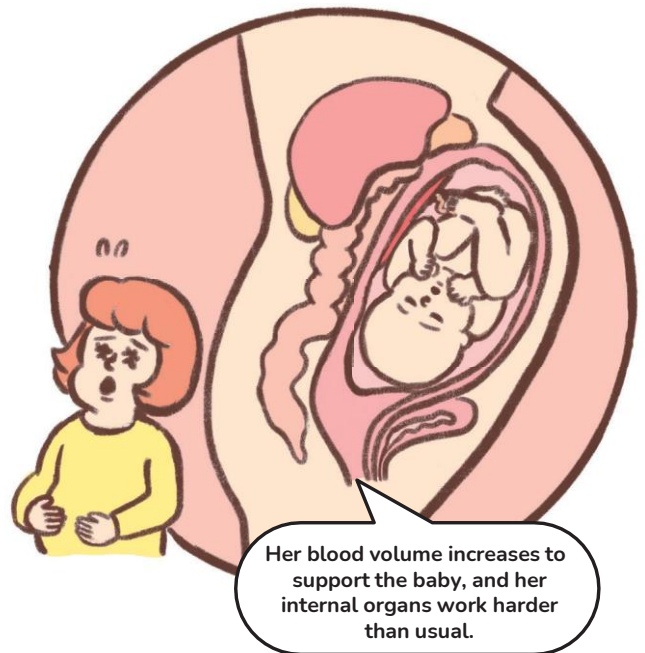
Baby's development

.....
Around the 33rd week of pregnancy, the baby weighs more than 2 kg, and some babies will have even grown hair and nails. Even in the womb, the baby shows movements similar to those of a newborn, like sucking its thumb or getting hiccups.
.....

Changes in mom

It is time for working mothers to take maternity leave. The growing belly puts pressure on the internal organs, causing back pain, increased sensitivity, and insomnia. Make sure you are easily reachable so you can respond if anything happens to your partner.

- ▶ Indigestion, heartburn, palpitations, and shortness of breath
- ▶ Back pain, frequent urination, increased sensitivity, insomnia, etc.
- ▶ Will need help with daily activities such as getting changed



~~~~~ Now is the time to be a dependable dad! ~~~~~

### Be right there to support mom

At this stage of pregnancy, it's a struggle for her to even put on socks. Listen carefully to mom's needs and support her.

### Discuss plans for childbirth

Discuss your plan for delivery day, such as what to do at the first signs of labor.

### Cherish your time together

When your child is born, a new family life begins. Enjoy the time you have just as the two of you.



### Stay by mom's side as much as possible

Try to avoid business trips far away, and coordinate with your workplace so you can go home immediately if anything happens. Dads should also refrain from drinking alcohol around the 36th week of pregnancy, as the probability of labor increases.

### Various preparations and procedures

It can be overwhelming to try to choose baby items and handle the postpartum paperwork all at once. Start with what you can, little by little (even just being mindful).



## Finally, delivery day

Childbirth can be life-threatening. Be there to support your partner through her anxieties, and express your thanks and appreciation after the birth. It will take time for your partner to recover, both physically and mentally. For the time being, be prepared to take the lead on all housework.

# Postpartum

From birth

Now more than ever, dads must take the lead in the housework and childcare.

## Recovery and changes for mom

### ► Heavy toll physically and mentally

After giving birth, the mother's body is left with considerable damage—often said to require about two months for recovery. Moms experience intense stress, both physically and mentally, from issues such as anemia, uterine contractions, muscle and joint pain, and hormonal changes. Some mothers begin to show symptoms of postpartum depression, such as low mood and insomnia, starting two to three weeks after childbirth. They must get enough sleep and receive support from those around them.

### ► Changes from inside the body

In addition to recovering from the physical toll of childbirth, the mom's body also begins to undergo changes for the baby, such as breastmilk production. As a result, there may also be changes in body shape, hair quality, and physical strength, as well as pelvic pain.

CLICK

What You Can Do to Prevent Postpartum Depression



## Learn about your child's development

Each baby develops at their own pace. Use the following as an example, and enjoy watching your child grow and change.

0 years old

0-2 months

Spends most of their time sleeping. Vision is blurry.

3-4 months

Gradually able to hold their head up, and begins to laugh aloud when soothed.

5-7 months

Able to roll over and sit up, and grows teeth.

8-10 months

Able to crawl, stand with support, and pull themselves up to stand.

11-12 months

Able to stand up on their own and walk a step or two on their own.

1 year old

13-18 months

Begins to respond when you call their name, and understand words like "Come here."

19-24 months

Able to walk without falling and say words like "dada" and "mama."

2 years old

Able to speak in two-word sentences, like "doggy came." The

3 years old

Able to eat by themselves and climb stairs. Plays pretend.

4 years old

Able to use the toilet and get dressed on their own, and talk about their feelings and experiences.



CLICK How to Approach Your Child's Development (Advice from Public Figures)

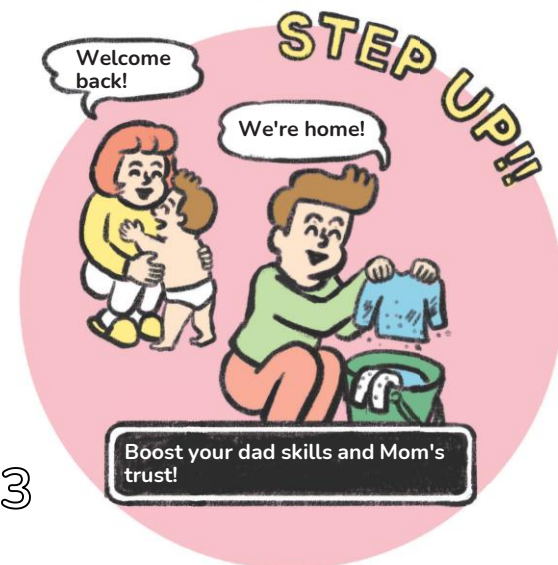
Tokyo Metropolitan Consultation Office for Child and Parenting Concerns



## CHAPTER 2

# Housework and Childcare in Practice

Dads, join in and enjoy yourself!



The birth of your child brings great joy, but it also comes with a wide range of housework and childcare responsibilities.

Amid this busy housework and childcare, there are plenty of opportunities for dads to shine.

Keep the basics and key tips in mind, and find your own way to manage and enjoy housework and childcare as a dad.

# Day in the Life of a Baby

## Newborn baby

Let's look at some examples of a typical day for a baby at 1 month and 3 months old.

1 month old



3 months old



Housework /  
Childcare

0:00

Sleeps



2:00

Sleeps, wakes up briefly for feedings, etc.

4:00

Sleeps, wakes up briefly for feedings, etc.

6:00

Sleeps



8:00

Awake; feedings, etc.

10:00

Sleeps



12:00

Awake; feedings, etc.

14:00

Sleeps



16:00

Awake; feedings and bathing

18:00

Sleeps



20:00

Sleeps, wakes up briefly for feedings, etc.

22:00

Sleeps



24:00

Sleeps, wakes up briefly for feedings, etc.

Mostly sleeps, but may cry during the night

Mostly sleeps, but may cry during the night

Sleeps, wakes up briefly for feedings, etc.

Sleeps



Awake; feedings, etc.

Awake

Sleeps



Sleeps, wakes up briefly for feedings, etc.

Awake; feedings and bathing

Sleeps



Awake; feedings, etc.

Sleeps, wakes up briefly for feedings, etc.

Mostly sleeps, but may cry during the night

Diaper change



Diaper change



Diaper change



Taking out trash; eating breakfast

Changing diaper; doing laundry

Cleaning

Diaper change



Eating lunch; going shopping

Changing diaper; bathing baby

Preparing dinner

Changing diaper; eating dinner

Bath time for mom/dad

Diaper change



- Your baby's development and changes in their daily routine

Newborns sleep for almost the entire day, and when they're awake, you'll mostly be feeding them and changing their diapers. Around 3 months of age, they begin staying awake for longer, looking closely at the things around them and responding to sounds. As their bodies get stronger, their cries become louder and last longer, and you may find that dealing with their crying at night becomes more challenging. There are considerable individual differences when it comes to sleep, and things don't always go as planned.

Experienced  
dads!

Stories of growth

- The baby would cry at night unless held, so we took turns. My bond with mom grew stronger.
- Through the daily housework and childcare, I feel like I've developed the right mindset as a dad.
- I made up a lot of my own lullabies to soothe my baby's nighttime crying.

## HOW TO

# Quick and efficient! Become a Diaper-Changing Pro

Changing diapers is a rite of passage for new parents! There are two types of diapers: disposable diapers and cloth diapers. Choose the type that best suits your baby's skin and what works for you as a couple.

## CLICK

Master it through video!

Changing Diapers



## Disposable diapers

They are less likely to leak and are more absorbent than cloth diapers, so the baby feels less discomfort. However, this can lead to less frequent changing. Change them often to prevent diaper rash.

### 1 Lay out new diaper

Place the new diaper under the baby's bottom with tab side down.



### 2 Wipe their bottom

Wipe carefully to prevent bacteria from entering the urethra. For girls, wipe from front to back.



### 3 Remove soiled diaper

When lifting their bottom, be careful not to pull them up by their ankles.



### 4 Put on new diaper and secure with tabs

Put the diaper on so it doesn't cover the belly button, and fasten the tabs, leaving two fingers' worth of space.



## Cloth diapers

They are less absorbent than disposable diapers, so they can feel more uncomfortable when wet or soiled. However, this can lead to earlier potty training.

### 1 Fold the cloth and place it on the diaper cover.

Fold the cloth so it's thicker in the front for boys and in the back for girls.

Boys



Girls



### 2 Wipe their bottom and remove the soiled diaper.

Wipe from front to back for girls, the same as with disposable diapers.

### 3 Put on the diaper

Put the diaper on so that both legs can move freely, and be careful not to pull the baby by the ankles.

### 4 Put on diaper cover

Fold the diaper under the belly button and fasten the cover, leaving two fingers' worth of space.

Experienced  
dads'

## Moments of pride

- I challenged myself to use only three wipes, and had fun honing my technique.
- I want to pat myself on the back for learning when to change the diaper, even without my baby crying.



## Tips for changing diapers

**Point 1** Poop and pee are indicators of a baby's health. Get familiar with their usual color and smell so you can notice any changes.

**Point 2** If you can't get their bottom clean, fill a washbasin with warm water and wash their bottom directly in the basin. At the end, gently wipe their bottom with a towel and make sure it's completely dry.

## HOW TO

# So cute seeing them gulp it down! Feeding Time for Dads

While breast milk is the primary source of nutrition for infants, being able to feed powdered formula to the baby as a dad can provide mom with peace of mind—for instance, when you are looking after the baby on your own. There's nothing like the sight of a baby drinking milk so earnestly.

## CLICK

Master it through video!

Powdered Formula



## Keep your hands and equipment clean

Newborns have a weak immune system. Maintain a hygienic environment.

- Wash your hands thoroughly before preparing the formula
- Make sure to use clean equipment
- Do not prepare formula in advance, as bacteria can grow

### 1 Prepare the formula

Put the specified amount of powdered formula into a clean baby bottle and mix it with water that has been boiled. Add hot water up to the required amount, making sure the bottom of the foam aligns with the measurement mark.



### 2 Check the temperature

Cool the formula from 1. The ideal temperature is around body temperature. It should feel slightly warm when you place a drop on your arm.



### 3 Feeding the baby

Hold your baby, supporting their neck with your arm, and place the bottle nipple fully in their mouth. Let them drink a little at a time.



### 4 Burp the baby

After feeding, hold your baby upright and gently pat their back. This helps them release air swallowed during feeding and prevents them from spitting up.



### 5 Clean and sterilize

Wash used baby bottles and other items with a brush as soon as possible. Also sterilize them through boiling.



Besides boiling in a pot, you can also use commercially available sterilizers, microwave sterilizing cases, and other items.



#### Work together as much as possible

Preparing powdered formula takes time and effort. In the meantime, the baby might not be waiting around quietly. Work together as much as possible to feed your baby, with one person soothing the baby and the other preparing the formula.



#### Learn about ready-to-feed infant formula

In Japan, the manufacture and sale of liquid infant formula began in 2019. While breast milk is the primary source of nutrition for infants, ready-to-feed infant formula is convenient and easy to use. It's a great option for when you don't have time for preparation and cleanup, or when you're out and about.

## HOW TO

# The joy of being grabbed at by small hands! Relaxing Bath Time

Because newborns have a weak immune system, they are bathed in a baby bath. It can be a little nerve-wracking at first, but once you get used to it, it will become a calm and relaxing time for both you and your baby.

## CLICK

Master it through video!

### Bath Time



## Make sure things are ready before the bath!

Prepare thoroughly so you don't have to search for anything while holding a wet baby.

- Baby bath ● Washbasin ● Bath thermometer
- Baby bath cloth ● Gauze washcloth
- Bath towel ● Soap ● Baby moisturizer
- Diaper and change of clothes
- Baby cotton swabs

### 1 Prepare bathwater

Fill the baby bath with warm water of 38-40°C.

### 2 Wipe the face

Use a damp gauze to wipe away any eye discharge, and then wipe the entire face.



### 3 Place them in the warm water (Okay to wash their head first)

Check the water temperature with your elbow, then gently place your baby in the warm water.

### 4 Wash their head

Lather the soap with your hands and gently wash your baby's entire head. Be careful not to get soap in their eyes.



### 5 Wash their body

Wash your baby's entire body. Be particularly careful in creases such as the neck and underarms, where buildup tends to occur. Gently wash their palms as well, as they may have buildup in their hands. Don't forget their back and bottom.



### 6 Dry the baby

Finish the bath quickly so your baby doesn't get tired. Then, place your baby on a bath towel, wrap it around them, and wipe them dry.



### 7 Get them dressed

Apply baby moisturizer to protect their skin, put on a fresh diaper, and get them changed.



### 8 Caring for ears, nose, nails, etc.

Use baby cotton swabs to remove moisture from the ears and nose. Don't insert them too deep; just clean the outer area. If your baby is hungry, give them some breast milk or formula.

Experienced  
dads'

## Stories of happiness

- My son seemed to love baths and was always giggling with delight.
- Touching my baby's soft, smooth skin was always so soothing.



### What about bathing with mom/dad?

If a doctor confirms there are no issues at the 1-month checkup, your baby can start taking baths with you or mom. While working with mom for things like getting changed and preparing for bath time is helpful, you being able to bathe the baby on your own will be a big help for mom. Consider consulting your local public health center or community health center, as you will need to be very careful to prevent your baby from drowning or falling.

## HOW TO

# Tons of chances to hone your skills! Get Good at Putting Baby to Sleep

Sleep is so important for a baby's growth, you could say it's their main job. Learn how to hold and put your baby to sleep so they can sleep soundly.

CLICK

Master it through video!

Putting Baby to Sleep



## How to hold your baby

\*Each baby likes to be held differently.

### 1 Until baby is able to hold their head up <Cradle hold>

Up to about 3 months old

Support the back of your baby's head and their neck with one hand. Slide your other hand between their legs to support their bottom, then lift them up. Hold the baby snugly against your body, with their head and neck resting in the crook of your elbow to keep them stable.



### 2 Once baby is able to hold their head up <Upright hold>

Lift your baby by their bottom and hold them facing you. Support their neck with one hand and rest their bottom on your opposite arm. Spread their legs into an M shape, which will bring your bodies closer for a more stable hold.



### 3 Take your time

Depending on the timing, your baby may resist being held. Don't give up if it doesn't work out at first. Keep trying until both you and your baby feel secure and comfortable when you hold them.



## When your baby won't go to sleep

Putting your baby to sleep often doesn't go as planned. Your baby may stay fussy or cry again and again. There are various causes for this.



### Some reasons why babies won't stop crying

- Hungry ● Slept too much during the day
- Soiled diaper ● Overexcited
- Feeling anxious ● Too hot or cold
- Not feeling well ● Lonely

### Respond calmly

Sometimes babies cry intensely for no apparent reason. When this happens, first take two or three deep breaths. If you feel you're losing your composure, try to think of it as, "They just need to cry right now." Lay your baby down in a safe place and take a moment to reset.

\*If you feel that your baby is acting differently than usual, take them to see a doctor.

## Never shake them!

Shaking a baby back and forth violently because they are fussy or won't stop crying can result in mild traumatic brain injury (MTBI) and other injuries. Be especially careful with babies under 6 months. Wait until your baby is able to hold their head up fully (around 7 months or later) before playing "up we go" or otherwise lifting them up in the air.



### When sleep deprivation continues

Dealing with nighttime crying is physically and emotionally taxing, and both mom and dad are likely to be sleep deprived. Try asking your family for support, or consider using the childcare support systems described in CHAPTER 4 of this manual. It's important for both mom and dad to stay happy and healthy.



### If there is an older brother/sister

You can also ask an older sibling close in age to your baby to help put them to sleep. Once your baby is asleep, make it a point to spend time one-on-one with your older child.

## HOW TO

# So nice when they enjoy their food! Master Baby Food

Starting your baby on baby food is a milestone in their development. Make your own baby food, and savor the joy of watching your child happily eat what you've made.

## CLICK

Master it through video!

Baby Food



Let's get to cooking! Recipes for dad



### Tips for making baby food!

- Wash your hands thoroughly! Keep utensils and dishes clean.
- Start adding light seasoning once your baby is eating two meals a day.
- Keep the salt content to about 1/4th of the amount for an adult.
- Don't force your baby to eat if they resist.
- Feed them milk after the baby food as well.
- Take your time when weaning your baby (You can consult a nutritionist at a public health center or community health center)

**5-6 months old** | 1 meal per day |

Rice porridge



#### ① Put rice and water in pot

Put cooked rice into a pot with 10 times its volume in water

#### ② Place on heat

Place the pot from (1) on the heat. Once it boils, set the lid ajar and simmer on low heat for about 20 minutes

#### ③ Mash rice

Turn off the heat and let it steam for about 5 minutes. Finish by mashing or straining the porridge until smooth.

**7-8 months old** | 2 meals per day |

Tuna stewed in tomato sauce



#### ① Cut tomatoes

Finely chop about 1 tablespoon of water-packed canned tomatoes (remove seeds)

#### ② Flake tuna

Use a fork or other tool to flake 2 teaspoons of water-packed canned tuna into small pieces

#### ③ Simmer soup

Simmer (1) and (2) in 1/4th cup of baby food broth to finish

**9-11 months old** | 3 meals per day |

Chinese-style stir-fry on rice



#### ① Simmer rice

Add enough water to cover 1/2 of a bowl of rice, and simmer until soft

#### ② Cut vegetables

Cut carrots, green onions, and spinach into small pieces

#### ③ Stir-fry ingredients

Sauté the ingredients from (2) and 20 g of ground pork with a little sesame oil, add enough water to cover, and simmer until soft.

#### ④ Season

Add a little soy sauce, thicken with potato starch, and pour over (1) in a bowl to finish

Experienced dads'

### Stories of joy

- It's so endearing to see them waiting with their mouth wide open for the baby food I made!
- It's so nice when we can all eat together as a family, with mom and the baby too.

Recipe references: "Dad Handbook" (2016 Edition), Tokyo Metropolitan Government



### Make it easy with a bit of ingenuity!

You can also make baby food by setting aside a portion of the meal you're making for you or mom before adding salt or other seasonings, and adding water and simmering it until soft. You can also reduce the time and effort involved by using frozen pre-made meals or store-bought baby food.

# Something's Wrong? Here's What to Do

First, stay calm and check your baby's symptoms.



It's easy to become frazzled when you sense that your baby is acting differently or doesn't seem to be feeling well. First, stay calm and check if the situation is urgent. If you are unsure what to do, call for advice.

In these cases,  
go to the doctor right away!

If possible, taking a video of your baby's condition can help you describe the symptoms to the doctor more accurately.

1 Has a high fever and is lethargic

2 Suddenly starts crying intensely, and does not stop no matter what you do

3 Has diarrhea and is lethargic, or has persistent diarrhea and vomiting

4 Persistent coughing, wheezing with each breath, or labored breathing using their shoulders

5 Lethargic and not waking up, or has a pale complexion



Should I take my baby to the doctor?

When in doubt...

CLICK

Tokyo Child Medical Guide



Children's Health Consultation Service  
(Pediatric Emergency Consultation)

#8000

(For mobile phones and push-button landlines)

Or 03-5285-8898

Hours: [Mon-Fri] 6:00 p.m. to 8:00 a.m. the next morning

[Weekends, national holidays, and New Year's holiday] 8:00 a.m. to 8:00 a.m. the next morning

\*During the day on weekdays, contact your local public health center or community health center.

Emergency Medical Consultation Service

#7119 (24/7, 365 days a year)

What about medical care at night or on holidays?

Check the websites of your local municipalities for hours when regular medical institutions are not open. Each municipality's website provides information on medical services available at night and on holidays.

## Protecting your baby from SIDS

SIDS (Sudden Infant Death Syndrome) is the unexplained death of a sleeping infant without any signs or history of illness. It is different from accidents such as choking.

CLICK

"About SIDS," Children and Families Agency

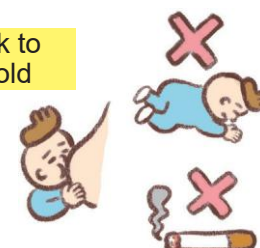


The following three measures are statistically shown to lower the incidence of SIDS:

① Lay your baby on their back to sleep until they are 1 year old

② Feed your baby breast milk as much as possible

③ Quit smoking



ENJOY!

# Play at home!

Play is also important for your baby's healthy development. Play and have fun with your baby.

## 1-3 months old

Emotions gradually begin to appear. You should be relaxed and interact with your baby gently, with a smile on your face.

### Talk to your baby

Make eye contact with your baby, and talk to them slowly in a gentle voice.



### Looking and grasping

Show your baby a toy, and they will begin to follow it with their eyes. At about 3 months, some babies will begin to grasp toys as well.



## 4-6 months old

Babies start to be able to hold their head up, and move using their arms and legs. Their emotions also become clearer.

### Tummy time play

Lay your baby on their tummy with your stomach touching theirs, and enjoy the close contact.



### Splashing in the bath

Get in the bath with your baby, splash the surface of the water, and enjoy the sounds and sensations with your baby.



## 7 months onward

Babies start being able to recognize their parents' faces. Fun playtime will bring the two of you even closer!

### Playing airplane

Place your baby on your shins and gentle rock them while keeping them supported.



### "Up we go"

Sudden, rapid movements are dangerous. Make eye contact with your baby as you slowly raise and lower them.



## Safety precautions at home

Babies will try to pick up anything around them and put it in their mouths, so be sure to remove anything else that could be dangerous as well.

### ► Living room

Keep medicines, coins, and other items that your baby can easily put in their mouth out of reach. Remove tablecloths and placemats, as your baby might pull on them.

### ► Bath area

Always drain the bathtub, and do not keep water in the tub. Always keep the door closed so your baby can't get in.

### ► Near windows, beds, and stairs

Be careful not to place beds, sofas, or other objects that babies can climb on near windows. Also take care not to place anything that can be used as a step near the balcony railing.

### ► Kitchen

Put away knives and other sharp objects, and keep kettles and pots containing hot food out of reach.

### ► Sink area

Keep the lid of the washing machine closed, and engage the child lock when in use. Store razors, cosmetics, detergents, etc., out of reach.

CLICK Spot and prevent!

Accident Prevention Learning  
Software for Infants and Toddlers



ENJOY!

# Play outdoors!

If there are no problems after the 1-month checkup, you can gradually start playing outdoors.



## What to bring!

Diapers

Baby wipes

Change of clothes

Towels

Plastic bags to use for trash

Formula and baby bottles

These are the essentials. Now go on, make more fun memories with your baby!



Handy to have!?

Sunscreen, insect repellent, a lap blanket, a favorite picture book/toy, etc. Customize the items you pack based on the season, weather, and the places you frequent.



## Play, dad-style

Enjoy getting out—take walks, experience nature, and discover activities you can enjoy with your baby! It's also a great opportunity to get to know your local community better, starting with the area around your home. We also recommend going out with your dad friends.



### When using a stroller

When traveling with a stroller, don't rush—give yourself plenty of time. Escalators are dangerous, so make sure to use elevators. It's a good idea to talk to your baby frequently so they don't get lonely!



### When going out by car

Use a baby bike seat and secure your baby firmly with the seat belt. Never leave your baby alone in the car, even for a short time!

### When using a bike

Use a baby bike seat. When parking and leaving your bike, never leave your infant unattended. Make sure you also have bike insurance.

### Akachan Furatto

Akachan Furatto refer to spaces where you can change diapers and comfortably feed your baby. You can find them mainly in public and commercial facilities in Tokyo. Keep an eye out for this mark.



Experienced  
dads'

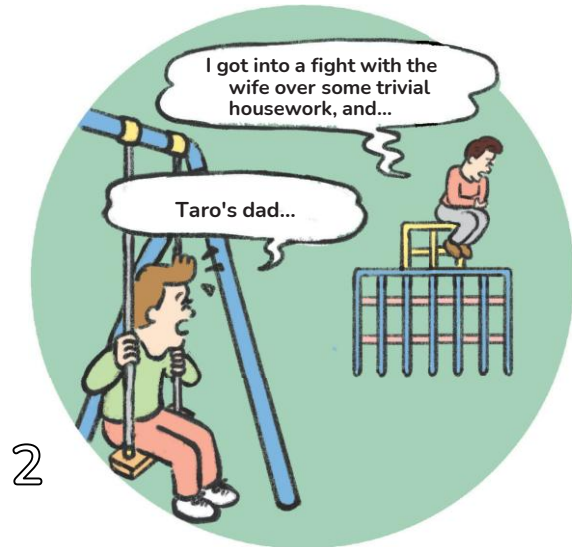
## Stories of community

- As I played outside with my child, I learned the names and faces of the people I'd see often in the neighborhood.
- Getting to know the local streets and shops better sparked a deeper interest in the community.
- I suddenly realized, "This is my daughter's hometown," and grew more attached to the community.

## CHAPTER 3

# Connecting with Other Dads

Share your honest feelings as a dad



Parenting doesn't always go as planned or as expected.

Many dads lose confidence and struggle, precisely because they take parenting so seriously. When you're struggling with parenting or feeling tired, don't try to go it alone. Try talking to some of the other dads around you.

Actively connecting with other dads who are also struggling with parenting, and sharing the joys and hardships with each other, can be very encouraging.

# Dads' Concerns

Taking care of mom is important! But dad needs care too.

## When you can't be the ideal dad...

if your child is adorable, but a part of you wants to run away...  
This could be a sign of postpartum depression.

- ▶ More prone to feeling down than before
- ▶ Get irritated even about small things
- ▶ Get tired easily and are unable to sleep, or don't feel rested after sleeping
- ▶ Tend to get caught up in negative thoughts or feelings of guilt



Did you know?

### Postpartum depression in dads

It's not just moms that can get postpartum depression; dads can get it too. In Japan, about 11% of dads with children under 1 year of age are at risk for postpartum depression, a rate comparable to that of moms. Both moms and dads should take it easy and actively seek support from family and local childcare support services.

Fathers **11.0%**

Mothers **10.8%**

Percentage of couples (3,514 households) raising children under 1 year of age who were identified as being at moderate or greater risk for mental health problems.

(Source: Takehara et al. [2020])

CLICK

Source: National Center for Child Health and Development

CLICK

Postpartum Depression in Men and the Support Needed Today

TEAM Housework and Childcare



### Make some dad friends and share your struggles

Some challenges, such as the pressures of work or financial pressure, are hard to understand unless you're also a dad in a similar position. Having dad friends with whom you can share your concerns is also effective for preventing and recovering from postpartum depression.



### Talk openly about issues surrounding sex

Postpartum mothers experience physical and mental changes, which may result in changes in sexual desire or painful intercourse. Make sure to communicate your feelings and maintain an open dialogue, even as you prioritize mom's recovery.



### Rethink your work style

Fatigue is one of the causes of postpartum depression in dads. If you work a lot of overtime or come home late at night, consider whether you can rethink your work style to make time for your family.



### Parenting as a team activity

Don't try to do it all on your own as parents; ask family and friends for support and use childcare services as well. Depending on your circumstances, you can also make use of convenient appliances, frozen foods, and other helpful items.

Experienced  
dads'

### Stories of discovery

- I strove to be the perfect dad, and got frustrated with myself for not being good enough. Learned it's also important to relax.
- I realized through childcare that I should rely more on others.

# It's Great to Know Other Dads!

In this section, we introduce examples of dads who made dad friends through community activities and other events.

## A bond between dad friends that began with a dad parenting class

Tachikawa City Taichi Yokoyama

(High-Touch Childcare Support Club for Dads and Moms)

I became friends with other dads at a local dad parenting class I attended when my child was 4 months old, and we started going out for drinks. This was the start of our organization, High-Touch Childcare Support Club for Dads and Moms. My dad friends have been a great source of advice and encouragement in various aspects of parenting. For example, when my wife told me she was quitting her job, all I could think about were my financial worries, but an experienced dad told me, "We had a similar experience. I'm sure you'll be glad to have made that decision." And that allowed me to be there for my wife with a more positive attitude. Seeing my dad friends around me taking long-term childcare leave also inspired me to take the plunge and do the same when my second child was born. There are lots of opportunities to meet other dads. If you find something isn't a good fit, you can always leave anytime. Why not take the first step with that relaxed of an attitude?



Top: Mr. Yokoyama enjoying a picture book reading class hosted by High-Touch with his son. Right: Participating in a BBQ class and socializing with families in the neighborhood. Mr. Yokoyama is on the far left.



## Dad friends provide both emotional support and practical knowledge

Edogawa City Masatoshi Toda

(Fathering Japan)

While looking up information before the birth of my first child, I learned about the "Childcare Seminar for Fathers and Partners" (commissioned by Edogawa City) held by Fathering Japan, a fatherhood support organization. My wife was also enthusiastic about the seminar, so we decided to attend together. To be honest, it hadn't completely sunk in until that point that I was going to be a father, and since I'd had little opportunity to talk about parenting with those around me, I was feeling anxious about it. So I was relieved to learn that the other dads I met at the seminar had similar worries before they became dads. I was also able to get a more concrete understanding of the joys and difficulties of fatherhood and parenting. I'm convinced that our interactions at that time prepared me well for fatherhood, both emotionally and practically. If you find a community that interests you, even just a little, I encourage you to take the leap and jump right in. I'm certain your dad friends will give you lots of important insights.



Left: Mr. Toda, all set and heading out with his baby. Top: He can't help but smile as he feeds his baby.

# How to Meet Other Dads?

Take your time and gradually make more acquaintances and friends.

## Places where it's easier to make dad friends

Actively engage with other parents at the kinds of places where they gather. You don't have to get along with everyone. Even just one friend you can share your worries with can be a great source of support.

### ● Classes for dads

You can meet other dads with various interests and concerns, while learning useful knowledge and skills for parenting. Participation requirements and content vary, so be sure to check the information provided by your local municipality.

### ● Local festivals and events

Festivals and events that bring the neighborhood together provide a natural setting for families to interact. As our child gets a little older, you might consider helping with these activities as well through your neighborhood association or other organization.

### ● Child's lessons and sports clubs

You may find that as you take your child to the lessons or sports that they enjoy, you become even more enthusiastic about it than your child. It's a great opportunity not only to build friendships with other dads but also to deepen your parent-child relationship.

### ● Social media and online communities

There are also communities for dads online. These allow you to connect freely at any time with other dads who share your interests and concerns, regardless of physical distance.

### ● Pick-up and drop-off at daycare/ kindergarten

Nowadays, more dads are picking up and dropping off their children. Due to the sheer number of times you see each other during pick-up and drop-off, it's not uncommon for relationships to develop gradually, even if you aren't good at making conversation.

### ● Local parenting plazas

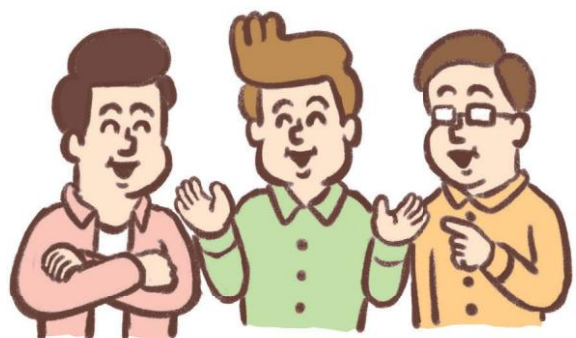
Parents living nearby gather at these plazas to chat and share information in a relaxed atmosphere. With staff also available, it's the perfect place to get parenting advice and support.



Parenting plazas, located throughout Tokyo, are places where infants and their parents can spend time freely. (Photo: Tachikawa City)

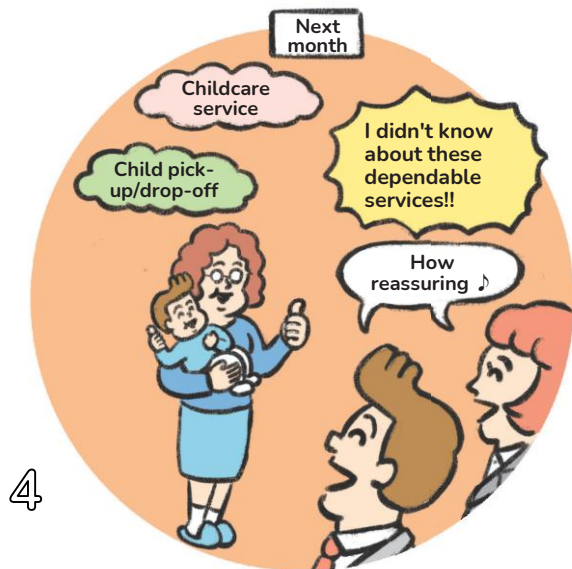
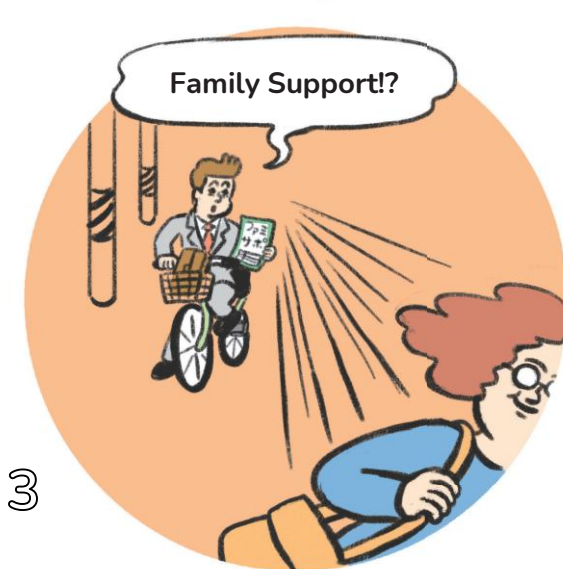
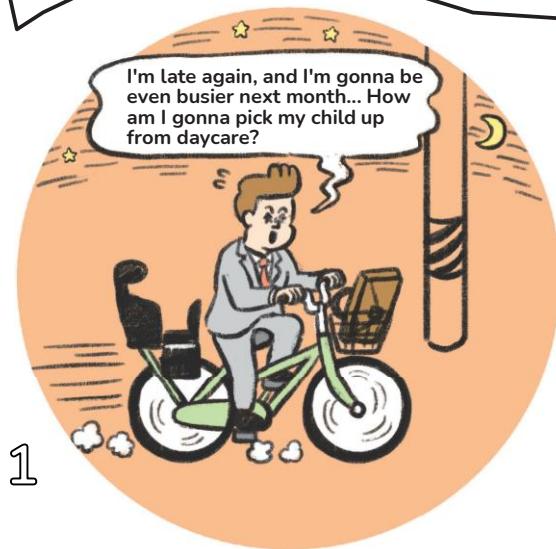
### ● Your usual playgrounds, such as parks and children's halls

At playgrounds you visit regularly, like parks and children's halls, you're likely to run into the same parents and children over and over. As your children interact, play, and share sandbox toys, you'll find yourself engaging naturally in conversation with the other parents.



# Basic Knowledge

Learn about **childcare support** systems and **services**

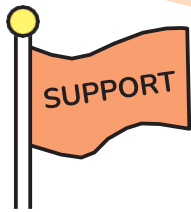


Children are not only nurtured in the home, but also in the community.

Moms and dads don't have to carry the burden of parenting all by themselves.

There are a variety of services available in the community, depending on the child's stage of development and household circumstances.

Make active use of these services to lighten the burden on you and mom, and create more opportunities for fun and laughter.



# Support for Men Doing Ikugyo ("Childcare Work")

Balancing your family life with work



To change the perception of childcare leave as simply "taking time off," the Tokyo Metropolitan Government is promoting the nickname "ikugyo," or "childcare work," and working to foster a society-wide movement of support for it.

In October 2022, the Act on Childcare Leave/Caregiver Leave was amended, launching a new system that can be used in addition to conventional childcare leave.

It is now easier than ever for fathers to engage in ikugyo in a flexible manner.

## New system from October 2022

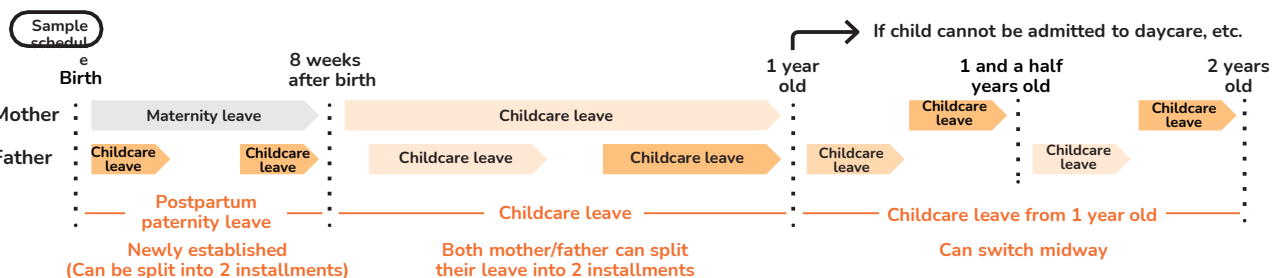
### Establishment of postpartum paternity leave

Postpartum paternity leave (childcare leave at time of birth) is a system separate from regular childcare leave, that allows a dad to take up to four weeks of leave (28 days), split into two installments, within eight weeks of a child's birth.

### Childcare leave for children up to 1 year old can now be taken in installments

Previously, childcare leave could generally only be taken once. From October 2022, however, both men and women can now take it in two installments.

|                                    | Postpartum paternity leave (From October 1, 2022)<br>Available separately from childcare leave               | Childcare leave system (From October 1, 2022)                            |
|------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Eligible period and available days | Within 8 weeks of the child's birth<br>Up to 4 weeks available                                               | Generally until the child is 1 year old (Up to a maximum of 2 years old) |
| Application deadline               | Generally 2 weeks before start of childcare leave                                                            | Generally 1 month in advance                                             |
| Taking leave in installments       | Can be taken in two installments<br>(Need to apply for both installments at the start)                       | Can be taken in two installments<br>(Can apply for each separately)      |
| Working during leave               | Workers may work during leave within the scope agreed upon, only if a labor-management agreement is in place | Working generally not permitted                                          |
| Childcare leave benefits           | ○                                                                                                            | ○                                                                        |



### About "TOKYO Dad Ikugyo Promotion Companies"

The Tokyo Metropolitan Government registers companies as "TOKYO Dad Ikugyo Promotion Companies" if they achieve a certain percentage of male employees taking ikugyo leave. Registered companies are awarded "Gold," "Silver," or "Bronze" registration marks based on the percentage in question, in order to encourage society-wide support for fathers raising children.

[CLICK](#) See here for details

[Work-Life Balance Support Portal](#)



[CLICK](#) See here for more information about the "ikugyo" nickname for childcare leave

[Kodomo Smile Movement](#)



# Basics to Know

## Know the bare minimum procedures

### Applications that must be made immediately after birth

Submit these to the relevant department at the municipal office where you are registered as a resident. Staff at the municipal office information desk can direct you to the correct department.

#### Birth Notification

This is the procedure for adding your baby to the family register. Submit it within 14 days, including the date of delivery. Be sure to decide on a name by the day you submit the notification.

#### Infant/Toddler Medical Expense Subsidy

This is a system whereby the municipality subsidizes a portion of medical expenses for children covered by health insurance up until they enter elementary school.

#### Child allowance

This allowance is provided to those raising children from birth through the end of junior high school. Apply within 15 days, counting from the day after the birth.

#### Medical benefits for premature infants

This system reduces the financial burden of expenses, such as hospitalization and care, for infants weighing 2,000 g or less at birth, provided certain conditions are met. Apply between the start of care and discharge.

### Health insurance-related support

#### Issuing of child's health insurance card, high-cost medical expense benefits, etc.

If you are subscribed to the National Health Insurance plan, you should check with your local municipal office or national health insurance association about the necessary procedures. If you are subscribed to a health insurance or mutual aid association, check with your employer.

### Other

See the next page on financial support for information on the childbirth lump-sum allowance, childbirth allowance, and childcare leave benefits.

#### Medical expense deduction

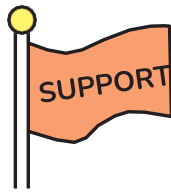
This is an income tax deduction available to individuals who file a tax return and have paid 100,000 yen or more, or 5% or more of their income, in medical expenses in a year. You can apply retroactively for up to the past 5 years, as long as you have kept the appropriate documentation, including various receipts. You can also consider applying for this after the birth, once things have settled down.

#### CLICK

Childbirth expenses eligible for medical expense deduction

National Tax Agency





# Make the Most of Financial Support

Various types of financial support are available for parenting.  
Take advantage of the support provided by the national government,  
the Tokyo Metropolitan Government, and your local municipality.

**CLICK** Search for systems based on your location  
and your child's age.

Tokyo Parenting Switch



## List of systems for parenting-related financial support

The following is a list of typical systems available in Tokyo's municipalities.

- All families eligible
- Provided based on work environment and income
- Single-parent households eligible

### ● Childbirth lump-sum allowance

A portion of childbirth expenses will be paid by the mother's health insurance. Amount is generally 500,000 yen per child. Apply within 2 years from the date of birth.

### ● Childcare allowance

Allowance for single-parent households. Provided until the end of the March following the child's 18th birthday (or until they turn 20 for children with disabilities).

### ● Examinee challenge support loan

Interest-free loan to cover the costs of cram school for high school or university entrance exam preparation, as well as examination fees. Repayment is waived if the child successfully enrolls.

### ● Childbirth allowance

If you are a member of a health insurance association and the company does not pay you during maternity leave, an amount equivalent to 2/3 of your salary will be paid by the health insurance.

### ● Child rearing allowance

Allowance for single-parent households living in Tokyo. Provided until the end of March after the child turns 18 (or under they turn 20 for children with disabilities). \*This is a system unique to Tokyo.

### ● Education support grant

You can borrow funds for tuition and other expenses required to attend high schools, universities, and other educational institutions stipulated in the School Education Act.

### ● Childcare leave benefits

Benefits paid to individuals covered by employment insurance who take childcare leave, provided they meet certain requirements. Generally, you must apply through your employer at least one month before your childcare leave begins.

### ● Child medical expenses subsidy

Subsidizes a portion of a child's medical expenses until they reach a certain school age. Details vary by municipality.

### ● Welfare loans for single-mother and single-father households

Single-parent families with dependent children under the age of 20 can borrow funds for moving, job-hunting, or schooling.

### ● Child allowance

Allowance that is paid continuously until the child graduates from junior high school. Amount varies depending on the age and number of children, as well as the parents' income.

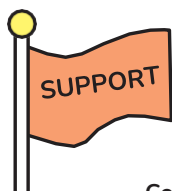
### ● Medical expenses subsidy for single-parent households, etc.

Subsidizes medical expenses for single-parent households. Provided until the end of March after a child turns 18 (or until they turn 20 for children with disabilities).

### ● 018 (Zero One Eight) Support

Children aged 18 and under living in Tokyo receive a payment of 5,000 yen per month (60,000 yen per year). \*This is a system unique to Tokyo.

\*Details are subject to change; make sure to check the latest information.



# Take Advantage of Parenting Support Services!

Contact your local municipal office for details on any of these systems.

CLICK

List of Parenting Support (Bureau of Social Welfare, Tokyo Metropolitan Government)



## ● Prenatal/postpartum support helpers

Helpers are dispatched to families to assist with housework and childcare during the prenatal and postpartum periods, when the burden is greatest. In addition to providing support for household chores, they also offer consultations on childcare, and more.

### What kind of help can you ask for?

Household chores such as meal preparation, cleanup, laundry, and cleaning.  
Shopping assistance.  
Changing baby's diapers/clothes, taking care of baby's siblings, etc.



## ● Temporary childcare

You can place your child in a preschool or kindergarten temporarily, even if they are not enrolled in one. It can also be used as a means to reset.

## ● Family Support Center

Mutual support program that connects people in the community who need help with childcare, with those who want to provide it. The Family Support Center in your municipality will handle the matching. You can use this service for childcare, as well as for pick-ups and drop-offs.

## ● Short stay

Allows you to leave your child for an overnight stay when you are temporarily unable to care for them, due to reasons such as illness, childbirth, business trips, or childcare fatigue.

## ● Twilight stay

If you are going to be home late due to work or medical treatment, you can leave your child at a dedicated medical facility from around 5:00 p.m. to around 10:00 p.m. Support for daily routines, such as dinner and bathing, is also provided.

## ● Childcare for sick children

Temporary care service for when your child has a fever and cannot be left at their usual daycare or other facility, or when a child attending daycare, kindergarten, elementary school, etc., is ill or recovering from an illness.

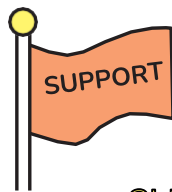
## ● Home help service for single-parent households

This service sends helpers to support single-parent families who are struggling with daily chores and childcare. May also be used for reasons such as a guardian's work, job-hunting activities, or attendance at weddings/funerals.

### Support services as way to expand community connections

Many childcare support services are provided by local businesses and volunteers. Using these support services can also be an opportunity to become more involved with your community.





# Don't Hesitate to Ask for Advice!

If you have any questions or concerns, feel free to consult us.

CLICK [Tokyo OSEKKAI Plan \(Official Child Abuse Prevention Website\)](#)

## Child and Family Support Center

Free consultations are available on a variety of child- and family-related issues. They can also provide information on childcare support services, so feel free to consult them even if you are not sure what programs are available.

CLICK

[About the Child and Family Support Center  
\(Bureau of Social Welfare, Tokyo Metropolitan Government\)](#)

### What can I get advice on?

You can get advice on a variety of issues, such as anxieties and uncertainties within the household about raising children, a child's behavior at school and in the community, and concerns about abuse.



## Child Guidance Office

Specialized counselors generally provide consultations regarding children under 18 years of age, based on the nature of the concern.

TEL (Toll-free): **0120-189-783**

(Connects you to your nearest Child Guidance Office.)

CLICK

[List of Child Guidance Offices  
\(Bureau of Social Welfare, Tokyo Metropolitan Government\)](#)

## Public health center / Community health center

Experts such as public health nurses, nutritionists, and dental hygienists are available to answer any questions about your family's health during pregnancy, childbirth, and child-rearing. This includes concerns about your baby's development and behavior, as well as your health as parents.

CLICK

[About public health centers/community health centers  
\(Bureau of Public Health, Tokyo Metropolitan Government\)](#)

## Children's Health Advice Hotline (Pediatric Emergency Hotline)

Nurses and public health nurses are available for consultation regarding children's health and emergencies, such as when a child is sick or injured and you are not sure if you should call an ambulance.

TEL: **#8000 or 03(5285)8898**

Hours: Monday - Friday (excluding holidays and New Year's holidays), from 6:00 p.m.

to 8:00 a.m. the next morning / Weekends, national holidays, and New Year's holidays: 8:00 a.m. to 8:00 a.m. the next morning.

## Yoikoni (4152) Advice Hotline

You can consult anonymously on any matter concerning children under 18 years of age. Fax consultations are also available for people with hearing or speech disabilities.

CLICK

[Yoikoni Telephone Consultation  
\(Bureau of Social Welfare, Tokyo Metropolitan Government\)](#)

## LINE Counseling for Parents and Children

You can discuss concerns about parent-child relationships and parenting for children under 18 years of age. You will need the LINE app to use this service.

CLICK

[Add friend on LINE](#)

## Hato Tokyo Metropolitan Single-Parent Household Support Center

Comprehensive consultation service for single-parent households. Provides support tailored to your circumstances, from daily life to parenting, work, child support, and divorce.

CLICK

[About Hato  
\(Bureau of Social Welfare, Tokyo Metropolitan Government\)](#)

When times are tough, rely on those around you and your community to enjoy parenting!

There is no shame in asking for help with parenting. Lean on the support of the many people around you, and enjoy raising your child in Tokyo.





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