

ISOGO Parenting Support Guide

Useful
Information
You Should
Know



いそご多文化共生ラウンジ

ISOGO International Lounge

Introduction

Many parents who came from overseas and are raising children in Japan visit the ISOGO International Lounge. A wide range of inquiries are received, including procedures related to childbirth registration, applying for childcare facilities, and support for children's learning.

We understand how overwhelming it can feel to give birth and raise a child in a country with different cultures, laws, and a language other than your own. That's why we've put together this booklet with helpful information—from pregnancy and childbirth all the way through to high school graduation—to support and guide you throughout your parenting journey in Japan.

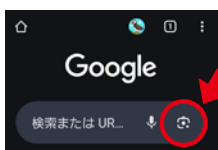
We hope you'll take a look and read through it. If this booklet helps reduce even a little bit of your worries, we'll be very happy. And if there's anything you don't understand, please feel free to visit the ISOGO International Lounge. We're always here, ready to support you.



Use Google Lens to Translate

1

Click the camera icon in the Google search bar



2

Point the camera at the text you want to translate and select "Translate" at the bottom of the screen



Table of Contents

Introduction	1
Table of Contents	2
Parenting Flowchart for Foreign Residents	3
Pregnancy and Childbirth	
Using Yokohama City's Parenting Support App "Pamatoco"	5
Maternity Mark	5
When your child gets sick suddenly at night, on Sundays, or on holidays ...	6
Before Entering Elementary School (Infancy and Early Childhood)	
Isogo Area Child-Rearing Support Center "IsoPiyo"	7
Prenatal and Postpartum Helper Service	8
Parent and Child Play Spaces	9
Facilities available before elementary school enrollment	10
Childcare and Education Concierge	10
Real experiences choosing daycare centers and kindergartens ...	11
From Elementary to High School	
Learning Japanese	13
Study Support for Children	13
Graduating from High School is Important	14
Other Information	
Resident Status for Children	15
About Developmental Disabilities	15
Raising Children Without Using Physical Punishment ...	16
ISOGO International Lounge	17
Consultation Services and Disaster Preparedness	
Consultation Services at the Ward Office	19
Other Consultation Services	21
Disaster Prevention in Japan	22

がいこくじんじゅうみん 外国人住民のための こそだ 子育てチャート

にんしん しゅっさん しょうがっこうにゆうがく
～妊娠・出産から小学校入学まで～

www.kifjp.org/child/chart



やさしい日本語



スタート



おなかに 赤ちゃんが いますか？

STEP 1

お母さんになるための準備

1 あか 赤ちゃんを 産むところを探す

2 ぼしけんこうてい 母子健康手帳 ぼしてちよう (母子手帳) をもらう

3 しゅっさんいくじしきん 出産育児一時金の てつづ 手続き

4 お母さん (お父さん & お母さん) のための 教室に 参加

5 入院・分娩

妊婦健診



13 よぼうせつしゅ 予防接種・ あか 赤ちゃんの病院を 決めます



12 あか 赤ちゃんと お母さんを 訪問します



11 いっかげつけんしん 一か月健診

STEP 3
あか 赤ちゃんと お母さんの 健康のために



10 たいしかん 大使館/入国管理局 での 手続き



6 しゅしゅうとけい 出生届

8 じどうてあて 児童手当

7 こ 子どもの 病院に かかる お金について

9 しゅっせいらくじよう 出生連絡票 (赤ちゃんが 生まれたことを 知らせる はがき)

※@に必要な 書類の 準備 も します

STEP 2

あか 赤ちゃんが う 生まれてから すること

14 にゅうようじけんしん 乳幼児健診

STEP 4

こ 子どもを ちいき なか 地域の 中で 育てます



15 こそだ しえん 子育て支援センター など



16 ほいくえん 保育園 入園 または 17 ようちえん 幼稚園・こども園 入園



18 しょうがっこう 小学校に 入るための 準備



しょうがっこう 小学校 入学

i

がいこく 外国のかたが、 にほん 日本で おとうさん、おかあさんに なったとき、 あか 赤ちゃんのために役所でする 3つのだいじなこと

www.kifjp.org/child/threeprocedure_jpn



発行 2023年4月

Produced and Published by Kanagawa International Foundation

KIF 公益財団法人 かながわ国際交流財団 Kanagawa International Foundation ©2023 Kanagawa International Foundation



Let's Use Yokohama City's Childcare Support App "Pamatoco"

"Pamatoco" is Yokohama City's official app for parenting support. It helps you check the necessary procedures before and after childbirth, apply for financial assistance, and manage vaccination schedules. You can also receive notifications from Yokohama City through the app. Once you find out you are pregnant, register your information in Pamatoco.



If you need help

entering your information, please contact the ISOGO International Lounge.

Pamatoco Introduction Website



Let's Wear a Maternity Mark



What is the Maternity Mark?

The first trimester of pregnancy is very important not only for the baby's growth but also for maintaining the mother's health. This mark helps pregnant women show others they are pregnant when using public transportation or other services. Please use it when commuting, going to medical check-ups, or other outings.

Where can you get the Maternity Mark?

You will receive the Maternity Mark when you are issued your Maternal and Child Health Handbook at the Public Health and Welfare Center in your ward. Some railway companies also provide it at stations as part of their services.

When Your Child Suddenly Gets Sick at Night, on Sundays, or on Holidays

Night Emergency Medical Center (Every day from 8:00 PM to 12:00 AM)

If you or your child suddenly becomes sick at night, you can go here. It is open every day.

Yokohama City Night Emergency Medical Care Center (Internal Medicine, Pediatrics, Ophthalmology, ENT)

Phone: 045-212-3535
Consultation Hours: 8:00 PM to 12:00 AM
*Reception starts at 7:30 PM
Address: 1-1 Sakuragicho, Naka Ward

List of Yokohama City Nighttime Emergency Centers



Holiday Emergency Clinic (Sundays, National Holidays, December 30 to January 3)

If you or your child suddenly becomes sick on a Sunday or a holiday, you can go here.

Isogo Ward Holiday Emergency Clinic (Internal Medicine, Pediatrics)

Address: 1-3-13 Isogo, Isogo Ward
Phone: 045-753-6011
Reception Hours: 10:00 AM to 4:00 PM)

List of Yokohama City Holiday Emergency Clinics



Before Entering Elementary School (Infancy and Early Childhood)

Isogo Ward Local Child Rearing Support Center “Isopiyo”

磯子区地域子育て支援拠点
いそぴょ

2F Twicia Yokohama Isogo,
1-7-10 Mori, Isogo-ku,
Yokohama-shi, Kanagawa
TEL : 045-750-1322



Just a 1-minute
walk from JR
Isogo Station

The name of Isogo Ward’s Local child rearing support center is “Isopiyo.”



Local child rearing support centers are places where preschool children and their guardians can come to play, meet others, consult about child-rearing, and obtain information on child-rearing. These facilities are free to use - all you have to do is register as a user. Local child rearing support centers also hold training sessions etc. for people in the community connected with child-rearing support.



Web



Instagram

Yokohama Childcare Support System

The Yokohama Childcare Support System matches parents who need childcare with people who can provide it. (Interpreter services are available.) You can leave your child in care on an hourly basis . (Fees apply.)

TEL:045-750-1405

Prenatal and Postpartum Helper Service

(Fees apply)



About the “Maternity Helper”

A “Maternity Helper” is someone who helps with household chores (such as cooking, cleaning, and more) , as well as baby care. If you need support during pregnancy or within four months after giving birth, a “Maternity Helper” from a company commissioned by Yokohama City can visit your home to assist you.

Service Hours and Fees

Available Monday to Friday,
from 9:00 AM to 5:00 PM.

Each session is up to 2 hours,
and you can use the service up
to twice a day.

You can use the service up
to 20 times in total.

If you gave birth to twins,
triplets, or more, you can use it
up to 40 times.

The fee is 1,500 yen per
session.

There may be discounts, so
please confirm when you apply.

How to Apply

Apply at the Child and Family
Support Section of the ward
office where you live.



Before Entering Elementary School (Infancy and Early Childhood)


Parent and Child Plazas

(Fees apply)



These are spaces where young children (around 0 to 3 years old) and their guardians, as well as pregnant women and their families, can access these spaces. You can play with your child, get parenting advice, and receive information.



At places with a  symbol, you can also leave your child for a short time.



Parent and Child Plaza Yumehiroba

Near Keikyu Sugita Station!

Open: Monday, Tuesday, Thursday, Friday 10:00 AM to 4:00 PM

Web



Instagram



Parent and Child Plaza Yumetama

Located in Negishibashi Shopping Street

Open: Monday, Tuesday, Thursday, Friday 10:00 AM to 4:00 PM

Web



Instagram



Kosodate Kiddy Yokodai

Near JR Yokodai Station!

Open: Monday to Friday 10:00 AM to 4:00 PM

Web



Instagram



Kids Space Makana

Near Tanaka Bus Stop!

Open: Monday to Friday 9:30 AM to 3:00 PM

Web



Instagram



Parent and Child Plaza Dakko

Near Keikyu Byobugaura Station!

Open: Monday to Friday 9:30 AM to 4:00 PM

Web



Instagram



Kosodate Spot Kusukusu

Near JR Negishi Station

Open: Monday to Friday 10:00 AM to 3:00 PM

Web



Instagram

Facilities for Children Before Entering Elementary School

Daycare Centers and Kindergartens

In Japan, there are facilities children can attend before starting elementary school. These are largely classified into daycare centers (hoikusho or hoikuen) and kindergartens (youchien). Certain eligibility requirements must be met to enroll in a daycare center.

Daycare Center

Age	Ages 0 to elementary school age
Hours	11 hours or 8 hours
Application Conditions	Yes (you must need childcare due to work, illness, school, etc.)
Application	Ward office or facility

Kindergarten

Age	3 years old up to elementary school age
Hours	Standard 4 hours
Application Conditions	None
Application	At the Kindergarten



Childcare and Education Concierge

If you are looking for a daycare center or kindergarten for your child before they enter elementary school, you can consult with the concierge. If you have difficulty understanding Japanese, you can also consult with the ISOGO International Lounge.

Childcare and
Education Concierge

Phone: 045-750-2435



Experiences When Choosing a Nursery School or Kindergarten

ISOGO International Lounge Staff A



By improving my Japanese, I was able to make friends with other moms, and they shared a lot of helpful information with me.

I came to Japan and gave birth to my eldest son while studying in a Japanese language class. When my son was 1 year and 9 months old, I found a part-time job and started looking for a daycare center. First, I went to the ward office and received a list of daycare centers. I called them and found a daycare center that I could reach by bicycle. Although I couldn't speak Japanese well yet, they explained things to me in an easy-to-understand manner. I was really moved by how kind and supportive the daycare staff were.

My work hours were from 10:00 AM to 4:00 PM. When my child got a fever, they let me take time off work. When my son was 4 years old, we had to transfer him to a different daycare center due to my husband's job relocation. I looked through the guidebook and map I got from the new ward office and searched for a daycare or kindergarten we could commute to. After visiting by bicycle, I decided on the daycare. I have fond memories of exploring the new town with my son.

By working, my Japanese improved. Because my Japanese got better, I was able to make friends with other Japanese mothers. They told me lots of useful information I couldn't have found on my own. If you're going to live in Japan, we encourage you to study Japanese and enjoy your life here.

ISOGO International Lounge Staff B



I have a son who is currently in the second year of junior high school and a daughter in the second year of elementary school.

I gave birth to both of them in Japan. When I had my son, I was not working. I raised him at home until he was three years old. When he turned three, I enrolled him in kindergarten. I decided to enroll him after another mother whose child was the same age invited me to go to the kindergarten interview together. During the interview, they asked about my son's favorite toys and foods. I also remember being asked, "What language do you speak at home?"

After starting kindergarten, my son made many friends. I also became friends with some of the Japanese mothers. We went out for meals, had conversations, and made many good memories.

Even though I couldn't speak Japanese well, the teachers and other mothers were very kind to me. Don't be afraid, just try to talk.

Japanese Language Learning

In Isogo Ward, there are Japanese language classes run by volunteers. At ISOGO International Lounge, we provide information on Japanese language classes and ways to learn Japanese. On our website, we also post interviews with organizers of Japanese language classes in Isogo Ward. Please find a class that suits you!



Study Support for Children

There are study support classes where volunteers help children who are not fluent in Japanese with their school subjects. There are also free schools that support children after they graduate from junior high school as they prepare for high school entrance exams. It is very challenging for children who don't speak Japanese as their first language to continue on to higher education in Japan. Don't struggle alone, please consult with us.



Graduating from High School is Important

There are children in Isogo Ward who have come from other countries and are now studying in Japan. Many parents have either just brought their children to Japan or came together as a family. For parents, living together may feel like reaching a goal. But for the children, it is just the beginning. We hope that this is a hopeful new start for them.

As children grow up, you may start worrying about their future. If a child who came from another country graduates from a Japanese high school and finds a job, there is a chance they can change their residence status from a "Dependent Visa" to a "Long-Term Resident Visa." They can also go on to university. It's okay even if they came to Japan after graduating from junior high school in their home country. Even if they came to Japan after leaving high school, there are still options for them. There are NPOs that can help. No matter what happens, don't give up, please reach out and consult with us. There are always people around who will help you. Let's think together about how we can ensure the happiness of the children.

Multicultural Coexistence Spot World Kids
Director Hiroko Oh

Children's Residence Status

There is something that children with a "Dependent Visa" residence status and their parents need to know. If your child graduates from high school and starts working, it may be possible to change their residence status. It's important to start thinking early about what kind of status you want for your child. If you don't understand, consult a professional, you can seek advice from a professional, such as through a free consultation with an administrative scrivener. There are also consultation sessions for foreigners. If you don't know how to consult or feel uneasy because you don't understand Japanese, please consult the ISOGO International Lounge. They will connect you to a professional.

Flowchart of "Visa & Career Pathways" for Foreign Students after High School Graduation

For English, see p.5-6

(Produced and issued by the Kanagawa Prefecture Administrative Scrivener Association)



Free Consultation for Foreigners in 5 Languages

(Produced and issued by the Kanagawa Prefecture Administrative Scrivener Association)



About Developmental Disabilities

According to a 2020 survey by the Ministry of Education, Culture, Sports, Science and Technology, 8.8% of elementary and junior high school students may have developmental disabilities. This corresponds to more than 700,000 students in public elementary and junior high schools nationwide. If you notice anything concerning about your child, seek professional advice as soon as possible.

Child and Family Consultation



045-750-2525

Isogo Ward Core Consultation Support Center (Isogo Community Activity Home Ibuki)



045-778-6635

Raising Children Without Corporal Punishment

In Japan, corporal punishment when disciplining children was legally banned in 2020. The national guideline "Raising Children Without Corporal Punishment - Building a Society that Supports Parenting Together-" states the following.

Why is corporal punishment wrong?

- If corporal punishment is used repeatedly, it can have various negative effects on the child's physical and mental growth and development.
- This has also been scientifically proven.

Are you doing any of these?

- You warned your child several times, but they didn't listen, so you slapped them.
- You made them sit in a kneeling position* for a long time because they were misbehaving
- You made them go without dinner because they didn't do their homework

All of these are considered corporal punishment.



※ Actions to protect the child, such as grabbing a child's hand when they are about to run into the street, are not included.

* Sitting on your heels with your legs folded under you.

Source: the Children and Families Agency, Leaflet "For Parenting Without Corporal Punishment - A Society that Supports Childcare Together -"

If you are struggling with parenting, consult a specialist.

Child and Family Consultation



045-750-2525

ISOGO International Lounge

The ISOGO International Lounge offers a consultation service for foreign residents. It also provides information on daily life and Japanese language learning and hosts various events.

Consultation Service

We offer consultations on daily life issues. If the problem is complicated, we can introduce you to an expert who can help. Please feel free to come and consult with us.

Information Service

We provide information about Japanese language classes, academic support classes for children, as well as general daily life information.

Events in the Multipurpose Space

The ISOGO International Lounge hosts events open to foreign residents.

ISOGO Community Playgroup

Once a month, on Tuesday mornings, we hold a parent-child play session. Children up to 4 years old and their parents can join. It's free of charge.



ISOGO International Lounge
いそご多文化共生ラウンジ

Address: 3rd Floor,
Hamada Building,
3-4-23 Isogo, Isogo
Ward, Yokohama City
Phone: 045-367-8492

Managed by:
NPO Yume Community
Network



Web



Instagram

Study Sessions During Long School Holidays (Summer, Winter, Spring)

During long school holidays, we provide a study room where children can do homework or study Japanese. Volunteers support children with their studies.



Thursday Night Conversation Meet-Up

At the "Conversation Meet-Up," we talk in simple Japanese. Foreigners learning Japanese and Japanese people gather to talk about Japanese culture, customs, and the cultural differences between their home countries. It's held every Thursday night. No registration required. Free of charge.



Information Session for Parents of Children Starting Junior High School

Every year between February and March, ISOGO International Lounge holds an information session for parents whose children are entering junior high school. The session is led by foreign staff members who have raised children in Japan.

We explain what to prepare for entering school, school life, school lunches, participation in the PTA (Parent-Teacher Association), which also functions as a social education organization in Japan, children's studies, and entrance exams. We also answer individual questions.



Consultation Services at the Ward Office

There is a specialized consultation service where you can talk about your concerns when raising children. To begin, you can call or email the Child and Family Support Division. It is okay if you do not understand Japanese. Interpretation can be arranged for consultations. If you can speak Japanese, call the dedicated line.

Child and Family Consultation

You can consult by phone or in person about various issues from pregnancy and infancy to adolescence. Consultation with midwives is also available.

Reception hours: Monday to Friday / 8:45AM - 5:15PM (excluding holidays, weekends, and year-end/new year holidays)

 **045-750-2525**

is-kodomokatei@city.yokohama.lg.jp

Dedicated Lines (Japanese)

About Health and Diet

Breastfeeding Consultation

You can get advice on breastfeeding, including how to breastfeed or use formula, and the process of weaning.

 **045-750-2448**

Women's Health Consultation

You can consult about contraception, family planning, menstruation, infertility, menopause, and other related topics.

 **045-750-2448**

Dental Consultation for Infants, and Pregnant/Postpartum Women

Dental check-ups, consultations, and tooth brushing advice are available for children from 0 years old to preschool age, as well as for pregnant and postpartum women.

 **045-750-2448**

Children's Dietary Consultation

You can consult about dietary concerns such as weaning foods, picky eating, poor appetite, and food allergies. This is a one-on-one consultation with a nutritionist.

 **045-750-2446**

About Health and Diet


Weaning Class

[Intro to Weaning Class] Target: Children aged 2 to 6 months

[Mogu-Mogu Baby Weaning Class] Target: Children aged 7 to 9 months

You can learn about how to progress with weaning foods, see a cooking demonstration, and have a consultation.

A dental hygienist will also give a talk on tooth brushing.

 **045-750-2446**

About Childcare Facilities

Childcare and Education Concierge

You can get information and consultation about childcare facilities for preschool children (licensed daycare centers, kindergartens, temporary childcare services, etc.).

 **045-750-2435**

About Child Development

Child Consultation

Developmental consultation staff will listen to concerns about your child's development, such as delayed speech or hyperactivity.

 **045-750-2448**

Consultation for Children with Disabilities

You can consult about welfare services and other matters concerning children with disabilities.

 **045-750-2439**

About Daily Life

Single-Parent Household Consultation

You can consult about systems that support the lives of single-parent households.

 **045-750-2475**

Women's Welfare Consultation

You can consult about violence against women or various personal concerns.

 **045-750-2436**

Consultation Services Outside the Ward Office

Isogo Ward Core Consultation Support Center (Isogo Community Activity Home Ibuki)

People with disabilities or their families can consult here. There is also a gathering space called "Ibukids" for preschool children whose development is a concern and their parents.

● Monday to Friday 8:30 am – 5:30 pm

 **045-778-6635**

Kanagawa Children and Family 110 Consultation LINE

We offer free consultations about parent-child relationships, family issues, parenting anxieties, and other concerns related to children. We welcome not only parents but also children themselves.

● Monday to Saturday 9:00 AM – 9:00 PM
(excluding year-end and New Year holidays)

LINE

LINE official
account



ID 「@kana_kodomo110」



— Disaster Prevention in Japan — (Disaster Preparedness)

Japan is a country with many earthquakes. There is also a lot of heavy rain and typhoons. Disasters can happen at any time. It is necessary for you and your family to be prepared. Please check the disaster prevention information from the ISOGO International Lounge.



にほんご



中文



English



한글



Tiếng Việt



Yokohama City Website (Living Information)



やさしい
にほんご



English



中文



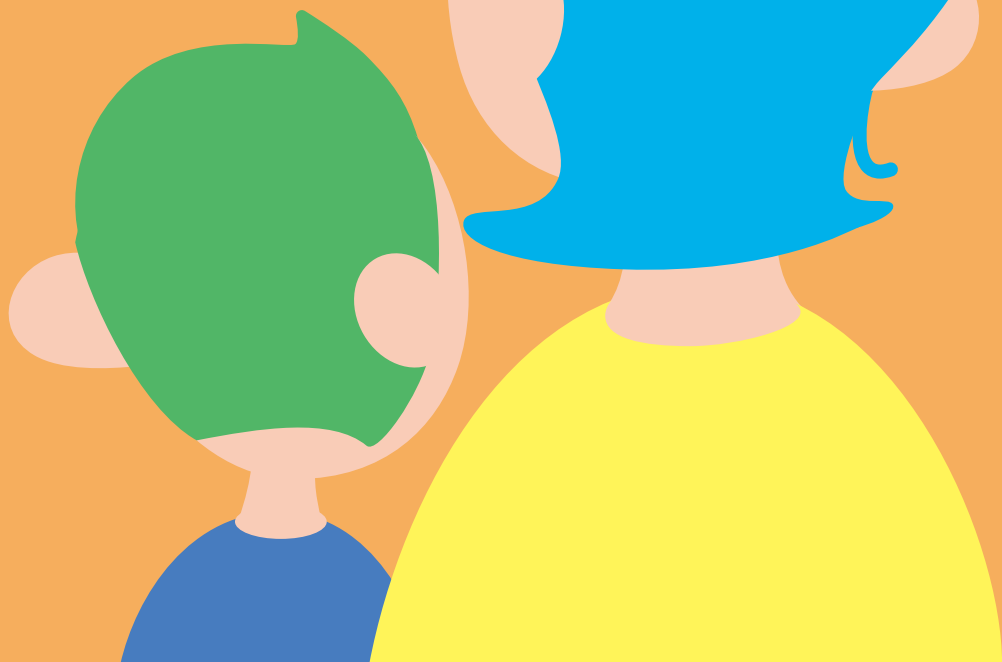
한글



Other
Languages



Machine
Translation



Published by:
ISOGO International Lounge
Publication Year: March 2026

Isogo Parenting
Support Guide

Web version



日本語



中文



English