

Some operations listed may be subject to change due to COVID-19.
For more information, please visit the city website or contact
the appropriate service window.

Childrearing Guide (English)



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Neuvola Zamarin(Zama City)

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The English-language version of the “Childrearing Guide” is a booklet for foreign residents who are raising children in Zama City or who will be raising children here in the future. It contains information on programs related to childbirth and childrearing, consultation service windows, and other information.

The contents of the Japanese-language version of the “Childrearing Guide” were translated into English and adapted for foreign residents.

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If You Become Pregnant



Neuvola Zamarin

This is a consultation service window that offers advice about pregnancy, childbirth and childrearing. Please ask us if you have any questions or concerns.

You can pick up your Maternal and Child Health Handbook as well as a pregnancy, childbirth and childrearing support plan.

【Contact】 Neuvola Zamarin 046-252-7776

Maternal and Child Health Handbook

This handbook is used to keep track of the health of both mother and child (from pregnancy to when the child enters elementary school). After a doctor confirms your pregnancy, please visit Neuvola Zamarin as soon as possible to receive your copy of the Maternal and Child Health Handbook (*Boshi Kenko Techo* in Japanese).

In addition to the handbook, you are entitled to receive the following:

- Pregnancy health checkup coupons (to protect the health of both mother and baby and ensure the pregnancy goes well)
- Pregnancy dental checkup ticket (for early detection of cavities and prevention of periodontal disease)
- Maternity health checkup coupons (to check the mother's physical condition after childbirth, and the status of breastfeeding and childrearing)
- Breast care coupon (for advice about breasts, breastfeeding and childrearing)

【What to bring】

- Your individual number card (My Number card)

If you do not have an individual number card, please bring the following:

- (1) A document to confirm your individual number (My Number)
- (2) Personal photo ID (residence card, passport, etc.)

【If a proxy will be picking up the handbook】

If someone else will be picking up the handbook, make sure that person brings the following:

- (1) A power of attorney written by you
- (2) Personal photo ID of the proxy (residence card, passport, etc.)
- (3) A document that confirms your individual number

【Languages available】

English, Chinese, Korean, Tagalog, Thai, Vietnamese, Indonesian, Spanish, Portuguese

【Contact】 Neuvola Zamarin 046-252-7776

Hello Baby Class



This is a class that teaches first-time mothers and fathers how to handle life during pregnancy and raise their children. It is also a good opportunity to make friends for the childrearing years. Fathers are encouraged to participate.

【Eligibility】 Mothers about to give birth for the first time (18 to 35 weeks pregnant) and fathers

【Venue】 Civic Health Center

【Participation fee】 ¥300 (for textbooks)

【Dates】 Four sessions per course (please check the city website or call the number below for more information)

【Contact】

Health Promotion Division

(☎ 046-252-7225)

Pregnancy Health Checkup

This is to protect the health of both mother and baby and to ensure the pregnancy is going well. Visit the Health Promotion Division to receive fourteen pregnancy health checkup coupons and go to a hospital to receive your checkups.

【Costs the city pays】 Up to ¥4,000 per checkup

【Contact】

Health Promotion Division

(☎ 046-252-7225)

Pregnancy Dental Checkup

Pregnant mothers can have their dental health checked. They should undergo this checkup to detect cavities early and prevent periodontal diseases.

【Number of checkups】 Once during the pregnancy

【When to receive the checkup】 The recommended time is between 16 and 27 weeks of pregnancy. (If your condition is stable, you can receive the checkup early.)

【Fee】 ¥500

【Hospitals you can visit】 The hospitals you can visit are designated by the city. For more details, please see the back of the ticket or call the number below.

【Contact】

Health Promotion Division

(☎ 046-252-7225)

When You Gave Birth



Registering Your Baby's Birth Registration

When your baby is born, obtain his/her birth certificate from the hospital, write the necessary information on the birth notification (only fill out the left page if the right page is the birth certificate), and submit it to the city office's Resident Registration Division.

【Submission deadline】

Within fourteen days of the birth

(or within three months if you gave birth overseas)

【What to bring】

Maternal and Child Health Handbook

【Contact】

Resident Registration Division (☎ 046-252-8084)

Birth Report Form

This postcard is attached to the pregnancy health checkup coupon. This is necessary for baby visits.

Please bring the postcard to Neuvola Zamarin as soon as possible after your baby is born.

Note: You can also attach a stamp and send it via postal mail.

【Contact】

Neuvola Zamarin

(☎ 046-252-7776)

Baby Visits

A midwife or other healthcare provider will visit your house to check on your baby's health. This person can help with tasks such as weighing the baby, and you can also ask about parenting, vaccinations and health checkups.

【Date and time】

Once you submit the birth report form to the Health Promotion Division of the city office, we will decide the date and time with you.

【Contact】

Health Promotion Division

(☎ 046-252-7225)

Childbirth Lump-Sum Allowance

You can receive this allowance from health insurance or other sources when you give birth.

If you are enrolled in National Health Insurance (an insurance plan for those who are not enrolled in a company's health insurance plan), you can receive the childbirth lump-sum allowance after giving birth. If you are covered by other health insurance, please contact your insurer (the health insurance association of the company you work for).

[Contact] National Health Insurance and Pension Division

(☎ 046-252-7672)

Child Allowance

The city will provide an allowance (¥5,000 to ¥15,000 per month) to those raising children until the child graduates from junior high school.

Be sure to apply within fifteen days of the day after the birth of your child. If you apply later, you will not be able to receive allowance for that period.

[What to bring]

Bankbook of the recipient (father or mother, depending on who has the higher income)

[Payment period]

Three times a year (June, October and February)

[Contact]

Child Raising Support Division

(☎ 046-252-7201)

Zamarin Suku-suku Gift

You can receive a one-time supply of diapers and other childrearing goods after your baby is born. You can order ¥10,000 in products from the catalog the city has created.

[Eligibility]

- Residents of Zama City
- Those living with a child under one year old

[How to order]

- Submit your application to the Child Policy Division
- Order the products once you receive the approval notice

[Contact]

Child Policy Division

(☎ 046-252-8025)



Child Medical Expense Subsidies

The city pays a portion of the medical expenses incurred when a child visits a hospital or is hospitalized due to illness or injury.

【Eligibility】

Children from birth to the third year of junior high school (please note that there is an income limit once the child turns one year old)

To receive a child medical certificate, you need to complete procedures at the Medical Services Division of the city office. Please bring the following items with you:

【What to bring】

- Child medical certificate application

Note: The applicant's signature (father or mother, depending on who has the higher income) and that of his/her spouse are necessary.

- Your child's health insurance card
- Documents to confirm the individual numbers (My Number) of the applicant, spouse and child
- Applicant's personal photo ID (residence card, passport, etc.)

【Contact】

Medical Services Division (☎ 046-252-7213)

Medical Expense Subsidies for Premature Infants

If a baby that weighs less than 2,500 grams is hospitalized at a designated hospital, the city will pay part of the medical expenses incurred.

【Contact】

Medical Services Division (☎ 046-252-7213)

Maternity Health Checkup

This is a health checkup to assess the mother's physical condition after childbirth as well as the status of breastfeeding and childrearing.

【Checkup period】Two times, approximately two weeks after birth and one month after birth

【Costs the city pays】Up to ¥5,000 per checkup

【How to receive the checkup】

Bring the following to the hospital:

- (1) Maternity health checkup coupon (including postpartum questionnaires 1 and 2)
- (2) Maternal and Child Health Handbook

Note: Some hospitals do not accept these coupons. Call the number below for more details.

【Contact】

Neuvola Zamarin (☎ 046-252-7776)

Postpartum Care

Childrearing support is available for mothers who have just given birth.

You can receive the following care:

- Medical interview (the staff will ask you about your medical history and symptoms)
- Physical condition check
- Breast care
- Breastfeeding guidance
- Childrearing consultation

【Eligibility】

From newborns up to babies three months old and their mothers (must be registered residents of the city)

【How to apply】

After you receive the baby visit, submit your application to the Health Promotion Division of the city office. We will send you tickets via postal mail at a later date.

【Location】

Shirota Obstetrics and Gynecology

Every Tuesday, 9:30 a.m. to 2 p.m.

Every Friday, first and second Thursdays, third and fourth Mondays, 11:30 a.m. to 4 p.m.

【Fees】

¥1,500 (call the number below for more details)

【Contact】

Neuvola Zamarin (☎ 046-252-7776)

Breast Care Expense Subsidies

A midwife will come to your house to discuss any problems you may have with your breasts, breastfeeding or childrearing.

【Eligibility】

Mothers with babies up to three months old

Note: People who have infectious diseases or need medical treatment cannot use this service.

【Location】At your home

【Date and time】Weekdays on a day you specify (discuss with the midwife to choose a date)

【Costs the city pays】

The city will pay up to ¥2,000 of the cost for care (you are responsible for the remaining cost)

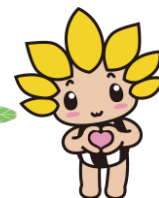
【How to apply】

Call the number below for application procedures and other details.

【Contact】

Neuvola Zamarin (☎ 046-252-7776)

If You Need Help with Childrearing



Childrearing Consultation

You can ask a public health nurse or nutritionist to help with any questions or concerns you have about the health, diet or development of your child from birth to the age of five.

The Civic Health Center offers dental consultations with a dental hygienist and developmental consultations with a physical therapist.

【Date, time and location】See Koho Zama (Zama City Newsletter), city website, Hokeneisei no Oshirase (Health Program), etc.

☆You can also receive consultations over the phone.

(Monday to Friday, 9 a.m. to 4 p.m.)

【Contact】

Health Promotion Division (☎ 046-252-7225)

Neuvola Zamarin (☎ 046-252-7776)

24-Hour Hotline for Health Consultations

Please ask about anything related to your health, including concerns about illness, childrearing and information about hospitals.

【Telephone number】

☎ 0120-867-860 (toll free)

Note: Make sure you change your setting so your number is displayed on our caller ID.

Fax for the hearing impaired:

☎ 03-3562-8435 (you are responsible for communication charges)

Online consultations

URL <https://familycare.sociohealth.co.jp/>

Password: 867860

【Contact】 Medical Services Division (☎ 046-252-7295)

Child Consultations and Abuse Response

You can consult us about any issues and concerns you have regarding children under eighteen years old.

In Japan, hitting a child as a disciplinary measure is prohibited by law. If you feel the urge to hit your child, please consult with us.

Additionally, if you see a child that you think may have been abused, please let us know.

【Date and time】

Monday to Friday, 8:30 a.m. to noon, 1 to 5:15 p.m.

【Contact】

Child Policy Division (☎ 046-252-8026)

Community Childcare Centers

The nursery schools in the city (twenty-five locations) serve as community childcare centers and provide advice on childrearing. You can use this service even if your child is not enrolled in a nursery school, so please contact your local nursery school.

【Contact】

Child Care Division (☎ 046-252-7202)

Domestic Violence Consultations

If you are struggling with violence or verbal abuse from your spouse or lover, a counselor will help you.

【Date and time】

Monday to Friday, 9 a.m. to noon, 1 to 5:15 p.m.

【Contact】

Public Hearing and Human Rights Division (☎ 046-252-8483)

Childcare Consultations

You can ask a childrearing concierge about childrearing for infants and toddlers (from birth to entrance to elementary school), childcare services, and enrollment in nursery schools and kindergartens.

【Date and time】

Monday to Friday, 9 a.m. to noon, 1 to 5:15 p.m.

【Contact】

Child Care Division (☎ 046-252-7202)

Welfare for the Disabled

You can receive or apply for the following at the consultation service counter for people with disabilities:

- Physically disabled certificate
- Rehabilitation certificate
- Mental disability certificate
- Independence support benefits
- Fees for prosthetics and other equipment

【Date and time】

Monday to Friday, 8:30 a.m. to 5:15 p.m.

【Contact】

Disabled Persons' Welfare Division (☎ 046-252-7978)

Independence Support Consultations

We help solve daily life problems in areas such as finance, employment, family life and housing (including rent assistance).

【Date and time】

Monday to Friday, 8:30 a.m. to noon, 1 to 5:15 p.m.

【Contact】

Municipal Life Support Division (☎ 046-252-8566)

Support for Single-Parent Households



Childrearing Allowance

You are eligible for this allowance if you are raising a child up to the age of eighteen on your own due to divorce or other reasons.

For more information on how to apply and conditions, please call the number below.

【Contact】

Child Raising Support Division (☎ 046-252-7201)

Medical Expense Subsidy Program for Single-Parent Households

To support parents who are raising their children alone, the city pays a portion of the expenses when the child visits a hospital or is hospitalized due to illness or injury.

【Contact】

Child Raising Support Division (☎ 046-252-7201)

Advice from Single-Parent Independence Support Staff

We provide the information and support necessary to help residents thinking about divorce or raising children on their own achieve financial independence. If you have any questions about your life or work, feel free to ask a counselor.

【Contact】

Child Raising Support Division (☎ 046-252-7201)

Parent and Child Learning Programs



Baby Food Class

Learn how to prepare proper food for your baby and sample baby food in the classroom.
For details about the dates and times, see Koho Zama (Zama City News), the city website, Hokeneisei no Oshirase (Health Program).

【Fees】 ¥0

○ Infant Class

【Eligibility】Children from five to approximately six months old and their parents

【Contents】How to make and serve baby food, and childrearing during the early baby food stage

○ Mogu-mogu Class

【Eligibility】Children from seven to approximately eight months old and their parents

【Contents】Progression and childrearing during the middle baby food stage

○ Paku-paku Baby Food Class

【Eligibility】Children from one year to fifteen months old (first child) and their parents

【Contents】Progression during the baby food completion stage

【Contact】

Health Promotion Division (☎ 046-252-7225)

Courses That Include Childcare

We offer the following courses that include childcare for parents still raising children:

☆ Parent and Child Joint Development Class

Zama City Community Hall (☎ 046-255-3131)

☆ Childrearing Waku-waku Class

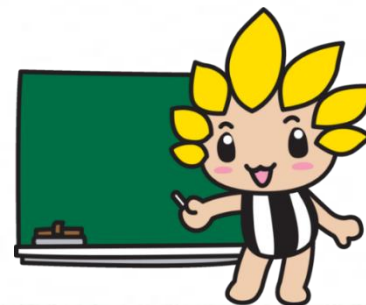
North District Cultural Center (☎ 042-747-3361)

☆ Class for Families with Infants

East District Cultural Center (☎ 046-253-0781)

☆ Mental Childcare Salon・Childrearing Class for Married Couples

Lifelong Learning Division (☎ 046-252-8472)



For Healthy Development



Infant Health Checkup

The infant health checkup is an important opportunity to check your child's development. Please be sure to take your child to this checkup.

We will send you documents via postal mail in advance, so please check them. If you have not received the checkup documents by the time your child reaches the eligible age, please contact the Health Promotion Division.

[What to bring] Maternal and Child Health Handbook and the documents sent to you

[Fees] ¥0

Note: If your child does not receive these checkups, a public health nurse may visit your house to check on your child's health.

Checkup name	Eligible children		Venue	Remarks
Four-Month-Old Health Checkup	Four months old		Civic Health Center	
Eight- to Ten-Month-Old Health Checkup	Eight to ten months old		Designated medical facility (see the checkup form)	
Eighteen-Month-Old Health Checkup	Health	One year seven months old	Designated medical facility (see the checkup form)	Undergo the dental checkup after the health checkup
	Dental	One year eight months old	Civic Health Center	
24-Month-Old Health Checkup	Two years one month old		Civic Health Center	Dental checkup and preventive care (fluoride can be applied to the teeth for a fee)
Three-and-a-Half-Year-Old Health Checkup	Three years six months old		Civic Health Center	Medical, dental, urine, and audiovisual examinations

[Contact] Health Promotion Division (☎ 046-252-7225)

☆ Please undergo infant and child health checkups to monitor the development of your child. You can also get advice about concerns related to childrearing.



Vaccinations

These shots are required by law to prevent illnesses. To protect your child's health, please get him/her vaccinated at a designated hospital during the designated periods.

Please note that the vaccination system may change in the future. For the latest information, visit the city website or call the number below.

The final decision about vaccinations (when, which vaccines, and how many doses) is left up to the parents' discretion. For standard vaccination procedures, carefully read the Vaccination and Children's Health publication the Health Promotion Division sent you via postal mail.

【Routine vaccinations】(Information current as of April 1, 2021)

- Hib vaccine (Haemophilus influenzae type B) •Pediatric pneumococcal vaccine •Hepatitis B
- Rotavirus vaccine •DPT-IPV (diphtheria, pertussis, tetanus, polio) •BCG
- Combination measles and rubella vaccine •Chicken pox •Japanese encephalitis

【Contact】

Health Promotion Division (☎ 046-252-7225)

If Your Child Becomes Sick at Night or During a Holiday



Inquiries about Medical Conditions and Consultations

You can find out which hospitals are open on holidays and at night.

If your child's condition suddenly worsens on a holiday or at night, you may not know if you should take your child to the hospital right away. In such cases, contact the 24-Hour Telephone Health Consultation or Kanagawa Children's Emergency Dial service listed below.

☆ 24-Hour Telephone Health Consultation

Tel: 0120-867-860 (toll free)

Note: Make sure you change your setting so your number is displayed on our caller ID.

Fax for the hearing impaired:

Fax: 03-3562-8435 (you are responsible for communication charges)

☆ Kanagawa Children's Emergency Dial (6 p.m. to 8 a.m. the following day daily; you are responsible for communication charges)

Tel: #8000...For touch-tone phones with area codes other than 042 and cellphones

Tel: 045-722-8000...For touch-tone phones with area code of 042, pulse-dial phones, IP phones, PHS, etc.

【Contact】

Medical Services Division (☎ 046-252-7295)

Emergency Medical Facilities

Emergency medical facilities (such as the Zama City Holiday Emergency Center) respond to sudden injuries and illnesses on holidays and at night. They only provide basic emergency medical services, so visit your family doctor at a later date.

☆ Holiday Emergency Center (Civic Health Center 1F, 1-1-3 Midorigaoka, Zama City)

Category	Services	Telephone number	Hours
Daytime during holidays (Sundays and national holidays)	Pediatrics (excluding surgery)	☎ 046-255-9933	9 to 11:45 a.m. and 2 to 4:45 p.m.
	Dental	☎ 046-252-8217	9 to 11:45 a.m. and 2 to 4:30 p.m.
Nights	Pediatrics (excluding surgery)	☎ 046-255-9933	Weekdays: 7 to 9:45 p.m. Saturdays, Sundays and national holidays: 6 to 9:45 p.m.

☆ Fire Department Telephone Service (you will be directed to the hospital on duty)

Category	Services	Telephone number	Hours
Daytime during holidays (Sundays and national holidays)	Otorhinolaryngology Ophthalmology	☎ 046-251-0119 (Automated voice guidance)	9 a.m. to noon and 2 to 5 p.m. Note: Contact the medical facility on duty in advance to confirm its hours.

☆ Pediatric Emergency Information Center

Category	Services	Telephone number	Hours
Late nights	Pediatrics (excluding surgery)	☎ 046-255-9933	10 p.m. to 7 a.m. the following day (Until 8 a.m. the following day in case of serious illness)

For More Information about Childrearing



Zamarin Health News

We will send you childrearing information via email.

You will receive an email when the dates for the vaccinations or health checkups are approaching.

[Fees]

While there are no fees for registration or use, you are responsible for communication charges.

[Languages] English, Chinese, Korean

[Contact]

Health Promotion Division (☎ 046-252-7225)



Koho Zama (Zama City Newsletter) and the Zama City Website

Health checkup dates and other useful childrearing information is available in Koho Zama (Zama City Newsletter) and on the Zama City website.

Zama Childrearing Calendar

Volunteers who are raising children prepare this calendar.

The calendar contains information on events (childrearing salons, storytelling sessions, etc.) and presentations that families with infants and toddlers (from birth to enrollment to elementary school) can participate in. You can get your copy at any public facility in the city.

【Contact】

Lifelong Learning Division (☎046-252-8472)



Zamap

Volunteers who are raising children compile this childrearing support information magazine. It contains information on childrearing from the perspective of parents. You can get your copy at any public facility in the city.

【Fees】Free

【Contact】

Lifelong Learning Division (☎046-252-8472)



Hokeneisei no Oshirase (Health Program)

This publication provides detailed information on the contents of and schedule for vaccinations and health checkups. It is sent to all households every March. You can also obtain it at any public facility in the city.

【Contact】

Health Promotion Division (☎ 046-252-7225)

Childrearing Information Website “Zamasuku”

This is a childrearing information website created by the city and childrearing support groups. It is easy to find childrearing information from the city and from private organizations in one place, and you can learn about systems and events.

【Zamasuku URL】

<https://www.zamasuku.com/>

【Contact】

Child Policy Division (☎046-252-8025)



Mini Column: Preventing Infections

- ☆ Steps to prevent infectious diseases
 - Gargle and wash your hands when you get home
 - Open the window or door for about five minutes every hour
 - Wash your hands before eating and after going to the bathroom
 - Do not share bath towels and other items with family members who have cold symptoms

When an infectious disease is prevalent:

- Avoid going outside
- Wear a mask if you do go outside
- Avoid dining or barbecuing with large groups
- Avoid sharing tableware



Childcare Services



Temporary Childcare

When it is temporarily difficult to take care of your child at home due to childrearing fatigue or sudden illness, you can leave your child at a nursery school. (For more information on how to use this service, please contact the following nursery schools directly.)

- ☆ Zama Nursery School (Tel: 046-251-0355)
- ☆ Ayumi Nursery School (Tel: 046-255-8691)
- ☆ Kurinomi Nursery School (Tel: 046-254-1929)
- ☆ Zama Kodomo-no-ie Nursery School (Tel: 046-253-2784)
- ☆ Yanase Nursery School (Tel: 046-251-5544)
- ☆ Zama Sukoyaka Nursery School (Tel: 046-298-2555)
- ☆ Zama Yumekko Nursery School (Tel: 046-256-0888)
- ☆ Wakaba Nursery School (Tel: 046-251-6776)
- ☆ Nursery School T&Y Sagamigaoka (Tel: 042-705-4561)
- ☆ Magio Tanpopo Nursery School Sobudai (Tel: 046-255-5522)
- ☆ Kodomo-no-ie Himawari Nursery School (Tel: 042-705-5885)

【Contact】

Child Care Division (☎046-252-7202)

Nursery Schools

When a father and/or mother is unable to care for a child at home due to work or long-term illness, they can leave their child at a nursery school.

【How to apply】

For more information about application procedures, please contact the Child Care Division.

【Contact】

Child Care Division (☎ 046-252-7202)

Family Support Programs

When you have errands to run and need someone to care for your child, we will introduce you to someone who can temporarily take care of your child. You can leave your child at that person's home or ask him/her to take your child to and from nursery school. You will need to register as a member to use this service in advance.

【Eligibility】

Children from three months old to the sixth grade of elementary school

【Fees】

First child: ¥450 for 30 minutes; Second and subsequent child: ¥225 for 30 minutes

☆ Family Support Office Tel: 046-266-2003

【Contact】

Child Raising Support Division (☎ 046-252-7969)

Childcare for Sick Children

If you have to work or run some errands, you can leave your child at the nursery room when he/she has a fever or other illness.

Notes:

1. Registration in advance is required.
2. Before using the service, your family doctor must examine your child.

☆ Nijinohashi Nursery School's nursery room for sick children

☎ 046-240-9478

【Contact】

Child Care Division (☎ 046-252-7202)

Post-Illness Childcare

You can leave your child at the center below when he or she is recovering from an illness and needs to rest for one to three more days.

Notes:

1. Registration in advance is required.
2. Before using the service, your family doctor must examine your child.

☆ Post-Illness Childcare Center Suzuran (within Hironodai Nursery School)

☎ 046-255-3616

【Contact】

Child Care Division (☎ 046-252-7202)

Column: The Difference Between Nursery Schools and Kindergartens



1. The Difference between Nursery Schools and Kindergartens

Nursery schools are welfare facilities and kindergartens are educational facilities. Both promote sound physical and mental development to ensure the healthy growth of children.

Nursery schools

- Child's age: from birth until enrollment in elementary school
- Conditions: Parents unable to care for their children due to work or illness may apply.
- Characteristics: The childcare hours are long and include lunch and nap time.

Kindergartens

- Child's age: from three years old until enrollment in elementary school
- Conditions: Anyone can apply.
- Characteristics: Some kindergartens offer lunch, while others require children to bring their own lunches.

You can also use temporary childcare after regular hours.

2. How to Enroll Your Child in a Nursery School

【How to apply】

If you wish to enroll your child in a certified nursery school, please apply to the city's Child Care Division by the designated date. For more details, please read the Guide for Admission to Child Care Facilities or ask at service window.

If you wish to enroll your child from April of the following year

Apply at the Child Care Division during the application period for new applicants (around November of the previous year).

For information about when the application process begins, please visit the city website around October of the previous year.

If you wish to enroll your child in the middle of the school year

The application deadline is the tenth of the month prior to the desired month of enrollment (or the day before, if the tenth is a holiday).

【Selection process】

The number of children that can enter each nursery school is fixed, so not all will be admitted. The selection committee decides fairly who will be admitted, calculating the reasons and circumstances of those who need to use nursery schools and admitting those with the highest scores.

Parents of children that the selection committee places on hold or a waitlist (waiting to be admitted to a nursery school) will be notified of that fact.

If your child is not admitted, you can also use an uncertified nursery school. For more information, please contact the Child Care Division.

3. How to Enroll Your Child in a Kindergarten

【How to apply】

In general, kindergartens start in April. If you wish to enroll, please apply directly to the kindergarten you want your child to attend.

Applications are distributed around mid-October.

Each kindergarten has its own characteristics, so please visit the kindergarten in advance to learn more about its educational policies and childcare.

Places to Play When It Is Raining



Sunny Place Zama (General Welfare Center)

Meeting rooms and conference rooms are available as places for civic and volunteer activities. There is also a playroom where you can play with your toddler.

【Address】

1-2-1 Midorigaoka (☎ 046-266-1294)

Sky Arena Zama (Resident Gymnasium)

Sky Arena Zama has a gymnastics room, a training room, and a toddler gymnastics room, and offers parent-child gymnastics classes and infant gymnastics classes.

【Address】

1-47-1 Sobudai (☎ 046-255-0077)

Community Halls, North District Cultural Center, East District Cultural Center

The city has three community halls (cultural centers), and they host many presentations and events. They also hold many events for children during the morning hours. For the dates and time of the events, directly contact each community hall.

○ Zama City Community Hall

Storytelling sessions, nursery rhymes, book reading, toy hospital, childrearing salon, twins room

2-53-34 Iriya Nishi (☎ 046-255-3131)

○ North District Cultural Center

Storytelling sessions, sing and play, toy hospital, childrearing salon

5-30-4 Sagamigaoka (☎ 042-747-3361)

○ East District Cultural Center

Storytelling sessions, toy hospital, childrearing salon

3-1-1 Higashihara (☎ 046-253-0781)



Childrearing Support Center (Zamarin' s House)

The center is a place where mothers and fathers raising children can interact with other parents while letting their children play. You can also talk with a counselor about your childrearing concerns about childrearing. It is also a good place to make friends who are also raising children.

【Fees】 ¥0

【Eligibility】 from birth until enrollment in elementary school

【Locations】

Zamarin's House Yume (Childrearing Support Center No. 1)

Address: Sun Hope 2F, 2-8-1 Higashihara, Zama City

TEL 046-254-2634

Zamarin's House Himawari (Childrearing Support Center No. 2)

Address: Livio Tower Odakyu Sagamihara Commons Zama 2F, 1-25-1 Sagamigaoka, Zama City

TEL 042-740-2788

Zamarin's House Kagayaki (Childrearing Support Center No. 3)

Address: Hoshinotani Danchi(Housing Complex Building) 4 1F, 3-59-4 Iriya-Higashi, Zama City

TEL 046-255-7070

【Contact】

Child Policy Division (☎ 046-252-8026)

Library

The library has a children's storytelling room where you can enjoy reading with your children. The children's storytelling room also holds events for children. Please call the number below for details.

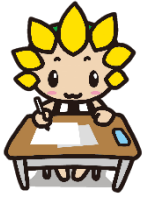
The library also conducts Book Start activities. Book Start provides an opportunity to interact with your baby through picture books. You can also receive a Book Start pack that contains picture books and information on childrearing.

【Address】

1-3-1 Iriya Higashi (☎ 046-255-1211)



Preparations for Enrolling in Elementary School



Pre-Entrance Health Checkup

If your child will be entering elementary school in April of the following year, he/she must undergo a pre-entrance health checkup beforehand. A parent must accompany the child when visiting the doctor.

【Contact】

School Education Division (☎ 046-252-8749)

Elementary School Enrollment Procedures

A school enrollment notice is mailed around mid-December to households with children who will enter elementary school in April of the following year. Please bring this notice to the entrance ceremony of the elementary school the notice mentions.

The following cases require you to complete procedures in advance, so please call the number below:

- If a child with foreign nationality wishes to enroll in elementary school

Note: Please submit an Application Form for Enrollment of Non-Japanese Students.

- If your child will be enrolling in a national, prefectural or private elementary school

Note: Please complete procedures for out-of-area enrollment.

- If you wish to enroll your child in a school other than the designated elementary school, and you meet the conditions for changing the designated school

Note: Please complete procedures for changing designated schools.

【Contact】

School Education Division (☎ 046-252-8739)

Kids Home

There are places that take care of elementary school children after school hours until their working parents come to pick them up.

【Eligibility】

Elementary school students whose parents are unable to care for them at home after class due to work or illness

【How to apply】

(1) For use starting in April: Please apply by the end of November of the previous year.

(2) For use starting on other months: Please apply by the tenth of the month prior to the month you wish to start

【Contact】

Child Raising Support Division (☎ 046-252-7969)

Afterschool Children's Classroom

This program provides a safe and secure place for children to stay after elementary school classes.

They can do homework, study or play sports.

【Locations】

The elementary school your child is enrolled in

【Activity days】

Twice a week

【How to apply】

Apply at your child's elementary school after enrollment.

【Contact】

Youth Affairs Division

(☎ 046-253-8415)



School Enrollment Assistance

If you are struggling financially, you can receive a portion of the money you need to prepare for your child entering elementary school.

【How to apply】

Around mid-December, documents for elementary school enrollment preparation fees will be mailed to you along with the school enrolment notice. For details, see the documents and apply.

【Contact】

School Education Division

(☎ 046-252-8739)

School Enrollment Consultations

Prior to enrolling your child in elementary school, you can consult about which school and class to choose according to your child's developmental status.

【Date and time】 Monday to Friday, 9 a.m. to noon, 1 to 4 p.m.

【Contact】

Educational Guidance Division

(☎ 046-252-8732)



Other Information



Multilanguage Information (Zama City Website)

You can get useful information about daily life in multiple languages.

☆ Zama City website (information in multiple languages)

【URL】

<https://www.city.zama.kanagawa.jp/www/contents/1387243453119/index.html>



Multilanguage Support Center Kanagawa

You can freely ask for information necessary for daily life (medical care, health and welfare, childrearing, etc.) and about lifestyles.

【Languages】

English, Chinese, Tagalog, Vietnamese, Spanish, Nepali, Thai, Korean, Indonesian, simple Japanese

☆ The days of the week that service in a particular language is available differ. Please check the website for details.

【TEL】045-316-2770

9 a.m. to noon and 1 to 5:15 p.m.

【URL】

<https://www.kifjp.org/kmlc>



Childrearing Support Website for Foreign Residents

This is a website where foreigners living in Japan provide an easy-to-understand guide to raising children in Japan, based on their own experiences of pregnancy, childbirth and childrearing.

【URL】

<http://www.kifjp.org/child/>

