

FREE! ¥0

[Tsuzuki Ward]

# OYACO

## Reference Booklet Living with Kids in Tsuzuki Ward "Childcare & Education / Health Services"

Third Edition



# Introduction

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

It is intended to provide a simple guide about life in Japan for international families. While the earlier 1st and 2nd editions applied mainly to northern Yokohama, this 3rd edition focuses on Tsuzuki Ward. We share some personal stories from mothers, and list medical and educational facilities. We also added a community map and list of community services.

## About Sharing Caring Culture (SCC)

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

## Who is OYACO for?

Northern Yokohama, including Tsuzuki Ward, is home to a large and growing number of families with young children. Many international families also move in and out of the area frequently. We understand that raising children in Japan can be unexpectedly challenging—especially when navigating daily life and parenting information in a different language. For families who have just arrived, it can often be difficult to know where to look or whom to ask for assistance.

To help bridge this information gap, SCC published the first English edition of OYACO in 2018. This was followed by a second edition in 2022, offered in both English and Easy Japanese. Many readers reached out with suggestions and feedback, which encouraged us to continue improving the booklet.

Recognizing the increasing number of international families in Tsuzuki Ward, the Tsuzuki Ward Office also felt that OYACO should be updated to better reflect current parents' needs. In response, we prepared the third edition with support from the Tsuzuki Ward Office, Kanagawa International Foundation, Nonprofit Organization Kodomoto, and the Yokohama City Northern Area Child Development Support Center. We hope this booklet will further help international families to navigate parenting and community life in Yokohama.

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# Living in Tsuzuki Ward, Yokohama

## How to Get Information for Family Support: Uwa's Story

Before moving to Yokohama, I lived in Ichikawa city, Chiba. When I got a new job in Yokohama, I realized the commute from Chiba would be too long—especially with a baby under one year old.

I requested a later start date from the company so I could relocate to Yokohama and sort out daycare for my child. But at first, I didn't know where to begin. I went on the "Yokohama Mommas" Facebook group and asked for advice, especially about which wards made the hoikuen (daycare) application process easier near my office location. One of the moms sent me a pdf version of OYACO. Based on the information in the OYACO booklet, we decided to move to Tsuzuki Ward. I needed to choose the ward first, then find a nursery willing to accept my child, and only then start looking for a home. So I visited the Tsuzuki Ward office and requested a list of available hoikuen/daycare. They gave me the list and explained that I needed to move into the ward before a certain deadline to be eligible to apply. Using that list, I picked the area I wanted to live in—specifically, somewhere with hoikuens that still had openings around the time. Eventually, we found a home in our chosen location. Within one week of moving to Tsuzuki Ward, we visited three hoikuens and submitted our application. Since it was a mid-year application, we received a response at the end of the month.

Right after moving, I felt quite stressed because everything happened so suddenly, and needed some time to adjust. I asked the Tsuzuki Ward office if there were any temporary daycare options, and they provided a list. I applied to one of the facilities, did the interview, and my child started attending

about two weeks after our move. It was an hourly daycare, which gave me the flexibility to run errands or simply rest.

For the hoikuen we got from the ward office, we were informed about the adaptation period called narashi hoiku, where children gradually get used to daycare over about two weeks. For me, this period overlapped with the start of my new job, which made things even more challenging.

Finding a babysitter or someone to help felt like a big challenge, so I searched online and came across the Yokohama Family Support program. I noticed that the Tsuzuki branch was located in Popola, so I went there directly and requested assistance. I needed someone who could pick up my child after narashi hoiku, take him to the temporary daycare facility, pick him up, then bring him home and stay until I finished work. It felt like a huge task to coordinate. But looking back, I was extremely fortunate, matched with two wonderful women who handled everything smoothly and supported us with genuine care. I remain very grateful for their help.

For family support, especially as a working mom, I usually contact and request support from the Family Support Center in Tsuzuki (Popola, Center Kita). When I first moved to Tsuzuki Ward three years ago, my Japanese was quite basic, but the staff were very patient and helped me with the entire application process.

I have used their services in many situations—when I was ill, when I had to leave home very early, or when I needed someone to pick up my child because I would be returning late. Family Support has truly made me feel supported and part of the community.

## How to Find Medical Information: Kelly's Story

### Navigating Pediatric Care in Japan

We moved to Japan when my son was 9 months old who also has a congenital kidney disorder called Hydronephrosis that causes both his kidneys to be dilated and at increased risk for infection. I need to find a pediatric nephrologist who speaks English in a timely manner and navigate the Japanese healthcare system?

I was able to receive a list of doctors who spoke English from the Tsuzuki Ward office and learned that I would need to see a general pediatrician first to obtain a referral letter to pediatric nephrology doctor next. I quickly began to learn the paperwork process of Japan which can feel daunting at times. I finally received the referral letter in Japanese directing me to my local hospital but now needed to finalize the appointment in a timely manner. Unfortunately, when we got there and were in the final stages of arranging the appointment, the hospital staff conveyed that they actually do not see children as young as my son and I would have to restart the whole process for a referral to the National Center for Child Health and Development in Tokyo. Feeling a bit defeated and nervous about having to travel to Tokyo for this but I did as advised. Leaning in to the one Japanese friend I already had at this time who happened to speak English as well, she helped arrange the new referral and appointment for me in Tokyo and even accompanied us to this first appointment to serve as translator, Japanese guide, and friend. I am truly grateful and humbled by the kindness I have received from the Japanese people. It has also been a valuable lesson for

me, especially as a new mom, to ask for help and be open minded.

### Medical Translation Help from SCC Help Desk

I was experiencing a continuing medical issue that I kept thinking would surpass on its own and that's when I discovered a painful lump. I decided it was necessary to seek medical attention as soon as possible regardless if the doctor spoke English, which I have found can take some time to research and find a reputable doctor who can meet your medical and language needs at times. I decided this was my chance to utilize the SCC help desk for language interpreter assistance. I reached out and within 12 hours had a trusted interrupter set up with my last minute request for my appointment in just 2 days ahead. I was extremely grateful for the quick and easy response to my sudden need. The interpreter matched with me was even a friend and fellow SCC volunteer member. Once I discovered SCC after a few months of living in Japan I knew I had found a safe place to land with a built in community of similar life situations living and being in Japan with both Japanese and international families.



### Tsuzuki MY Plaza

Support and consultations for people from abroad.

🕒 Hours: Mon - Fri 10:00 - 20:00  
Sat/Sun/Holidays 10:00 - 18:00

📍 Location: 5th floor, Northport Mall, Tsuzuki Ward  
3-min walk from Center-Kita Station

📞 Contact: Tel 045-914-7171

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



# Parenting Chart for foreign residents

From Pregnancy to enrolling in elementary school

外国人住民のための子育てチャート  
～妊娠・出産から小学校入学まで～

www.kifjp.org/child/chart



English

英語



**スタート Start**

赤ちゃんを妊娠した?  
Am I pregnant?

**STEP 1**

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

**1** 産むところを探す  
Choose where you will give birth

**2** 母子健康手帳をもらう  
Maternal and Child Health Handbook (BOSHI TECHO)

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

**4** はやおやがっきゅう さんか  
母親(両親)学級に参加  
Mothers'/Parents' classes (HAHAOYA GAKKYU)

**5** 入院・分娩  
Hospitalization and delivery

妊婦健診  
Prenatal Checkup

**13** 予防接種・かかりつけ医  
Vaccination and home doctor

**12** 新生児(赤ちゃん)訪問  
Home visit for the newborn baby

**11** 一か月健診  
Baby and mother's one-month checkup

**STEP 3**

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

**10** 大使館/入管での手続き  
Embassy and Immigration procedure

**STEP 2**

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

**6** 出生届  
Birth registration

**7** 小児医療費助成  
Subsidy system for medical treatment fee of babies and children (SHOUNI-IRYOUHI-JYOSEI)

**8** 児童手当  
Child allowance

**9** 出生連絡票  
Birth contact sheet

※⑥に必要な書類の入手  
※ Obtaining documents for ⑥

**14** 乳幼児健診  
Baby/infant checkup

**15** 子育て支援センター等  
Child care support center

**16** 保育所入園  
Entering nursery schools (HOIKUEN)

または or

**17** 幼稚園・こども園入園  
Kindergarten (YOUCHIEN) / Early childhood Center (KODOMOEN)

**18** 小学校入学準備  
Preparing to enter elementary school



小学校入学  
Entering elementary school

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

日本に住む外国籍家庭に  
赤ちゃんが生まれたときの  
大切な3つの手続き

www.kifjp.org/child/threeprocedure\_eng

発行 2025年5月

# Clinics, Hospitals, and Dental Services

## Clinics & Others

Ward	Medical Services	Facility Name	Phone	Access	Notes
Center Kita Tsuzuki	Pediatrics	Hamakkoko Children's Clinic はまっこどもクリニック	045-915-8055	1-min walk from Center Kita Station	English website and online reservation system. English-speaking doctor.
Center Kita Tsuzuki	Obstetrics & Gynaecology	Tanaka Akira Ladies Clinic 田中彰レディースクリニック	045-914-6560	1-min walk from Center Kita Station	English-speaking doctor.
Center Minami Tsuzuki	Obstetrics & Gynaecology	Otome Clinic おとめクリニック	045-943-1103	2-min walk from Center Minami Station	1 doctor, 3 nurses, & 2 concierges (receptionists) speak English.
Center Minami Tsuzuki	Pediatrics, Allergy	Center Minami Children Clinic センター南こどもクリニック	045-948-2100	1-min walk from Center Minami Station	English-speaking doctor.
Eda Tsuzuki	Pediatrics, Dermatology	Kodomonoki Clinic こどものホクリニック	045-947-1888	16-min walk from Eda Station, or bus from Eda Station	English-speaking doctor. Child counselling in English is available on Saturdays.
Kitayamata Tsuzuki	Internal Medicine, Pediatrics, Allergy, Visiting Nursing	Tokieda Pediatric Clinic ときえだ小児科クリニック	045-595-4150	2-min walk from Kita-yamata Station	English-speaking doctor.
Nakagawa Tsuzuki	Pediatrics	Hoshino Kids Clinic 星の子どもクリニック	045-910-3303	1-min walk from Nakagawa Station	2 English-speaking doctors.
Nakagawa Tsuzuki	Internal Medicine, Pediatrics, Allergy, Dermatology, Respiratory Medicine	Sumiregaoka Clinic すみれが丘クリニック	045-592-5050	Bus from Center Kita or Center Minami or Saginuma Station	English-speaking doctor for Internal Medicine, Pediatrics, Dermatology.
Azamino Aoba	Gastroenterology, Breast Surgery, Internal Medicine	K Clinic Kクリニック	045-903-4108	2-min walk from Azamino Station	English-speaking doctor.
Kitasaiwai Nishi	Sexual Health, Transgender Clinic	Personal Health Clinic	045-577-4300	4-min walk from Yokohama Station JR and private railway line	10 English-speaking doctors (2 doctors always present), Self-pay only
	Mental Health Counseling and Support	Universal Psychology Japan	www.upsyjapan.com		Online Counseling and Therapy for Teens, Parents, & Adults in English and Japanese. Mental Health Training & Consultation for Professionals. The Dpsych specializes in helping adolescents, families, and professionals in the international community in Japan.

## General Hospitals

Ward	Medical Services	Facility Name	Phone	Access	Notes
Tsuzuki	All	Showa University Northern Yokohama Hospital 昭和大学横浜市北部病院	045-949-7000	6-min walk from Center Minami Station	English, Chinese website

## English-speaking Dentists

Ward	Medical Services	Facility Name	Phone	Access	Notes
Fureainooka Tsuzuki	General Dentistry, Esthetic Dentistry, Orthodontics, Dental Implants, Pediatric Dentistry	Fureainooka Dental Clinic ふれあいの丘デンタルクリニック	045-949-6474	1-min walk from Tsuzuki-fureainooka Station	English-speaking doctor.
Nakamachidai Tsuzuki	General Dentistry, Periodontitis, Dental Implants, Cosmetics, Dentistry, Orthodontics, House-call Dentist	Kawano Dental Clinic 河野歯科医院	045-942-3308	1-min walk from Nakamachidai Station	English-speaking doctor.

## Nighttime Emergency Medical Centers

Ward	Medical Services	Facility Name	Phone	Access	Notes
Ushikubonishi Tsuzuki	Internal Medicine, Pediatrics	Yokohama-shi Hokubu Night-time Emergency Medical Center 横浜市北部夜間急病センター	045-911-0088	8-min walk from Center Kita Station	Provides emergency care at nighttime. Outpatient hours 20:00 - 24:00 (reception begins at 19:30)

## Holiday Emergency Clinics

Tsuzuki

Aoba

Other Wards

Ward	Medical Services	Facility Name	Phone	Access	Notes
Ushikubonishi Tsuzuki	Internal Medicine, Pediatrics	Tsuzuki Ward Holiday Emergency Clinic 都筑区休日急患診療所	045-911-0088	8-min walk from Center Kita Station	Open Sundays & holidays Outpatient hours 10:00 - 16:00
Center Kita Tsuzuki	Pediatrics	Hamakkoko Children's Clinic はまっこどもクリニック	045-915-8055	1-min walk from Center Kita Station	English website and online reservation system. English-speaking doctor. Outpatient care on Saturdays and 2nd/4th Sundays.

### Find Nearby Medical Facilities including clinics that do not provide services in English

#### Pamatoco: Child-Raising Support App – Medical Facility Search

You can search for medical facilities from your local neighborhood to anywhere in Japan, using various search filters depending on your needs. (This is a multilingual website.)



#### Search for Medical Institutions on the Website - JAPAN: the Official Guide

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

JAPAN: the Official Guide



### Online Health Consultation

#### Health Consultation for Pregnant Women and Children

You can consult obstetricians/gynecologists, pediatricians, and midwives for free via text message using your smartphone. The service is available 24 hours a day, 365 days a year, including nights, weekends, and holidays. (Responses will be provided within 24 hours.) This service is available to registered Pamatoco users.

Eligible users: Pregnant women living in Yokohama City and their partners, as well as caregivers of preschool-aged children.

\*Only available in Japanese. Use the translation apps.



### Multilingual Medical Consultation and Medical Questionnaire

#### Multilingual Medical Consultation

The AMDA International Medical Information Center provides phone support in multiple languages for foreigners in Japan. They explain the Japanese healthcare system and connect callers to the proper medical facilities that staff can speak the patient's language.

FREE Telephone Consultation

☎03-6233-9266



#### Multilingual Medical Questionnaire

· Kanagawa International Foundation · International Community Hearty Konandai  
Useful when describing symptoms during medical consultation.



# OYACO Tips: Basic First Aid for Children at Home

## When Your Child is Sick

To know if it is an emergency, first check your child's condition and symptoms.

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

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

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

### Kodomo QQ Kids Emergency

is a useful website  
(Japanese, English, Chinese)



If you are unsure whether to call an ambulance or see a doctor...

### Yokohama City Emergency Consultation Guide

is accessible on your computer or smartphone via this QR code.  
Only available in Japanese and English.



## First Aid Kit Items

### At home

- Cooling sheet
- Ice pack
- Thermometer
- Oral rehydration solution
- Syringe for giving medicine orally
- Edible jelly for taking medicine
- Vaseline
- Cotton buds
- Gauze
- Adhesive bandages
- Plastic gloves (Useful when your child vomits, etc.)
- Fever medicine & painkillers



\*When receiving medicine for an infant, ask for a suppository form (坐薬 zayaku), which can be used easily when your child suddenly develops a fever at home.

### When visiting a medical institution, please bring the following items

- Medical Subsidy Certificate for Children (小児医療証 Syouni iroyoushou)
- Health Insurance Card (健康保険証 Kenkou hokenshou)
- Maternal and Child Health Handbook (母子健康手帳 Boshi kenkou techou)
- My Medication Record Book (お薬手帳 Okusuri techou)
- Individual Number Card (マイナンバーカード)



## When You Need an Ambulance

### Calling an ambulance

#### Multilingual Interpretation Service

The Yokohama Fire Bureau can connect you to an interpreter when you call. This allows a three-way conversation between you, the fire department, and the interpreter, making it easier to communicate.

Supported languages: English, Chinese, Korean, Portuguese, and Spanish.

119

How to call 119

Yokohama City Fire Department Emergency Safety Leaflet



### Others

#### Using VoiceTra app

VoiceTra is a multilingual voice translation app that translates your speech into different languages and can be used in various situations. It is free to download and is available in 31 languages.

Note\* Ambulance teams use the multilingual translation app "Emergency VoiceTra" to smoothly communicate with foreign patients.

Translator VS Apps



## Useful Information and References

### In case of an injury or illness during the holidays or at night

List of hospitals on p.7-8

### Getting an Interpreter for Hospital Visit

Multilanguage Information Center (MIC) Kanagawa  
<https://mickanagawa.web.fc2.com/en-index.html>



### Find Over-the-Counter Medicines

Japan Self-Medication Data-base Center  
[https://search.jsm-db.info/sp\\_en/](https://search.jsm-db.info/sp_en/)



### Support and Consultation Services for Women during Maternity and Post-Natal Care

NPO Mother's Tree Japan  
<https://mothers-tree-japan.org/english/>



### Scan the QR code for the full guide to parenting information in Tsuzuki Ward.

<https://www.city.yokohama.lg.jp/tsuzuki/kurashi/kosodate/shien/oyaco/oyaco.html>



# Types of Childcare Facilities in Yokohama

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



Ages  
0-6  
years

## Hoikuen Nursery, Daycare

Hoikuen are based on the Child Welfare Act and provides childcare service to children of working parents. There are two types: public and private facilities.

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

### Nintei Kodomoen Certified Combined Nursery and Kindergarten Facility

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

#### Qualifications for Use

- Both working and non-working parents are eligible to apply.
- If you are not working, you can use the education part only (the kindergarten part).

Childcare Type

### Ninka Hoikusho Licensed Nursery Facility

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

Takes care of children from 0 to 6 years old, all day. The care hours differ by facility. The children have naps, meals, and snack time and are given some basic education about daily life.

#### Qualifications for Use

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

### Ninkagai Hoiku Shisetsu Unlicensed Nursery Facility

▶ Child welfare facilities not licensed by the municipal government.

Accepted age and capacity vary by facility and each facility has its own usage fee structure. Apply directly.

#### Qualifications for Use

- Please contact the facility for details.

### Yokohama Nursery Rooms Unlicensed Childcare Facility

Facilities that meet the criteria set independently by the City of Yokohama in terms of childcare fees, environment, hours, etc. Accepted age varies by facility.\* Weekdays: From 7:30 to 18:30, Saturday: 7:30 to 15:30. All facilities provide lunch. Apply directly.

\*There are also some facilities that accept children aged 3 years and older, and provide services such as special needs, extended hours, weekend/holiday childcare, and temporary childcare services.

#### Qualifications for Use

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

#### Notes

- Subsidies for usage fees are available from the City. Before applying, you need to undergo an eligibility assessment at the Children and Families Support Division of the ward where you live.
- Fee depends on the facility, with an upper cap of 58,100 yen per month for children aged 2 years and under.

## Shokibo Hoiku Shisetsu Small-scale Childcare Facilities

Provides attentive childcare to children aged 57 days to 2 years old. Capacity of 6 to 19 children.

#### Qualifications for Use

For example, in the following case: Parents who are unable to take care of their children due to work or illness.

#### Notes

- Please consult with the Children and Families Support Division of the ward where you live.
- Contact the Ward Office regarding the deadline for application.
- The monthly usage fee is calculated based on the amount of the municipal resident tax.

## Kateiteki Hoiku Jigyo Small-scale Childcare Services

Provides childcare in a family-like environment to children aged 57 days to 2 years old. Capacity of 3 to 5 children.

#### Qualifications for Use

For example, in the following case: Parents who are unable to take care of their children due to work or illness.

#### Notes

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

## Yochien Kindergarten

Ages  
4-6  
years

Yochien are based on the School Education Act and are considered to be educational facilities with the aim of encouraging the growth and development of small children in a suitable environment. However, the educational approach varies considerably in kindergartens. There are two types, public and private, but all kindergartens in Yokohama are run privately.

★Usage fee: Subsidies up to 25,700 yen monthly for children aged 3-6 years attending kindergarten, and / or centers for early childhood education and care.



Subsidy info

### Nintei Kodomoen Certified Combined Nursery and Kindergarten Facility

Nintei Kodomoen provide children with childcare services and educational programs in a kindergarten-like setting.

#### Qualifications for Use

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

Kindergarten Type

## Yochien Kindergarten

Takes care of children aged 3 to 6 years. (2-year-olds: There is also "Pre-Hoiku"(pre-childcare) that children can go to once or twice a week from one year before entering kindergarten) Hours vary by facility, and some kindergartens offer extended-hours childcare services.

#### Qualifications for Use

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

# List of Childcare Facilities



## Ninka Hoikusho (Licensed Nursery Facility)

Ward	Facility Name	Phone	Saturday Childcare	Notes
Nakagawa Tsuzuki	<b>KIDSF0RE ACADEMY</b> キッズフォレ アカデミー	045-620-2782	○	There are English-speaking staff. Childcare is provided in both English and Japanese. Children can also experience Japanese culture through English, aiding their bi-cultural understanding.
Nakagawa Tsuzuki	<b>Angel Planet Nakagawa</b> エンジェルプラネット 中川園	045-913-8741	○	English website available. English speaking staff available. English immersion. 0-2 yrs old. Japanese-style kindergarten. There are some classes in English. There are native English speaking teachers, but contact staff don't speak English. Students have experience learning both Japanese and foreign cultures through activities.
Nakamachidai Tsuzuki	<b>Angel Planet Nakamachidai</b> エンジェルプラネット 仲町台園	045-943-4175	○	English website available. English speaking staff available. English immersion. 1-5 yrs old. Japanese style kindergarten. There are some classes in English. There are native English speaking teachers, but contact staff don't speak English. Students have experience learning both Japanese and foreign cultures through activities.

## Yochien (Kindergarten)

Ward	Facility Name	Phone	Saturday Childcare	Notes
Nakagawa Tsuzuki	<b>GOLDEN STAR KINDERGARTEN</b> 金の星幼稚園	045-911-7000	○	English immersion class is available. From 2 to 5 yrs, class is run by a teacher pair (Japanese teacher and English-speaking teacher). Many international families are sending their kids to this kindergarten and some Japanese moms are very fluent in English. Homeroom teachers, one Japanese and one native English speaker, are teaching in both languages. 1 of 10 activities daily (specialized teachers), 10 different lessons offered after school. After-hours care until 18:30, free for Yokohama City residents.
Higashiyamata Tsuzuki	<b>Yamata Kindergarten</b> やまた幼稚園	045-592-4850		English speaking staff available. Childcare is in Japanese but English program is offered everyday.

## Ninkagai Hoiku Shisetsu (Unlicensed Childcare Facility)

Ward	Facility Name	Phone	Saturday Childcare	Notes
Center Kita Tsuzuki	<b>English Express International School Center Kita</b> イングリッシュ・エクスプレス インターナショナルスクール センター北	045-914-8301		English speaking staff available. English immersion. Childcare and activities are run by native English teachers.
Center Kita Tsuzuki	<b>Montessori Sumiregaoka Kodomono Ie</b> モンテッソーリすみれが丘子供の家	045-591-4688		English website available. Provides complete Japanese immersion within a Montessori framework. All children are welcome, regardless of Japanese language ability.
Nakagawa Tsuzuki	<b>TWINKLE・KIDS</b> トゥインクル・キッズ	045-912-6655		English speaking staff available. English immersion.

This list is based on publicly available information on the Internet as of December 28, 2025.

# When You Need Temporary Childcare

## Ichiji Hoiku Temporary Childcare

A service that looks after children for a short time when parents cannot care for them at home because of work or illness, or when they need some time to rest. Some services may not be available in foreign languages. Please contact each facility in advance for details.

### Ichiji Hoiku

Temporary childcare is available when parents are unable to take care of their children due to work or illness. It helps reduce childcare-related stress and supports families.

Facilities offering English support: in Tsuzuki-ku KidsFore Academy

\*Reservations may not always be available. Please contact the facility in advance to confirm availability.

\*Parents' proof of employment needed to apply for Saturday childcare.

Temporary childcare services in Yokohama

Website <https://www.city.yokohama.lg.jp/lang/residents/en/child/32English.html>



### Childcare Support System

This is a paid, community-based childcare support program where people who need childcare (User Members) and people who can provide childcare (Support Members) register as members. The system supports mutual childcare assistance within the local community and helps match families with nearby supporters who meet their needs. \*This is a paid support service between community members, not a babysitting service for work.

Inquiries **Tsuzuki Ward Branch Office** (Located inside the Childcare Support Center Popola) TEL: 045-912-5157

### Temporary Childcare at Oya to Kono Tsudoi no Hiroba (Parents and Children Gathering Plaza)

Temporary childcare is available regardless of the reason, such as for parents' refreshment or short errands. In addition to registering as a member of the community space, separate advance registration for temporary childcare is required. Available days, hours, and fees vary by facility. Please check each facility's website for details.

\*Eligible locations: see p.22

### Temporary Childcare for Infants and Toddlers

At facilities certified by Yokohama City, temporary childcare is available for any reason. This service can be used when parents need time to run errands or take a break while raising young children.

Website



## Preparing for Daycare or Kindergarten

Before your child starts daycare (hoikuen) or kindergarten (yochien), you need to prepare several items. The items and their sizes differ by facility. Most items can be bought at stores or online. Some schools may ask parents to prepare items, such as bags or towels, to the correct size. Please write or sew your child's name on every item. These are items that many schools ask families to prepare:

- 1 **Tesagebukuro** (large tote bag)
- 2 **Uwabaki** (indoor shoes)
- 3 **Uwabaki-ire** (bag for indoor shoes)
- 4 **Obento-ire / Koppu ire** (lunch bag / cup bag)
- 5 **Omutsu bukuro** (diaper bag)
- 6 **Kakebuton** (blanket for nap time)
- 7 **Pajamas** (for nap time)



Your daycare or kindergarten will give you a full list before your child starts. Please check with the facility regarding the items and their number and sizes.

# How to Choose and Enroll in a Childcare Facility

## How to Choose a Good Childcare Facility

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

Please note:

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

## Points to Consider When Choosing a Kindergarten

- Are school lunches provided by the kindergarten or do parents have to prepare a lunch for their children?
- Does the kindergarten provide a bus service or do parents need to pick up/drop off their children?
- How big is the kindergarten playground?
- Are there opportunities to engage with nature—are there nearby fields or meadows, for instance?
- Are there extra-curricular activities such as English lessons, swimming lessons, gymnastics classes, etc.?
- Are there opportunities to interact with children of different ages?
- Are there fees in addition to tuition, such as enrollment fees and uniform fees?

## Enrollment

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

To apply to childcare facilities in Yokohama (*Ninka Hoikusho*, *Nintei Kodomoen*, *Katei Hoiku Jigyo*, or *Shokibo Hoiku Shisetsu* on page 11 and 12), please contact the Children and Families Support Division of the ward where you live.

City of Yokohama Website <https://en.city.yokohama.lg.jp/kosodate-kyoiku/hoiku-yoji/shisetsu/riyuu/hoikuriyu/>



# Preparing for Entering Japanese School

In Japan, children go to elementary school from age 6. Elementary school and junior high school are compulsory for Japanese children (ages 6–15). For families with foreign nationality, public school is optional. You can choose:

- Local public elementary schools
- Private schools
- International schools

## Preparing for Local Public Elementary School

If your child will go to a local public elementary school, the school may ask you to prepare some items for 1st grade (*Ichinensei*). Below are some common items. The list may be different at each school.

- 1 **Randoseru** (Japanese school backpack)
- 2 **Shitajiki** (plastic writing sheet)
- 3 **Supply case**
- 4 **Aka enpitsu** (red pencil)
- 5 **Renrakucho** (notebook for school-home messages)
- 6 **Bousai zukin** (hood for earthquakes and emergencies)
- 7 **Taiikugi** (P.E. clothes)
- 8 **Red and white hat** (for P.E. and outdoor activities)
- 9 **Zoukin** (cleaning cloth)



\*Many school-related items are available at shopping malls such as LaLaport Yokohama near Kamoi Station and Northport Mall near Center-Kita Station.

Please write your child's name on all items.

## Enrollment and Support

For a complete guide to public schools in Yokohama, please refer to the following resource:

City of Yokohama Website <https://www.city.yokohama.lg.jp/lang/residents/en/child/schoollife.html>



## After-School Programs for Elementary School Children

### Hokago Kids Club After-School Kids Club (School-based Program)

The After-School Kids Club uses elementary school facilities to offer:

- 1 A free play space for all children.
- 2 Childcare for children without supervision at home. (Fees apply.)

Who Can Join: Students in grades 1 to 6 (Including those at private schools in the same district.)

Where to Find It:

Visit "Kids Club Locations"

\*Check with each facility for English support.



About Admission to the Yokohama City After-School Kids Club

Website <https://en.city.yokohama.lg.jp/kosodate-kyoiku/hokago/hokagokids/hokago-kids.html>



### Hokago Jidou Club Community-Run After-School Childcare Club

Eligibility: Children who attend an elementary school and live in Yokohama City, and who meet one of the following conditions:

- 1 A parent or guardian is not at home during the time the child returns from school due to work or other obligations.
- 2 A parent or guardian is at home during the daytime but, due to health or other reasons, is unable to provide an appropriate environment for the child's healthy development.

Days, Hours, and Fees: These vary depending on the club. Please contact each club directly for details.



## Support and Services for Elementary School Students

### Before School Enrollment

#### Sakura Classroom at Naka Ward Himawari

##### For Children

- Learn basic Japanese greetings
- Experience Japanese school life

##### For Parents

- Explanation of the Japanese school system
- Support with filling out school enrollment forms

★ Special  
One-Day Program  
for New 1st  
Graders Only

### After Completion

### After Enrollment / While Attending School (As Needed)

Support will be considered according to the child's situation. First, please consult with your child's homeroom teacher about any concerns.

#### School Guidance at Tsuzuki Himawari

- Multilingual guidance about the Japanese school system and school life
- The staff will go over your child's learning situation and needs

### Support for Children

#### Pre-Class at Tsuzuki Himawari

- Children can study Japanese and experience school life.
- 4 weeks (3 days per week)
- Parents must take children to and from the facility.

#### Nihongo Kyōshitsu Japanese Classes

- A Japanese language teacher comes to the school to teach Japanese.
- Once a week. (determined number of classes)

#### Native Language Volunteer Support

- Native volunteers help students:
  - Adjust to school life
  - Follow lessons
- Even after becoming accustomed to school, children may receive:
  - After-school coaching
  - Coaching during long school holidays

#### If the school has Kokusai Kyōshitsu International Classroom

- Many schools with many children who are not yet proficient in Japanese have international classrooms.
- Teachers provide support for learning Japanese and academic subjects.
- Support for daily school life.
- \* Schools without international classrooms often have more Japanese classes and native language volunteer support.
- \* For support at junior high schools, please contact the school directly.

### Support for Parents

#### Interpreter Volunteers

- You can ask the school to arrange volunteer interpreters in the following cases.
  - School orientation sessions
  - Parent-teacher meetings



#### Tsuzuki Himawari

Inside Tsuzuki Elementary School.  
7-min walk from Center-Kita Station  
Tel 045-482-5815

## Support and Services for Special Needs Education

In Yokohama City, families whose children have special needs can receive guidance when choosing a school. Before enrollment, parents can consult with the **Yokohama City Special Needs Education Center** to explore the educational options available.

### Educational Options in Yokohama

Parents may choose one of the following four learning environments:

- 1 Regular classes at the local elementary school (*Ippan Gakkyuu*)
- 2 Classes with coaching for children with special needs (*Tsūkyū Shidō Kyōshitsu*)
- 3 Classes for children with special needs (*Kobetsu Shien Gakkyuu*)
- 4 Special needs school (*Tokubetsu Shien Gakkou*)

\*Options 1 and 2 can be combined, depending on your child's needs.

#### Yokohama City Special Needs Education Center

**Website** <https://en.city.yokohama.lg.jp/kosodate-kyoiku/kyoiku/sesaku/tokubetsusien/soudan-madoguti.html>



### Things to Consider When Choosing a School

Before making a decision, it is helpful for your family to talk about what matters the most to you.

#### Examples of Family Values to Discuss

- We want our child to be known and included by peers in their age group.
- We want our child to learn well at their own pace.
- We want our child to attend a school close to home.
- We want to respect our child's wishes and feelings.

These conversations help clarify what environment will best support your child. Consultation is also available at the **Hokubu Chiiki Ryoiku Center**.

### What is the Hokubu Chiiki Ryoiku Center?

**Ryoiku** It is support to help children with developmental challenges grow at their own pace.

#### Who Can Use This Center?

Children age 0 to Grade 6 living in Midori Ward and Tsuzuki Ward.

#### What Services Are Offered?

- You can receive consultation about:
- Your child's development
  - daycare centers, kindergartens, and community life
- Consultations are free
- Fees apply for medical examinations and assessments (except for children who have a Syouini iryoushou Certificate)

#### Consultation Process

Appointments are required. Please make a reservation by phone. A social worker will listen to your concerns and provide support.

### Interpreter Support

**Q** Is an interpreter available at the Ryoiku Center?

**A** Yes. The Hokubu Chiiki Ryoiku Center can request interpreters from **Yokohama City Interpreter Volunteers** to support families during consultations.



Request an interpreter from Yokohama City



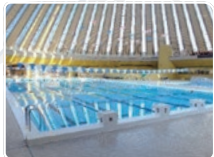
# Tsuzuki Ward Community Map

This map shows helpful places for families new to Japan. Tsuzuki Ward has many green paths where you can enjoy the seasons while walking. They are safe for children and easy to use with strollers or baby carriers.

- ..... Green paths
- Name



6 Kuzugaya Park



2 Tsuzuki Swimming Pool



2 Yamazaki Park



Yubae no Michi



4 Chigasaki Minami Hoikuen Ohisama Hiroba



5 Tsuda Chiku Center



4 Sesoragi Park

## Parks

Facility Name	Access	Notes
1 Tsuzuki Central Park 都筑中央公園	5-min walk from Center Minami Station Yokohama Municipal Subway Blue Line or Green Line	This large natural park has hills, forests, and a central pond. It is family-friendly and accessible, perfect for relaxation and outdoor activities in every season.
2 Yamazaki Park 山崎公園	7-min walk from Nakagawa Station Yokohama Municipal Subway Blue Line	Kids pool opens during the summer.
3 Orita Fudo Park 折田不動公園	18-min walk from Center Minami Station Yokohama Municipal Subway Blue Line or Green Line	The long slope slide is popular with kids.
4 Sesoragi Park せせらぎ公園	5-min walk from Nakamachidai Station Yokohama Municipal Subway Blue Line	Families can take nature walks on the greenways. A large open field is available for baseball, soccer, and exercise.
5 Higashikata Park 東方公園	13-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line	The popular roller slide and playground with athletic equipment provide hours of entertainment for children. In spring, about 50 cherry trees bloom beautifully, making the park ideal for cherry blossom viewing.
6 Kuzugaya Park 葛が谷公園	10-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line	The park next to "Sasabune Path," which connects to Kamoike Park, features a field for soccer and baseball, a grassy area for picnics, and a playground with rope swings.

## Indoor Playground and Pool

Facility Name	Access	Notes
1 Kamoike Log House 鴨池ログハウス	15-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line	This free indoor park offers play areas for kids of all ages, including a toddler zone, net play, a maze, and a slide.
2 Tsuzuki Swimming Pool 都筑プール	2-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line	Children must be potty trained.
3 Yokohama International Swimming Pool 横浜国際プール	5-min walk from Kitayamata Station Yokohama Municipal Subway Green Line	English, Chinese, French, German, and Korean websites available. Children must be potty trained.

## Chiku Centers (Community Centers)

Community centers are facilities intended to enable local residents to engage in independent activities to improve their living environment and deepen mutual exchange through sports, recreation, club activities and other interactions. Everyone from children to seniors are welcome to use the facilities.

Facility Name	Access
1 Tsuzuki Chiku Center 都筑地区センター	4-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line
2 Nakamachidai Chiku Center 仲町台地区センター	3-min walk from Nakamachidai Station Yokohama Municipal Subway Blue Line
3 Kitayamata Chiku Center 北山田地区センター	3-min walk from Kitayamata Station Yokohama Municipal Subway Green Line
4 Nakagawanishi Chiku Center 中川西地区センター	3-min walk from Nakagawa Station Yokohama Municipal Subway Blue Line
5 Tsuda Chiku Center 都田地区センター	Bus from Nippa Station Yokohama Municipal Subway Blue Line or Nakayama Station Yokohama Municipal Subway Green Line and JR Yokohama Line

## Ohisama Hiroba (Open Nursery Playgrounds)

Municipal nurseries in Tsuzuki Ward offer "Ohisama Hiroba" sessions for children to play on their playgrounds on weekdays. They also provide parenting consultations and host various events like birthday parties and pool openings, with different activities at each location.

Facility Name	Access / Opening Hours
1 Ohkuma Hoikuen 大熊保育園	7-min walk from Nakamachidai Station Yokohama Municipal Subway Blue Line 10:30 - 12:30
2 Midori Hoikuen みどり保育園	5-min walk from Tsuzuki-fureainooka Station Yokohama Municipal Subway Green Line 10:00 - 15:00
3 Nakagawa Nishi Hoikuen 中川西保育園	8-min walk from Nakagawa Station Yokohama Municipal Subway Blue Line 10:00 - 12:00
4 Chigasaki Minami Hoikuen 茅ヶ崎南保育園	8-min walk from Center Minami Station Yokohama Municipal Subway Blue Line or Green Line 10:30 - 15:30

Website [https://en.city.yokohama.lg.jp/tsuzuki/kosodate\\_kyoiku/hoiku/service/ohisamahiroba.html](https://en.city.yokohama.lg.jp/tsuzuki/kosodate_kyoiku/hoiku/service/ohisamahiroba.html)



# List of Community Resources

Tsuzuki Kohoku Other Wards

## Kosodate Shien Center (Childcare Support Center)

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

Area	Facility Name	Access	Open Hours
Center Kita Tsuzuki	<b>Popola Childcare Support Center of Tsuzuki Ward</b> 都筑区子育て支援センターポポラ	<b>2-min walk from Center Kita Station</b> Yokohama Municipal Subway Blue Line or Green Line	Tue to Sat 10:00 to 17:00 (Playarea is available until 16:00) Free of charge
Kamoi Tsuzuki	<b>Popola Satellite Childcare Support Center of Tsuzuki Ward</b> 都筑区子育て支援センターポポラ サテライト	<b>7-min walk from Kamoi Station</b> JR Yokohama Line (3rd floor, Lalaport Yokohama)	Consultation in English is available. Check out the dates on the Popola calendar. <a href="https://popola.org/popola/calendar/">https://popola.org/popola/calendar/</a>

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

Ryoiku Center (Center for Children with Developmental Disabilities) offers consultations on children's growth (0yrs to 12 yrs) and education. They staff supports children with developmental disabilities by providing therapeutic rehabilitation and improving their lives little by little. Yokohama Municipal Special Needs Education Center provides consultations to parents and guardians of children with special needs. Therapists and education counsellors can do tests and advise you on what schools your child can attend.

Area	Facility Name	Access	Notes
Fureainooka Tsuzuki	<b>Yokohama City Hokubu Chiiki Ryoiku Center</b> 横浜市北部地域療育センター	<b>4-min walk from Tsuzuki-fureainooka Station</b> Yokohama Municipal Subway Green Line	For children (0yrs-12yrs) living in Tsuzuki and Midori ward.
Shin-Yokohama Kohoku	<b>Yokohama City Comprehensive Rehabilitation Center</b> 横浜市総合リハビリテーションセンター	<b>10-min walk from Shin-Yokohama Station</b> Yokohama Municipal Subway Blue Line or JR Yokohama Line	Free shuttle bus service available from Shin-Yokohama Station.
Wadamachi Hodogaya	<b>Yokohama City Special Needs Education Center</b> 横浜市特別支援教育総合センター	<b>10-min walk from Wadamachi Station</b> Sotestu Line	To apply for consultation contact Special Needs Education Center, contact here. Special Support Educational Consultation Division, Board of Education Secretariat. (*Inquiries in Japanese only) Tel: 045-336-6020 Fax: 045-333-1455 Email: ky-tokuso@city.yokohama.jp

## Libraries

Scan the QR code for the library usage guide:



Area	Facility Name	Access	Notes
Center Minami Tsuzuki	<b>Tsuzuki Library</b> 都筑図書館	<b>6-min walk from Center Minami Station</b> Yokohama Municipal Subway Blue Line or Green Line	Storytime : Every 2nd Thursday for 0-1 year-olds, 3rd Thursday for 2-3 year-olds, 3rd Wednesday for children who can attend without parents.
Kamoi Tsuzuki	<b>Tsuzuki no Honbako (Library Service Point)</b> つづきの本ばこ (図書取次所)	<b>7-min walk from Kamoi Station</b> JR Yokohama Line (3rd floor, LaLaport Yokohama)	You can borrow and return books reserved from Yokohama City Libraries. In addition, you can also read books there and borrow books you like. Hours: 10:00-20:00 on Mon to Fri, 10:00-21:00 on Sat Sun, and Public Holidays.
Nogeyama Nishi	<b>Yokohama City Central Library</b> 中央図書館	<b>5-min walk from Hinodecho Station</b> Keikyu Line <b>10-min walk from Sakuragicho Station south exit</b> JR Negishi Line, 1-min walk from the municipal bus stops "Nogezaka" and "Chuo-toshokan"	Kanagawa's largest library. Foreign language books on the 3rd floor and picture books in 38 languages on the 1st floor. Hours: 9:30-20:30 (9:30-17:00 on Saturdays, Sundays, Mondays, national holidays, Dec 28; 12:00-17:00 on Jan 4) Closed: Facility maintenance days (once a month), inventory days, and New Year holidays (Dec 29-Jan 3)

## Oyato-Kono-Tsudoino-Hiroba (Parents and Children Gathering Plaza)

Yokohama City has a Parents and Children Gathering Plaza in each ward, also known as a Regional Child Raising Support Center (ages: 0-3 years). These centers provide a welcoming atmosphere for playing and other interaction. Some locations also offer temporary care services (see p.14).



Area	Facility Name	Access	Notes	Temporary Childcare
Saedo Tsuzuki	<b>Suku suku Salon</b> すくすくサロン	<b>20-min walk from Kamoi Station</b> Take a bus from JR Nakayama Station, 2 mins walk from the municipal bus stop "Jizoson mae"	Mon to Fri, 9:30 to 15:30; 2nd Sat 10:00 to 13:00 (6months-3yrs) Registration fee: ¥200/family Service fee: ¥200/visit	○
Nakamachidai Tsuzuki	<b>Oyako no Hiroba "Puratto Cafe"</b> おやこの広場「ぷらっとカフェ」	<b>3-min walk from Nakamachidai Station</b> Yokohama Municipal Subway Blue Line	Mon to Fri, 9:45 to 15:45 (6months-3yrs) Registration fee: ¥100/family Service fee: ¥100/adult/day Monthly passport: ¥500	○
Kitayamata Tsuzuki	<b>Oya to Ko no Tsudoino Hiroba Tsuzuki</b> 親と子のつどいの広場つづき	<b>5-min walk from Kitayamata Station</b> Yokohama Municipal Subway Green Line	Mon to Fri, 9:30 to 15:30 (6months-3yrs) Registration fee: ¥100/family Service fee: ¥100/visit Monthly passport: ¥500	○
Center Minami Tsuzuki	<b>Oya to Ko no Tsudoino Hiroba "Happy Hiroba"</b> 親と子のつどいの広場「ハッピーひろば」	<b>3-min walk from Center Minami Station</b> Yokohama Municipal Subway Blue Line or Green Line	Mon to Fri (Except 4th Wed of every month) 9:45 to 15:45 (6months-3yrs) Registration fee: ¥100/family Service fee: ¥100/adult/day Monthly passport: ¥500	○
Kawawa Tsuzuki	<b>Oya to Ko no Tsudoino Hiroba Kawawa</b> 親と子のつどいの広場かわわ	<b>4-min walk from Kawawacho Station</b> Yokohama Municipal Subway Green Line	Mon to Fri, 9:30 to 15:30 Registration fee: ¥100/family Service fee: ¥100/family Monthly passport: ¥500	—
Nakagawa Tsuzuki	<b>Yukari House</b> 縁 (ゆかり) ハウス	<b>6-min walk from Nakagawa Station</b> Yokohama Municipal Subway Blue Line	10:00 to 16:00 on every Mon, Tue, Thu, Fri, 2nd/4th Wed, and 1st/3rd/5th Sat Registration fee: ¥500/family Service fee: ¥200/family with registration, ¥500/family without registration Monthly passport: ¥1,000 Half price for parents with special needs	—
Fujimigaoka Tsuzuki	<b>JoinT House</b> ジョイントハウス	<b>11-min walk from Tsuzuki-fureainooka Station</b> Yokohama Municipal Subway Green Line	9:30 to 15:30 on every Wed & Thu, 1st/3rd/5th Mon, and 2nd/4th Sat Registration fee: ¥500/family Service fee: ¥200/family with registration, ¥500/family without registration Monthly passport: ¥1,000 Half price for parents with special needs	—

## Activities for Kids

Area	Facility Name	Access	Notes
Center Kita Tsuzuki	<b>Multicultural Playgroup</b>	<b>2-min walk from Center Kita Station</b> Yokohama Municipal Subway Blue Line or Green Line (Popola Childcare Support Center, 5th floor, Aitai)	SCC hosts a monthly playgroup at the Popola Childcare Support Center for families with children aged 0-6. This is a fun opportunity for parents or guardians and their little ones to enjoy activities such as storytime, finger plays, kids' yoga, and simple crafts with a seasonal theme. For details on upcoming sessions, check out the official website or Facebook and Instagram. Facebook: <a href="https://www.facebook.com/profile.php?id=100064862225338#">https://www.facebook.com/profile.php?id=100064862225338#</a> Instagram: <a href="https://www.instagram.com/sharing_culture">sharing_culture</a>
Tsuzuki Fureai no Oka Tsuzuki	<b>Manmaru Play Park</b>	<b>10-min walk from Tsuzuki-fureainooka Station</b> Yokohama Municipal Subway Green Line (Kamoike Park)	Manmaru Play Park is an adventure playground at Manmaru Plaza in Kamoike Park. Children can play outside, do crafts, enjoy campfires, and more. Parents should note that visitors must bring their own lunch and take responsibility for any injuries. Items to Bring: A water bottle, a mat, and lunch if you need it. Play Park does not have restrooms and water fountains, but you can find these at the nearby log house. For updates about events and any weather-related changes, check the official website or on Facebook and Instagram. Facebook: <a href="https://www.facebook.com/manmarupp.ciao.jp/">https://www.facebook.com/manmarupp.ciao.jp/</a> Instagram: <a href="https://www.instagram.com/manmaru_pp">manmaru_pp</a>

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

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



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

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

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

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

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

### Nearest local evacuation shelter

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

### Evacuation sites in the event of wind and flood damage

## Let's learn about local disaster prevention centers.

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

### Amount of food supplies

Supplies are limited.



### Toilet

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



### Living space

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



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

## So prepare in advance! Safety measures in the house

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

### Order of priority

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



## What kind of disaster danger is there?

## Is it possible to 'shelter at home'?

## Find out before a disaster strikes!

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

Condominium apartments and reinforced steel buildings are strong!



## Check the Disaster Prevention Map and Hazard Map

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

### Check the dangerous areas with the map!

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




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

# OYACO Recommendations: Useful Reference Links

## General Info.

Name / Website Links	QR Code	Name / Website Links	QR Code
<b>Multilingual Consultation Service</b>		<b>Support for Moving-in Procedures in Multiple Languages</b>	
Multilingual Support Center Kanagawa <a href="https://kijfp.org/kmlc/">https://kijfp.org/kmlc/</a>		NPO Kanagawa Housing Support Center <a href="https://sumasen.com/">https://sumasen.com/</a>	
<b>Daily Life Consultation and Interpreter Dispatch Service</b>		<b>Links for Multilingual News &amp; Bosai Info</b>	
YOKOHAMA Foreign Residents Information Center <a href="https://yoketagenjo.com/en/info_center/">https://yoketagenjo.com/en/info_center/</a>		NHK (Japan Broadcasting Corporation) <a href="https://www3.nhk.or.jp/nhkworld/en/multilingual_links/">https://www3.nhk.or.jp/nhkworld/en/multilingual_links/</a>	
<b>TELL: Lifeline support via phone and chat</b>		<b>Voice Tra *Multilingual Speech Translation App</b> (31 languages available)	
Certified NPO TELL <a href="https://telljp.com/">https://telljp.com/</a>		National Institute of Information and Communications Technology (NICT) <a href="https://voicetra.nict.go.jp/en/index.html">https://voicetra.nict.go.jp/en/index.html</a>	

## Childcare & Education Info.

Name / Website Links	QR Code	Name / Website Links	QR Code
<b>Welcome to the Yokohama School</b> • For Parents and Guardians • School Notifications and School-Related Terms		<b>An information service on Japanese schools and child-rearing to support families raising children with overseas roots in Japan</b>	
Yokohama City Board of Education <a href="https://www.city.yokohama.lg.jp/kosodate-kyoiku/kyoiku/soudan/nihongoshido-tebiki.html">https://www.city.yokohama.lg.jp/kosodate-kyoiku/kyoiku/soudan/nihongoshido-tebiki.html</a>		Certified NPO KIDS DOOR <a href="https://koto-koto.jp/en/">https://koto-koto.jp/en/</a>	
<b>School-Home-Communication App</b>		<b>Learn Japanese : Practical Japanese Language Learning Materials from NHK WORLD-JAPAN Programs and Websites</b>	
<a href="https://apps.apple.com/jp/app/id1513854843">https://apps.apple.com/jp/app/id1513854843</a> Find registration instructions in the documents given during elementary school enrollment. Set your language preferences in 'Suguru' to have messages translated automatically.		NHK WORLD JAPAN <a href="https://www3.nhk.or.jp/nhkworld/en/learnjapanese/">https://www3.nhk.or.jp/nhkworld/en/learnjapanese/</a>	
<b>Writing in the Renrakucho</b>		<b>Do you have concerns about your child's development? ~For parents raising children in Japan~</b>	
Yamagata University - Utsumi Laboratory <a href="https://renrakucho.net/eng/">https://renrakucho.net/eng/</a>		National Rehabilitation Center for Persons with Disabilities <a href="http://www.rehab.go.jp/ddis/world/brochure/">http://www.rehab.go.jp/ddis/world/brochure/</a>	
<b>Multilingual Picture Book Video List</b>			
MULTILINGUAL PICTURE BOOK CLUB <a href="https://www.rainbow-ehon.com/">https://www.rainbow-ehon.com/</a>			

## Leisure and Muslim-friendly Info.

Name / Website Links	QR Code	Name / Website Links	QR Code
<b>YOKOHAMA Official Visitors' Guide</b>		<b>Muslim Tourist Information in Yokohama</b>	
Yokohama City Visitors Bureau <a href="https://www.yokohamajapan.com/">https://www.yokohamajapan.com/</a>		<a href="https://www.yokohamajapan.com/muslim/">https://www.yokohamajapan.com/muslim/</a>	

## Yokohama City Child-Rearing Support App: Pamatoco

Pamatoco is an app that brings together essential information and services for Child-Rearing in Yokohama City. Through your smartphone, you can apply for child-related procedures, access information, and use various support services. By registering an account, you will receive notifications tailored to your child's age, including information on health checkups, vaccinations, and nearby events.



Access via the website or app.

## Thank you!

This publication was made possible through the support of the Tsuzuki Ward Office for 2025–2026. We would like to express our sincere appreciation for their continued partnership and commitment to this project.

For this third edition of OYACO, which focuses specifically on Tsuzuki Ward, we have added a community map to help international families easily find local support and services as they navigate daily life in the ward.



## Contact Us Now & Join SCC

Email [info@sharingcaringculture.org](mailto:info@sharingcaringculture.org)

Website <https://sharingcaringculture.org/>

Inquiries

**Tsuzuki Ward Health and Welfare Center  
Children and Families Support Division**

TEL **045-948-2320**

FAX **045-948-2309**

Email [tz-kodomokatei@city.yokohama.lg.jp](mailto:tz-kodomokatei@city.yokohama.lg.jp)

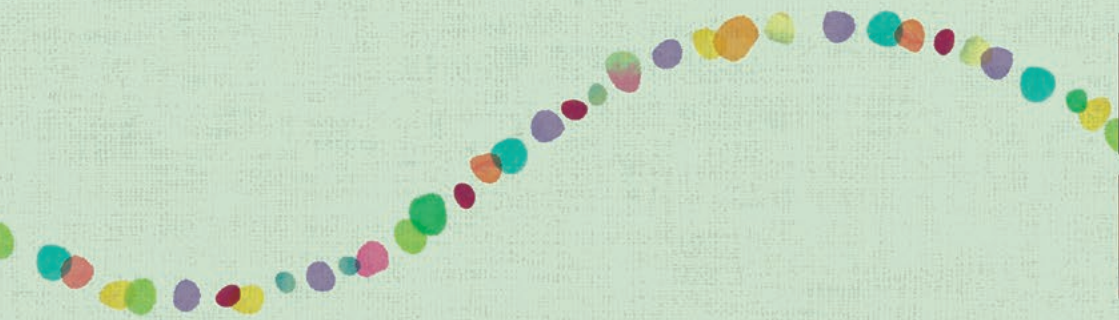
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