

問い合わせ：

保険年金課年金係（中央区役所）
電話：3546-5371

● 脱退一時金

国民年金の保険料納付済期間（第2号、第3号期間は除く）などの合計が6ヶ月以上あり、老齢基礎年金の受給資格期間（10年）を満たしていない外国人の方が、日本国内に住所を有しなくなった日から2年以内に請求することができます。

● 社会保障協定

日本との二国間で、年金制度の二重加入を防止するとともに、外国の年金制度の加入期間を通算し年金が受けられるように協定を締結している国があります。詳しくは日本年金機構ホームページをご覧ください。

問い合わせ：

中央年金事務所
電話：3543-1411
※音声案内に従って「1」を選択し、その後「2」を押してください。

Inquiries:

Pension Subsection, Health Insurance and Pension Section (Chuo City Office)
Tel: 3546-5371

● Lump-sum Withdrawal Payments for non-Japanese people

If you are non-Japanese, you may file a claim for lump-sum withdrawal payment within two years after reporting that you will leave Japan and live abroad. To apply for it you need to satisfy the following conditions; you have contributed to the National Pension system for at least six months in total (excluding your insured periods as the Category II or the Category III insured person); you have not satisfied the qualifying contribution period (10 years) for the Old-age Basic Pension.

● Social Security Agreements

In order to eliminate dual compulsive coverage as well as to totalize qualifying periods for benefits between two countries, there are bilateral social security agreements between Japan and several countries. Please visit this website for more details; (<http://www.nenkin.go.jp/international/english/index.html>).

Inquiries:

Chuo Pension Office
Tel: 3543-1411
* Please follow the recorded instructions, select “1” and press “2”.

子ども
Children

出産と育児

● 妊娠届・母子健康手帳

妊娠していることがわかったら、区役所、特別出張所、保健所、保健センターに妊娠届を提出してください。提出すると「母と子の保健バッグ」を差し上げます。バッグの中には、母子健康手帳、プレママ教室・パパママ教室のおさそい、妊婦健康診査受診票、産前歯科健康診査受診票、赤ちゃん訪問連絡はがきなどが入っています。母子健康手帳は妊産婦や乳幼児の健康状況を記録するもので、健康診査や予防接種を受ける際に必要になります。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
日本橋保健センター健康係 電話：3661-5071
月島保健センター健康係 電話：5560-0765

Childbirth and Childrearing

● Pregnancy Notification and *Mother and Child Health Handbook*

When you become pregnant, please submit a pregnancy notification to the City Office, a special branch office or public health center. You will receive a Mother and Child Health Bag, which includes: your *Mother and Child Health Handbook (Boshi Kenko Techo)*; an invitation to classes for expectant mothers and expectant parents; prenatal examination coupon, prenatal dental health checkup coupon; and a postcard for arranging postnatal home-visit services. The *Mother and Child Health Handbook*—a small notebook used for recording things such as pregnancy progress and your newborn child’s health condition—is required to receive checkups and vaccinations.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930
Health Subsection, Nihonbashi Health Center
Tel: 3661-5071
Health Subsection, Tsukishima Health Center
Tel: 5560-0765

● 出産支援祝品(タクシー利用券)の贈呈

母子健康手帳などにより妊娠が確認できる方には、タクシー利用券1万円分を贈呈します。申請は、出産日の前日までとなります。

問い合わせ：

子育て支援課子育て支援係（中央区役所）
電話：3546-5350

● 妊婦等健康診査

○ 妊婦健康診査

「母と子の保健バッグ」の中の妊婦健康診査受診票により、区が委託している診療所・病院において、診察・尿検査・貧血検査・血圧測定等の妊婦に必要な検査が受けられます。

なお、入院医療を必要とする妊娠高血圧症候群等の方には、医療費負担も行っていきます。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
日本橋保健センター健康係 電話：3661-5071
月島保健センター健康係 電話：5560-0765

○ 産前・産後歯科健康診査

妊婦の方を対象に、無料の歯科健診を行っています。「母と子の保健バッグ」の中の歯科健診受診票を使い、区が委託する歯科医院で受けられます。さらに産後1年以内の方を対象とした無料歯科健診も行っています。

受診票は、お子さんの3・4カ月児健診の案内とともに送付します。

問い合わせ：

健康推進課予防係（中央区保健所）
電話：3541-5930

● プレママ教室・パパママ教室・育児学級・
離乳食講習会・子育て支援講習会

保健所、保健センターでは、妊娠された方や乳幼児をお持ちの保護者の方を対象に、プレママ教室、パパママ教室、育児学級、離乳食講習会、子育て支援講習会を開いており、医師、歯科医師、保健師、助産師、栄養士などが妊娠、出産、育児に関する様々な話をします。

● Provision of Complimentary Taxi Coupons for Expectant Mothers

Residents who can confirm their pregnancy through the *Mother and Child Health Handbook* or other methods are entitled to receive ¥10,000 worth of taxi coupons as part of the Chuo City childbirth financial aid. You can apply for the coupons up to one day before the baby is born.

Inquiries:

Child-Rearing Support Subsection, Child-Rearing Support Section (Chuo City Office)
Tel: 3546-5350

● Various Health Examinations and Checkups for Pregnant Women

○ Pregnant Women's Health Examinations

You can use pregnant women's health examination slips contained in your Mother and Child Health Bag for necessary prenatal checkups and tests—including regular checkups, urine tests, anemia tests and blood pressure measurements—at a clinic or hospital designated by Chuo City. When you need inpatient treatment for pregnancy-induced hypertension or other pregnancy-related illnesses, you can also receive financial support to cover part of the treatment costs.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930
Health Subsection, Nihonbashi Health Center
Tel: 3661-5071
Health Subsection, Tsukishima Health Center
Tel: 5560-0765

○ Prenatal and Postnatal Dental Health Checkups

Pregnant women are entitled to free dental checkups. You can receive these checkups at a dental clinic commissioned by the city using the dental health checkup coupons enclosed in the Mother and Child Health Bag. Free dental checkups are also available for women within one year of giving birth.

The checkup form will be sent to you along with the information about your child's three- and four-month checkups.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930

● Classes for Expectant Mothers, Expectant Parents, and New Parents; and Seminars on Baby Food and Parenting

The public health centers in Chuo City offer various education programs for expectant and new parents (e.g., classes for specific groups such as expectant mothers, expectant fathers and new parents; and topic-based seminars on baby food, parenting, and others). You can receive a wide range of advice about pregnancy, childbirth and parenting from doctors, dentists, public health nurses, midwives, nutritionists and other specialists.

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
日本橋保健センター健康係 電話：3661-5071
月島保健センター健康係 電話：5560-0765

赤ちゃん訪問連絡はがきの届出

赤ちゃんが生まれたら、「母と子の保健バッグ」の中に入っている赤ちゃん訪問連絡はがきを出してください。保健所、保健センターでは、この通知により保健師・助産師が訪問指導を行います。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
日本橋保健センター健康係 電話：3661-5071
月島保健センター健康係 電話：5560-0765

産後ケア(宿泊型)

お母さんが、赤ちゃんと一緒に、助産師等から母子のケアや授乳指導、育児指導等を受けることができます。

利用できる方：下記全てにあてはまるお母さんと生後 10 週未満のお子さん

- ①中央区民
 - ②体調不良や育児不安等がある
 - ③ご家族などからの援助が受けられない
- ※お母さんとお子さんが一緒に入所しないと利用できません。

実施施設：聖路加助産院マタニティケアホーム（中央区明石町 1-24 2～4F）

利用期間：6泊7日まで（1泊2日から利用可能）

利用者負担金：1泊2日 10,000円
（以後1日ごとに10,000円加算）
※多胎の場合は追加の負担金があります。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
日本橋保健センター健康係 電話：3661-5071
月島保健センター健康係 電話：5560-0765

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930
Health Subsection, Nihonbashi Health Center
Tel: 3661-5071
Health Subsection, Tsukishima Health Center
Tel: 5560-0765

●Postcard for Arranging Postnatal Home-Visit Service

After the birth of your child, please mail the postcard for arranging postnatal home-visit service included in your Mother and Child Health Bag. Based on the postcard you send, the public health centers will arrange a visit by a public health nurse or midwife to offer you necessary consultation and advice.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930
Health Subsection, Nihonbashi Health Center
Tel: 3661-5071
Health Subsection, Tsukishima Health Center
Tel: 5560-0765

●Postnatal Care (Residential)

New mothers are eligible to receive guidance from midwives and other experts on caring for themselves and the new baby, including nursing advise and other parenting support.

Who is eligible: All new mothers in the following categories and the baby within ten weeks after birth

- ① Residents of Chuo City
 - ② Those with physical limitations or who lack confidence in caring for their baby
 - ③ Those lacking in family or other outside support
- * The mother and child must come together to use this service.

Location: St. Luke's Birth Clinic Maternity Care Home (2F to 4F, 1-24 Akashi-cho, Chuo-ku)

Period of service: From two days and one night up to seven days and six nights

Cost: ¥10,000 for two days and one night (additional ¥10,000 per day after that)

* There are additional costs for multiple births.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930
Health Subsection, Nihonbashi Health Center
Tel: 3661-5071
Health Subsection, Tsukishima Health Center
Tel: 5560-0765

●^{とくていふにんちりょうひじよせい}特定不妊治療費助成

医療保険の適用されない高額な医療費がかかる特定不妊治療（体外受精および顕微授精）について、経済負担の軽減を図るために費用の一部を助成しています。

問い合わせ：

健康推進課予防係（中央区保健所）
電話：3541-5930

●^{しんせいじたんじょういひんきょうつうかいものしょくじけんそうてい}新生児誕生祝品（共通買物・食事券）の贈呈

中央区内共通買物・食事券3万円分を贈呈します。申請は子どもの1歳の誕生日の前日までとなります。

問い合わせ：

子育て支援課子育て支援係（中央区役所）
電話：3546-5350

●^{てんこく}あかちゃん天国

子育て交流サロン「あかちゃん天国」は、子育てに関するさまざまな情報交換や交流をしたり、育児に関する相談を行う施設です。

施設には、授乳コーナーがあり、絵本、育児雑誌、乳児用玩具などを備えています。また、保育士資格を持つ経験豊富な専門スタッフがいます。

対象者：0歳～3歳の3月31日までの間にあるお子さんとその保護者の方、妊娠中の方

実施場所：

子ども家庭支援センター（勝どき 1-4-1）

電話：3534-2103

築地児童館（築地 7-9-17）

電話：3544-0127

新川児童館（新川 2-13-4）

電話：3553-2084

堀留町児童館（日本橋堀留町 1-1-1）

電話：3661-8937

浜町児童館（日本橋浜町 3-37-1）

電話：3669-3386

月島児童館（月島 4-1-1）

電話：3533-0885

晴海児童館（晴海 2-4-31）

電話：3534-3021

利用時間：午前9時～午後5時まで（各実施場所となる施設の休館日を除く）

※子ども家庭支援センターの休館日（祝日および年末年始（12月29日～1月3日）、児童館の休館日はP92参照）

利用料：無料（ミルクなどは各自で持参）

利用方法：直接施設にお越しください。予約の必要はありません。

問い合わせ：

各実施場所

●Financial Support for Specified Fertility Treatments

To alleviate your financial burden, Chuo City provides financial support for specified fertility treatments (*in vitro* fertilization and microfertilization) to cover a portion of the high medical expenses involved, which are normally not covered by health insurance.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)
Tel: 3541-5930

●Complimentary Shopping and Dining Coupons for Newborns

You can receive Chuo City shopping and dining coupons worth a total of ¥30,000 to buy products for your baby. You must apply within one year of giving birth.

Inquiries:

Child-Rearing Support Subsection, Child-Rearing Support Section (Chuo City Office)
Tel: 3546-5350

●Akachan Tengoku

Akachan Tengoku is a communication salon for parents and babies designed as a place for people to share information on various aspects of childrearing and to provide childrearing counseling services. The facility is equipped with a breastfeeding area for nursing mothers, picture books, childrearing magazines and toys for infants. There are also experienced, specialized staff members with childcare qualifications.

Eligibility: Infants up to the first March 31 following their third birthday, their parents/guardians, and pregnant women

Locations:

Family and Children Support Center (1-4-1 Kachidoki)

Tel: 3534-2103

Tsukiji Children's Hall (7-9-17 Tsukiji)

Tel: 3544-0127

Shinkawa Children's Hall (2-13-4 Shinkawa)

Tel: 3553-2084

Horidomecho Children's Hall (1-1-1 Nihonbashi-Horidomecho)

Tel: 3661-8937

Hamacho Children's Hall (3-37-1 Nihonbashi-Hamacho)

Tel: 3669-3386

Tsukishima Children's Hall (4-1-1 Tsukishima)

Tel: 3533-0885

Harumi Children's Hall (2-4-31 Harumi)

Tel: 3534-3021

Hours: 9 a.m. to 5 p.m. (excluding facility holidays)

* The Family and Children Support Center is closed on national holidays and during the year-end/New Year Holidays (December 29 to January 3); for information on Children's Hall holidays, please see P. 92

Admission: Free (Parents should bring their own milk and other supplies.)

How to use the facilities: Simply come to the facility. Reservations are not necessary.

Inquiries:

Please inquire at a facility that has an Akachan Tengoku.

● **育児支援ヘルパー**

育児や家事の支援を必要とする家庭に対し、区と契約した事業者がヘルパーを派遣して、母親の精神的・身体的負担を軽減し、家庭における安定した子育てを支援する制度です。

対象家庭：母子健康手帳交付時から出産後 6 カ月に達するまでの乳児がいる家庭

派遣回数・時間：

- ・ 15 回まで（日曜日・祝日・年末年始を除く）
- ・ 午前 8 時～午後 6 時の時間帯で 1 回 2 時間または 3 時間

サービス内容：

- ・ 育児に関すること（授乳、もく浴、おむつ交換など）
- ・ 家事に関すること（食事の世話、掃除、洗濯など）

費用：ヘルパーの派遣費用を利用者の世帯の所得に応じて自己負担

問い合わせおよび申込み：

子ども家庭支援センター

電話：3534-2103

健康

● **乳幼児健康診査**

生後 3・4 カ月、6・7 カ月、9・10 カ月、1 歳 6 カ月、3 歳の乳幼児に対して健康診査を行います。3・4 カ月児、3 歳児の健診は保健所・保健センターで、6・7 カ月児、9・10 カ月児、1 歳 6 カ月児の健診は区が委託している病院等を実施しています。

また 1 歳 6 カ月児、3 歳児を対象に、歯科健診と必要に応じて子育て相談を保健所・保健センターで行っています。このほか乳幼児の健康相談を保健所・保健センターで行っています。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930

日本橋保健センター健康係 電話：3661-5071

月島保健センター健康係 電話：5560-0765

● **未熟児のために**

生まれた赤ちゃんの生命力が特に弱く、出生時の体重が 2,000g 以下、または医師が入院養育を必要と認めた場合、国の指定した診療所・病院に入院すると費用は保護者の収入により一部または全部が免除になります。

● **Childcare Helper Service**

This system is set up to reduce the physical and mental stress that mothers feel and ensure their well-being as well as that of their babies in the home. Mothers who need external support can receive childcare and housekeeping services from a helper supplied by a service vendor contracted by Chuo City.

Eligibility: Households with an expectant mother (from the time of receipt of a *Mother and Child Health Handbook*) or a mother with a newborn up to six months old

Number of times the service can be used and hours:

- Up to 15 times per family (except Sundays, national holidays and during the year-end/New Year's holidays)
- Up to two or three hours per time between 8 a.m. and 6 p.m.

Services offered:

- Childcare (feeding, bathing, changing diapers, etc.)
- Housekeeping (preparing meals, cleaning, doing laundry, etc.)

Fee: You must pay the dispatch fees of a helper according to your household's income level.

Inquiries and application:

Family and Children Support Center

Tel: 3534-2103

Health

● **Health Checkups for Infants and Toddlers**

To promote the healthy growth of infants, checkups are provided for infants and toddlers from three to four, six to seven and nine to 10 months old, as well as at 18 months and three years of age. The three-/four-month and three-year checkups are conducted at public health centers, while the checkups at six/seven, nine/10 and 18 months are conducted at hospitals and other medical facilities designated by the city.

In addition, public health centers offer dental checkups for children at 18 months and three years of age, as well as childcare consultations when necessary. Health consultations for infants and toddlers are available at public health centers.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public Health Center)

Tel: 3541-5930

Health Subsection, Nihonbashi Health Center

Tel: 3661-5071

Health Subsection, Tsukishima Health Center

Tel: 5560-0765

● **For Premature Babies**

If your newborn is in a significantly weakened condition with a birth weight of 2,000 grams or less, or your doctor deems it necessary that your baby stays in the hospital, you may be exempt from partial or full medical costs as long as your baby is hospitalized in a clinic or hospital designated by the Japanese government. Eligibility and applicable percentage of the exemption depend on the income level of the parents/guardians.

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
 日本橋保健センター健康係 電話：3661-5071
 月島保健センター健康係 電話：5560-0765

●小児の慢性疾患への医療費助成

心臓病・こう原病・慢性腎疾患など各種の小児慢性疾患
 でお困りの方は、医療費助成制度がありますのでご相談く
 ださい。

問い合わせ：

健康推進課予防係（中央区保健所） 電話：3541-5930
 日本橋保健センター健康係 電話：3661-5071
 月島保健センター健康係 電話：5560-0765
 都福祉保健局家庭支援課 電話：5320-4375

●子ども医療費助成

中学校卒業（15歳到達後最初の3月31日）までのお子
 さんが病院等で医療保険により診療を受けたとき、医療費
 の自己負担分が助成され、無料になります。

問い合わせ：

子育て支援課子育て支援係（中央区役所）
 電話：3546-5350

●予防接種

予防接種は法律に基づいた定期予防接種（対象者は予防
 接種を受けるよう努力する）と対象者の希望により行う任
 意予防接種があります。

ヒトパピローマウイルス感染症（子宮頸がん）及び風し
 ん抗体検査・予防接種（任意予防接種）を除き、接種時期に
 保健所から通知します。

問い合わせ：

健康推進課予防係（中央区保健所）
 電話：3541-5930

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public
 Health Center)
 Tel: 3541-5930
 Health Subsection, Nihonbashi Health Center
 Tel: 3661-5071
 Health Subsection, Tsukishima Health Center
 Tel: 5560-0765

●Subsidy for Medical Expense for Chronic Pediatric Diseases

Chuo City offers financial support to cover medical expenses for the
 families of children who suffer from chronic diseases such as heart
 disease, connective tissue disease and chronic kidney disease. Please
 inquire for details.

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public
 Health Center)
 Tel: 3541-5930
 Health Subsection, Nihonbashi Health Center
 Tel: 3661-5071
 Health Subsection, Tsukishima Health Center
 Tel: 5560-0765
 Family Support Section, Bureau of Social Welfare and Public Health,
 Tokyo Metropolitan Government
 Tel: 5320-4375

●Subsidy for Children's Medical Expenses

Children can receive medical treatments covered by insurance
 programs practically free of charge until the first March 31 following
 their 15th birthday. The portion of the medical fees that the patient
 needs to pay is borne by Chuo City.

Inquiries:

Child-Rearing Support Subsection, Child-Rearing Support Section
 (Chuo City Office)
 Tel: 3546-5350

●Vaccinations

There are two types of vaccinations in Japan: periodic vaccinations
 (recommended by the government) and optional vaccinations.

The health center will notify you when vaccinations are available (does
 not include the Human papillomavirus [HPV; cervical cancer] vaccine
 or the antibody test and vaccine for rubella [voluntary vaccination]).

Inquiries:

Prevention Subsection, Health Promotion Section (Chuo City Public
 Health Center)
 Tel: 3541-5930

定期予防接種（法律による予防接種）の種類と接種対象者、回数

種類	接種対象者		接種回数	通知発送時期
	1期	2期		
DPT-IPV 四種混合 (ジフテリア・百日せき・破傷風、急性灰白髄炎(ポリオ))	1期： 生後3カ月以上90カ月(7歳6カ月)未満の方	初回接種：20日以上の間隔を置いて接種 (標準は生後3カ月以上12カ月未満)	3回	1日～14日生まれの方は3カ月に達する前月 15日～31日生まれの方は3カ月に達する月
		追加接種：初回接種終了後6カ月以上の間隔を置いて接種 (標準は初回接種終了後12カ月以上18カ月未満の間隔を置いて接種)	1回	
DT 二種混合 (ジフテリア・破傷風)	2期：11歳以上13歳未満の方(標準は11歳)		1回	1日～14日生まれの方は11歳に達する前月 15日～31日生まれの方は11歳誕生日
MR (麻しん・風しん混合)	1期：生後12カ月以上24カ月未満の方		1回	生後11カ月に達する月
	2期：5歳以上7歳未満であって、小学校就学前年度の方		1回	小学校就学前々年度の3月末頃
日本脳炎	1期： 生後6カ月以上90カ月(7歳6カ月)未満の方	初回接種：6日以上の間隔を置いて接種(標準は3歳)	2回	1日～14日生まれの方は3歳に達する前月 15日～31日生まれの方は3歳誕生日
		追加接種：初回接種終了後6カ月以上の間隔を置いて接種(標準は4歳)	1回	1日～14日生まれの方は4歳に達する前月 15日～31日生まれの方は4歳誕生日
	2期：9歳以上13歳未満の方(標準は9歳)		1回	1日～14日生まれの方は9歳に達する前月 15日～31日生まれの方は9歳誕生日
BCG(結核)	1歳未満の方(標準は生後5カ月以上8カ月未満)		1回	生後5カ月に達する月
Hib感染症	生後2カ月以上5歳未満の方(接種開始月齢により接種回数が異なる)	初回接種：27日以上の間隔を置いて接種 (標準は接種開始月齢が生後2カ月以上7カ月未満)	3回 (標準)	1日～14日生まれの方は2カ月に達する前月 15日～31日生まれの方は2カ月に達する月
		追加接種：7カ月以上間隔を置いて接種 (標準は初回接種終了後7カ月以上13カ月未満の間隔を置いて接種)	1回 (標準)	
小児の肺炎球菌感染症	生後2カ月以上5歳未満の方(接種開始月齢により接種回数が異なる)	初回接種：27日以上の間隔を置いて接種 (標準は接種開始月齢生後2カ月以上7カ月未満)	3回 (標準)	
		追加接種：初回接種終了後60日以上間隔を置いて生後12カ月以降に接種 (標準は生後12カ月以上15カ月未満)	1回 (標準)	
B型肝炎	1歳未満の方(標準は生後2カ月以上9カ月未満)		3回	
ロタウイルス感染症	(1) 経口弱毒性ヒトロタウイルスワクチン(ロタリックス) 生後6週0日後から24週0日後までの方		2回	
	(2) 5価経口弱毒性ヒトロタウイルスワクチン(ロタテック) 生後6週0日後から32週0日後までの方		3回	
※1 ヒトパピローマウイルス感染症(子宮頸がん)	小学校6年生から高校1年生相当の年齢の女子 (標準は中学校1年生の間に3回接種) ◎接種するワクチンにより2回目接種の時期が異なる		3回	
水痘	生後12カ月以上3歳未満の方(標準は接種開始月齢が生後12カ月以上15カ月未満)		2回	11カ月に達する月
インフルエンザ	(1) 65歳以上の方 (2) 60歳以上65歳未満の心臓、腎臓若しくは呼吸器機能又はヒト免疫不全ウイルスによる免疫機能に障害を有する身体障害者手帳1級相当をお持ちの方		年1回	毎年9月下旬
※2 高齢者の肺炎球菌感染症	(1) 65歳の方 (2) 60歳以上65歳未満の心臓、腎臓若しくは呼吸器機能又はヒト免疫不全ウイルスによる免疫機能に障害を有する身体障害者手帳1級相当をお持ちの方		1回	毎年3月下旬

※1 現在ヒトパピローマウイルス感染症(子宮頸がん)の個別通知は行っていない。

※2 高齢者の肺炎球菌感染症の対象者(1)については、2023年度まで経過措置があり、当該年度に65歳、70歳、75歳、80歳、85歳、90歳、95歳、100歳になる方が対象となる。

3 Administrative Information

中央区が費用助成を行っている任意予防接種の種類と接種対象者、回数

種類	接種対象者	助成回数	助成金額	通知発送時期
おたふくかぜ	1回目：満1歳～小学校就学前年度の方	2回	各4,000円※	11ヶ月に達する月
	2回目：小学校就学前年度の方 (1回目と2回目の間は27日以上の間隔をおく)			小学校就学前々年度の3月末頃
風しん抗体検査	風しん未罹患、未接種、未検査(罹患・接種・検査歴不明)で次のどちらかに該当する19歳以上の区内在住者 (1) 妊娠を予定または希望している女性とその同居者 (2) 妊婦の同居者	—	全額助成	—
風しん予防接種	(1) 上記の抗体検査で抗体価が十分でないとされた方 (2) 妊婦健診などで風しん抗体価が十分でなかった方(ただし、接種時に妊娠していない方)	—	全額助成	—

※ 区内実施医療機関で接種した際の費用から4,000円差し引いた額を医療機関でお支払いください。接種費用は医療機関によって異なりますので、事前にご確認ください。

Type, eligible age, and the number of doses of periodic immunization recommended by the government

Type	Eligible age		Number of doses	Notification period
DPT-IPV (four-type combination: diphtheria, pertussis, tetanus, and polio)	Phase 1: Between 3 months and 89 months old (7 years and 6 months old)	Initial doses: At least 20 days in between shots (The standard is to receive it between 3 months and 11 months of age.)	3 doses	For children born between the 1st and 14th, the month before he/she reaches 3 months old
		Booster shot: At least 6 months after completing initial doses (The standard timing is to receive the booster from 12 months but less than 18 months after receiving the initial doses.)	1 dose	For children born between the 15th and 31st, the month he/she reaches 3 months old
DT (two type combination: diphtheria and tetanus)	Phase 2: Between 11 and 12 years old before reaching one's birthdate of 13 (The standard is to receive it at 11 years of age.)		1 dose	For children born between the 1st and 14th, the month before he/she reaches 11 years old For children born between the 15th and 31st, the month he/she reaches 11 years old
Measles and rubella (MR)	Phase 1: Between 12 and 23 months old		1 dose	The month he/she reaches 11 months old
	Phase 2: Between 5 and 6 years old before entering elementary school		1 dose	Around the end of March two years before entering elementary school
Japanese encephalitis	Phase 1: Between 6 months and 89 months old (7 years and 5 months old)	Initial doses: At least 6 days in between shots (The standard is to receive it at 3 years of age.)	2 doses	For children born between the 1st and 14th, the month before he/she reaches 3 years old For children born between the 15th and 31st, the month he/she reaches 3 years old
		Booster shot: At least 6 months after completing initial doses (The standard timing is receive the booster at 4 years of age.)	1 dose	For children born between the 1st and 14th, the month before he/she reaches 4 years old For children born between the 15th and 31st, the month he/she reaches 4 years old
	Phase 2: From 9 years old to before the child turns 13 years old (The standard is to receive it at 9 years of age.)		1 dose	For children born between the 1st and 14th, the month before he/she reaches 9 years old For children born between the 15th and 31st, the month he/she reaches 9 years old
BCG (tuberculosis)	Under 1 year old (standard schedule: Between 5 and 7 months old)		1 dose	The month he/she reaches 5 months old

3 Administrative Information

	Type	Eligible age		Number of doses	Notification period
	Periodic immunizations	Hib	Between 2 months and 4 years of age (the number of inoculations varies depending on the starting age)	Initial doses: At least 27 days in between shots (The standard initial age is between 2 months and 6 months of age.)	3 doses (standard)
Booster shot: At least 7 months after completing initial doses (The standard timing is to receive the booster from 7 months but less than 13 months after receiving the initial doses.)				1 dose (standard)	
Streptococcus pneumonia vaccine for children		Between 2 months and 4 years of age (the number of inoculations varies depending on the starting age)	Initial doses: At least 27 days in between shots (The standard initial age is between 2 months and 6 months of age.)	3 doses (standard)	
			Booster shot: 12 months old or older, and at least 60 days after the initial doses (The standard is to receive it between 12 and 14 months old).	1 dose (standard)	
Hepatitis B		Under 1 year old (standard schedule: Between 2 and 9 months old)	3 doses		
Rotavirus infection		(1) Oral attenuated human rotavirus vaccine (Rotarix) From 6 weeks and 0 days to 24 weeks and 0 days after birth. (2) Oral attenuated pentavalent human rotavirus vaccine (RotaTeq) From 6 weeks and 0 days to 32 weeks and 0 days after birth.	2 doses		
			3 doses		
Human papillomavirus infection (cervical cancer) ¹		Girls between the sixth grade of elementary school and the first grade of high school (Typical schedule: 3 doses during the first grade of junior high school) ◎ The timing of the second vaccination varies depending on the vaccine taken.	3 doses	-	
Chicken pox	Between 12 months and 2 years old (The standard initial age is between 12 months and 14 months of age.)	2 doses	The month he/she reaches 11 months old		
Influenza	(1) Residents 65 years old or older (2) Residents between 60 and 64 years old who have a serious disability in their heart, kidney or respiratory system or a serious immunity deficiency caused by the human immunodeficiency virus (equivalent to level 1 of the <i>Handbook for the Physically Disabled</i>)	Once a year	Late September each year		
Streptococcus pneumoniae vaccine for the elderly ²	(1) Residents 65 years old (2) Residents between 60 and 64 years old who have a serious disability in their heart, kidney or respiratory system or a serious immune deficiency caused by the human immunodeficiency virus (equivalent to level 1 of the <i>Handbook for the Physically Disabled</i>)	1 dose	Late March each year		

¹ There is currently no individual notification for the human papillomavirus infection (cervical cancer).

² There are interim measures until the end of fiscal 2023 for the streptococcus pneumoniae vaccine for the elderly. Those who will be 65, 70, 75, 80, 85, 90, 95 or 100 years old during the fiscal years in that period are eligible.

Type, eligible age, and the number of doses of optional immunizations for which Chuo City offers subsidies

	Type	Eligible age	Number of subsidized doses	Subsidy amount	Notification period
	Optional vaccinations	Mumps	First dose: Children from 1 year old to those in the fiscal year before entering elementary school	2 doses	¥4,000*
Second dose: Children in the fiscal year before entering elementary school (An interval of at least 27 days between the first and second dose)			Around the end of March, two school years before your child starts elementary school.		
Antibody test for rubella		Residents 19 years old or older who have not been exposed to rubella, have not been vaccinated, or have not been tested (history of exposure, vaccination, or testing unknown) and fall into either one of the following categories: (1) Women who wish to become pregnant, and their co-residents (2) A person living with a pregnant woman	-	Fully subsidized	-
Rubella vaccination		(1) Residents whose antibody titer was found to be insufficient in the above antibody test (2) Residents whose antibody titer against rubella was not sufficient at the time of their pregnancy checkup (but who are not pregnant at the time of vaccination)	-	Fully subsidized	-

* Please subtract ¥4,000 from the total vaccination cost. The cost varies according to each medical institution, so please inquire at the institution you wish to use.

手当

●児童手当

中学校卒業（15歳到達後最初の3月31日）までのお子さんを育てている方に、子ども1人につき月額5,000円～15,000円を支給します（所得制限があります）。

●児童育成手当

父親または母親がいない場合や、父親または母親が重度障害者の場合などで、お子さん（18歳到達後最初の3月31日まで）を育てている方に、子ども1人につき月額13,500円を支給します（所得制限があります）。

●児童扶養手当

父親または母親がいない場合や、父親または母親が重度障害者の場合などで、お子さん（18歳到達後最初の3月31日まで。政令で定める程度の障害のある場合は20歳未満）を育てている方に支給します（所得制限があります）。

問い合わせ：

子育て支援課子育て支援係（中央区役所）
電話：3546-5350

保育

●幼児教育・保育の無償化

保育所・認定こども園・幼稚園などを利用する3歳児から5歳児クラスまでのお子さん及び住民税非課税世帯の0歳児から2歳児クラスまでのお子さんを対象に、幼児教育・保育の無償化を実施しています。

問い合わせ：

保育課保育入園係・保育運営係（中央区役所）
電話：3546-5227・5422

●認可保育園

保護者が働いていたり、病気等の理由で、ご家庭でお子さんを保育することができない場合に、お子さんを預かり、保育する施設で、区立と私立があります。保育料・延長保育料は、保護者の区民税に応じて決まります。

問い合わせ：

保育課保育入園係（中央区役所）
電話：3546-5227

●認証保育所

東京都独自の基準を満たした保育所です。入園を希望する方は、直接施設にお問い合わせください。（P192参照）

Allowances

●Child Allowance

A child allowance (¥5,000 to ¥15,000 per child) is provided each month for those raising children (until the first March 31st following the child's 15th birthday). Recipients of this allowance need to meet income eligibility requirements.

●Child-rearing Allowance

A monthly allowance of ¥13,500 per child is provided to single parents and households with a parent who is severely disabled that are raising children (until the first March 31st following the child's 18th birthday). Recipients of this allowance need to meet income eligibility requirements.

●Child Support Allowance

This allowance is provided to single parents and households with a parent who is seriously disabled (until the first March 31 after the child reaches the age of 18; if the child has a disability specified by a government ordinance, until the child reaches 20 years old). Recipients of this allowance need to meet income eligibility requirements.

Inquiries:

Child-Rearing Support Subsection, Child-Rearing Support Section (Chuo City Office)
Tel: 3546-5350

Childcare

●Free Early Childhood Education and Childcare

Free early childhood education and childcare is provided for families with children aged 3 to 5 years old who use daycare facilities, authorized childcare facilities (Kodomoen), and kindergartens, and for children up to 2 years old in households exempt from resident's tax.

Inquiries:

Daycare Center Enrollment Subsection and Childcare Management Subsection, Childcare Section (Chuo City Office)
Tel: 3546-5227, 5422

●Accredited Nurseries (Ninka Hoikuen)

These facilities provide childcare for children whose parents/guardians cannot provide care at home during daytime hours due to work, illness or other reasons. Nurseries consists of municipal and private entities. Daycare center fees and extended childcare fees are determined based on the amount of special city resident's tax the parents/guardians pay.

Inquiries:

Daycare Center Enrollment Subsection, Child-Rearing Support Section (Chuo City Office)
Tel: 3546-5227

●TMG-Certified Daycare Facilities

If you wish to place your child in a daycare center school that complies with the standards of the Tokyo Metropolitan Government (TMG-certified daycare facility), please contact the applicable facility directly. (Refer to P. 192)

認証保育所保育料の補助

月の初日現在に東京都認証保育所にお子さんを預け、月極契約を結んでいる保護者（仕事や病気等の理由により保育が必要な方に限る）に対し、その経済的負担を軽減するため、対象施設に支払っている月額保育料と認可保育園に在園した場合の月額保育料の差額に応じて、保育料の一部を補助しています。

問い合わせ：

保育課保育運営係（中央区役所）
電話：3546-5422

●認定こども園

小学校に就学する前のお子さんの教育・保育を一体的に提供するとともに、地域における子育て支援事業を行い、幼稚園と保育園の両方の役割を果たす施設です。

問い合わせ：

- ・ 保育所型について 保育課保育入園係（中央区役所）
電話：3546-5227
- ・ 幼保連携型について 学務課学事係（中央区役所）
電話：3546-5512

●地域型保育事業

○小規模保育事業

区内に住んでいる0歳児（生後57日以上）から2歳児クラスまでのお子さんを対象に、少人数（定員6～19人）で、家庭的保育に近い雰囲気のもと保育を行う施設です。

保育料は認可保育園と同額です。ただし、延長保育料は事業所で設定します。

○事業所内保育事業

会社の従業員用の保育施設で、従業員のお子さんと地域のお子さんを一緒に保育する施設です。

保育料は認可保育園と同額です。ただし、延長保育料は事業所で設定します。

○居宅訪問型保育事業（障害児向け）

医療的ケアが必要なお子さんに対して、集団保育が著しく困難と認められる場合に、利用者の居宅等において保育者による1対1の保育を行います。保育時間は午前8時～午後6時までの間で8時間以内です。

保育料は認可保育園と同額です。

○居宅訪問型保育事業（待機児童向け）

認可保育園に申し込み、待機となった0歳児（生後57日以上）から2歳児クラスまでの児童を対象に、利用者の自宅に保育者を派遣し、1対1の保育を行います。

保育料は認可保育園と同額です。延長保育料は1時間あたり1,000円です。

問い合わせ：

保育課保育入園係（中央区役所）
電話：3546-5227

Assistance for Childcare Fees for TMG-Certified Daycare Facilities

To alleviate the financial burden on parents (limited to those needing childcare due to work, illness, etc.) who have a monthly contract with a Tokyo Metropolitan Government-certified daycare center as of the first day of the month, a portion of the childcare fee is subsidized according to the difference between the monthly childcare fee paid to the applicable facility and the monthly childcare fee if the child were enrolled in an accredited daycare center.

Inquiries:

Childcare Management Subsection, Child-Rearing Support Section (Chuo City Office)
Tel: 3546-5422

●Authorized Childcare Facilities (Kodomoen)

Kodomoen is a kindergarten and daycare center hybrid that provides integrated care for preschoolers and operates parenting support programs for the local community.

Inquiries:

For daycare facility types: Daycare Center Enrollment Subsection, Childcare Section (Chuo City Office)

Tel: 3546-5227

For kindergarten and daycare center hybrids: School Affairs Subsection, School Affairs Section (Chuo City Office)

Tel: 3546-5512

●Community-Type Childcare Services

○Small-Group Childcare Services

Childcare is offered in a small group of children (capacity: 6–19) between the ages of 0 (57 days old) and 2 years in an atmosphere similar to home childcare services. Daycare center fees are the same as those at accredited nurseries. However, each facility determines its own fees for extended childcare.

○In-House Childcare Facilities

In-house childcare facilities offer childcare for employees of the company as well as for people in the community. Daycare center fees are the same as those at accredited nurseries. However, each facility determined its own fees for extended childcare.

○In-Home Childcare Program (for children with disabilities)

Children who require medical care and would therefore experience significant difficulties in a group childcare environment are eligible for one-on-one in-home childcare services. Childcare hours are from 8 a.m. to 6 p.m. for a maximum of eight hours.

The fee is the same as tuition would be at accredited nurseries.

○In-Home Childcare Program (for children on a waiting list)

Children from 0 (57 days old) to 2 years old whose parents/guardians have applied to accredited nurseries and are on the waiting list are eligible for one-on-one in-home childcare services.

The fee is the same as tuition would be for accredited nurseries. The fee for extended childcare is ¥1,000 per hour.

Inquiries:

Daycare Center Enrollment Subsection, Childcare Section (Chuo City Office)

Tel: 3546-5227

●一時的な保育

○緊急一時保育援助事業

保護者が、入院などの理由で一時的に保育が難しくなったときのために、保護者の家で保育を行う保育員（ベビーシッター）の派遣を行っています。対象となるのは、生後4カ月～小学校入学前までの健康なお子さんです。

○病児・病後児保育

入院加療の必要のない病中または病気回復期で病状が軽いお子さん（生後7カ月～小学校3年生）を保護者が看護できないとき、区が委託する病児・病後児保育室（区内4カ所）で保育します。

定員：各保育室1日6名（ニチイキッズさわやか日本橋浜町保育園のみ4名）

利用時間：午前9時～午後5時30分

利用料：1日2,000円

○一時預かり保育

保護者の育児疲れや冠婚葬祭などにより一時的に保育が必要な場合に、お子さん（生後57日～未就学児）をお預かりします。

定員：生後57日～2歳未満10名、2歳～未就学児10名

利用時間：午前9時～午後5時

利用料：1時間 800円

※保護者の入院などにより緊急に保育が必要な場合、上記定員とは別に、1日2,000円で緊急保育を行います。

○トワイライトステイ

保護者が仕事などにより帰宅が夜間になる場合に、お子さん（2歳～小学生）をお預かりします。

定員：2歳～未就学児10名、小学生10名

利用時間：午後5時～10時

利用料：1回2,000円（食事提供を希望する場合は別途400円）

○子どもショートステイ

保護者の病気などにより養育に困難が生じた場合に、区が委託した乳児院や児童養護施設または協力家庭でお子さん（生後57日～中学生）をお預かりします。

定員：各施設・協力家庭につき1名

利用期間：1回につき7日間（6泊7日）まで

（協力家庭は3日間（2泊3日）まで）

利用料：1泊2日6,000円

以降1日増えるごとに3,000円加算

●ベビーシッター利用支援事業（一時預かり利用支援）

一時的な保育が必要な場合に、東京都が認定しているベビーシッターを利用する際の利用料を助成します。

対象期間：お子さんが満3歳に達する年度の末日まで

利用日時：月曜日～土曜日の午前7時～午後10時（祝日、年始年末を除く。）

利用上限：1時間当たり2,500円、お子さん一人当たり月8時間（多胎児の場合はお子さん一人当たり月16時間）を上限に助成を行います。

問い合わせ：

子ども家庭支援センター

電話：3534-2103

●Temporary Childcare

○Emergency Temporary Childcare Support Program

When a guardian is temporarily unable to look after his/her child due to emergency reasons such as hospitalization, the city dispatches babysitters who can provide childcare at the guardian's home. Preschoolers 4 months old or older with no health issues can use this service.

○Childcare for Sick and Recovering Children

When a child (from 7 months old to 3rd grade elementary school age) is slightly ill (but not serious enough to require inpatient treatment) or recovering from illness and guardians are unable to care for him/her, the child can be taken care of at a daycare center room for sick and recovering children. This service is available at 4 facilities (hospitals and a TMG certified-daycare facility) designated by the city.

Capacity: 6 children per day per daycare center room (4 children per day at Nichii Kids Sawayaka Daycare Center Nihonbashi-Hamacho)

Hours: 9 a.m. to 5:30 p.m.

Fee: ¥2,000 per day

○Temporary Babysitting Care

Babysitting care is provided for children (preschoolers 57 days or older) when a guardian requires temporary care for his/her child due to a ceremonial occasion or fatigue from childrearing.

Capacity: Ten children between 57 days and 1 year old; 10 children from 2 years old and before entering elementary school

Hours: 9 a.m. to 5 p.m.

Fee: ¥800 per hour

* If emergency childcare is required due to the guardian becoming hospitalized, etc., it is provided separately from the above for ¥2,000 per day.

○Twilight Stay

When a guardian is planning on returning home late due to work, etc., babysitting services are provided for the child (from 2 years of age to elementary school age).

Capacity: 10 children from 2 years old and before entering elementary school; 10 children of elementary school age

Hours: 5 to 10 p.m.

Fee: ¥2,000 per use (an additional ¥400 will be charged if you wish for a meal to be provided)

○Children's Short Stay Program

When parents or other primary caregivers have difficulty in taking care of their child (from 57 days old to junior high school student age) due to illness or other reasons, the child can be taken care of at an infant home and children's orphanage designated by the city, or a partner host family's home.

Capacity: 1 child per facility/assisting home

Usage period: Up to 7 days and 6 nights (up to 3 days and 2 nights at an assisting home)

Fee: ¥6,000 for the first night and 2 days; and ¥3,000 will be charged for each additional day.

●Babysitter Use Support Program (Temporary Childcare Use Support)

When you need temporary childcare, you can receive a subsidy for usage fees for babysitters certified by the Tokyo Metropolitan Government.

Eligible period: Until the end of the fiscal year in which your child becomes 3 years old.

Hours: Monday through Saturday, 7 a.m. to 10 p.m. (excluding national holidays and during the year-end/New Year's holidays)

Upper limit of use: Subsidy of ¥2,500 per hour, 8 hours per child per month (16 hours per child per month for multiple births).

Inquiries:

Family and Children Support Center

Tel: 3534-2103

3 Administrative Information

● 児童館

児童館では、子どもたちに遊び場を提供するとともに、スポーツ教室、映画会、工作教室その他の行事（児童館まつりやクリスマス会など）を行ったり、集団遊びなどを通じて社会性を養うための乳幼児クラブ（主に0歳～2歳）や、学童クラブを行っています。

区内には8つの児童館があります。

築地児童館（築地 7-9-17）	電話：3544-0127
新川児童館（新川 2-13-4）	電話：3553-2084
堀留町児童館（日本橋堀留町 1-1-1）	電話：3661-8937
浜町児童館（日本橋浜町 3-37-1）	電話：3669-3386
佃児童館（佃 1-11-1）	電話：3531-7811
月島児童館（月島 4-1-1）	電話：3533-0885
勝どき児童館（勝どき 1-8-1）	電話：3531-3250
晴海児童館（晴海 2-4-31）	電話：3534-3021

利用時間：

築地・浜町・月島児童館：午前9時～午後5時
新川・堀留町・佃・勝どき・晴海児童館：午前9時～午後8時（小学生以下は午後5時）

利用料金：無料

休館日：祝日（5月5日のこどもの日は開館）
年末年始（12月29日～1月3日）

● 学童クラブ

区内に住んでいるか、区内の小学校に通っている小学1年生から6年生で、保護者の仕事や病気などのため放課後に家庭で適切な保育育成が受けられないお子さんを対象に学童クラブを設けています。学童クラブは各児童館にあります。

指導時間：

月曜日～金曜日 下校時～午後6時
土曜日 午前9時～午後5時
※必要のある家庭については、平日（土曜日を除く）の午後7時30分まで（有料）
※必要のある家庭については、土曜日、夏休みなどの学校休業日（児童館の休業日を除く）は午前8時30分から

問い合わせ：

各児童館

● 子どもの居場所「プレディ」

保護者の就労状況にかかわらず、放課後などに子どもが安全に安心して過ごせるよう、小学校の施設を活用した子どもの居場所「プレディ」を開設しています。ただし、区立の学童クラブと重複して登録することはできません。

● Children's Halls

In addition to providing a place for children to play, children's halls hold sports classes, show films, and offer handicraft classes and other events, including children's hall festivals and Christmas parties. It also provides services of infant clubs mainly babies up to 2 years old and student clubs so that children learn social skills through group play.

There are eight children's halls in the city.

Tsukiji Children's Hall (7-9-17 Tsukiji)	3544-0127
Shinkawa Children's Hall (2-13-4 Shinkawa)	3553-2084
Horidomecho Children's Hall (1-1-1 Nihonbashi-Horidomecho)	3661-8937
Hamacho Children's Hall (3-37-1 Nihonbashi-Hamacho)	3669-3386
Tsukuda Children's Hall (1-11-1 Tsukuda)	3531-7811
Tsukishima Children's Hall (4-1-1 Tsukishima)	3533-0885
Kachidoki Children's Hall (1-8-1 Kachidoki)	3531-3250
Harumi Children's Hall (2-4-31 Harumi)	3534-3021

Hours:

9 a.m. to 5 p.m. for the Tsukiji, Hamacho, and Tsukishima children's halls; 9 a.m. to 8 p.m. for the Shinkawa, Horidomecho, Tsukuda, Kachidoki, and Harumi children's halls; Elementary school children or younger can use a facility until 5 p.m.

Fee: Free of charge

Closed on: National holidays (open on May 5, Children's Day) and during the year-end/ New Year Holidays (December 29 to January 3)

● Student Clubs

These clubs aim to provide care for children in the 1st to the 6th grade who live in the city or attend an elementary school in the city. They are for children whose parents are unable to care for them properly at home after school due to work or illness. Student clubs are offered at each children's hall.

Hours:

Mondays through Fridays: After school until 6 p.m.
Saturdays: 9 a.m. to 5 p.m.
* As necessary, hours can be extended until 7:30 p.m. on weekdays for an additional charge.
* As necessary, extended hours before the core hours are offered from 8:30 a.m. on Saturdays, during summer break and other school holidays (excluding children's hall holidays).

Inquiries:

Please contact the children's hall you wish to use.

● A Space for Children—"Plady"

Plady facilities are spaces for elementary school children to play and study after school in a safe and secure environment. They are available to children of both working and non-working parents. Note, however, that children who are already enrolled in municipal afterschool daycare programs are not eligible for Plady spaces.

3 Administrative Information

対象者：

区立小学校の在籍児童または区内に住所を有する小学校児童（利用登録申込制）。

ただし、通学先の学校と通学区域内の学校の双方にプレディが開設されている場合は、利用登録はいずれか一方にしかできません。

開設小学校

プレディ中央（中央小学校内）	電話：3551-0522
プレディ明石（明石小学校内）	電話：3544-2860
プレディ京築（京橋築地小学校内）	電話：3545-2843
プレディ明正（明正小学校内）	電話：3551-3673
プレディ日本橋（日本橋小学校内）	電話：3668-2331
プレディ有馬（有馬小学校内）	電話：3666-3960
プレディ久松（久松小学校内）	電話：3663-7045
プレディ佃島（佃島小学校内）	電話：3536-7041
プレディ月一（月島第一小学校内）	電話：3531-4746
プレディ月二（月島第二小学校内）	電話：3531-1045
プレディ月三（月島第三小学校内）	電話：3531-7251
プレディ豊海（豊海小学校内）	電話：3534-1300

開設日時：

- ・月～金曜日
放課後～午後5時（保護者の就労など特別な事情がある場合は午後7時30分まで）
- ・土曜日
午前8時30分～午後5時（保護者の就労など特別な事情がある場合は午後6時まで）
- ・春・夏・冬休みの学校休業期間
午前8時30分～午後5時（保護者の就労など特別な事情がある場合は午後7時30分まで）
- ※日曜日、祝日、年末年始（12月29日～1月3日）はお休みです。
- ※午後5時以降の利用希望者は保護者全員の勤務証明書の提出が必要です。
- ※午後6時以降の延長利用は、利用料の負担および児童の引き取りが必要です。

費用：

午後6時までは無料。
午後6時以降の利用は1回400円、月上限5,000円
ただし、傷害・賠償責任保険料の600円（毎年度）と各種教室の材料費などの実費は保護者負担です。

問い合わせ：

教育委員会事務局庶務課プレディ事業係
電話：3546-5690

Eligibility:

Children attending municipal elementary schools or children who live in the city (you must first complete the designated registration procedures to apply for this program).

If both the school the child is attending and a school that covers the children's school districts offer Plady, you can apply to only one school.

Participating elementary schools

Plady Chuo (inside Chuo Elementary School)	3551-0522
Plady Akashi (inside Akashi Elementary School)	3544-2860
Plady Kyo-Tsuki (inside Kyobashi-Tsukiji Elementary School)	3545-2843
Plady Meisho (inside Meisho Elementary School)	3551-3673
Plady Nihonbashi (inside Nihonbashi Elementary School)	3668-2331
Plady Arima (inside Arima Elementary School)	3666-3960
Plady Hisamatsu (inside Hisamatsu Elementary School)	3663-7045
Plady Tsukudajima (inside Tsukudajima Elementary School)	3536-7041
Plady Tsuki-Ichi (inside Tsukishima Daiichi Elementary School)	3531-4746
Plady Tsuki-Ni (Inside Tsukishima Daini Elementary School)	3531-1045
Plady Tsuki-San (Inside Tsukishima Daisan Elementary School)	3531-7251
Plady Toyomi (Inside Toyomi Elementary School)	3534-1300

Hours:

- Weekdays, after school to 5 p.m. (until 7:30 p.m. if there are special circumstances such as the work circumstances of the child's guardian)
- Saturdays, 8:30 a.m. to 5 p.m. (until 6 p.m. if there are special circumstances such as the work circumstances of the child's guardian)
- During spring, summer and winter school vacations, 8:30 a.m. to 5 p.m. (7:30 p.m. if there are special circumstances such as the work circumstances of the child's guardian)
- * Closed on Sundays, national holidays, and during the year-end/New Year Holidays (December 29 to January 3)
- * Families who wish to keep their children in Plady spaces after 5 PM must show proof of employment for all parents and caregivers.
- * If you would like to use the extended hour service after 6 p.m., additional fees will be charged, and you must pick up your child at the facility.

Fee:

Free of charge until 6 p.m.
For use after 6 p.m., ¥400 per use; maximum of ¥5,000 per month.
However, the guardian must pay ¥600 of liability insurance per fiscal year and for various class materials.

Inquiries:

Plady Subsection, School Affairs Section, Secretariat to Board of Education
Tel: 3546-5690

教育

● 幼稚園

幼稚園は、小学校へ入学する前の3歳以上のお子さんを対象として保育を行います。区内には15の区立幼稚園（一部休園中）があります。入園募集については、毎年10月頃に広報紙やポスターでお知らせします。

問い合わせ：

教育委員会事務局学務課学事係（中央区役所）
電話：3546-5514

● 小学校、中学校

日本では、義務教育として小学校6年間（6歳～12歳）、中学校3年間（12歳～15歳）の9年間と、高等教育として高等学校3年間と大学4年間の6・3・3・4制をとっています。どの学校も4月に新学期が始まります。小学校入学は、その年の4月1日までに6歳に、中学校入学は、その年の4月1日までに12歳になるお子さんが対象になります。

外国人の方には教育の義務はありませんが、区立の小・中学校に入ることができます。希望される方はご相談ください。

Education

● Kindergartens

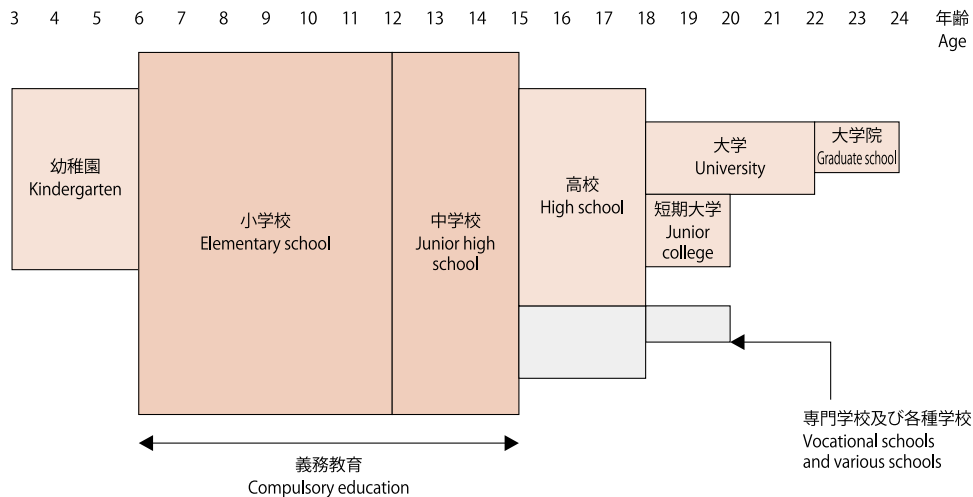
Childcare is provided at kindergartens for children who are 3 years of age and older before entering elementary school. Chuo City has 15 municipal kindergartens (some are currently closed). Details on kindergarten enrollment are provided in the city's newsletter and posters around October of each year.

Inquiries:

School Affairs Subsection, School Affairs Section, Secretariat to Board of Education (Chuo City Office)
Tel: 3546-5514

● Elementary and Junior High Schools

The “6-3-3-4” education system in Japan is comprised of six years of elementary school (ages 6 to 12) and three years of junior high school (ages 12 to 15) for nine years of compulsory education, and three years of high school followed by four years of university for higher education. The new school year commences in April. Elementary school is open to children who are or will be turning 6 years old by April 1 of the current year, and junior high school is open to children who are or will be turning 12 years old by April 1 of the current year. Although foreign residents are not obligated to attend Japanese educational institutions, they are able to attend municipal elementary and junior high schools. If you would like your child to attend a municipal school, please consult the section below.



○日本の学校制度

就学援助

経済的な理由で小・中学校で必要な費用の支払いがむずかしい家庭に、学用品・通学用品、遠足・修学旅行、給食などの経費を援助します。

問い合わせ：

教育委員会事務局学務課学事係（中央区役所）
電話：3546-5513

○Japanese School System

Financial Support to Attend School

For households that have difficulties paying for the necessary elementary and junior high school fees due to economic reasons, financial support is provided for school supplies, supplies for commuting to school, field trips, class excursions, school lunches, etc.

Inquiries:

School Affairs Subsection, School Affairs Section, Secretariat to Board of Education (Chuo City Office)
Tel: 3546-5513

○給食について

区立の小・中学校では学校給食を実施しています。給食費は保護者が負担します。

問い合わせ：

教育委員会事務局学務課保健給食係（中央区役所）
電話：3546-5515

●外国人学校等の多様な集団活動等利用支援

一定の条件を満たす外国人学校等を利用する3歳児クラスから小学校へ入学する前の子どもの保護者で、幼児教育・保育の無償化の対象でない方に、利用料の一部を補助しています。

問い合わせ：

教育委員会事務局学務課調整担当（中央区役所）
電話：6278-8163

○School Lunches

Municipal elementary and junior high schools provide school lunches. Fees are paid by the parents/guardians.

Inquiries:

Public Health and School Lunches Subsection, School Affairs Section, Secretariat to Board of Education (Chuo City Office)
Tel: 3546-5515

●Support for Various Group Activities at Schools for Foreign Residents

Subsidies for usage fees are provided to parents/guardians of children from 3 years old to before they enter elementary school who use schools for foreign residents that meet certain conditions and who are not eligible for free early childhood education and childcare.

Inquiries:

Coordination Subsection, School Affairs Section, Secretariat to Board of Education (Chuo City Office)
Tel: 6278-8163