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●Free childcare fees for first children will begin in September! We bring you the latest information on kindergartens and nurseries!

※So far, childcare fees for children aged 0-2 years old attending licensed childcare centers have been free for the second child and beyond. However, starting in September 2025, this will also apply to first-born children.



•Licensed nursery school, etc.

△Eligible: Those enrolled in licensed childcare centers, etc. △Application procedure: Not

required △Note: There are no changes to the handling of school lunch fees.

•Certified nursery schools and corporate-run nursery schools

△Eligible: (First child support) First child of taxable household in 0-2 year old class (Raising the upper limit of subsidies for large families) Second child and onwards △Note: For tax-exempt households in the 0-2 year old class and the first child in the 3-5 year old class, user support and free early childhood education and childcare can be used together.

•Kindergarten after-school care △Procedure: If you are receiving new assistance, you must apply.

△Note: Free of charge up to 450 yen per day

•Tama City Children Can Come to Daycare △Target: Tama City Children Everywhere Daycare Program users △Procedure: If you are receiving new assistance, you must apply.

△Note: Free of charge up to 8 hours per day and 160 hours per month

●August is the month for paying child allowance

Child allowance payments will be transferred to recipients' accounts around August 15th (Monday). If you have not received the payment by August 31st (Sunday), please contact us.

● Please don't forget to submit your current status report. For those receiving child allowance benefits who are required to submit one, we have sent out current status report forms since June. Please be sure to submit them. △How to submit: By mail or in person to the Children and Youth Policy Division, 4th floor, City Hall, 206-8666

●Don't forget to apply for child allowance. Families who have reason to apply due to a birth, moving, etc., should remember to apply. The allowance will be paid from the month following the month of application.

△ [Common information] ID: 1003454 △Applications and inquiries: Children and Youth Policy Division ☎042-338-6851

●We provide thorough support for those who are anxious about pregnancy, childbirth, and child-rearing!

~The Child and Family Center supports families raising children from the pregnancy stage onwards!~

●At the Children and Family Center "Nijitama," we provide physical and mental counseling.

※We have specialized staff in a variety of fields (public health nurses, midwives, dental hygienists, nutritionists, social workers, and psychologists). Please feel free to consult us about anything.

△Pregnancy, childbirth, and child-rearing consultations ☎042-376-9177

△Comprehensive consultation for children and families ☎042-355-3833

●At the Tamakko Children and Family Center, you can leave your children, play, and refresh yourself.

※There is a childcare center and temporary childcare facilities. We also operate the Tama City Children Anyone Daycare Program. Please feel free to use these facilities. △ "Tamakko" Childcare Center, Childcare Plaza, Refreshment Temporary Childcare Office ☎042-375-0104.

●For people with physical and mental disabilities, incurable diseases, and chronic childhood illnesses

~Are you aware of the allowance and medical expense subsidy system?~

※Cities, prefectures, and the country have various allowance and medical expense subsidy systems. To use a new system, you must apply. For details on the application process and content, please contact us or visit the official website. ※There are income and age restrictions for the individual and those obligated to support them. ※ Even if you were previously ineligible due to excess income, you may become eligible due to a change in income.

For allowances, transportation expenses, etc., please click here



Click here for medical expenses subsidies



●Vita Concert – Violin Masterpiece Concert – Enjoy Classical Music –

△Date and time: Monday, August 22nd, 2:00 PM (doors open at 1:30 PM)△ Venue: Sekido Community Center Vita Hall△Capacity: 200 people (first come, first served) △Performers: Tomomi Hagooka (violin), Aya Monoi (piano)△Program: Chaconne (Vitali), Zigeunerweisen (Sarasate), and more

△Organizer: Vita Concert Executive Committee△Note: Parent-child rooms for infants and toddlers are available for viewing (first three rooms on the day) ID: 1012270△Application: Directly to the venue on the day △Inquiries: Sekido Community Center ☎042(374)9711

●Closure of Sakuragaoka Children's Center and Yu Sakuragaoka

Due to renovation work, the museum will be closed from Monday, September 1st. It is scheduled to reopen in February 2027.△ Sakuragaoka Children's Center Closure ID: 1003645 Inquiries: Sakuragaoka Children's Center 042-338-7122△Regarding the closure of Yu Sakuragaoka ID: 1003169 Inquiries: Sakuragaoka Community Center 042-338-7121

Doctors on duty for holiday consultations 9:00~17:00 Tama City Medical

Association:

8/10(Sun)	Takahashi Internal Medicine and Neurology Clinic	2-66-1 Sekido	☎042-400-1508
8/11(Hol)	Tsurumaki Yagi Clinic	Tsurumaki 5-4-1	☎042-319-3449
8/17(Sun)	Suzuki Internal Medicine and Gastroenterology	Nagayama 5-4-10	☎042-371-2760
8/24(Sun)	Watanabe Clinic	Toyogaoka 5-8-1	☎042-371-3321
8/31(Sun)	Fusegawa Clinic Ochigawa	1329	☎042-373-5858
9/7(Sun)	Miyuki Gastrointestinal		☎042-372-4853

	Endoscopy Clinic	Nagayama 1-5 Belve Nagayama 211
9/14(Sun)	Seiseki Children's Clinic	☎042-400-5032
		4-20-23 Ichinomiya, Vamos Seiseki 1st floor
9/15(Hol)	Takahashi Internal Medicine and Neurology Clinic	関戸 2-66-1 ☎042-400-1508

●Emergency patients only
●Don't forget your health insurance card, infant medical card, etc.●Be on time please
※Please call before coming to the hospital
※The doctor on duty may change due to circumstance

Junya Children's Clinic (inside Health Center) = Pediatrics: Visit this clinic for child emergency (19:00~21:45) under 15 years old ☎042-375-0909
Emergency clinic on holidays (inside health center)=Dentist
(Sun/Hol 9:00~15:30) ☎042-376-8009

Note Call first



Medical Institution Information (24-hour service) Fire and Disaster Management Agency Emergency Consultation Center
☎ #7119 (Mobile, PHS, Push-button line) ☎042-521-2323 (Dial line)
Tokyo Metropolitan Medical Institution Information Service "Himawari" ☎03-5272-0303 Foreign language medical information (Tokyo Medical Information Center) 9:00~20:00 ☎03-5285-8181

★Life consultation center for foreigner 1st and 3rd Thursdays (13:30-16:30) TIC Activity Room (Vita 7th floor) *Reservation required
★ Japanese class schedule (Course fee: Members = Free)

Tama City commissioned project

Class	Sote	Time	Schedule	
			August (summer holiday)	September
Monday class	Parthenon Tama 3rd and 4th floor conference rooms, 4th floor	9:45~11:45	—	1・8・22・29
	Nagayama Community Center, 5th floor, Bell Hall	9:30~11:30	—	1・8・22・29
Thursday class	TIC Activity Room (Vita 7F)	10:00~12:00	—	11・18・25
		19:00~21:00	—	11・18・25
Saturday class	TIC Activity Room (Vita 7F)	14:00~16:00	—	6・20・27

△For reservations and inquiries regarding the above, please contact the TIC Secretariat at 042-355-2118.

Japanese Chat Salon Saturday, August 23rd, 1:30pm-3:00pm TIC Activity Room, no reservations required, free participation. everyone is welcome!

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months of the month, national holidays, New Year's holidays, and special closing days.) ※If you have any comments or requests regarding the articles, please send them to the address above. In addition, the newsletter is available in four languages (Japanese, English, Chinese, Korean, and simple Japanese), so please contact the TIC office if you are interested. Edit: Tsutomu Mogami Translation: Miodri Okita