

Welcome Baby Project Mitaka

We support giving birth and childcare!



Notice of “Yurikago Counseling”

Mitaka City has introduced “Welcome Baby Project Mitaka” to support giving birth and childcare in our area. We provide “Yurikago Counseling” with a public health nurse based on the Pregnancy Notification Form so that pregnant women can get advice and information on valuable services during pregnancy and after giving birth.

Participants can get a childcare support gift card (value: 10,000 Yen of KID’s GIFT CARD).

(*“Welcome Baby Project Mitaka” is a project for providing constant support during pregnancy and after giving birth.)

1. How to receive counseling

Counseling is offered only on an appointment basis (Weekdays 9:00-16:00).

Please make a reservation in advance via telephone.

Location : (see the map below)

Reception hours : Weekdays 9:00-17:00

Telephone Number : 0422-46-3254

2. What we talk about

- *How to spend time during pregnancy, preparation for giving birth
- *Information on services for pregnant women and after giving birth
- *Your psychological and physical condition



3. The hours for interviews

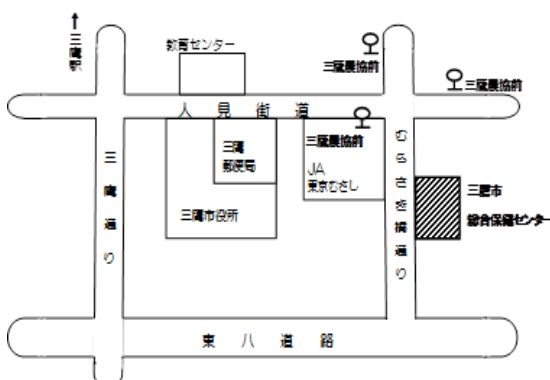
- *30 minutes to 1 hour per person



4. What to bring

- *Mother and child handbook
- *Health bag for mother and child (distributed when you hand in your Pregnancy Notification Form)

【Map to the Comprehensive Health Center】



We support you giving birth in a safe environment.



Contact : Mitaka City Comprehensive Health Center
(Health Promotion Div.)

Address : Mitaka-shi Shinkawa 6-35-28

Tel. 0422-46-3254