

# Mizuho Town

## Children and Family Support Center

### HIBARI

- We offer consultation and support services on your children.
- We assist in making child bearing groups.
- We give you informations on the support of children's growth.
- We serve services to the family on the child's care.



☎042-568-0051      FAX 042-568-2015  
Mail: [hibari@town.mizuho.tokyo.jp](mailto:hibari@town.mizuho.tokyo.jp)

〒190-1211  
1972 Ishihata Mizuho Town Nishitamagun Tokyo

- Open day      Monday to Saturday    AM 9 to PM 5
- Closed day    Sunday, Holiday  
(The end of the year and the beginning of the year.)

Please feel free to come and see us on problems that you have on child bearing or anything that concerns with your children.

We welcome you at anytime.

■ Consultation contents

For Children from the age of 0 ~ under 18 years old and their family.  
(Your consultations are strictly confidential and free of charge.)

■ How to consult

By telephone, by visiting our facility and having the discussion in a private room.

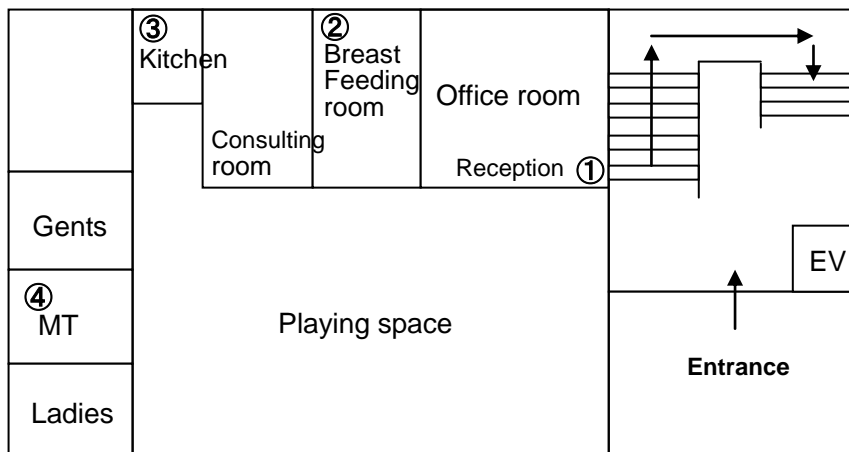
We support and assist the mothers who are planning or having their own children's circle by providing necessary information.

Hibari is a public institution that is for children from the age of 0 ~ under 18 years, their family and who are raising children.

These services are only provided to the citizens who are living in Mizuho town only.

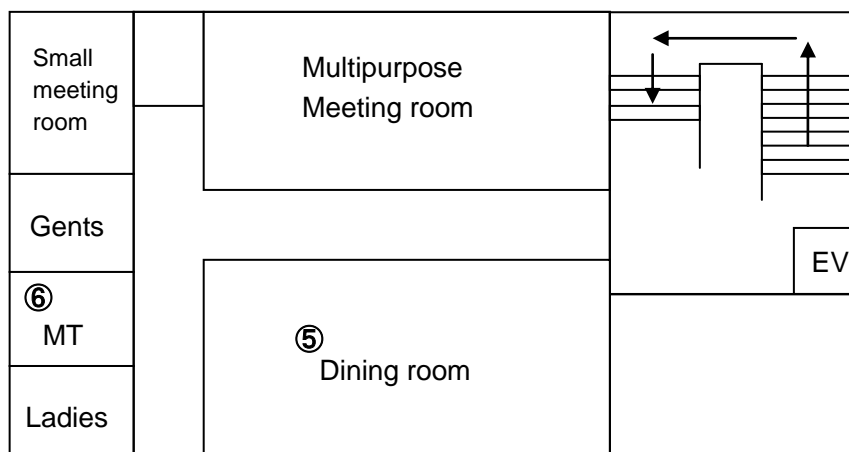
# 1 F

( Floor heating facility provided on the 1<sup>st</sup> floor. )



- ① Please register your name here upon arrival.
- ② Tatami mat room (Japanese style room) and baby bed is also provided.
- ③ Hot water pot, microwave oven are provided.
- ④ Multipurpose toilet (Pregnant ladies, elderly people, handicapped people)

# 2 F



- ⑤ This is the only area that you can bring and eat your own food.  
Hot water pot, microwave oven are provided.
- ⑥ Multipurpose toilet.  
The space for changing baby diapers are provided.

## What should I do when...

- ① I want to meet mothers who has child the same age as mine.
- ② My baby cries nonstop at night.
- ③ I am feeling shnessful and I let it out on my children.
- ④ I don't know how to bring up my child.
- ⑤ I have problem about school.
- ⑥ I have no place to to play at during rainy days.
- ⑦ I find it difficult to talk about some things to my mother, or father or teacher.
- ⑧ I worry about my verbal speed, which is very slow...

