

FY 2025 Guide to Shinjuku City Child Care Support Measures

Information for Families with Elementary School and Junior High School Age Children



1

Allowances and other economic support

Economic support, including allowances and support for tuition and other expenses required for study

2

Temporary child-minding services

Child-raising support including services for temporary child-minding

3

Places for children to go after school

Places for children to play, study, and make friends safely and securely after school

4

Learning support

Support for learning that improves the abilities of each individual child

5

Housing support

Housing support for families with children, including support for finding housing, rent support, and assistance with moving expenses

6

Office for consultations regarding child-raising and related matters

If you are experiencing problems, please consult with a nearby consultation office

Contact for inquiries regarding this guide ► Planning Section, Children and Family Division, Children and Family Department, Shinjuku City
1-4-1 Kabuki-cho, Shinjuku-ku 160-8484
TEL: 5273-4261 FAX: 5273-3610

For details of each system, please contact the responsible office

* Some systems include income limits and other restrictions, or mechanisms for reducing user expenses.

Issued: April 2025, Children and Family Division, Children and Family Department, Shinjuku City Print number 2025-1-3001

Reading the table

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| ◆ Assistance for child health care expenses Assistance is provided to help with health care expenses that are covered by health insurance and expenses for meals during hospitalization for children until the first March 31 on or after the day when they turned 18 years of age. | ● | ● | ● | City Child Health Care and Allowance Section, Child Care Division (2F of Shinjuku City Offices Main Building) TEL: 5273-4546 FAX: 3209-1145 (Tuesdays) Extended office hours |

- indicates an age category where the support is available.

ELE: Elementary school students
 JHS: Junior high school students
 HS: Until the end of the fiscal year during which the child turned 18 years of age

* **City** : Shinjuku City office

* **(Tuesdays) Extended office hours**

Applications, consultations, and other services are available until 19:00 on Tuesdays of each week. (Some services that require coordination with other agencies may not be available.)

1

Allowances and other economic support

Economic support, including allowances and support for tuition and other expenses required for study

● Persons who are raising children

| Support | ELE | JHS | HS | Contact office | | | |
|---|--|--|--|----------------|--|--|--|
| <div>◆ Child allowance</div> <div>An allowance is provided for each child until the first March 31 on or after the day on which he or she turned 18 years of age.</div> <div>[Allowance amounts]</div> <div><table><tr><td>Younger than 3 (1st/2nd child): 15,000 yen</td></tr><tr><td>3 years old through high school (1st/2nd child) (*1): 10,000 yen</td></tr><tr><td>3rd or later child from birth through high school (*2): 30,000 yen</td></tr></table></div> <div>*1: Children until reaching the first March 31 on or after the day they turned 18 years of age</div> <div>*2: The number of children is the number of children before the first March 31 on or after a child turned 22 years of age. In order to count a child who has passed the end of the fiscal year after turning 18 years of age, a verification form or other document must be submitted.</div> | Younger than 3 (1st/2nd child): 15,000 yen | 3 years old through high school (1st/2nd child) (*1): 10,000 yen | 3rd or later child from birth through high school (*2): 30,000 yen | | | | <div>City Child Health Care and Allowance Section, Child Care Division (2F of Shinjuku City Offices Main Building) TEL: 5273-4546 FAX: 3209-1145</div> <div>(Tuesdays) Extended office hours</div> |
| Younger than 3 (1st/2nd child): 15,000 yen | | | | | | | |
| 3 years old through high school (1st/2nd child) (*1): 10,000 yen | | | | | | | |
| 3rd or later child from birth through high school (*2): 30,000 yen | | | | | | | |

*1: Children until reaching the first March 31 on or after the day they turned 18 years of age

*2: The number of children is the number of children before the first March 31 on or after a child turned 22 years of age. In order to count a child who has passed the end of the fiscal year after turning 18 years of age, a verification form or other document must be submitted.

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| ◆ Assistance for child health care expenses Assistance is provided to help with health care expenses that are covered by health insurance and expenses for meals during hospitalization for children until the first March 31 on or after the day when they turned 18 years of age. | ● | ● | ● | City Child Health Care and Allowance Section, Child Care Division (2F of Shinjuku City Offices Main Building) TEL: 5273-4546 FAX: 3209-1145 (Tuesdays) Extended office hours |

● **Persons experiencing trouble with expenses required for child tuition or learning**

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| ◆ Education assistance Support is provided for school supplies and related expenses for elementary and junior high school students. | ● | ● | | City Academics Section, School Management Division (4F of Shinjuku City Offices Annex 1) TEL: 5273-3089 FAX: 5273-3580 |
| ◆ System of support loans for students taking examinations Loans (interest-free) are provided for expenses such as tutoring schools for third-year junior high school and third-year high school students, and for high school, university, and other examination fees. The loan is forgiven upon submitting an application after the student becomes enrolled in the school of higher learning. | | ● | ● | Shinjuku Social Welfare Conference (1-17-20 Takadanobaba) TEL: 5292-3250 FAX: 5273-3082 |
| ◆ Scholarship loans Loans are available to cover a portion of the funds required to prepare for enrollment of children who will be enrolled in high school or an equivalent institution. | | ● | | City Management Section, Education Coordination Division (4F of Shinjuku City Offices Main Building) TEL: 5273-3070 FAX: 5273-3510 |
| ◆ Shimada Education Fund Loans are provided to cover a portion of the funds required for study by children enrolling in high school or other upper secondary school. | | ● | | City General Affairs Section, General Affairs Department (3F of the Shinjuku City Offices Main Building) TEL: 5273-3505 FAX: 3209-9947 |
| ◆ High School Tuition Support Fund Support for tuition fees is provided by the national government for children who are enrolled in either public or private high school and who satisfy the requirements. | | | ● | Please contact the high school or equivalent institution where the student will be enrolled. |

● Persons experiencing financial trouble

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| <p>◆ Consultations regarding work and family finances</p> <p>Consultation support staff provide problem-solving consultations and support for persons facing problems such as how to reconstruct daily lives, issues regarding work or family finances, or not knowing who to consult with regarding financial troubles.</p> | ● | ● | ● | <p>City Living Support Consultation Service Office, Living Support Division (1F of Shinjuku City Offices Annex 2) TEL: 5273-3853 FAX: 3209-0278</p> <p>General Consultation Office, Shinjuku Social Welfare Conference (1-17-20 Takadanobaba) TEL: 5273-3546 FAX: 5273-3082</p> |

2

Temporary child-minding services



Child-raising support including services for temporary child-minding

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|---|
| <p>◆ Shinjuku City Family Support Center</p> <p>This center carries out membership-based mutual assistance activities by User Members and Support Members. It offers short-term child-minding services after school and when the parent or guardian is unavailable.</p> <p>It also offers child-minding services for children up through the sixth year of elementary school who are sick or who have recently recovered from illness.</p> | ● | ● | ● | <p>Shinjuku City Family Support Center (Located in the Shinjuku Social Welfare Conference) (1-17-20 Takadanobaba) TEL: 5273-3545 FAX: 5273-3082</p> |
| <p>◆ Child short stays</p> <p>Children can stay at infant homes, cooperating families, or other facilities within the City when there is nobody available to care for them day and night due to parent or guardian hospitalization, childbirth, business travel, nursing care, child care exhaustion, or other reason.</p> | ● | ● | ● | <p>City Kodomo Sogo Center (Comprehensive Children's Center) Projects Section, Child Consultation and Support Division (7-3-29 Shinjuku) TEL: 3232-8865 FAX: 3232-0666</p> |
| <p>◆ Twilight stays</p> <p>Children can stay with cooperating families or other facilities when there is nobody available to care for them during the evening (17:00 – 22:00) due to work or other reason.</p> | ● | ● | ● | |



Places for children to play, study, and make friends safely and securely after school

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| ◆ Gakudo Club (School Children's Club) This program uses elementary school playgrounds, gymnasiums, libraries, extra classrooms, and other facilities to provide places for elementary school children to play and participate in experience-learning programs where child-minding staff are present. | ● | | | City Kodomo Sogo Center (Comprehensive Children's Center) Child Care Support Section, Child Care Division (7-3-29 Shinjuku) TEL: 5273-4544 FAX: 3232-0666 |
| ◆ Hokago Kodomo Hiroba (After-School Children's Plaza) This program uses elementary school playgrounds, gymnasiums, libraries, extra classrooms, and other facilities to provide places for elementary school children to play and participate in experience-learning programs where child-minding staff are present. | ● | | | |
| ◆ Children's centers and children's corners These are facilities available to children under the age of 18 and their parents or guardians where children can play, learn, and make friends. | ● | ● | ● | |

Support for learning that improves the abilities of each individual child

| Support | ELE | JHS | HS | Contact office |
|--|-----|-----|----|--|
| <p>◆ Learning support for after school and other times</p> <p>This program utilizes the after-school time and other times at municipal elementary schools to provide fine-tuned instruction according to the learning achievement level of each individual child.</p> | ● | ● | | <p>City Educational Activities Support Section, Education Support Division (4F Shinjuku Education Center, 3-1-2 Okubo) TEL: 3232-1058 FAX: 3232-1079</p> <p>* For the conditions of learning support and other details, please contact the school.</p> |
| <p>◆ Opening of school libraries after school and at other times</p> <p>The school libraries at all municipal elementary schools are opened to children after school and at other times, providing a place that promotes reading and allows investigative learning using library searches and the Internet, as well as other self-learning.</p> | ● | | | <p>City Educational Activities Support Section, Education Support Division (4F Shinjuku Education Center, 3-1-2 Okubo) TEL: 3232-1058 FAX: 3232-1079</p> |
| <p>◆ Study support for children from economically disadvantaged households (*1)</p> <p>Study and living support is provided for children in the fourth year of elementary school to high school, and their parents or guardians, if they are experiencing economic difficulty and request support.</p> | ● | ● | ● | <p>City Livelihood Welfare Division and divisions in charge of public assistance (1F, 2F of Shinjuku City Offices Annex 2) TEL: 5273-4555 FAX: 3209-0278</p> <p>City Child Care Support Section, Child Care Division (2F, Shinjuku City Offices Main Building) TEL: 5273-4558 FAX: 3209-1145</p> |
| <p>◆ Schooling consultations</p> <p>Consultations are available regarding schooling and school transfers of children that require special support, providing opportunities to consider an appropriate education environment and education contents for each child together with his or her parent or guardian.</p> | ● | ● | | <p>City Special Support Education Section, Education Support Division (4F Shinjuku Education Center, 3-1-2 Okubo) TEL: 3232-3074 FAX: 3232-1079</p> |

*1: There is a limit to the maximum number of users.



| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| <p>◆ Education consultations</p> <p>Specialists in psychology and education provide consultations regarding educational problems and concerns such as the child's personality, behavior, mental and physical health, academic performance, and bullying.</p> | ● | ● | ● | <p>City Shinjuku Education Center Consultation Office (7F of Shinjuku Education Center, 3-1-2 Okubo) Telephone consultations TEL: 3232-2711 In person consultations TEL: 3232-3071 FAX: 3232-2710</p> <p>Shinjuku Kids Hotline (Special line for consultations about child bullying) TEL: 3232-2070</p> |



Housing support for families with children, including support for finding housing, rent support, and assistance with moving expenses

| Support | ELE | JHS | HS | Contact office |
|---|-----|-----|----|--|
| ◆ Housing consultations (moving consultations) This service is available to single parent households and provides information about available private rental housing units in the City, helping residents find a place to live. * Consultation days: Afternoons on the 1st – 4th Thursdays and Fridays of the month (Advance reservations are required.) | ● | ● | ● | City Housing Support Section, Housing Division (7F of Shinjuku City Offices Main Building) TEL: 5273-3567 FAX: 3204-2386 |
| ◆ Assistance helping multi-generation families live together or nearby each other (*2) When a child household or household raising children (*3) and their parent household want to live together or nearby within the City, assistance is provided for a portion of the required moving expenses. * Living nearby: The child household and parent household both live within Shinjuku City. * Living together: The child household and parent household both live within the same residence. | ● | ● | | |
| ◆ Moving assistance for households raising the next generation (*2) When a household raising children (*3) moves from one private rental housing to another private rental housing within the City, assistance is provided for a portion of the difference between the new and old rents (rent increase) and a portion of the expenses required for moving. | ● | ● | | |
| ◆ Rent subsidy for private rental housing (For families raising children) A subsidy is provided to cover a portion of the rent for households raising children (*3) and living in private rental housing within the City. | ● | ● | | |

| Support | ELE | JHS | HS | Contact office |
|--|-----|-----|----|---|
| ◆ Shinjuku municipal housing Rental housing is provided to persons living in Shinjuku City with incomes that are within the income standard for public housing. | ● | ● | ● | City Municipal Housing Management Section, Housing Division (7F of Shinjuku City Offices Main Building) TEL: 5273-3787 FAX: 3204-2386 |
| ◆ Child-raising housing (designated housing) Rental housing is provided to households of persons residing in Japan who are raising a child less than the age of 20 and who have income that is at or below the set standard. | ● | ● | ● | |
| ◆ Tokyo municipal housing The Metropolitan Government of Tokyo provides rental housing to persons living in the metropolitan area with incomes that are within the income standard for public housing. | ● | ● | ● | Metropolitan Housing Recruitment Center, Tokyo Metropolitan Housing Supply Corporation TEL: 3498-8894 FAX: 3409-4527 Telephone service: 6418-5571 |


*2: Advance registration is required before moving or concluding the housing contract.

*3: Households raising children: Households raising and living with children who have not yet completed compulsory education

Office for consultations regarding child-raising and related matters



Shinjuku City operates a wide range of systems in addition to those listed in this guide. If you are experiencing problems, please consult with a nearby consultation office.

| Consultation contents and office | Contact |
|---|--|
| <p>◆ General consultations about children and family</p> <p>General consultations related to children and families are available at the Kodomo Sogo Center (Comprehensive Children's Center) and at the four Children and Family Support Centers within Shinjuku City. Feel free to consult about child-raising concerns, problems, or matters you do not understand.</p> <div> <p>If you are not sure who to consult with, first consult here.</p>  </div> | <p>City Child Consultation and Support Division, Kodomo Sogo Center (Comprehensive Children's Center) (7-3-29 Shinjuku) TEL: 3232-0675 FAX: 3232-0666</p> <p>City Shinano-machi Children and Family Support Center (20 Shinano-machi) TEL: 3357-6855 FAX: 3357-6852</p> <p>City Enoki-cho Children and Family Support Center (36 Enoki-cho) TEL: 3269-7345 FAX: 3269-7305</p> <p>City Naka-Ochiai Children and Family Support Center (2-7-24 Naka-Ochiai) TEL: 3952-7752 FAX: 3952-7164</p> <p>City Kita-Shinjuku Children and Family Support Center (3-20-2 Kita-Shinjuku) TEL: 3362-4152 FAX: 3365-1122</p> |
| <p>◆ Education consultations</p> <p>Specialists in psychology and education provide consultations regarding educational problems and concerns such as the child's personality, behavior, mental and physical health, academic performance, and bullying.</p> | <p>City Shinjuku Education Center Consultation Office (7F of Shinjuku Education Center, 3-1-2 Okubo) Telephone consultations TEL: 3232-2711 In person consultations TEL: 3232-3071 FAX: 3232-2710</p> <p>Shinjuku Kids Hotline (Special line for consultations about child bullying) TEL: 3232-2070</p> |
| <p>◆ Child development consultations</p> <p>Consultations, advice, and testing are available for children with developmental concerns.</p> | <p>City Child Development Support Section, Child Care Support Division, Kodomo Sogo Center (Comprehensive Children's Center) TEL: 6273-8701 (For child development consultations only) FAX: 3232-0666</p> |

| Consultation contents and office | Contact |
|---|---|
| <p>◆ Consultations regarding work and family finances</p> <p>Consultation support staff provide problem-solving consultations and support for persons facing problems such as how to reconstruct daily lives, issues regarding work or family finances, or not knowing who to consult with regarding financial troubles.</p> | <p>City Living Support Consultation Service Office, Living Support Division (1F of Shinjuku City Offices Annex 2) TEL: 5273-3853 FAX: 3209-0278 General Consultation Office, Shinjuku Social Welfare Conference (1-17-20 Takadanobaba) TEL: 5273-3546 FAX: 5273-3082</p> |
| <p>◆ Single parent consultations</p> <p>Consultations and information are provided for concerns (housing, employment, child-raising, etc.) experienced by single parent households.</p> | <p>City Child Care Support Section, Child Care Division (2F of Shinjuku City Offices Main Building) TEL: 5273-4558 FAX: 3209-1145</p> |
| <p>◆ Health and child-raising consultations</p> <p>Specialist staff such as public health nurses, nutritionists, and dental hygienists provide consultations for persons who have concerns about health and child-raising.</p> | <p>City Ushigome Health Center (temporary building) (6 Yarai-cho (former Ichigaya Commercial High School)) * Will be relocated following completion of the new office. TEL: 3260-6231 FAX: 3260-6223</p> <p>City Yotsuya Health Center / Health Support Center for Women (10-16 Yotsuya San-ei-cho) TEL: 3351-5161 FAX: 3351-5166</p> <p>City Higashi-Shinjuku Health Center (7-26-4 Shinjuku) TEL: 3200-1026 FAX: 3200-1027</p> <p>City Ochiai Health Center (4-6-7 Shimoochiai) TEL: 3952-7161 FAX: 3952-9943</p> |

Please make use of child-raising information from Shinjuku City.

Refer to and utilize child-raising and other information from Shinjuku City.

Shinjuku City homepage

(Page for information about childbirth, children, and education)
<https://www.city.shinjuku.lg.jp/kodomo/index.html>



Foreign language versions of the Guide to Child Care Support Measures

新宿区ホームページにて、子育て支援施策ガイドの外国語版（英語、中国語、韓国語、ミャンマー語）を公開しています。

Foreign language versions of the Guide to Child Care Support Measures Foreign language versions of the Guide to Child Care Support Measures (English, Chinese, Korean, and Burmese) are available on the Shinjuku City homepage.

在新宿区官网上公开有支援育儿实施政策指南的外语版（英语、中文、韩语、缅甸语）

신주쿠 홈페이지에서 육아 지원 시책 가이드의 외국어판(영어, 중국어, 한국어, 미얀마어)을 공개하고 있습니다.

ရှင်းဂျူရူHome pageတွင်ကလေးငယ်ပြုစုဖို့ဆောင်ရွက်အထောက်အပံ့လုပ်ဆောင်မှုလမ်းညွှန်၏
နိုင်ငံခြားဘာသာစကားပုံစံ

(အင်္ဂလိပ်ဘာသာစကား၊တရုတ်ဘာသာစကား၊ကိုရီးယားဘာသာစကား၊မြန်မာဘာသာစကား)ကိုဖွင့်လှစ်ထားလျှက်ရှိသည်။
https://www.city.shinjuku.lg.jp/kodomo/kodomok02_002088.html



Shinjuku City child-raising support site “Happy Kosodate” <Guide to government services that support child-raising>

This is a convenient site that is intended for persons with children from the pregnancy stage until the children start school. It collects information related to child-care services in a single website.
<https://shinjuku-city.mamafre.jp>



Shinjuku Happy Kosodate Guide

This guide contains useful information for child-raising, such as an introduction of City measures, facilities, allowances, and other government information, and information about places to go when going out with children. It is intended for pregnant women and persons currently raising children. You will receive a copy of it when you receive your mother-child health passbook. It is also available from the office of the Children and Family Division. (Japanese version only)

[Download PDF file] (Japanese version only)
https://www.city.shinjuku.lg.jp/kodomo/file03_07_00011.html



Information about activities using the Children's Future Fund: Information about Kodomo Shokudo, learning support, and other support

Shinjuku City utilizes the Shinjuku City Children's Future Fund to subsidize volunteer activities to support child-raising that are carried out by City residents and others. See here for information about Kodomo Shokudo (free or reduced-price meal service for children), learning support, and other activities to support child-raising that are carried out in local communities.

[Contact for more information] Planning Section, Children and Family Division

TEL: 5273-4261 FAX: 5273-3610

https://www.city.shinjuku.lg.jp/kodomo/kodomok02_000001_00009.html



For single-parent families and persons preparing for childbirth or child-raising on their own

The separate *Shinjuku City Support Guide for Single-Parent Families* provides information about support measures for single-parent families (Japanese version only). Please contact the Single-parent Consultation Office.

[Single-parent Consultation Office]

Child Care Support Section, Child Care Division

TEL: 5273-4558 FAX: 3209-1145

[Download PDF file] (Japanese version only)

https://www.city.shinjuku.lg.jp/kodomo/kodomok02_002057.html

