

Papa & Mama Introductory Class

2026



Child-birth Preparation Class

\\ A midwife will give a lecture on child-birth.

Tips for a healthy pregnancy
Progress of delivery
Prevention of “postpartum depression”
Daily life with your baby

\\ Practice

Let's practice baby bathing!

Nutrition and Oral Care class to prepare for before and after childbirth

\\ A nutritionist will give a lecture on nutrition.

What and how much should I eat?
Learn together with your partner to deliver balanced
nutrition to your baby.

\\ A dental hygienist will give a lecture
about mother and baby teethe.

Mom's tooth decay affects baby!
Saliva is the keyword Oral Care.
Start today! Preventing tooth decay from age 0.

Participants

**Pregnant women (from 16 weeks
to less than 36 weeks) who live in
Shibuya City and their partners.**

※Preparation Class is only for those who
are pregnant with first child.

The related information is
available from YouTube.



For details, please see the backside, too.

To raise your child in Shibuya City, we provide useful information from some specialists.

We have fake belly costume.

For partners why don't you experience what your partner feel?

 **Time schedule (same in all center)**

Preparation Class **1 : 30 p.m. ~ 3 : 30 p.m.**
Nutrition and Oral Care Class **1 : 30 p.m. ~ 3 : 00 p.m.**
 Please arrive 5 minutes early.

Reception starts from 1:15 p.m.

 **Event schedule of each center**

If you want to contact with the public center's staff members, please e-mail "neuvola@shibuya.tokyo". ※ Phone is Japanese only.

Central Public Health Consultation Center

5-6 Udagawa-cho
at Shibuya-ku Kosodate Neuvola
03(3463)2409

Ebisu Public Health Consultation Center

2-27-18 Ebisu
03(3443)6251

Hatagaya Public Health Consultation Center

3-39-1 Hatagaya
03(3374)7591

2026	Preparation class	Nutrition and Oral Care class	Preparation class	Nutrition and Oral Care class	Preparation class	Nutrition and Oral Care class
Apr.	1(Wed)	8(Wed)	—	—	—	—
May.	20(Wed)	13(Wed)	12(Tue)	19(Tue)	21(Thu)	14(Thu)
Jun.	3(Wed)	10(Wed)	On Weekend	—	18(Thu)	11(Thu)
Jul.	1(Wed) On Weekend	8(Wed)	14(Tue)	21(Tue)	16(Thu)	9(Thu)
Aug.	—	—	—	—	20(Thu)	13(Thu)
Sep.	2(Wed)	9(Wed)	8(Tue)	15(Tue)	On Weekend	—
Oct.	7(Wed)	14(Wed)	—	—	15(Thu)	8(Thu)
Nov.	4(Wed)	11(Wed)	10(Tue)	17(Tue)	19(Thu)	12(Thu)
Dec.	2(Wed)	9(Wed)	On Weekend	—	17(Thu)	10(Thu)
2027						
Jan.	On Weekend	—	12(Tue)	19(Tue)	—	—
Feb.	3(Wed)	10(Wed)	—	—	On Weekend	—
Mar.	3(Wed)	10(Wed)	9(Tue)	16(Tue)	18(Thu)	11(Thu)

In Central Public Health Consultation Center, an English interpreter is available in Papa and Mama Introductory Course held in June, September, December, and March.

 **How to Join**

From **30 days before** the event, you can make a reservation via **Line system** or **sending mail to "neuvola@shibuya.tokyo"**

 Please send email including the following information.
The title of email is "Application of Papa Mama Introductory Class."

1. Preferred date of participation
2. Participants' name
3. The number of participants
4. Your address (ex.5-6 Udagawa-cho)
5. Your email address and mobile phone number

 **What to Bring**

- Maternal and Child Health Handbook
- Pens
- Drinks



Shibuya Official Line ▶

∖ For those who are difficult to participate on weekdays /

Papa & Mama Introductory Course Child-birth Preparation Class

held on weekends

Participation requirements

Same as Weekday Class.

 **How to Join** **Decided by lot.** Please make a reservation by using Shibuya official LINE between the first and 20th day of previous month of the event. Ex: The event held on June 10 → Application period is from May 1 to May 20.

 **Attention** Please apply one representative. Duplicate application is not allowed.

 **Schedule and Time**

Papa Mama Introductory Course held on weekends is conducted twice a day (AM Class and PM Class).

AM Class is held from **9:30 to 11:30** and **PM Class** is held from **1:30 to 3:30**.

The contents of both classes (AM Class and PM Class) are same.

	- Central PHCC -		- Ebisu PHCC -		- Hatagaya PHCC -	
Date	2026	2027	2026	2026	2026	2027
	7 / 12 (Sun)	1 / 24 (Sun)	6 / 13 (Sat)	12 / 12 (Sat)	9 / 19 (Sat)	2 / 27 (Sat)

Papa & Mama Introductory Course held on weekends is conducted in Japanese.

