



Kanagawa Prefecture

# If you have anxieties over child-rearing or disciplining your child...



**Enjoy child-rearing while ensuring discipline  
without resorting to physical punishment**

**Kanagawa Child Consultation Centers**

**英語**

# Foreword

**“Is it true that we mustn’t physically punish our children?”**

Yes. Laws have been revised to forbid using physical punishment to discipline children.

**“But, if I don’t smack them when they are being naughty, I am worried that they won’t grow up to be good adults.”**

We can understand that. But, it has been discovered that physical punishment has a negative effect on children in the long run.

**“So, what should I do? I love my children, but I am very anxious over raising them.”**

Raising children on a daily basis is not easy.

We created this leaflet in the hope that it will give parents and guardians some ideas on how to raise children without resorting to physical punishment and solve some of the anxieties they have.

Within the leaflet, we introduce a family of four who are in the middle of raising two children.

We hope you will see how they discipline and raise their children while comparing it to your own child rearing efforts.

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# Main Characters



## Father: Mamoru, 30 years old

Wants to concentrate on raising his children, but he is busy at work and has little time to interact with them. He has trouble controlling Haruto, who is very active, and sometimes shouts and raises his hand to him.



## Mother: Ikuyo, 28 years old

A lively and kind mother. She put her children into nursery school when Mei turned one year old so that she could go back to work, but the pressures of child-rearing, housework and work is resulting in an increased level of irritation.



## Son: Haruto, 4 years old

An active child who attends nursery school. He loves playing outdoors, but he is not very good at clearing up after himself.



## Daughter: Mei, 1 years old

A girl who attends the same nursery as Haruto. She is learning to speak and imitate Haruto, and she looks cute when following him around.

# (1) Clearing Up

Look at  
that mess...

We'll be having a  
snack soon, so  
why not start  
clearing up?

No!  
I'm playing.

Snacks,  
mom.



Clear up  
this minute!

If you don't,  
I'll throw  
everything out!

Why is it always  
me...?  
Mei never  
clears up...

Snack, snack!



Haruto



If you think about it,  
Haruto is still only four  
years old.  
He can't clear everything  
up on his own.



Okay!



I'm sorry I yelled at you.  
Come on, I'll help you.  
When we've cleared up,  
we can have some snacks.

Clear up...



Haruto



Point

Although the mother's first reaction was to shout, she appears to be regretting it. It is important to explain the reason why things need to be cleared up so that children can see past that point, and then help them clear up.

## (2) I'll Do It Myself!



Thinking back on it, the nursery school principal mentioned something the other day...

Something about letting children do things by themselves.

I've put them on!



You're so clever to put them on without help.

I put them on all my myself, mom.



Point

Although things can get frantic in the mornings, recognizing that children wish to do things by themselves and waiting while they do so helps promote their development and allows them to attend nursery school in a good mood.

### (3) Be Careful!





It may be dangerous, but actually slapping Haruto...?

Wah...

I'm sorry, dad!

I'm sorry  
I slapped  
you...

Wah...

Somebody may get hurt if you fall off or crash into Mei, so no more jumping on the sofa, okay?

Let's find something fun to do indoors.

Could you read us book, dad?

Point

Even grown-ups must apologize like this father if they think they have done something wrong. It is best to explain why something is dangerous to children in an easy-to-understand manner.

## (4) Mom is Sick...



Mom feels listless and has a headache...  
She may not be able to get up...

Dad is on a business trip. It is a Thursday; the day when fatigue peaks...

Isn't dad back yet...?

Mom!

Get out of the way, Mei. Let me cover mom up.



She'll have to call in sick...  
And get someone to take the children to nursery school...

Mom, are you okay?

Mom, get up!

Hmmm.  
I'm fine.



Is that the manager?  
I'm feeling sick today,  
so I'll be taking a day off...



Okay,  
I understand.  
Take care of  
yourself.



Is that the Family Support  
Center?  
Sorry for a last-minute  
request, but I need  
someone to take my kids  
to nursery school.

Okay, no  
problem.



Call the person at the Family Support Center who picks the children up in the evening.

How are you  
feeling?

That  
evening...



They both had  
an enjoyable day.



Thank you very much.  
I feel much better now,  
thank you.



Point

It is a weight off your mind if you decide in advance upon somebody who is able to take care of your children in an emergency if something prevents you from looking after them yourself.

Did you enjoy the [A Day in the Life of a Family] comic?

We saw scenes in which the father and mother shouted and even slapped the children.

But, there is no such thing as a person who is perfect at child rearing. The good thing about this family is probably the fact that when they failed or made a mistake, they quickly apologized to their children and changed their attitude to handle such situations better.

**Children notice when their parents are working hard on their behalf, and this deepens their sense of love and teaches them that everybody develops by making mistakes.**

It goes without saying, however, that situations must be treated differently depending on the age and personality of the child involved. Children develop on a daily basis together with their parents. Take advantage of the help offered by people nearby and enjoy child-rearing in a way that suits both you and your children.

Having said that, parents and guardians will be experiencing situations for the first time in their lives during child-rearing. It is natural for them to be confused and anxious. In these situations, we hope you will recall the [A Day in the Life of a Family] comic and act accordingly.

Column

**Why is physical punishment not acceptable?**

According to a report detailing the results of research issued by the Ministry of Health, Labor and Welfare, children who have been subject to physical punishment by their parents have a higher tendency to be **“unable to remain calm and listen to advice,” “unable to keep promises,” “unable to concentrate on one thing,” “unable to remain patient,” “unable to express their emotions effectively,”** and **“unable to partake in group activities”** in comparison to children who have not experienced physical punishment.

There are also cases in which children become able to withstand pain, which results in an escalation of violence in order to attain the same results, which may lead onto child abuse.

## Are you guilty of any of the following?

**All of these come under the title of physical punishment.**

- Slapping a child's face after he/she has been warned three times without result
- Making a child sit still for long periods of time for interfering with a precious object
- Hitting a child who has hit and injured another child so that they can experience the same feeling
- Spanking a child for taking something that belongs to someone else
- Making a child miss dinner for not completing his/her homework
- Pushing a dishcloth or duster into a child's face for not cleaning up

**The following cause mental stress in children.**

- Jokingly denying a child's existence by saying such things as, "I wish you'd never been born"
- Comparing a child to a brother or sister in order to encourage them to do better

Quoted from [Spreading the Word About Child-Rearing Without Relying on Physical Punishment] issued by the Ministry of Health, Labor and Welfare.

It is our sincere intention to provide support for the development of children and child rearing activities.

Please don't hesitate to contact us if you are experiencing problems, **such as your child refusing to obey instructions, if you can't help slapping them, or if you have any other child-rearing** anxieties that you would like to discuss. The problem may be alleviated simply by discussing it.

A list of various places that you can call for consultations is provided on the following pages. In addition to the institutions listed, nursery schools and child support centers also provide consultation services, so feel free to use them if needed.



# Consultation Centers

## Kanagawa Child Consultation Centers

Child Consultation Centers	Telephone	Jurisdictional Areas
Chuo Child Consultation Center	0466-84-1600	Fujisawa City, Chigasaki City, Samukawa Town
Hiratsuka Child Consultation Center	0463-73-6888	Hiratsuka City, Hadano City, Isehara City, Oiso Town, Ninomiya Town
Kamakura Muira District Child Consultation Center	046-828-7050	Kamakura City, Zushi City, Miura City, Hayama Town
Odawara Child Consultation Center	0465-32-8000	Odawara City, Minami-Ashigara City, Nakai Town, Oi Town, Matsuda Town, Yamakita Town, Kaisei Town, Hakone Town, Manazuru Town, Yugawara Town
Atsugi Child Consultation Center	046-240-6430	Atsugi City, Ebina City, Zama City, Aikawa Town, Kiyokawa Village
Yamato Ayase District Child Consultation Center	0466-81-8066	Yamato City, Ayase City

## Other Municipal Child Consultation Centers Within the Prefecture

Child Consultation Centers	Telephone	Jurisdictional Areas
Yokohama Chuo Child Consultation Center	045-260-6510	Tsurumi Ward, Kanagawa Ward, Nishi Ward, Naka Ward, Minami Ward
Western Child Consultation Center	045-331-5471	Hodogaya Ward, Asahi Ward, Izumi Ward, Seya Ward
Southern Child Consultation Center	045-831-4735	Konan Ward, Isogo Ward, Kanazawa Ward, Totsuka Ward, Sakae Ward
Northern Child Consultation Center	045-948-2441	Kohoku Ward, Midori Ward, Aoba Ward, Tsuzuki Ward
Southern Kawasaki Children's Consultation Center	044-542-1234	Kawasaki Ward, Saiwai Ward, Nakahara Ward
Central Child Consultation Center	044-877-8111	Takatsu Ward, Miyamae Ward
Northern Child Consultation Center	044-931-4300	Tama Ward, Asao Ward
Sagamihara Child Consultation Center	042-730-3500	Sagamihara City
Yokosuka Child Consultation Center	046-820-2323	Yokosuka City

## Call Centers

Call Centers	Telephone	Remarks
Children & Family 110	0466-84-7000	9:00 ~ 20:00
Human Rights & Child Hotline	0466-84-1616	9:00 ~ 20:00 (Children Only, Reports Only)
Child Consultation Center Abuse Hotline	189 (Free of Charge)	24-Hour Service
Child Consultation Center Special Line	0120-189-783 (Free of Charge)	

## City, Town & Village Liaison Counters

City, Town, Village	Relevant Section	Direct Lines to Sections in Charge of Child Consultations
Hiratsuka City	Children & Family Section (Children & Family Center)	0463-21-9843
Kamakura City	Children & Family Center (Children & Family Consultation Office)	0467-23-0630
Fujisawa City	Children & Family Section (Children & Family Center)	0466-50-3569
Odawara City	Children & Youth Support Section	0465-46-6763
Chigasaki City	Child-Rearing Consultation Section	0467-81-7170
Zushi City	Child-Rearing Support Section (Children & Family Center)	046-873-1111 (Main number)
Miura City	Children Section Family Consultation Center Hinatabokko	046-882-1111 (Main number)
Hadano City	Children & Family Support Section (Special Consultation Hotline)	0463-82-5273 0463-84-7800
Atsugi City	Children & Family Center (Special Consultation Hotline)	046-221-0181
Yamato City	Healthy Child-Rearing Section (Children & Family Center)	046-260-5618
Isehara City	Children & Family Consultation Section	0463-94-4642
Ebina City	Child-Rearing Consultation Section	046-235-4825
Zama City	Children & Family Section	046-252-8026
Minami-Ashigara City	Children Section	0465-73-8072
Ayase City	Health Promotion Section	0467-77-1133
Hayama Town	Child-Rearing Section	046-876-1111 (Main number)
Samukawa Town	Child-Rearing Support Section	0467-74-1111 (Main number)
Oiso Town	Child-Rearing Support Section (General Child-Rearing Support Center)	0463-71-3377
Ninomiya Town	Child-Rearing & Health Section	0463-71-7100
Nakai Town	Welfare Section	0465-81-5548
Oi Town	Child-Rearing & Health Section	0465-83-8012
Matsuda Town	Child-Rearing & Health Section	0465-84-5544
Yamakita Town	Welfare Section	0465-75-3644
Kaisei Town	Children Section	0465-84-0327
Hakone Town	Child-Rearing Support Section	0460-85-9595
Manazuru Town	Welfare Section	0465-68-1131 (Main number)
Yugawara Town	Child Support Section, Child-Rearing Support Center (Yutapon)	0465-20-4940
Aikawa Town	Child-Rearing Support Section	046-285-6932
Kiyokawa Village	Child-Rearing & Welfare Section	046-288-3861



## Kanagawa Children & Family 110 Consultation LINE



# LINE

Add us as a  
friend on LINE

Allows anonymous (name and icon registered on  
LINE only visible) consultations free of charge.

**[Consultation Times]**

(Excluding Year End/New Year Period)

09:00 to 21:00 Mondays to Saturdays

### ▶ Other Languages



English 英語	中国語 中国語	한국·조선어 韓国・朝鮮語	Español スペイン語	Português ポルトガル語
Tagalog タガログ語	ภาษาไทย タイ語	Tiếng Việt ベトナム語	ភាសាខ្មែរ カンボジア語	ພາສາລາວ ラオス語

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作成・発行 神奈川県児童相談所  
デザイン・印刷 有限会社 湘南グッド