



Starting July 2025
at Merhalsa Hibiki Shirokane Takanawa Preschool!

Mommy & Me



~Hibiki Shirokane Takanawa Parenting Support Program~

What is "Mommy & Me"?

You and your baby
You and your role as a mother
You and us here at the preschool

Parenting is a journey full of surprises.
There are joyful moments, but also challenges.
It's normal to feel lost, frustrated, or even shed a tear.
The ups and downs can be exhausting.
Talking with someone you trust can bring comfort.
Sometimes, sharing your feelings with others can be freeing.

Our preschool is a welcoming, supportive space for local parents.
Come connect with others, seek advice, or simply share what's on your mind.
Whether you have questions about raising children, want tips from experienced teachers, or just need time to play and bond with your little one, our community is here to support you.

Join us! Dads are always very welcome too!
Together, let's make parenting a little easier and more joyful.

Miahersa Nursery Hibiki Shirokane-Takanawa
03-5860-2251

〒108-0072
1F Port Shirokane, 3-2-3 Shirokane,
Minato-ku, Tokyo



Annual Schedule

月	Date	Content	Date	Content
July	22(Tue)	Making Wind Chimes with Handprints	29(Tue)	Making Wind Chimes with Handprints
Aug	12(Tue)	English Eurhythmics (by Music Together)	19(Tue)	English Eurhythmics (by Music Together)
Sep	17(Wed)	Halloween Handprint & Footprints Workshop	24(Wed)	Halloween Handprint & Footprints Workshop
Oct	14(Tue)	English Eurhythmics (by Music Together)	28(Tue)	Halloween Party
Nov	20(Thu)	Story time with a Librarian from Takanawa Library	26(Wed)	Christmas Arts & Crafts Workshop
Dec	2(Tue)	English Eurhythmics (by Music Together)	17(Wed)	Christmas Party
Jan	13(Tue)	English Eurhythmics (by Music Together)	28(Wed)	Setsubun' Arts & Crafts Workshop
Feb	9(Mon)	Valentine's Day Arts & Crafts Workshop	18(Wed)	Let's have the Valentine's Party !
Mar	10(Tue)	English Eurhythmics (by Music Together)	30(Mon)	English Eurhythmics (by Music Together)

※This is the schedule as of 7/1.

Please note that the schedule and content may be subject to change.

<Guide for Participants>

- Only three family spots (parent+child) are available per event Sign up soon!
- You can apply for each event using one of the following methods:
(1) by phone (2) through our preschool website
- Each event will take place from 9:30 to 10:45 AM.
- Participation is free.
- ◇To prevent falls, we ask children to be barefoot.
- ◇Please bring water/tea and stay hydrated.
- ◇For allergy and safety reasons, please refrain from bringing snacks or meals.

