

# Interview with Male Employee Who Took Childcare Leave & His Spouse

Metropolitan Branch, Retail Sales Section – Yuuji Yanagi, Assistant Manager

## Reason for taking childcare leave



### ■ Company initiatives provided strong support

This was our long-awaited first child, and I had always wanted to be actively involved in childcare. The company's positive approach toward childcare leave was the deciding factor.

## Preparations before taking childcare leave

### ■ Thorough preparation beforehand allowed me to focus on childcare during leave

## Yanagi's schedule before taking childcare leave

Pregnancy (6 months before leave)	Reported wife's pregnancy and expressed desire to take childcare leave to supervisor (section manager)
3 months before leave	Consulted with department head about taking childcare leave; gradually confirmed client handling and internal tasks; organized handover details
One month before leave	Finalized handover details and confirmed team support system; contacted all clients and informed them of the person in charge during the leave period
Start of childcare leave	Took childcare leave about one month after child's birth (14 days of leave)

## Challenges during childcare leave

### ■ Above all, coping with frequent nighttime feedings

To reduce the burden, we took turns and tried to manage together, but **both my wife and I suffered from chronic sleep deprivation, which was physically and mentally exhausting.**

However, **being able to spend time with my newborn son and support my wife during this period was an invaluable experience in my life.**

## Message to those planning to take childcare leave

### ■ I'm truly glad I took childcare leave to strengthen family bonds

Looking back, changing diapers at night, adjusting milk temperature, giving the first bath, and witnessing the moment the umbilical cord fell off were priceless experiences.

Opportunities like this come only once in a lifetime.

I truly believe taking childcare leave was the best decision to strengthen family bonds.

### Interview with the spouse!

How was it when your husband took childcare leave?

### Why it was great that my husband took childcare leave:

### ■ Husband as emotional support!

I gave birth to my son at my parents' home. When we transitioned to living at our own home after the first month, I honestly felt anxious, but we overcame it together by discussing and supporting each other.

The greatest benefit was that my husband became my emotional support during this time.



### Things my husband did during childcare leave that really helped:

### ■ His help with frequent nighttime feedings was truly invaluable

During the period of sleep deprivation, thanks to my husband, I was able to get some rest. He learned to handle everything—bathing, changing clothes, and diapers—which reduced my childcare burden.

Even now, six months later, he actively participates in childcare, such as holding and bathing our son, and our son absolutely loves his dad.