

Tokyo Births and Marriages: A Data-Driven Overview

Tokyo Metropolitan Government

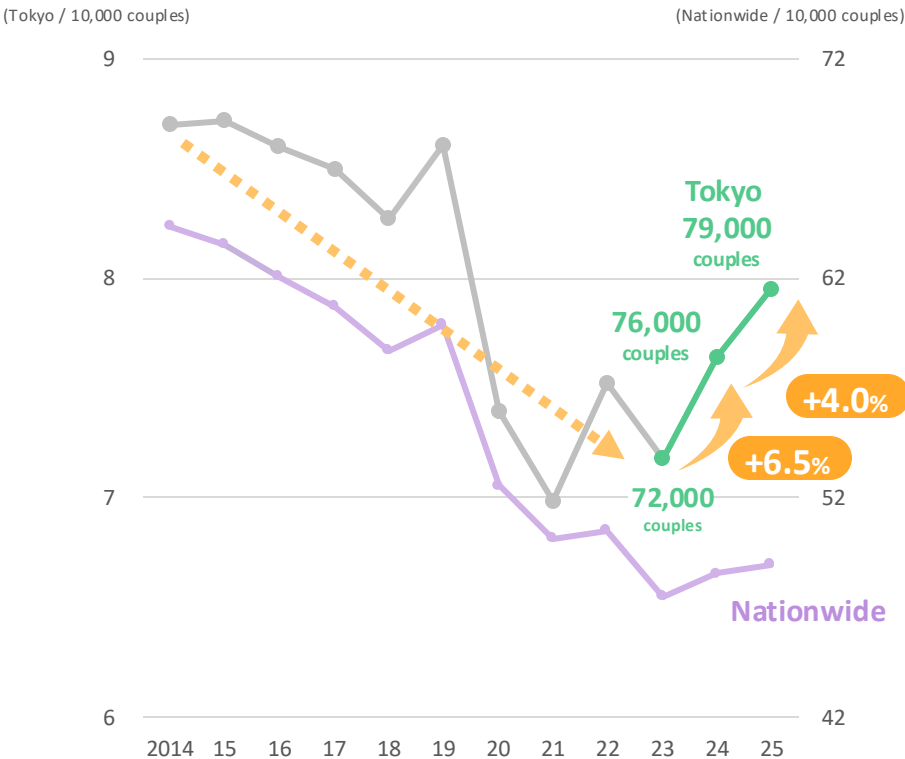
Sep. 2026

Tokyo’s First Increase in Births in 10 Years is a Noteworthy Development

- ✓ After a significant decline, **the number of marriages among Japanese residents in Tokyo** increased by **6.5%** in 2024 and a further **4.0%** in 2025, marking **substantial growth for two consecutive years**. This is the first time in **19 years** that the figure has increased for two consecutive years.
- ✓ Meanwhile, the number of births among Japanese residents in Tokyo, which had been declining, **rose by 1.0%** in 2025, the **first increase in 10 years**.

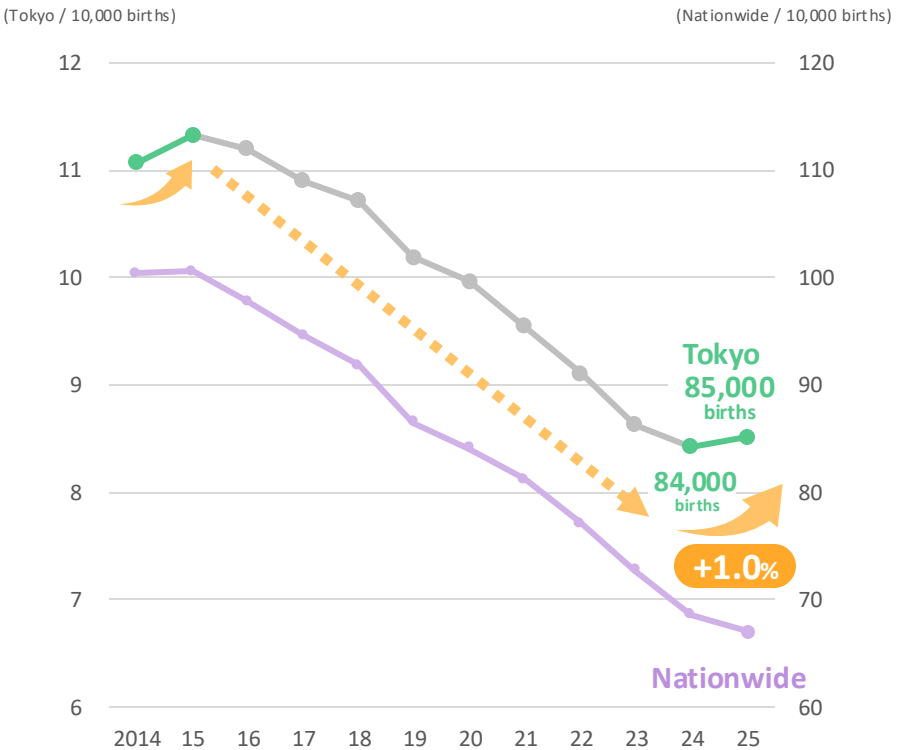
First Increase for Two Consecutive Years in 19 Years

Trends in the Number of Marriages



First Increase in 10 Years

Trends in the Number of Births



Source: The Ministry of Health, Labour and Welfare's Vital Statistics Survey. Figures for 2025 are preliminary.

Tokyo's Child-rearing Support Measures are Encouraging Families With Children to Remain in the City

I understand that Tokyo residents are getting married and having children, but raising children in Tokyo still seems challenging.

Tokyo has introduced a range of child-rearing support measures designed to address residents' concerns and challenges. Today, **more than 90% of parents living in Tokyo say that their local area is a good place to raise children.**

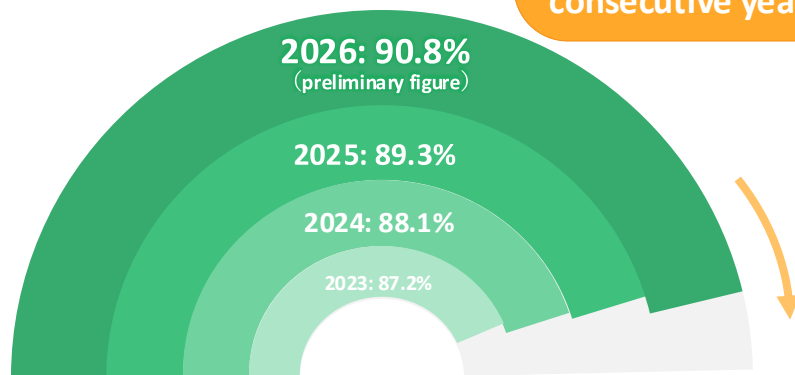
In fact, **the number of children moving out of Tokyo has declined significantly** since 2022, suggesting that Tokyo's child-rearing support measures are **helping families with children to remain in the city.**

More than 90% of child-rearing households in Tokyo say Tokyo is a good place to raise children.

Percentage of Tokyo Respondents Who Believe Their Local Area is a Good Place to Raise Children

(Combined percentage of respondents who answered "Agree" or "Somewhat agree")

Increased for 3 consecutive years!



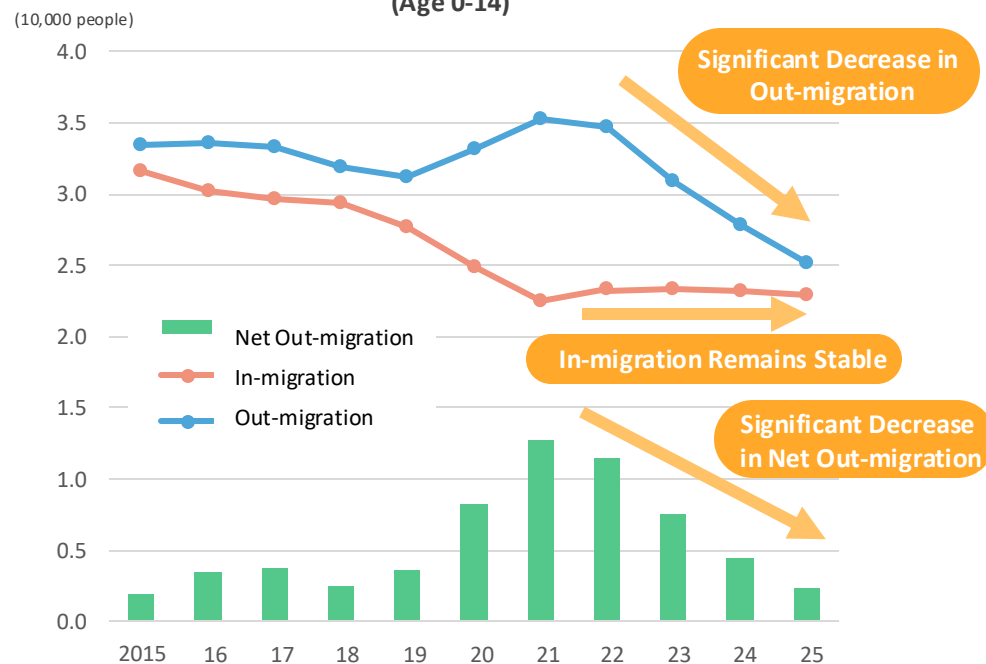
Up 1.5 percentage points from 2025 to 2026.

Source: The Tokyo Metropolitan Government's Tokyo Children's Survey. Survey respondents: Parents of 3-year-olds, third- and fifth-grade elementary school students, second-year junior high school students, and 17-year-olds.

Note: The 2026 figure is preliminary.

The number of children moving out of Tokyo has declined significantly, while the number moving into Tokyo has remained broadly stable.

Trends in Children Moving Into and Out of Tokyo (Age 0-14)



Source: The Ministry of Internal Affairs and Communications' Report on Internal Migration in Japan. Figures refer to Japanese movers.

Changes in Lifestyles and Society Related to Marriage and Child-rearing

- ✓ Over the past decade, **people's values and lifestyles have diversified**, and **trends in marriage and child-rearing have also changed**.

Average Age at First Marriage / Average Age at Childbirth

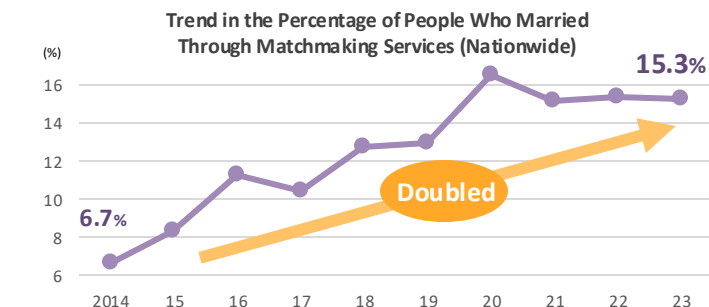
Tokyo's average age at first marriage and average age at childbirth have both increased

Tokyo		2010	→	2025
Average Age at First Marriage	Male	31.8 years old	+0.2 years	32.0 years old
	Female	29.9 years old	+0.7 years	30.6 years old
Average Age at Childbirth		32.4 years old	+1.2 years	33.6 years old

Source: The Ministry of Health, Labour and Welfare's Vital Statistics
Note: The average age at childbirth is based on 2024 data.

Marriages Through Matchmaking Services

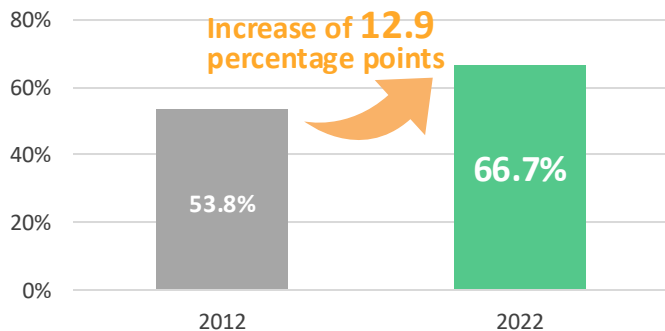
The proportion of people who married through matchmaking services has more than doubled



Source: The 2024 Matchmaking Services Survey conducted by the Recruit Bridal Research Institute.

Dual-income Household Status

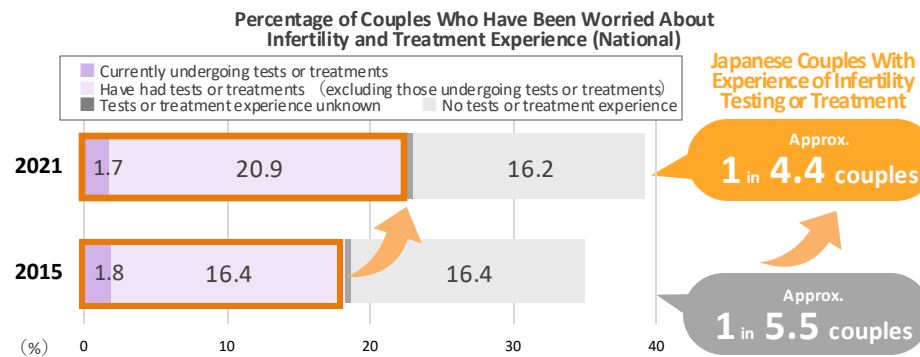
The proportion of child-rearing households in Tokyo where both parents are working has increased



Source: Bureau of Social Welfare's Tokyo Basic Survey on Welfare and Health: Children and Families in Tokyo

Experience With Infertility Treatment

The proportion of couples with experience of infertility testing or treatment has increased



Source: National Institute of Population and Social Security Research's 16th Japanese National Fertility Survey

Tokyo is implementing measures that **reflect changes in the lifestyles of Tokyo residents** and of society in general while **addressing their concerns and challenges**.

Evolution of Tokyo's Marriage & Child-Rearing Support Measures

- ✓ Over the past 10 years, Tokyo has implemented a wide range of **pioneering, people-centered, and seamless support measures** beyond **financial assistance**.



Tokyo's **marriage and child-rearing support measures** are helping **turn concerns** about marriage and raising children into **reassurance**.

FY2024

Full-scale launch of the AI matching system "TOKYO Enmusubi"

Promotion of digital transformation in children's services

FY2023

Egg-freezing support initiatives

018 Support
Free daycare fees for second children

FY2022

Subsidies for infertility treatment costs

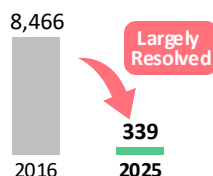
Promoting childcare leave
Introducing the term "Iku-gyo" as the official nickname

From FY2016

Various initiatives to eliminate childcare waiting lists

The shortage of available childcare places has been largely resolved

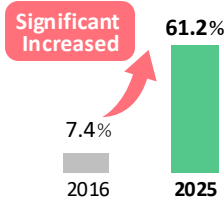
Number of children on waiting lists for childcare facilities in Tokyo



Source: Tokyo Metropolitan Government's Status of Childcare Services in Tokyo.

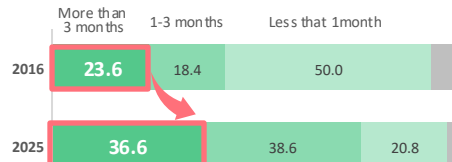
The rate of childcare leave taken by men has risen significantly, and the length of leave has also increased substantially.

Childcare Leave Take-up Rate Among Men in Tokyo



Source: Tokyo Metropolitan Government's Basic Survey of Gender Equality in Employment Management

Length of Childcare Leave Taken by Men in Tokyo



The percentage of men taking leave for three months or longer has increased significantly

Source: Tokyo Metropolitan Government's Basic Survey of Gender Equality in Employment Management

FY2025

Improving access to epidural childbirth services
Establishment of the certified after-school club system

FY2026

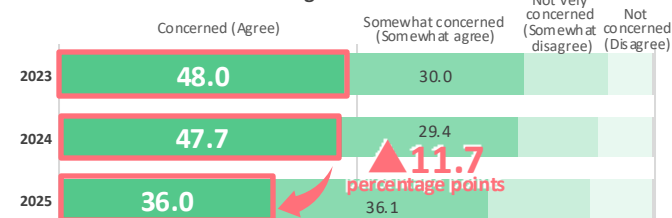
TOKYO Hachimusubi
FY2026 Marriage Support Campaign
Launch of affordable housing initiative

Free daycare fees for first children

Effectively free tuition for high school and equivalent education

Fewer parents are concerned about child-rearing and education costs.

Percentage of Parents in Tokyo Concerned About Child-Rearing and Education Costs



The percentage of parents who are concerned has decreased significantly

Source: Tokyo Metropolitan Government's Tokyo Children Survey

The impact of initiatives that address residents' concerns and challenges is steadily being felt across Tokyo.

Residents' support is increasingly translating into a tangible sense of benefit.

Results of Tokyo's Marriage and Child-Rearing Support Measures (Part 1)

- ✓ Tokyo's seamless support measures for marriage and child-rearing **have earned strong support from residents and are delivering tangible results.**



Key Achievements to Date (Selected Examples)

Meeting Partners & Marriage



◆ AI Matching System

Usage results
(as of June 30, 2026)

Number of applicants: approximately 36,000
Couples in committed relationships: 760

Pregnancy & Childbirth

◆ Support for Egg Freezing

Number of Applications for Egg Freezing Subsidies
(as of FY2025): **2,248**

◆ Subsidies for Infertility Treatment

Number of Applications for Specific Infertility Treatment Subsidies (as of FY2025): **19,838**

◆ Subsidies for Epidural Childbirth Costs

Number of Applications for Epidural Childbirth Cost Subsidies (as of FY2025): **12,059**

Support During Child-Rearing Years

◆ Free Daycare Fees and Related Support

In FY2025, Tokyo made daycare and related services free for all children in the city

◆ “Gyutto Chat” Online Consultation Service

Number of Consultations
(as of FY2025): **14,527**



Education and Housing

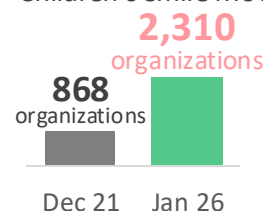
◆ Free Tuition and Related Support

- ✓ **Effectively Free Tuition** for High School & Equivalent Education
- ✓ **Reduced Tuition Costs** for Private Junior High Schools & Equivalent Education
- ✓ **Effectively Free Tuition** for Tokyo Metropolitan University & Other Institutions

Building Social Momentum

◆ Children's Smile Movement (Childcare Leave Promotion)

Number of companies and organizations participating in the Children's Smile Movement



What is Children's Smile Movement?

To further strengthen a society-wide culture of valuing children, Tokyo is advancing a broad range of initiatives with diverse partners to accelerate this movement.



Results of Tokyo's Marriage and Child-Rearing Support Measures (Part 2)



Opinions of Tokyo Residents

- The AI matching event gave me **an opportunity to think seriously about marriage**, and I'm glad I participated.
- I was hesitant about egg freezing because of the high cost, but **the subsidy gave me the opportunity to take action**.
- **Tokyo's child-rearing support is more comprehensive than national support**, which has **eased some of my concerns about the future**.
- It is **greatly appreciated** that families with children attending private junior high schools **can receive assistance regardless of income**.
- **It is important for childcare leave to become a shared mindset** among employees.



Expert Perspectives

- There is **clear value in local governments providing marriage support**.
- **More positive information** should be communicated **comprehensively** to address concerns, including information on **financial support for marriage, childbirth, and child-rearing**.
- **Expanding after-school clubs** is important for **supporting parents' work arrangements and helping women remain in the workforce**.
- Tokyo faces unique challenges, including **high education and housing costs**.
- Tokyo has many young people, and I hope it will become an even **more child-friendly city where it is easy to raise a family**.



It is important to expand Tokyo's pioneering initiatives nationwide.

- ✓ Across Japan, it is essential to support young people who wish to marry or raise children so they can take positive steps toward achieving these aims.
- ✓ Tokyo's pioneering measures, including 018 Support and free tuition for high school and equivalent education, have also had a significant impact on national policy.

To further extend the impact of Tokyo's pioneering measures nationwide, Tokyo will continue implementing appropriate policies while further strengthening cooperation with the national government.

Impact on and Expansion of National Policy

Free tuition for high school & equivalent education



Included in the national FY2026 budget

Reduced financial burden of school lunch fees



Included in the national FY2026 budget (elementary school level)

Support without income limits

018 ゼロイチハチ サポート

Removal of income limits for child allowances

Egg-freezing support initiatives



Included in the national FY2025 supplementary budget

Improving access to epidural childbirth services



Included in the national FY2025 supplementary budget

Promoting digital transformation in children's services



Rolled out nationwide by the national government based on Tokyo's initiatives

News!!

Reflection in the National Government's Basic Policy on Economic and Fiscal Management and Reform 2026

Basic Policy on Economic and Fiscal Management and Reform 2026 (Excerpt)

We will provide **seamless support** from pregnancy through child-rearing, as well as support for infertility and related issues. We will also implement initiatives to **reduce the financial burden of daycare fees** and strengthen support for early childhood education and care.

Reflected!

Seamless Support

The core principle of Tokyo's marriage and child-rearing support measures

Reflected!

Reducing the Financial Burden of Daycare Fees

Tokyo pioneered free daycare fees and related support

