

## Chapter 8 - Childbirth and Raising Children

### 1 During Pregnancy

#### 1 – 1 Obtain a Maternal and Child Health Handbook

If you become pregnant, notify the Child Welfare division (Miki Children's Center) or the Health & Welfare division of the Yokawa office to receive a [Maternal and Child Health Handbook]. (Also available in English, Portuguese, Spanish, Tagalog, Chinese, Korean, Thai, Indonesian, Vietnamese, and Nepali.)

※ Bring your [Maternal and Child Health Handbook] with you to the hospital. It includes important information about raising an infant. It also acts as a health record for things such as weight at birth, sicknesses, and immunizations p.25.



Child Welfare Division (Miki Children's Center) ☎ 0794-86-0900

Yokawa Branch Office – Health & Welfare Division ☎ 0794-72-2210

#### 1 – 2 Pregnancy Checkups (Pregnancy Health Examinations)

If you are pregnant, visit a hospital for a [pregnancy checkup] to check the health of your baby. Vouchers to cover a portion of the examination fees are available at the Child Welfare division and the Health & Welfare division mentioned above. Costs associated with pregnancy checkups and childbirth are not covered by medical insurance.

※ Pregnancy checkup frequency

Before giving birth, mothers have about 14 pregnancy checkups.

- From conception to week 23, once every 4 weeks
- From week 23 to week 35, once every 2 weeks
- From week 36 until childbirth, once a week



#### 1 – 3 Pregnancy Dental Checkup (Pregnancy Dental Health Examination)

During your period of pregnancy, you can get a pregnancy dental checkup done once free-of-charge (0 yen). Only the examination and dental health guidance are free (0 yen).

#### 1 – 4 Consultations

Both during your pregnancy and after childbirth, if you have any worries or problems, you can consult a public health nurse or a midwife. Please inquire with the Child Welfare division (Miki Children's Center) or the Health & Welfare division of the Yokawa branch office.

Let's think about child rearing together!

○ [Mikki- Tamapiyo Salon]

Here, talk about any worries about pregnancy, childbirth, or child-rearing. Become friends and talk with other mothers giving birth around the same time as you.

○ [Infant Development Specialized Consultation]

Consultations on child speech development, growth, and behavior.



## 1 – 5 Visits from Public Health Nurses and Midwives

Public health nurses and midwives do home-visits to offer counseling and important information, free-of-charge (0 yen).

○ Pregnancy home visits

They talk to you about pregnancy-related services and consultations.

○ Konnichiwa Akachan home visits

Healthcare professionals visit households with infants 4 months old and younger and talk about childcare consultation services, weighing your infant, infant health checkups, immunizations, and childcare support available to you.

## 2 After Childbirth

### 2 – 1 Birth Registration

If you give birth to a child in Japan, submit a [birth registration] to the Citizen services division of the city hall or Civic & Daily Affairs of the Yokawa branch office. A [birth registration] is due within 14 days of the child's birth. Please also communicate information of the birth to your embassy or consulate.

If both mother and father are foreigners (non-Japanese nationality), the child does not receive Japanese citizenship, even if born in Japan.

Miki City Hall – Citizen Services Division ☎ 0794-82-2000

Yokawa Branch Office - Civic & Daily Affairs Division ☎ 0794-72-0180



### 2 – 2 Obtaining the Newborn's Residence Card

When both parents are non-citizens, they must submit documents to the Osaka Regional Immigration Bureau - Kobe Branch Office to obtain the infant's [residence card]. When you submit a [birth registration] at the city hall, you will receive a [birth registration certificate] and a [residence certificate copy] or [Certificate of Entries Recorded in Resident Record].

Do not forget to complete residence status procedures for your child within 30 days of their birth with these documents from the city hall.

## 2 – 3 Insurance Benefits

If you give birth to a child, you will receive 500,000 yen as [Childbirth Lump-Sum Allowance] from your health insurance. If you have taken time off from work to give birth, you can also receive [Maternity Allowance] from your health insurance. If you take time for childcare, you may also receive [Childcare Leave Allowance] from employment insurance.

## 2 – 4 Postpartum Health Checkups (Post-Pregnancy Health Examinations)

Shortly after childbirth (2 weeks, 1 month, etc.), mothers can visit the hospital for [Postpartum Health Checkups] to check their health. Vouchers covering a portion of the fees are available at the Child Welfare division (Miki Children’s Center) or the Health & Welfare division of the Yokawa branch office.

Child Welfare Division (Miki Children’s Center) ☎ 0794-89-2340

Yokawa Branch Office – Health & Welfare Division ☎ 0794-72-2210

## 3 Child Allowance

In Japan, people raising children ages 0 to 18 can receive monetary allowances.

Apply at the Child Welfare division of the city hall or the Civic & Daily Affairs division of the Yokawa branch office when you move to Miki or give birth.

Age of the Child	Monthly Allowance	
0 to 2 years old	15,000 yen	Third child onwards: 30,000 yen
3 to 18 years old (until year 3 of high school)	10,000 yen	

Miki City Hall – Child Welfare Division ☎ 0794-82-2000

Yokawa Branch Office - Civic & Daily Affairs Division ☎ 0794-72-0180



## 4 Raising Children

### 4 – 1 1-month Post-Birth Health Checkup (Examination)

A month after the infant is born, take them to a hospital for a [1-month Post-Birth Health Exam] to monitor their growth and condition. Vouchers and medical questionnaires are available at the Child Welfare division (Miki Children’s Center) and the Yokawa office’s Health & Wellness division.

Child Welfare Division (Miki Children’s Center) ☎ 0794-89-2340

Yokawa Branch Office – Health & Welfare Division ☎ 0794-72-2210

#### 4 – 2 Infant Health Checkups (Examinations)

The city hall does [Infant Health Checkups] to check the growth and condition of your child for free (0 yen). Ask about any worries or anything you do not understand. Do an [Infant Health Checkup] when your child is 4 months, 18 months, 3 years, and 5 years old.

#### 4 – 3 Immunizations (Vaccinations)

Infants receive immunizations to prevent several illnesses. You can get several immunizations, including BCG (tuberculosis), DPT-IPV-Hib (Diphtheria, Pertussis, Tetanus, Polio, Haemophilus influenza type b), and the Japanese encephalitis vaccine. The screening questionnaire (medical survey for immunizations) is sent to the person who submitted the birth registration. If you have recently moved into Miki, bring your Maternal and Child Health Handbook to the Health Advancement division (Miki City General Insurance & Welfare Center) or the Health & Welfare division of the Yokawa branch office. If you still have unfinished immunizations, you can receive another screening questionnaire.

Health Advancement Division (Miki City General Insurance & Welfare Center)

☎ 0794-86-0900

Yokawa Branch Office – Health & Welfare Division ☎ 0794-72-2210



#### 4 – 4 Medical Subsidy for Children (Aid for children's medical fees)

The city covers the full cost (medical treatment under insurance) when a child ages 0 to 18 visits a hospital.

Miki City Hall – Insurance & Pension Division ☎ 0794-82-2000

Yokawa Branch Office – Health & Welfare Division ☎ 0794-72-2210

#### 4 – 5 Children who have not yet begun elementary school

Children 6 years and younger who have not yet started elementary school can attend nursery school, kindergarten, or a certified center for early childhood education and care (ECEC). There are no daycare fees (0 yen) for children 3 to 5 years old (as of April 1).

- Nursery schools and ECEC Enrollment (newborn ~ elementary school)
- Kindergarten Enrollment (4 ~ 5 years-old)

Miki City Board of Education - Education & Childcare Division ☎ 0794-82-2000

#### 4 – 6 Afterschool Programs

Children with working parents can go to [afterschool programs] after school ends. There, children can play and do their homework safely under the watch of adults.

- To enroll into an afterschool program, contact:

Miki City Board of Education - Education & Childcare Division ☎ 0794-82-2000

