

To Moms and Dads: Birthing and Raising a Child in Japan

Sukusuku ♡ Inumaru ...A place to consult about Pregnancy, Childbirth and Child Care

Inuyama Kosodate Sedai Hōkatsu Shien Center (Inside Inuyama-shi Hoken Center)

Monday to Friday 8:30~17:00 (Closed on Saturdays, Sundays, national holidays, and during the year-end and New Year holidays)

Tel 0568-44-0359

E-mail: sukusukuinumaru@city.inuyama.lg.jp

※We provide face-to-face consultations. Reservations are required.

★When you find out you're pregnant...

Get your Maternal and Child Health Book (*Boshi Kenkō Techō*)

At the Health Center (*Hoken Center*), you will receive a "Maternal and Child Health Handbook" (*Boshi Kenkō Techō*) and a "Mother and Child Diary" (*Haha to Ko no Shiori*) that record the mother's and child's health. By receiving this handbook, you will be able to receive supports for child rearing.

*We issue the Maternal and Child Health Handbook (*Boshi Kenkō Techō*) on Tuesdays.

Reservations are required, so please contact us in advance.

Place : Inuyama-shi Hoken Center (Tel 0568-61-1177)

Reception : Tuesdays 9:00~9:15 (The briefing session takes about an hour)

Things to bring:

- Pregnancy Notification Form (*Ninshin Todokede-sho*) ※issued by hospital, etc.
- My Number Card or any document that confirms your Individual Number (My Number)
- Identification Documents (Driver's License, Passport, etc.)
- Residence Card (*Zairyu Card*) or Special Permanent Resident Certificate (*Tokubetsu Eijūsha Shōmeisho*)



★During your pregnancy...

Supports

◆Pregnancy health checkups

You can get tests to check your health condition during pregnancy.

If you have a resident registration in Inuyama-shi and you frequent a hospital in Aichi Prefecture, the city will provide financial support.



◆A phone call from a midwife (an expert in baby and child rearing)

In the 8th months of pregnancy, you will get a phone call from a midwife to see whether you have any concerns. You may consult if you have any questions or concerns.



◆Parental classes *6 classes / year (held at Inuyama-shi Hoken Center)

You can get important information about giving birth and child rearing. Both dad and mom can participate.



★When your baby is born...

Procedures at Inuyama City Hall

- 1 Register the birth by submitting a Birth Notification Form (*Shussei Todoke*).
 - Please complete the procedure at Civic Affairs Division (*Shimin-ka*) of the City Hall within 14 days of your baby's birth.
 - You should submit the Maternal and Child Health Handbook (*Boshi Kenkō Techō*) and the Birth Notification Form (*Shussei Shōmeisho*) issued by the hospital where your baby was born.
- 2 Please also submit the Birth Report Form (*Shussei Renraku-hyō*) along with the Birth Notification Form (*Shussei Todoke*) so that you can receive the contact information necessary for child rearing.
 - The Birth Report Form (*Shussei Renraku-hyō*) is attached to the Mother and Child Diary (*Haha to Ko no Shiori*).
 - If your baby weighs less than 2500g, you will also need a Low-weight-infant Report Form (*Teitaijū-ji Renraku-hyō*)
- 3 Enroll in a health insurance in case your child gets sick or injured
 - Please contact the health insurance which you are enrolled to apply.
 - If you are enrolling in the National Health Insurance (*Kokumin Kenkō Hoken*), you can apply at the Health Insurance and Pension Division (*Hoken Nenkin-ka*) of Inuyama City Hall.
- 4 Procedures for the Lump-sum Allowance for Childbirth and Nursing (*Shussan Ikuji Ichijikin*)
The health insurance will pay the amount up to 420,000 yen to the hospital, to cover the expenses for delivery.
 - Contact the health insurance which you are enrolled to complete the procedure.
 - If you are enrolling in the National Health Insurance (*Kokumin Kenkō Hoken*), you can apply at the Health Insurance and Pension Division (*Hoken Nenkin-ka*) of Inuyama City Hall.
- 5 Receive the Child Medical Care Certificate (*Kodomo Iryō-hi Jukyūsha-sho*)
It is a system where Medical Care is free until the child graduates from high school.
 - You can apply at Health Insurance and Pension Division (*Hoken Nenkin-ka*) of the City Hall
- 6 Receive the Child Allowance (*Jidō Teate*)
You will receive an allowance to raise children once every four months until your child graduates from Junior High School.
 - You can apply at the Children's Future Division (*Kodomo Mirai-ka*) of the City Hall
- 7 You can receive free garbage bags designated by Inuyama City
 - We will provide about 5 garbage bags (middle size) per month until your child turns 1 y.o.
 - You can apply at the Environment Division (*Kankyō-ka*) of the City Hall



Other procedures

★Application for Child's Status of Residence

Please apply for your child's status of residence within 30 days of your child's birth

- Required documents may vary, please confirm beforehand.
- You may apply at the Immigration Bureau.

★Registration of birth in the home country of the parent(s)

It is necessary to report the birth of your baby to your home country.

- Please apply at your home country's embassy or consulate in Japan.

★Mother and child care...

Supports

◆Inuyama City Postpartum Care Program (*Inuyama-shi Sango Care Jigyō*)

During the first 4 months after giving birth, those who are worried about their physical condition or concerned about raising children may stay at the hospital to receive mental and physical care. Subject to fees.

※Certain conditions may apply to receive the support.

◆Baby-wan Home visit (*Baby-wan Hōmon*) ♪

The Municipal offers home visits by a healthcare professional within 4 months after birth. You can consult about any concerns you may have.

◆Baby Measurement Day (*Baby Soku Dayi*)

Height and weight measurement will be provided for babies within 4 months after birth. Consultations about child rearing also available. Please visit Hoken Center.

◆"Wanpaku" Measurement (*Wanpaku Sokutei*)

Height and weight measurement will be provided for children. Consultations about child rearing also available.



◆4-month-old-baby health checkup

Health checkup for babies up to 4 months old. Hoken Center will send you a letter with a pre-determined date.

◆5-month-old-baby "Sukoyaka Hiroba"

A talk about baby food (*rinyū shoku*) for babies up to 5 months old. Activities for kids and parents are also provided.



◆1-year-old-child health consultation

A talk about 1-year-old-children's growth, food and dental care.

◆1-year-and-6-month-old-child health checkup

Health checkup for your child. Hoken Center will send you a letter with a pre-determined date.

◆Health consultation and tooth brushing class for 2-year-and-3-month-old-child

Height and weight measurement, dental examination by a dentist and consultations about child rearing are available.

◆3-year-old-child health checkup

Health checkup for your child. Hoken Center will send you a letter with a pre-determined date.



★Vaccinations

Vaccines to protect children against illness are available. You will receive Pre-vaccination Screening Questionnaire slips (*Yobō Sesshū Yoshin-hyō*) by mail within 6 weeks after your child is born.

- Please read the instructions of Vaccinations and Child Health (*Yobō Sesshū to Kodomo no Kenkō*) carefully.
- Vaccinations are available at hospitals, reservation required.
- Vaccinations are offered at no cost in a fixed period of time.



★Information about Child Rearing...

◆Family Support Center

Child Rearing Support Center with Member Registration System. Services are subject to fees.

◆Kosodate Shien Center/ Jidō Center

It is a place where kids and parents can play together. We offer information about child rearing and help you make friends.



◆Kodomo Mirai-en (Nursery schools (*Hoiku-en*) • Certified centers for early childhood education and care (*Nintei Kodomo-en*))

Please consult *Kodomo Mirai-ka* of the City Hall if you want to enroll your child in a nursery school.

◆Short-term Daycare Service (*Ichiji Hoiku*)

If you are looking for a short-term daycare service, Inuyama-shi offers the service at the following Nursery Schools. Services are subject to fees. Please contact each nursery school for more details.

- Hashizume Kodomo Mirai-en (0568-62-3780)
- Haguro Minami Kodomo Mirai-en (0568-67-4445)
- Hakutei Hoiku-en (0568-62-6488)
- Inuyama Sakura Hoiku-en (0568-61-0814)

◆Care service for sick child (*Byōgo-ji Hoiku*)

We offer a childcare program for children recovering from illness who have difficulty attending a school or a nursery school. Please contact *Rakuta Nishi Kodomo-en* (0568-67-2761)



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