

# Chapter 5 Childbirth and Parenting

## 25 When You Get Pregnant

### 25-1 When you get pregnant, go to the hospital.

If your doctor asks you to get a Maternity Handbook (mother and child health handbook), you can get one at Ai-Ai Sabae.

#### About Maternity Handbook

This is to write about the health of the mother and the new baby.

This handbook is required when you take pregnant women's health checkups, vaccinations, and health check-ups.

Maternity handbooks are available in English, Chinese, Portuguese, Vietnamese, Tagalog, Hangeul, Spanish, Indonesian, Nepali, and Thai.

### 25-2 Along with the Maternity Handbook, you will have a “Pregnant Woman General Health Checkup Consultation Form”.

Go to the hospital and take a pregnancy health checkup.

#### Pregnant Woman Health Checkup

When you are pregnant, it is necessary to take a medical checkup even if there is nothing wrong. Be sure to undergo a prenatal health checkup. If you submit a “Pregnant Women General Health Checkup Consultation Form” at the hospital, you can have this health checkup at a low cost.

Inquiries and Contact Regarding Mother and Children Health

**Ai Ai Sabae Parent-Child Support Center (Sabae Health Promotion Dept.)**

**30-1 Mizuochi-cho      Tel (0778) 52-1138**

## 26 When the Baby Is Born

### 26-1 When your baby is born, you will receive a birth certificate at the hospital.

When your baby is born, you must take the birth certificate to the city hall.

When your baby is born, submit the “birth certificate” to the city hall within 14 days from the date of birth.

When you have a baby, the health insurance fund will pay you a maternity benefit.

If you take time off from your work to have a baby, you may be entitled to maternity allowance from health insurance.

**26-2 When your baby is born, you will receive a guidebook named “Regular Immunization Questionnaire Sheet / Infant Health Checkup Questionnaire Sheet” from the Citizen’s Counter Section at City Hall.**

**Immunization**

This is an injection to prevent babies from getting sick. There are free and paid options available. There are also preventive vaccination questionnaires available in English and Portuguese. Please contact us now if you are interested.

**Infant Health Checkup**

When a baby is born, they will take a health checkup at the hospital or at Ai-Ai Sabae. The timing of the health checkup is predetermined.

One month • Four months • 9~10 months → Visit a Hospital  
18 months • 3 years old → At Ai-Ai Sabae

When it's time to take a health checkup, you will take a letter from Ai Ai Sabae. (Only the health checkup at 1 month after birth does not receive a letter.) Please take the predetermined health checkup even if you have no concerns.

**Home Visit**

Home visits by public health nurses and midwives to assess the health and lifestyle of babies and mothers.

**Child-care Consultation Service**

If you have any questions about pregnancy or your baby, you can consult a public health nurse, a midwife at Ai-Ai Sabae.

Please contact them below or visit there.

Inquiries and Contact Regarding Mother and Children Health

**Ai-Ai Sabae Parent-Child Support Center (Sabae Health Promotion Dept.)**

**30-1 Mizuochi-cho**

**Tel (0778) 52-1138**

## 27 Child Education

Compulsory education consists of elementary and junior high school.

The school year starts in April and ends in March.

Age	年齢	0歳～	3歳～	6歳～	13歳～	16歳～	18歳～		
School	学校	保育所(保育園) 認定こども園 Kindergarten Nurseries	幼稚園	Elementary School 小学校 (6年)	Junior High School 中学校 (3年)	High School 高等学校 (高校) (3年)	大学 University (4年)	大学院 博士課程	Graduate School
						短期大学 Junior College (2年)			

### 27-1 About Enrollment (Elementary and Junior High School)

All children have the right to receive education and enter elementary school from the first April following their 6th birthday. Foreign children can also enter elementary and junior high schools from the beginning of April or later. At this time, you must submit your residence card (or special permanent residence certificate) to the city's Board of Education. If you are transferring from another school, you will need a certificate from your previous school.

As facilities before entering elementary school, there are certified kindergartens, kindergartens, and nurseries. For all of these, a child's residence card (or special permanent resident certificate) is required for the procedure.

Contact for the Education Dept.

**City Hall Board of Education Tel (0778) 53-2253**

## **28 Expenses for Children**

### **28-1 Child Allowance**

Child allowance is paid to those who are raising children until they graduate from junior high school. If you become eligible due to birth, transfer, etc., please submit a “Certification Request Form” to the city hall.

### **28-2 Child Medical Expense Subsidy**

Children are entitled to free medical care (insured treatment) up to the age of high school graduation. If you become eligible due to birth, transfer, etc., please submit a “certification request form” to the city hall.

- Self-payment of medical expenses (medical expenses covered by insurance)
- Hospital meal expenses
- Public self-payment of medical expenses for child-rearing medical care and medical care for premature infants
- Part of the cost of medical equipment based on doctor’s diagnosis

Contact for Child Allowance and Medical Expense Subsidy for Children

**City Hall Childcare Support Division      Tel (0778) 53-2224**