

English

英語
版

Supporting safe pregnancy, delivery, and child-rearing!



From pregnancy through to
child-rearing in Japan—Guide
to necessary procedures and
available services

にほん にんしん こそだ ひつよう
日本での妊娠から子育てに必要な
てつづ う あんない
手続きと受けられるサービスのご案内

あしんな妊娠・出産・子育てをサポートします！

Parenting Chart for foreign residents

From pregnancy and delivery to entering elementary school

外国人住民のための子育てチャート ～妊娠・出産から小学校入学まで～

START

Am I pregnant?

にんしん
妊娠したかも



① Checkup at a medical institution

いりょうきかん
医療機関を
じゅしん
受診

② Go to collect your Maternal and Child Health Handbook

ぼしけんこうてちよう
母子健康手帳を
もらいに行く

③ Have a health checkup for expectant mothers

にんぶけんしん
妊婦健診を
うける

⑬ Health checkup for your baby at three to five months old

3~5かげつじけんしん
3~5か月児健診

⑭ Solid foods class

りにゅうしょくきょうしつ
離乳食教室

⑮ Health checkup for your baby in the latter stage of infancy

にゅうじこうきけんしん
乳児後期健診

One year old

いっさい
1歳



⑯ Immunizations at two months old

にかげつ
2か月
よぼうせつしゅ
予防接種

⑰ Home visits to all households with infants

にゅうじかてい
乳児家庭
ぜんごほうもん
全戸訪問

⑱ Health checkup for your baby at one month old

いっかげつけんしん
1か月健診

⑲ Newborn home visit

しんせいじほうもん
新生児訪問

Start of immunizations

よぼうせつしゅ
予防接種
スタート



⑳ Health checkup for your child at 18 months old

いっさい6かげつじ
1歳6か月児
けんしん
健診

㉑ Dental health checkup for your child at two years old

にさいじ
2歳児
しかけんしん
歯科健診

㉒ Health checkup for your child at three years old

3さいじ
3歳児
けんしん
健診



- Medical institution 医療機関
- Maternal and child health service 母子に関する事業
- Maternal and child health service determined by law 法律で決まっている母子保健事業
- Government office 役所
- Others (Embassies, Nursery Schools, Elementary Schools) その他(大使館・保育園・小学校)

For all enquiries, contact the Comprehensive Support Center for Families with Children

かくしゅ そろだん ごそだ せだいほうかつしえん
各種ご相談は、「子育て世代包括支援センター」へ。

④ Procedures for receipt of the Childbirth Lump-Sum Allowance

しゅっさんいくじいちじきん てつづ
出産育児一時金の手続き

⑤ Participate in parenting class

はほ(りょう)おやがっきゅう さんか
母(両)親学級に参加



⑥ Home visit by a healthcare professional

にんぶほうもん
妊婦訪問



⑩ Procedures at embassies and the Immigration Services Agency

たいしかん にゅうこくかんにきょく
大使館・入国管理局
での手続き

⑨ Care services after childbirth Support services for before and after childbirth

さんご じぎょう
産後ケア事業
さんぜん・さんご じぎょう
産前・産後サポート事業

⑧ Register the birth, apply for child allowance, etc.

しゅっしょうとどけ じどうてあて
出生届・児童手当
しんせいなど
申請等

⑦ Hospitalization and delivery

にゅういん・ぶんべん
入院・分娩

EMBASSY

Immigration Bureau
入国管理局



GOAL

Entering elementary school

しょうがっこうにゅうがく
小学校入学

⑲ Entering nursery school or kindergarten

ほいくえん ようちえん
保育園・幼稚園
にゅうえん
入園

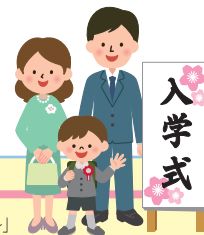


⑳ Health checkup for your child at five years old

5さいじ
5歳児
けんしん
健診

㉑ Health checkup for preschool

しゅうがくまえ
就学前
けんしん
健診



1.If you become pregnant 妊娠したら

- 1 **Checkup at a medical institution** 医療機関受診
- 2 **Notification of pregnancy and the Maternal and Child Health Handbook** 妊娠届と母子健康手帳

If you think that you might be pregnant, go to a hospital with an obstetrics department as soon as possible. After that, go to your local municipal office, submit your notification of pregnancy, and collect a Maternal and Child Health Handbook. Please have a discussion with a public health nurse or other staff member at that time, and ask them anything, for example, about things you must do in preparation for your upcoming delivery, about your health condition, or other concerns. You will receive information about various classes and programs, as well as a coupon for a health checkup for expectant mothers (a checkup ticket for you to have a health checkup for expectant mothers at low cost).

Your Maternal and Child Health Handbook is a very important handbook that is used to record the health of you and your child. You must always take it with you when you go for a health checkup, a checkup at a medical institution, immunizations, or health guidance, and have it filled out as appropriate. In Japan, handbooks are kept with great care until the child becomes an adult, and there are even households where a mother will pass the handbook over to her child when the child gets married.

- 3 **Health checkup for expectant mothers [paid partly at one's own expense]**
妊婦健診【一部自己負担あり】

Once you have received your coupon for a health checkup for expectant mothers, go for health checkups regularly at a hospital. In Japan, it is recommended that expectant mothers go for health checkups a total of 14 times. At health checkups, there will be tests and measurements to monitor your health and your baby's development and health, and you will receive advice and other information about nutritional requirements and life while you are pregnant.

- 4 **Childbirth Lump-Sum Allowance** 出産育児一時金

In Japan, it costs around 400,000 to 600,000 yen for delivery, depending on the hospital. If you have health insurance, you will receive 420,000 yen as a childbirth lump-sum allowance, so please follow the procedures in advance at the hospital enquiry desk where you plan to give birth.

- 5 **Parenting class** 母(両)親学級

FREE 無料

Mothers' classes and parenting classes are held by local governments and medical institutions, so you should participate. There will be a number of sessions, including practical training, covering introductions to services provided by local governments for before and after childbirth, how to bathe your baby, nutritional requirements during pregnancy and in child-rearing, oral care and other topics. You will be able to get a clear image about delivery and nursing while you are learning. You may have different customs and ways of thinking, depending on your home country, region, or religion, however, you should try to accept the nursing methods that are practiced in Japan too, within your comfort zone.

- 6 **Home visit by a healthcare professional** 妊婦訪問

FREE 無料

While you are pregnant, there are sure to be many things that cause concern, such as your condition and changes in your body. Local government public health nurses and midwives pay home visits to offer counselling about how to get proper nutrition, preparing for delivery and nursing, and the like, or things that you are not able to discuss when going for hospital visits, so you should actively make use of this service.

- 7 **Preparing for delivery (hospitalization)** 出産(入院)の準備

Labor pains or your water breaking can happen suddenly. You should prepare the things that you will need for when you are hospitalized, the time of delivery, post-delivery and when you leave the hospital, etc., well ahead of time, to leave near the entrance at home or in a place that your family knows about. There are also many things prepared by the hospital that you will be admitted to, so check them in advance and get them in order. Prepare with your partner or family to make it a good memory.

Things that you will absolutely need for procedures when admitted to hospital for delivery: Maternal and Child Health Handbook, health insurance card, personal seal, patient registration card for the hospital you will be admitted to, etc. If you struggle with Japanese, it is a good idea to have a translation app.

2. From when your child is born until the age of one

お子さんが生まれてから1歳まで

Various procedures 諸手続き

8 Notifying local governments (municipal office or ward office)

自治体(市町村役場や区役所)に届けること

When your child is born, there are procedures you must follow. There are many documents, so decide in advance who will carry out the procedures and so on, so that you do not miss the submission deadlines.

● Register the birth 出生届

Once your child is born, you must submit documents at your local municipality to register the birth within 14 days, including the day of birth. At that time, take the form for notification of birth and certificate of birth (which will be provided at the medical institution if you deliver at medical institution), Maternal and Child Health Handbook, your passport, and your partner's passport.

● Pediatrics expenses assistance 小児医療費助成

This system subsidizes the copayment of a child's medical expenses. The age of eligibility differs according to local governments, however there are almost no medical payments required for your child until they graduate from elementary school or the like. Take the health insurance card with your child's name on it, certificate of eligibility to receive medical expense subsidies for children, etc., and apply at your local municipality.

● Child allowance 児童手当

This allowance is granted to parent(s)/guardian(s) until the time their child graduates from junior high school (income caps, etc., apply). Please apply at your local municipality within 15 days from the day following the day of birth of your child. Renew in June every year by submitting a present situation notification form.

10 Notifying embassies and the Immigration Services Agency 大使館・入国管理局に届けること

- Please apply to obtain citizenship and for a passport for your child at your country's embassy (consulate) in Japan.
- Obtain residence status at the Immigration Services Agency within 30 days from the day of birth of your child. Once permission for residence is obtained, after presenting your child's actual passport, a residence card will be issued.

Your local municipality's maternal and child health services

居住地の自治体の母子保健サービス

9 Care services after childbirth / Support services for before and after childbirth

産後ケア事業 / 産前・産後サポート事業

● Care services after childbirth [assistance available] 産後ケア事業【補助あり】

Consult with a public health nurse if you do not feel well post-delivery, if you're feeling uneasy about the future because you cannot get help with child-rearing from your family, or if you have any other concerns. You can seek care or counselling from a midwife, etc., at a hospital, midwifery center, specialist facility, or the like, with public expense assistance. Overnight stay, day visit, and home visit options are available.

● Support services for before and after childbirth [free] 産前・産後サポート事業【無料】

Local governments organize for trained maternal and child health promotion officers, support group members, senior citizens or other people with experience raising children to visit homes, and gatherings for people with children of around the same age, for women during pregnancy or when child-rearing. Discuss your daily concerns and participate at gatherings to make friends.

11 13 Newborn home visit / Home visits to all households with infants

新生児訪問 / 乳児家庭全戸訪問

FREE 無料

Newborn home visits take place within 28 days from delivery, and a midwife will visit your home to check your (the mother's) physical recovery condition, and measure your baby to check development. Also, the midwife will give suggestions about breast feeding, bathing, and child-rearing, so if there is anything, for example, that you do not understand or might be worried about, you should ask.

Home visits to all households with infants take place by four months after delivery. All households with children are visited by a public health nurse, promotion offer, or other staff member, who will provide necessary information, and speak with you to make sure that you are not having any problems.

12 15 17 Infant health checkups 乳児期の健診

FREE 無料

The health checkup for your baby at one month old takes place at the hospital where you delivered, to check your child's development and health and your recovery condition. The health checkup for your baby at three to five months old, and the health checkup for your baby in the latter stage of infancy take place at a local government Comprehensive Support Center for Child-Rearing, public health center or medical institution. These checkups are to check your child's progress and development and are conducted with health guidance and nutritional guidance, so please go for the checkup when you receive the notification from your local government. Also, if there is anything that you do not fully understand about your child's or your own condition, or if you have any concerns, make a note of it, and discuss it when you go for the health checkup.

14 Immunizations [Regular immunizations are free. Refer to the list on page 8]

FREE 無料

予防接種(定期接種は無料・8頁一覧表参照)

Immunity obtained from a mother in the latter stage of pregnancy almost completely disappears six months after delivery. In place of that immunity, immunizations are required to protect the baby. If a baby contracts a viral or bacterial infectious illness, the illness can increase in severity in a short time. Infectious illnesses are illnesses that can be prevented. From immunizations, antibodies are formed, and make it difficult for the illnesses to cause infection. In the unlikely event that your baby contracts an illness, it will pass in a mild form. For immunizations, there are "regular immunizations" and "voluntary immunizations," and including the voluntary immunizations, are given in 15 or more sessions before the age of one, and then in around another 10 sessions before the age of three.

Immunizations can be given from two months after delivery, and there are some immunizations that can be given at the same time in a single session, so talk to your regular pediatrician and proceed systematically.

16 Solid foods class 離乳食教室

FREE 無料

Around five to six months after delivery, when your baby is able to sit with his or her neck steady, it is time to start weaning, and solid foods classes take place. Weaning takes place while monitoring the condition of your baby's body and mouth development, however during this period, not only firmness and amount, but the type of nutrition that should be obtained also changes. There may be differences based on the culture of your country of origin or religion, however in this class provides information that will serve as a useful reference.

3. From when your child is one year old until entering elementary school 1歳から小学校入学まで

Conducted by your local municipality

18 19 20 Health checkup 健康診査

FREE 無料

The health checkup for your child at 18 months old and health checkup for your child at three years old are checkups that are required by Japanese law. The matters covered in the health checkups include pediatric checkups, dental checkups and tooth-brushing guidance, health guidance, and nutritional guidance. In the dental health checkup for your child at two years old, in addition to a dental checkup, tooth-brushing guidance and nutrition topics may be discussed, and so on.

22 Health checkup for your child at five years old 5歳児健診

FREE 無料

Your child's development status is checked with a multidisciplinary approach, by a pediatrician, public health nurse, nursery school teacher, and other specialists. Even if there is a problem with development, early detection leads to the giving of support and rehabilitation for the healthy development of your child. There are also instances where this is not implemented depending on the local government.

23 Health checkup for preschool 就学前健診

FREE 無料

This check is done by November of the year before your child is to enter elementary school. It is to confirm your child's growth and development status.

For expectant mothers of foreign nationalities giving birth to and raising children in Japan

日本で出産、子育てをされる外国籍の妊産婦さんへ

FREE

Many maternal and child health services in Japan are free

日本の母子保健サービスの多くは無料です

In Japan, most of the various health checkups, classes, and visits are free, so you should actively make use of them. In particular, infant health checkups are important to monitor your child's growth. Go for each and every one of the checks. Some of the services require payment (health checkup for expectant mothers, care services after childbirth, etc.), however there are subsidies available from your local municipality to reduce the expense burden.



FREE

Ambulance services are also free

救急車も無料です

If your child becomes unwell all of a sudden, call an ambulance by dialing 119. Ambulance services are local government-run, and therefore free. If you are calling from a mobile phone, have your address on hand when you call.



Treatment is not given at the Comprehensive Support Center for Families with Children (public health center)

子育て世代包括支援センター(保健センター)では治療はしません

The Comprehensive Support Center for Families with Children (public health center) is a local government center that offers full support for parents and children, from the time of pregnancy through to child-rearing stages (until the time before your child enters elementary school). Please discuss anything you would like to know regarding yourself or your child. Specialists will not only listen to your concerns but will also connect you with the necessary services that you can make use of. However, delivery, immunizations and treatment for illness or injury take place at medical institutions.



If you are having difficulty raising your child

育てにくさを感じたら

Along with your child's growth come issues such as, when your child will not sit still for a moment and calm down, if your child becomes completely absorbed in something and becomes unaware of everything else around them, when they have you wondering why other children are reasonable and yet.... At times like these, you should discuss the issue with someone such as a public health nurse from the Comprehensive Support Center for Families with Children (public health center), or your regular pediatrician. At health checkups you may be told that your child's development is not the same as that of other children, however while receiving the necessary support, understand the individuality of your child and focus on enhancing their strengths.

Violence is prohibited

暴力は×です

Before and after childbirth, hormone balances change suddenly, and post-delivery, having to get up to change diapers and breast-feed every two to three hours can lead to exhaustion mentally and physically. This can lead to stress, and there may be times when a mother will strike her child. For partners too, being unable to sleep because of a crying baby added to the stress of work could lead to them yelling angrily or hitting. However, no matter the reason, assault or causing injury is strictly prohibited! If frustration builds, after checking your child's safety, separate yourself from the child momentarily to compose yourself. Otherwise you can call the Comprehensive Support Center for Families with Children (public health center) and talk to someone about how you are feeling.



Don't struggle alone

ひとりで抱え込まないで

When you do not go out often while your child is young, you can become prone to getting caught with concerns and worries alone. Moreover, if the only other person who can use your native language is your partner, you may become isolated. Raise any concerns or worries about child raising with someone from the Comprehensive Support Center for Families with Children (public health center). If you are looking for a friend who can speak your native language, or would like information in your native language, first, check prefectural governments international exchange associations or embassy websites using a smartphone or computer. There may be a community listing or information that will give you some relief.



Immunizations 予防接種スケジュールの例

in the table below indicates an example of the recommended age for immunization. Please consult your regular physician concerning the immunizations your child will receive and the schedule. The numbers (①, ②, etc.), indicate the number of times the vaccine has been administered. (For example, ① means "1st time" and ② means "2nd time".)

予防接種のスケジュールは、それぞれの予防接種の望ましい接種時期の例を示しています。実際に接種する予防接種とスケジュールについては、かかりつけ医などと相談しましょう。
丸囲み数字 (①, ②など) は、ワクチンの種類毎に接種の回数を示しています。

Type 種別	Vaccine ワクチン	Infancy 乳児期								Late Infancy/Preschool Period 幼児期							School Child 学童期					
		2-months 2か月	3-months 3か月	4-months 4か月	5-months 5か月	6-months 6か月	7-months 7か月	8-months 8か月	9-months 9か月	10-months 10か月	15-months 15か月	18-months 18か月	2-years 2歳	3-years 3歳	4-years 4歳	5-years 5歳	6-years 6歳	7-years 7歳	8-years 8歳	9-years 9歳	10-years 10歳	
Routine immunizations 任意接種	Haemophilus influenzae type b(Hib) インフルエンザ菌b(Hib)	①	②	③							④											
	Streptococcus pneumoniae 小児用肺炎球菌	①	②	③							④											
	Hepatitis B(HBV) B型肝炎	①	②				③															
	DPT-IPV 四種混合(DPT-IPV)		①	②	③						④											
	BCG					①																
	Measles and Rubella(MR) 麻疹・風疹(MR)										①						②					
	Varicella 水痘(水ぼうそう)										①	②									9-12 years of age (2nd term) 9~12歳(2期)	
	Japanese Encephalitis 日本脳炎													①	③						④	
	Diphtheria and Tetanus(DT) 二種混合(DT)																				11-12 years of age (2nd term) 11~12歳(2期)	①
	Diphtheria and Human papilloma virus (HPV) EMED-マタ(以 神)																				13-14 years of age 13~14歳	① ② ③
Optional immunizations 任意接種	Rotavirus ロタウイルス	Monovalent 1価	①	②																		
		Pentavalent 5価	①	②	③																	
	Mumps おたふくかぜ										①					(②)					From 13 years of age 13歳より	
	Influenza インフルエンザ																				Every year (in October, November, etc.) 毎年(①, ②)(10月, 11月など)	①

(*) The example schedule for voluntary vaccination is a recommendation by the Japan Pediatric Society.

(*) 任意接種のスケジュール例については、日本小児科学会が推奨するもの。

(*) For rotavirus, vaccination is either an orally administered attenuated human rotavirus vaccine (monovalent) or an orally administered attenuated pentavalent rotavirus vaccine

(*) ロタウイルスについては、経口弱毒生ヒトロタウイルスワクチン(1価)・5価経口弱毒生ロタウイルスワクチン(5価)のいずれかを接種

(*) Vaccination schedule recommended by the Japan Pediatric Society

(http://www.jpeds.or.jp/modules/general/index.php?content_id=9)

※日本小児科学会が推奨する予防接種スケジュール

(http://www.jpeds.or.jp/modules/general/index.php?content_id=9)

* For more information on immunizations, see the "Immunizations" page on the National Institute of Infectious Diseases website (<https://www.niid.go.jp/niid/ja/schedule.html>).

※予防接種について詳しい情報はこちら

国立感染症研究所感染症疫学センター (<http://www.niid.go.jp/niid/ja/schedule.html>)