Supporting safe pregnancy, delivery, and child-rearing!

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

日本での妊娠から子育てに必要な手続きと受けられるサービスのご案内
Parenting Chart for foreign residents
From pregnancy and delivery to entering elementary school

foreign residents

外国人家族のための子育てチャート ～妊娠・出産から小学校入学まで～

Am I pregnant?

One year old

Checkup at a medical institution

Go to collect your Maternal and Child Health Handbook

Have a health checkup for expectant mothers

Start of immunizations

Newborn home visit

Health checkup for your baby at three to five months old

Solid foods class

Home visits to all households with infants

Health checkup for your baby at one month old

Health checkup for your child at 18 months old

Health checkup for your child at two years old

Health checkup for your child at three years old

Procedures for receipt of the Childbirth Lump-Sum Allowance

Procedures at embassies and the Immigration Services Agency

Register the birth, apply for child allowance, etc.

Care services after childbirth

Support services for before and after childbirth

Procedures for receipt of the Childbirth Lump-Sum Allowance

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

For all enquiries, contact the Government Office

Others (Embassies, Nursery Schools, Elementary Schools)
For all enquiries, contact the Comprehensive Support Center for Families with Children

① Procedures for receipt of the Childbirth Lump-Sum Allowance

② Procedures at embassies and the Immigration Services Agency

③ Participate in parenting class

④ Home visit by a healthcare professional

⑤ Care services after childbirth Support services for before and after childbirth

⑥ Register the birth, apply for child allowance, etc.

⑦ Hospitalization and delivery

⑧ Entering nursery school or kindergarten

⑨ Health checkup for your child at five years old

⑩ Health checkup for preschool

参考資料: 公益財団法人かながわ国際交流財団「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~」
1. If you become pregnant

1. Checkup at a medical institution

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]

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

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

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

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)

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【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. Newborn home visit / Home visits to all households with infants
新生児訪問/乳児家庭全戸訪問

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 Infant health checkups 乳児期の健診

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] 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

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 20 Health checkup 健康診査

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

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

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

Many maternal and child health services in Japan are free

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.

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

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

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

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

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 that will be a community listing or information that will give you some relief.

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.

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.
## Immunizations

**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.”)

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.”)

### Routine Immunizations

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Infant</th>
<th>Late Infant/Pre-school Period</th>
<th>School Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haemophilus influenzae type b(Hib)</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Pneumococcal pneumonia</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Hepatitis B(HBV)</td>
<td>1</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>DPT-IPV</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>BCG</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles and Rubella(MMR)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Japanese Encephalitis</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pertussis and Tetanus(DT)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pertussis and Human papilloma virus (HPV)</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Rotavirus</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mumpa</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

(2) Vaccination schedule recommended by the Japan Pediatric Society

(3) For more information on immunizations, see the “immunizations” page on the National Institute of Infectious Diseases website

Supplementary information:

- For additional information, see the “immunizations” page on the National Institute of Infectious Diseases website.

- For more information on immunizations, see the “immunizations” page on the National Institute of Infectious Diseases website.

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