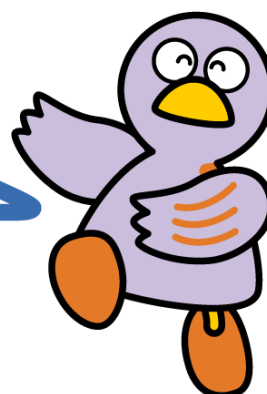


Chapter 5

Pregnancy, Childbirth, Childcare, Family



Saitama's Prefectural Mascot
Kobaton

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1 Public Health Centers

Public health centers located throughout Saitama offer a range of consultation and testing services, including:

- Specialist consultation and counseling for mental health, incurable diseases, tuberculosis, infectious diseases, etc.
- Testing for AIDS, STDs, and hepatitis
- Consultation for medical safety
- Consultation for animals such as dogs
- Counseling and support for people with drug addictions
- Food and water safety testing and consultation



Consultation and Inquiries

【Prefectural Public Health Centers】

Center Name	Phone	Jurisdiction	Hours
Nanbu Public Health Center	048-262-6111	Warabi-shi, Toda-shi,	Mon - Fri 8:30 – 17:15 (Except National Holidays and during the New Year's Holiday Period)
Asaka Public Health Center	048-461-0468	Asaka-shi, Shiki-shi, Wako-shi, Niiza-shi, Fujimi-shi, Fujimino-shi, Miyoshi-machi	
Kasukabe Public Health Center	048-737-2133	Kasukabe-shi, Matsubushi-machi	
Soka Public Health Center	048-925-1551	Soka-shi, Yashio-shi, Misato-shi, Yoshikawa-shi	
Konosu Public Health Center	048-541-0249	Konosu-shi, Ageo-shi, Okegawa-shi, Kitamoto-shi, Ina-machi	
Higashimatsuyama Public Health Center	0493-22-0280	Higashimatsuyama-shi, Namegawa-machi, Ranzan-machi, Ogawa-machi, Kawajima- machi, Yoshimi-machi, Tokigawa-machi, Higashi-Chichibu-mura	
Sakado Public Health Center	049-283-7815	Sakado-shi, Tsurugashima-shi, Moroyama- machi, Ogose-machi, Hatoyama-cho	
Sayama Public Health Center	04-2954-6212	Tokorozawa-shi, Hanno-shi, Sayama-shi Iruma-shi, Hidaka-shi	
Kazo Public Health Center	0480-61-1216	Gyoda-shi, Kazo-shi, Hanyu-shi	
Satte Public Health Center	0480-42-1101	Kuki-shi, Hasuda-shi, Satte-shi, Shiraoka- shi, Miyashiro-machi, Sugito-machi	
Kumagaya Public Health Center	048-523-2811	Kumagaya-shi, Fukaya-shi, Yorii-machi	
Honjo Public Health Center	0495-22-6481	Honjo-shi, Misato-machi, Kamikawa-machi, Kamisato-machi	
Chichibu Public Health Center	0494-22-3824	Chichibu-shi, Yokoze-machi, Minano- machi, Nagatoro-machi, Ogano-machi	

【City Public Health Centers】

Saitama City Public Health Center	048-840-2205	Saitama-shi	Mon - Fri 8:30 – 17:15 (Except National Holidays and during the New Year's Holiday Period)
Kawagoe City Public Health Center	049-227-5101	Kawagoe-shi	
Koshigaya City Public Health Center	048-973-7530	Koshigaya-shi	
Kawaguchi City Public Health Center	048-266-5557	Kawaguchi-shi	

2 Pregnancy, Childbirth and Childcare

(1) Pregnancy Notification and Mother and Child Health Handbook

Once you have been diagnosed as pregnant, submit notification to your local municipal or ward office as soon as possible and you will be issued a Mother and Child Health Handbook (in Japanese) together with a voucher for public funding for pre-natal checkups. Before childbirth, the Mother and Child Health Handbook is used to document the health conditions of both the mother and unborn child. After birth, it is used to record the child's vaccinations and health. You are required to bring this book with you when you have checkups and give birth. All foreign nationals who have a resident registration are eligible to receive the handbook regardless of their type of status of residence.

(2) Foreign Language Editions of the Mother and Child Health Handbook

The Mother and Child Health Handbook is also available in 8 other languages (English, Chinese, Portuguese, Spanish, Korean, Thai, Indonesian, Tagalog, and Vietnamese) all accompanied by the Japanese text.

You can purchase these handbooks online from *Hon no Rakuiku Mantendo*.

For further information, contact *Hon no Rakuiku Mantendo*.



Consultation and Inquiries

Name	Contact	Hours (Telephone)
<i>Hon no Rakuiku Mantendo</i>	http://www.ecur.co.jp/ Phone: 03-4334-1163	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 9:30 - 12:00 13:00 - 17:00

(3) Assistance for Pregnant Women and Children

- ① Prenatal Health Checks: There is public funding available for prenatal checkups to ensure the health of the mother and the unborn baby.
- ② Maternity Classes (parenting classes): These classes are conducted to teach first-time mothers (parents) about health management during pregnancy, preparation for birth, and caring for a newborn baby.
- ③ Newborn Care Guidance at Home: If it is determined necessary, a nurse or midwife will visit your home to offer guidance and advice for caring for your newborn (within 28

days of birth).

- ④ Visits to All Homes with Infants: A nurse will visit all homes with infants up to 4 months of age, listen to any of your concerns or worries regarding childcare, and provide information necessary for parenting.
- ⑤ Childbirth and Childcare Support Gift: Households that have submitted notifications of pregnancy or birth can receive payment or coupons to use for buying childbirth and childcare necessities.
- ⑥ One-time Childcare Payment: Individuals enrolled in National Health Insurance can receive a one-time payment to assist with the costs of childbirth and childcare according to the terms specified on the application. For further details, contact the National Health Insurance Division of your local municipal or ward office or the national health union you are a member of.

If you are enrolled in an employee health insurance plan through your workplace, you and your family are also eligible to receive a one-time payment to assist with the costs of childbirth. For further details, contact your employer.

For further details on items ① to ⑤, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(4) Childcare Classes

Nurses teach childcare classes on how to care for babies. For further information, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(5) Health and Dental Checks for Infants

Municipalities offer free health and dental checks for children aged 3-4 months, 18 months, and 3 years old. Please note that these ages may vary between municipalities. Please take your Mother and Child Health Handbook to the health check. For further information, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(6) Test for Inherited Metabolic Disorders and Other Conditions

Saitama Prefecture provides testing for newborn babies to diagnose and treat inherited diseases at an early stage. There are tests for 20 different types of diseases. All of these diseases are rare, but, if not detected and treated at an early stage, can cause delays in the mental and physical growth or development of a child. However, if they are detected early and treated properly, most of the symptoms of the diseases can be prevented. Generally, almost all newborn babies are tested. For further information, please contact the Wellness

and Longevity Division of the Saitama Prefectural Government Department of Public Health and Medical Services.

(7) Subsidy for Infertility Testing Expenses

Depending on the municipality, a legal couple who are registered as residents in Saitama Prefecture may be eligible for a subsidy granted to couples who undergo infertility testing together. For further information, contact the Mother and Child Health Care Division of your municipality or your local public health center.

(8) Subsidy for Recurrent Pregnancy Loss Testing Expenses

Depending on the municipality, a legal couple who are registered as residents in Saitama Prefecture may be eligible for a subsidy granted to couples who undergo recurrent pregnancy loss testing. For further details, contact the Mother and Child Health Care Division of your municipality or your local public health center.

3 Vaccinations

Vaccinations strengthen the immune system against infections and prevent illnesses and the spread of diseases.

Vaccinations are generally free of charge if you fit the following criteria. (Those who do not fit the criteria must pay for the vaccinations.)

- ① You can prove that your child lives in the municipality by providing a resident record or a notification from the Immigration Bureau which states the child's address.
- ② You take your child to be vaccinated within the designated period and at the medical institute specified by your municipality.
- ③ Your child is healthy enough to receive the vaccines.

The period in which your child can receive these vaccines and their cost, if any, differs between municipalities. It is recommended that you contact your local municipal or ward office or your local public health care center before the vaccination is required. If you have a Mother and Child Health Handbook, please bring it with you.

The Vaccination Research Center (Public Foundation) website has a multilingual "Vaccinations and Children's Health" guide available for download (in English, Chinese, Korean, Vietnamese, Spanish, Portuguese, Thai, Indonesian, Tagalog, and Nepali). It has information on vaccinations and the illnesses they are for.

Website: <https://www.yoboseshu-rc.com/pages/8/>

4 Nurseries and Centers for Early Childhood Education and Care

Nursery schools (*hoiku-en*) are children's welfare facilities that offer day care services for preschool children whose parent(s) or guardian(s) are unable to take care of them during the daytime due to illness or work. Nursery schools provide services for children aged 0 to children about to enter elementary school.

If you want to use these services, first apply at a local municipal office. The local municipal office decides if your child may use the nursery school and how much you will have to pay. The local municipal office also decides how long (how many hours per day or week) your child may use the nursery school after considering parents' or guardians' working hours and commuting time. Childcare for children aged 3 to 5 is free. Childcare fees for children between the ages of 0 and 2 are determined by municipality based on the household income of the child's family.

For more information and to apply for your child to enter a nursery school, please consult with the division in charge of childcare at your local municipal office.

Centers for Early Childhood Education and Care (*nintei kodomo-en*) are facilities for preschool children aged 0 to 5 that combine the functions and characteristics of kindergartens and nursery schools. Children aged 3 to 5 can receive education and care regardless of whether or not their parents are working. Childcare fees for these centers are the same as for nursery schools.

For more information and to apply for your child to enter a center for early childhood education and care, contact the *nintei kodomo-en* you would like to use directly or contact the division in charge of childcare at your local municipal office.

Saitama Prefecture has published "The Three Sprouts: A Brief Childcare Guide," a leaflet that outlines skills that children should learn before enrolling in elementary school. These skills are divided into three broad categories: "Daily Life," "Interacting with Others," and "Curiosity & Caring". These leaflets are available in simple Japanese, English, Chinese, Spanish, Portuguese, Tagalog, Korean, Vietnamese and Indonesian in addition to Japanese. All of these are listed on the website below and can be used as needed.

Website: <http://www.pref.saitama.lg.jp/f2214/mebae02/mebae-panfuri-fu.html>

5 Infant and Foster Homes, Mother-Child Family Support Facilities, and Childbirth Facilities

Infant and foster homes offer a home to children whose parents or guardians are unable to care for them due to illness or financial hardship. In principle, the ages of eligibility are 0 to 18 years. For more information, contact your local Children's Counseling Office.

Mother-Child Family Support Facilities enable single mothers etc. and their children to reside at the facility while receiving assistance with a range of hardships in their daily lives.

Childbirth Facilities are facilities where pregnant women who are unable to give birth safely and securely for financial reasons can reside.

For more information about Mother-Child Family Support Facilities or Childbirth Facilities, contact your nearest prefectural or municipal welfare office.

6 Infant Medical Expenses Subsidy

To be eligible for this subsidy, you must have completed the resident registration process (obtained a Residence Card) and be enrolled in health insurance.

(1) Cost of Medical Care for Premature Babies

When a baby is born weighing 2,000g or less or has an underdeveloped body, the municipality will bear all or part of the cost of medical treatment that the insured is responsible for. This is dependent upon the family's income and based upon the condition that the infant is hospitalized in a designated medical facility. The municipal government will continue to bear these costs until the child turns 1 year old.

For more information, contact the division in charge of nursing and medical care for premature babies at your local municipal or ward office.

(2) Assistance for Medical Expenses

You can apply for reimbursement of a portion of expenses for children's medical treatment that insurance does not cover from your municipality. The age requirements vary with each municipality.

For more information, contact the division in charge of children's welfare at your local municipal or ward office.

(3) Financial Support for Medical Treatment for Children with Physical Disabilities

The family's expenses for medical treatment of physically disabled children under the age of 18 will be borne partly or entirely by the municipality (depending on the financial status of the family). Treatment must be carried out at a designated facility and there must be reasonable probability of improvement or recovery through medical treatment.

For more information, contact the division in charge of medical services for children with disabilities at your local municipal or ward office.

(4) Assistance for Medical Expenses for Children with Specific Chronic Diseases

Part or all of the family's expenses for medical treatment for a child under 18 years of age who has a specific disease such as chronic kidney disease, a malignant growth or a congenital metabolic disorder, will be borne by Saitama Prefecture. This is provided that the treatment is carried out at a designated medical facility.

For more information, contact the public health center with jurisdiction over your area.

7 Child-rearing Allowance

This allowance is available to people who are raising children aged newborn to fifteen years old (up until March 31 following their fifteenth birthday). Both the parent(s) and the child must reside in Japan (excluding cases where the child lives overseas for study). For further information, contact the division in charge of children's welfare at your local municipal or ward office.

8 Family Assistance

(1) Child Support Allowance

This allowance is for single parents or for families where the father or mother is disabled. It is paid to the guardian up until March 31 following their child's 18th birthday. Only households whose income is under a certain level are eligible. For more information, contact the division in charge of children's welfare at your local municipal or ward office.

(2) Special Child Support Allowance

This allowance is for people who are raising children under 20 years of age who are mentally or physically disabled. Only households whose income is under a certain level are eligible. For more information, contact the division in charge of children's welfare or disability welfare at your local municipal or ward office.

(3) Welfare Loans for Single Mothers, Single Fathers, and Widows

Loans are available for single-parent families or widows (including people who are now re-married) raising children under the age of 20 to assist with the costs of education,

medical treatment, and moving. For more information, contact the division in charge of children's welfare at your local municipal or ward office or a prefectural welfare office.



Consultation and Inquiries

Welfare Office	Phone	Address	Hours
Tobu Chuo Welfare Office	048-737-2359	1-76 Onuma, Kasukabe-shi	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 8:30 - 17:15
Seibu Welfare Office	049-283-6780	2327-1 Ishii, Sakado-shi	
Hokubu Welfare Office	0495-22-0140	1-8-12 Maebara, Honjo-shi	
Chichibu Welfare Office	0494-22-6228	8-18 Sakuragi-cho, Chichibu-shi	

(4) Assistance for Medical Costs for Single Parents

This assistance is for single mothers, single fathers, or foster families of children up to 18 years of age (up until March 31 following the child's 18th birthday) or until 20 years of age for children with specified disabilities. The municipality will pay for a portion of medical expenses not covered by insurance (application required). Only households whose income is under a certain level are eligible. For more information or to apply, contact the division in charge of children's welfare at your local municipal or ward office.

9 Children's Counseling Offices

Children's Counseling Offices offer general counseling and support services for children under 18 years of age.



Consultation and Inquiries

Name	Phone	Address	Hours
Chuo Children's Counseling Office	048-775-4152	1242-1 Ageo-mura, Ageo-shi	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 8:30 - 18:15
Minami Children's Counseling Office	048-262-4152	1-1-56 Shibashimo, Kawaguchi-Shi	
Kawagoe Children's Counseling Office	049-223-4152	33-1 Miyamoto-cho, Kawagoe-shi	
Tokorozawa Children's Counseling Office	04-2992-4152	1-9-2 Namiki, Tokorozawa-shi	
Kumagaya Children's Counseling Office	048-521-4152	5-12-1 Hakota, Kumagaya-shi	
Koshigaya Children's Counseling Office	048-975-4152	402-1 Onma, Koshigaya-shi	
Soka Children's Counseling Office	048-920-4152	425-2 Nishi-cho, Soka-shi	

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Saitama City Hokubu Children's Counseling Office	048-711-3917	4-4-10 Kamikizaki, Urawa-ku, Saitama-shi (4F of "iPalette" Children and Family Center)	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 8:30 - 18:00
Saitama City Nanbu Children's Counseling Office	048-711-2489		

10 Regional Parenting Support Centers

These centers are places where you can take your child (from 0 to 2 years of age) to play with toys while you both get to know other parents and children. They are known as 'meeting plazas' and 'Regional Parenting Support Centers'. It is also possible to ask questions and receive consultation on parenting. Most of these centers are free-of-charge, but some charge a usage fee.

These centers are in all cities, towns, and villages in the prefecture. For details, please contact the division in charge of parenting assistance at your local municipal or ward office.

11 Family Support Centers

Family Support Centers are places that can introduce you to services who can help you with caring for your children. For example, these services can take your children to and from day care, school, and other locations and activities and look after your children while you are out.

You must register beforehand, and there will be a fee at the time of using the service. Fees are different for each municipality, but these fees are generally around 700 yen per hour. For more information, please contact the division in charge of parenting assistance at your local municipal or ward office.

12 Children's Centers

Children's Centers are places where parents can take children of various ages (aimed primarily at elementary and junior high school students) which offer a place to freely play and relax. There is no entry fee. There are classes for exercise and handicrafts, as well as discussion groups. (Some of these activities may include a charge for materials.)

For more information, please contact the division in charge of parenting assistance at your local municipal or ward office.