

# 6 Childbirth and Childcare

## Preparation for Childbirth

### ● If You Are Pregnant

If you are pregnant, please file a pregnancy notification form. You can file the form at the Residents Division, your local community center, at Kiso-Yamazaki or Tamagawa Gakuen Bunka Center, at Machida Eki-mae Liaison Office, Minami-Machida Eki-mae Liaison Office or at the Health Division. Upon filing the notification form, you will be given a Maternal and Child Health Handbook (Boshi Kenko Techo) and a Mother and Child Health Packet. The Maternal and Child Health Handbook is for keeping a record of the health of the expectant mother and the child to be born. It is also available in foreign languages.

The Mother and Child Health Packet contains slips for health checkups during pregnancy and information on the health services available for the mother and child.

### ● Services for Expectant Mothers and Newborns

Health Examinations for Pregnant Woman	Number of Examinations: 14 Required Items for the Checkup: Pregnant woman's health examination slip	The health checkup fee written on the slip is covered by public funds. Other examinations and obstetric tests that exceed public funding must be personally-borne. The slips are inside the Mother and Child Health Packet. These checkup slips can be used at any designated medical institution within the municipalities or neighboring cities of metropolitan Tokyo. Note: For those who undergo checkups at a medical institution or midwife clinic where checkup slips cannot be used due to their returning to their hometown for childbirth, there are subsidy programs available. For more information, please contact the Health Division.
Ultrasound Examinations for Pregnant Woman	Eligibility: Pregnant woman who will be 35 years of age or older on their due date Number of Examinations: 1 Required Items for the Checkup: Pregnant woman's ultrasound examination slip	
Prep Lectures for Soon-to-Be Mamas/Papas (Mothering Classes)	These lectures help participants learn about pregnancy, childbirth, and post-childbirth health maintenance so that they can raise children without worries, and also make new friends with fellow new parents. In addition, participants can attend "General Dental Checkups (for Expectant Mothers)" and "Mama Class Cooking" programs, if they wish.	
Expectant Mother Lectures	These lectures are conducted for those who were not able to participate in the Mothering Lectures.	
Home Guidance for Expectant/Post-Childbirth Mothers	Public health nurses and midwives will make home visits when required to provide further assistance and advice concerning pregnancy, childbirth and childcare.	
Hello Baby Program	A public health nurse or midwife visits the home directly as necessary, and offers support for everyday living in the area of child-raising.	Please send the Birth Notification Form attached in the Maternal and Child Health Handbook (Boshi Kenko Techo).

**Inquiries:** Health Division, Tel: 042-725-5422

### ● After a Baby Is Born

If a child is born while you are in Japan, you must file a birth notification form, either at the municipal office where you reside, or at the municipal office where the child was born. Obtain a Birth Certificate (Japanese birth notification form) at the hospital and submit it to the municipal office within 14 days. When you go to the municipal office, please bring your Maternal and Child Health Handbook. In addition, you must complete foreign resident registration procedures after acquiring a visa for the baby at the Immigration Bureau.