Kumamoto City provides a variety of services regarding pregnancy, childbirth and childcare.

5-1

When pregnant

5-1-1

Maternal and Child Health Handbook/Health Consultation for Pregnant Women


Pregnant women should go to the neighboring Public Health and Welfare Center to report their pregnancy. The designated sheet for “Notification of Pregnancy” is available at maternity hospitals and Public Health and Welfare Centers. When the woman (or parents) reports her pregnancy, she will receive a Maternal and Child Health Handbook (Boshi Kenko Techo). This handbook is designed to record the results of both the mother and child’s health check-ups and the child’s vaccinations as well as to provide necessary information on pregnancy, childbirth, childcare and medical examinations. You will need to reference the handbook until your child starts elementary school education.

Pregnancy reports can be accepted anytime during office hours, but if you visit the Public Health and Welfare Centers during the designated time, you can also receive some consultations on healthcare and diet during pregnancy and dental check-up, as well as receive the Maternal and Child Health Handbook.

* Health and Welfare Centers have maternal handbooks available in English, Indonesian, Korean, Portuguese, Spanish, Tagalog, and Thai.

5-1-2

Health Check-up for Pregnant Women

Health examinations will be carried out during pregnancy, a maximum of 14 times, within the prefecture at an obstetrician. Depending on her needs, an in-depth examination is also available one time.

A dental check-up for pregnant women is also available at the Public Health and Welfare Centers and designated dental clinics in the city.

5-1-3

Financial Assistance for Child-delivery

Contact: Child Care Support Section

Kumamoto City provides some financial assistance for those who find it difficult to pay for all the medical costs incurred at a maternity hospital. Part of the medical expenses will be covered by the city.

Those who would like to apply for this financial assistance must use the following maternity hospitals. Note that you should apply for this service at the Child Care Support Section before hospitalization.

For more information, please contact the Child Care Support Section before delivery.
Name of Clinic/Hospital | Address | TEL
--- | --- | ---
Kumamoto City Hospital | 1-1-60 Koto | 096-365-1711
Kumamoto Red Cross Hospital | 2-1-1 Nagamine Minami | 096-384-2111
Jikei Hospital | 6-1-27 Shimasaki | 096-355-6131
Fukuda Hospital | 2-2-6 Shinmachi | 096-322-2995

* The above information is provided as of September 2010.

5-2
Post Childbirth

5-2-1 Notification of Birth/Birth Certificate
Please refer to 2-1-1 Notification of Birth/Birth Certificate.

5-2-2 Lump-sum Childbirth Allowance
Contact: National Health Insurance Section, Citizens’ Affairs and Public Welfare Sections of City Government Brach Offices, Seibu Civic Center
Please refer to 3-2-2 Benefits of National Health Insurance.

5-2-3 Public Health Nurse’s Visit to Mother and Newborn Baby
Contact: Public Health and Welfare Centers
Kumamoto City’s public health nurses and midwives will visit the homes of pregnant women or the homes of mothers and their newborn babies to provide guidance and consultations regarding their health, child-rearing or other concerns. Mothers with 2 or more children may receive support and consultation from district welfare officers from the “Konnichiwa Abachan” program until 4 months after giving birth.

5-2-4 Post-Childbirth Home-Care Service
Contact: Child Care Support Section, Public Health and Welfare Centers
Home care services will be available for mothers after childbirth if she finds it difficult to do both household chores and childcare due to her poor health, if there are no other family members who can help her during the day, or if she had a multiple birth.

Period of Service Available: Six months after childbirth (If a mother had a multiple birth, the period of service will be one year after the childbirth.)
Time: 8:00am-6:00pm, everyday except December 29-January 3
How many times you can use the service: Up to 20 times (If a mother had the multiple birth, she can use the service up to 40 times.)
Fee: 1,200 yen for once up to 2 hours (A 1 hour extension to 3 hrs total will cost 1,800 yen) but families receiving public welfare are free
How to apply: After childbirth, please make a reservation at the Public Health and
Welfare Centers or Child Care Support Section.
Details of Service:
1. Household chores: cooking, washing dishes, laundry, room cleaning and shopping
2. Childcare: feeding, diaper changing, bathing and others

5-2-5

Himawari Card/Certificate for Child Medical Subsidies

Contact: Child Care Support Section, Citizens’ Affairs and Public Welfare Sections of City Government Branch Offices, Seibu Civic Center

Kumamoto City provides medical subsidies for children age 6 and under who have yet to be enrolled in elementary school. In order to receive this medical subsidy, you need to apply for Himawari Card/Certificate for Child Medical Subsidies. When a child is born or you move somewhere else in Kumamoto City, please apply for the Himawari Card.

Necessary Document for Application: Health Insurance Card/Certificate on which your child name is written, applicant and child’s alien registration card
* First through third year elementary school students will receive subsidies for health services. The Himawari Card is not necessary to receive this aid. After paying for the health services at the hospital, you must complete the subsidy procedure. To apply, a medical receipt or other medical documents will be necessary so please ask in advance.

5-2-6

Children’s Allowance

Contact: Child Care Support Section, Citizens’ Affairs and Public Welfare Sections of City Government Branch Offices.

Kumamoto City provides children’s allowance to parents who raise children who are junior high school students or younger. If the parent’s income is above a certain level, he/she may not be eligible for this service. Please submit the application form within 15 days of the childbirth or within 15 days of your move. (You may be allowed to submit all the necessary documents after the 15 days.)

Amount of Allowance: 13,000 yen per child

Necessary Documents: Health insurance card/certificate, Inkan seal (Signature acceptable), bankbook of applicant, alien registration card of family members

Note: Please bear in mind that you will submit a cancellation form before you leave Kumamoto or Japan. (Inkan seal required)

5-2-7

Child Support Allowance (Jido Fuyo Teate)

Contact: Child Care Support Section, Citizens’ Affairs and Public Welfare Sections of City Government Branch Offices

Child Support Allowances are available to a single mother (or single fathers), as well as mothers whose husbands are mentally and physically challenged, or the other guardian
who takes care of a child who is 18 years old or younger before March 31, or a child who is mentally and physically handicapped, aged 19 or younger. If the parent’s income is above certain level, he/she may not be eligible for this service.

Amount of Allowance:
* 41,720 yen a month for a single child in a household (This amount may differ depending on the income of the single mother or the other guardian.
* 46,720 yen a month for the second child, and 49,720 yen a month for the third child and hereinafter.

Necessary Documents: Copy of Family Registry, Health Insurance Card/Certificate, Pension Book, Inkan seal (Signature accepted), Bankbook (Except Post Office Bank), Income certificate if you are a new resident, documentation stating an amount of expenses for bringing up the child

### Health Check-up for Babies

**Contact: Public Health and Welfare Centers**

According to the child development, health check-ups and health guidance are available for children. All of these health examinations are free of charge, but conducted only in Japanese language. If you need language assistance, please contact the public health and welfare center in advance.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-month olds</td>
<td>In order to examine child development and detect any possible symptoms of illnesses at the early stage, the general health check-up is provided at designated hospitals/clinics for free of charge. Information on vaccinations, child-rearing and the other health consultations will also be provided.</td>
</tr>
<tr>
<td>7-month olds</td>
<td>In order to examine child development and detect any possible symptoms of illnesses at the early stage, the general health check-up is provided at designated hospitals/clinics for free of charge. Information on vaccinations, child-rearing and the other health consultations will also be provided.</td>
</tr>
<tr>
<td>18-month olds</td>
<td>In order to examine child development, diet or nutrition and detect any possible symptoms of illnesses or dental diseases, the general health check-up is provided for 18-month old children at the Public Health and Welfare Centers. Development of movement and language will be also examined.</td>
</tr>
<tr>
<td>3-year olds</td>
<td>In order to examine child development, diet or nutrition and detect any possible symptoms of illnesses or dental diseases, the general health check-up is provided for 3-year old children at the Public Health and Welfare Centers. Development of movement and language will be also examined.</td>
</tr>
</tbody>
</table>

*Tomiai*, Jonan and Ueki towns will issue notifications regarding which groups offer check-ups.
**Vaccination/Immunization**

Please refer to the following chart.

<table>
<thead>
<tr>
<th>Vaccination/Immunization</th>
<th>Target Age Group</th>
<th>Location</th>
<th>When</th>
<th>Cost</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPT</td>
<td>3 months to 89 months</td>
<td>Designated Hospitals/clinics</td>
<td>Throughout the year</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>(Diphtheria and Tetanus Combined)</td>
<td>11-12 years old</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles and Rubella Combined</td>
<td>First Stage: 12-23 months  Second Stage: 5-6 years old during one year before elementary school enrollment</td>
<td></td>
<td></td>
<td></td>
<td>The first stage immunization is recommended after the child becomes one year old</td>
</tr>
<tr>
<td></td>
<td>Third Stage: 1st grader of junior high school  Fourth Stage: 3rd grader of senior high school</td>
<td>Designated Hospitals/clinics (TBD)</td>
<td>Throughout the year (TBD)</td>
<td>Free (TBD)</td>
<td></td>
</tr>
<tr>
<td>Polio</td>
<td>3-8 months old</td>
<td>Public Health and Welfare Centers</td>
<td>Spring and Fall</td>
<td>Free</td>
<td>For the vaccination dates, please check the March and September issues of the city's news letter.</td>
</tr>
<tr>
<td>BCG</td>
<td>Under 6 months old</td>
<td></td>
<td></td>
<td></td>
<td>For the vaccination dates, please check the city's newsletter.</td>
</tr>
<tr>
<td>Japanese Encephalitis</td>
<td>First Stage: 6-8 months old  Second Stage: 9-12 months old</td>
<td>Designated Hospitals/clinics</td>
<td>Throughout the year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td>65 years old or older, those who are mentally and physically challenged between 60-65 of age</td>
<td></td>
<td>October</td>
<td></td>
<td>For the vaccination dates, please check the October issue of the city's paper</td>
</tr>
</tbody>
</table>
For more information, please contact Disease Control and Prevention Section.
TEL: 096-364-3189

5-3
Child-care Assistance Information and Other

5-3-1 Medical Subsidies for Fertility Treatment
Contact: Public Health and Welfare Centers
Kumamoto City provides part of medical expenses for fertility treatment in the following two specifics: in vitro fertilization. You must fulfill some requirements for the application. For more information, please contact the Public Health and Welfare Centers. Medical Subsidy: Maximum of 100,000 yen per treatment
How many times: twice for one fiscal year (April 1 to March 31)
How long: 5 consecutive years

5-3-2 Short-term Child-care Support
Contact: Child Care Support Section
■ Short Stay (Up to 7 days)
In the event that a parent/parents or guardians are very sick and they cannot take care of their children, a short stay program is available for a limited period. Aside from illness, you can also use this program due to some financial reasons or an absence from home for ceremonial functions of the family matters.

■ Twilight Stay (During Night, Sundays and National Holidays)
In the event that a parent/parents or guardians are absent from home until late at night, Sundays or National Holidays, due to their work, a night-stay or extended hour stay program is available temporarily.

Facilities: Kumamoto Infant Home, Jiaien Infant Home, Jiaien Children’s Home, Kikusui Gakuen Home, Fujizakidai Children’s Home, Ryuzan Gakuen Home, Hiroyasu Aijien Home, Airinen and Habataki Home (The short stay program is only available at the Habataki Home)

5-3-3 Child-care Seminar
Contact: Public Health and Welfare Center
Kumamoto City provides mothers/parents, who have infants, with child-care seminars in order to help them carry out the child-raising and weaning. This program will also support the interaction among mothers/parents who are currently raising their infants. Dates and times for the seminar will be announced in the city’s newsletter.

5-3-4 Illness/Recovery Child-care
Contact: Child Care Support Section
In the event that a parent/parents or guardians cannot take care of their children due to their work or the other reasons, the following facilities provide a care for those who are recovering from illness, but were not hospitalized or recognized for their sudden
change in well-being. The children must be the 3rd grader of elementary school or younger.

Facilities: Enehomu (Jiaien Infant Home), Milk Childcare Support Office, Gurimu Childcare Support Office (Ogata Children’s Clinic), Kindahausu (Sugimura Hospital Childcare Support Office), Mirai Childcare Support Office (within Ninomiya Clinic), Emi Childcare Support Office (within Egami Pediatrics)

* Updated as of Sept. 2010

5-3-5

Child-care Support Center
Contact: Child Care Support Section
There are 16 Child-care Support Centers at nursery schools in Kumamoto City as of March 2011. Consultations on child-raising or other concerns are available at each center, which is also a good place to meet or interact with parents with small children. For more information about the centers, please refer to the list of facilities in the 'Forward'.

5-3-6

Other Facilities of Child-care Support Facilities
There are some other facilities for parents and children in the city. Please refer to the list of facilities in the 'Forward'. Consultations and information on child-care and child-raising are available at these facilities, which also provide a play space for children as well as a place to get together and interact with other parents who are raising their children.

5-3-7

Family Support Center Kumamoto
Contact: Childcare Support Section, within the Gender Equality Promotion Center Harmony
In order to help child-raising, parents who need a child-care can ask registered helpmates who are willing to take care of the children at their homes. Both parents and helpmates are required to register in advance before using this service.

Who can apply:
Parents: Those who live or work in Kumamoto City and have a child who is 3 month old or older, up to 6th grade elementary school. It is required to take a preparation seminar for about two hours.

Helpmates: Those who are 70 years old or younger who are willing to take care of children at their homes. It is required to take a preparation seminar for about 12 hours.

Fee:
The parents must pay the following fee to the helpmates.
Fee: 600 yen per hour (From 7:00am -7:00pm, Monday-Friday)
700 yen per hour (Early morning and night hours, weekends and National Holidays)

How to apply:
Contact the Office of the Family Support Center Kumamoto in the Gender Equality Promotion Center Harmony