

## 7. City Services

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### 7.1 Before Childbirth

### 7.2 After Childbirth

### 7.3 For Child rearing



### 7.1 Before Childbirth

#### 7.1.1 Pregnancy Notification (Ninshin Todoke)

As soon as you are diagnosed as being pregnant, you should bring your foreign registration certificate and apply for the pregnancy notification to Meguro City Office 1F Foreign residents' registration Sub-section TEL: 5722-9808

#### 7.1.2 Mother and Child Health Handbook (Boshi techo) and "Mother and Child Health Kit" (Haha to Ko no Hoken Bag)

They are given at the pregnancy notification, and include an Expectant Mother's Health Check-up Card.

The mother and child health handbook records the health conditions of mother and child from pregnancy to child rearing. These records are used as reference when giving health guidance.

Please ask for the Handbook in other languages during the notification.

◇ A person who has not registered as a foreign resident in Japan or has no status of residence is given a Mother and Child Health Handbook (Boshi Techo) and an Expectant Mother's Health Check-up Card. Please ask for them to Public Health Care Centers.

#### **Mother and Child Health Handbook in other languages**

English, Chinese, Korean, Portuguese, Spanish, Thai, Indonesian, Tagalog are available at Mothers' & Children's Health Organization (Boshi Hoken Jigyodan) for 787 yen (incl. tax). 2-18-7 Kanda Chiyoda-ku.

TEL: 4334-1188

FAX: 4334-1181

<http://www.mcfh.co.jp/cat041>



## 7. City Services

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### 7.1.3 Financial Assistance for Hospital Charges

Child Care Support Section  
TEL: 5722-9862

People having difficulties in paying hospital charges for childbirth in specific income brackets are entitled to financial assistance.

### 7.1.4 Temporary Lending for Childbirth

National health insurance & Pension Section  
TEL: 5722-9811

A lump sum for childbirth will be paid after childbirth. If you need money beforehand, you can lend money from the City Office. Refer to 7.2.2

### 7.1.5 Services from Public Health Care Center

○ Meguro Health Care Center  
TEL: 5722-9503

For people living in the following areas: Komaba, Aobadai, Higashiyama, Ohashi, Kamimeguro, Nakameguro, Mita, Meguro, Shimomeguro, Nakacho, Yutenji, Gohongi, Chuocho 2, and Meguro Honcho 1.

○ Himonya Health Care Center  
TEL: 3711-6446

For people living in areas other than the above reported.

### A, Financial Assistance

Financial assistance is offered to expectant mothers who need hospitalization. It has restrictions

regarding the number of days of hospitalization and the patient's income.

**B, When you suffer from pregnancy hypertension syndrome,** you can get advice from a public health nurse (Hokenshi) or a midwife (Josanshi) at your home free of charge. Please contact the Public Health Care Center.

### C, Health Check-ups for Expectant Mothers (Ninpu no Kenkoshinsa)

It is available at designated hospitals or clinics in Tokyo. You need to bring with you the Expectant Mother's Health Check-up Card included in the "Mother and Child Health Kit". You will find free assistance for 14 check ups and financial aid for 1 echogram for pregnant women to assure safe childbirth. Dental examination also is offered with free of charge but upon your request.

If you are not sure where to go to be visited, ask at the public health care center.

**D, Guidance Courses for Mothers (Hello Baby Class) and for Fathers (Papa no Ikuji Kyoshitsu)** Refer to 4.5

**E, To those who had no income the year before or are receiving livelihood assistance**

**I** Financial assistance for examinations is offered.

**I** Milk and powder milk are offered.

## 7. City Services

### 7.2 After Childbirth

#### **7.2.1 Notification of Childbirth (Shussho Todoke)**

Family & Residents'  
Registration Section  
TEL: 5722-9786

After giving birth, you are required to notify the City Office within 14 days.

Necessary documents are Mother and Child Health Handbook (Boshi Techo) and Birth Certificate by the medical institution.

#### **7.2.2 Financial Assistance for Childbirth and Child Rearing**

National Health Insurance  
Section TEL:5722-9811  
The National Health Insurance pays a lump sum of ¥350,000 for childbirth to the insured. However, it is not possible to receive double payments from the National Health Insurance and other insurances.

\* It also pays this sum of ¥350,000 in the event of stillbirth or miscarriage after 12 weeks of pregnancy.

#### **7.2.3 Temporary Child Care**

Call Child & Family Support Center (Kodomo Katei Shien Center) for appointment 14days to 1 month prior to the day you want help.  
TEL: 5722-9743 ¥500/hour  
Available up to 48 hours

#### **㊦Non Japanese Baby**

You should receive 2 copies of certificate to prove the acceptance of birth notification. One copy has to be submitted to your embassy. The other copy is used to receive status of residence at the Tokyo Immigration Bureau within 30 days from birth.

Application for foreign resident registration with your passport or the proof of acceptance of birth notification is necessary to complete the Birth Certificate within 60 days after birth.

Even if you don't have a legal status, the Birth Certificate and Certificate of acceptance of birth notification of the baby should be kept.

#### **7.2.4 Service from Public Health Care Center Refer to3.4.3, 7.1.5**

##### **◇The Childbirth Notification Slip (Shussho Tsuchi Hyo)**

Send the childbirth notification slip in the Mother and Child Health Kit to your local Public Health Care Center.

##### **◇Instruction at Your Home for Expectant Mothers and Newborn Babies**

When you have your first baby or the weight of your newborn baby is under 2,500g or when you want to receive instruction for you and your newborn baby, you can get advice from a public health nurse or a midwife at your home free of charge.

## 7.City Services

### 7.3 For Child-rearing

#### 7.3.1 Financial Assistance for Children's Medical Treatment

Child Care Support Section  
TEL: 5722-9864

Financial assistance from Meguro-ku is available to cover the personally-borne portion of medical expenses for children enrolled in the Health Insurance scheme in Japan (up to the first March 31 after their 15<sup>th</sup> birthday). Refer to 2.4

You should apply to receive "Free Child Medical Card (*Kodomo Iryosho*)" after the notification of childbirth or moving into Meguro-ku.

You should show it with your health insurance card at medical institution when receiving medical care.

This assistance does not depend on your income, but the City Office checks your income.

#### 7.3.2 Child Allowance

Child Care Support Section  
TEL: 5722-9864

This allowance is for those who have children under 6<sup>th</sup> grader and have specific income. It is available upon application only. Leaflets in English and Chinese are available at the desk.

You need to apply within 15 days after submitting the notification of childbirth or moving into Meguro-ku. Even if you don't have all the required documents, you can apply.

#### <A table of Income and Allowance >

The following table shows the amount of allowance according to income level in 2008. The income shown in the list is the amount after employment income deduction. If you have not joined national pension plan, you need to refer the amount under "national pension scheme members."

\*sign shows the number of dependants.

Child	The amount of allowance	Income Level		
		National Pension Scheme Member	Employees' Pension Scheme Member	*
Under 3 years old	Monthly 10,000yen	4,600,000yen	5,3200,00 yen	0
Over 3 years old	Monthly 5,000yen	4,980,000yen	5,700,000yen	1
Over 3/ per one child	Monthly 10,000yen	5,360,000yen	6,080,000yen	2
		5,740,000yen	6,460,000yen	3

**7.3.3 Financial Assistances**

Child Care Support Section  
TEL: 5722-9864

**For Single Parent Home**

- Child Rearing Allowance
- Child Support Allowance
- Medical Expense Assistance

**For Parents who have children with physical or mental disabilities**

- Disabled Allowance
- Special Child Support Allowance

Child Measures Section  
TEL: 5722-9862

**For Single Parent Home**

- Welfare Loan for Mothers and Children
- Loan for Educational Expense
- Benefit for self-support.

Meguro Public Health Center  
TEL: 5722-9503  
Himonya Public Health Center  
TEL: 3711-6446

**For Children's Medical Treatment**

- Medical Expense Assistance for premature baby
- Medical Expense Assistance for chronic disorders
- And etc.

Please call for details.

**7.3.4 Home Help Services**

Child Measures Section  
TEL: 5722-9862

If a single parent or his/her children have great difficulties in daily life, a helper can visit and assist them.

**7.3.5 Meguro Child \*  
Child-rearing Net**

You can get information about child-rearing in Meguro on this website:

<http://www.megurokodomo.net/>

If you have any problem with, or want to know about child-rearing, please check this website for useful information. Unfortunately, it is provided only in Japanese.

