

(3) Parenting

① Support relating to the mother's and baby's health

Health checkups for nursing mothers

Izumisano city covers part of the cost of the health checkups for nursing mothers that take place around 2 weeks and 1 month after childbirth.

Vouchers for these checkups can be found in the appendix of the Maternal and Child Health Handbook.

*Before visiting a medical institute, please confirm that they accept these vouchers.

*You are responsible for any amount that is not covered by the voucher.

Health checkups for infants (Free of charge)

- Group examinations: Health checkups for infants who are 4 months, 18 months, and 3 years and half years old. Dental checkups for infants who are 2 years old.

You will receive a notification from Izumisano city hall.

These checkups are done at Izumisano city's health examination center.



- General health examinations for infants

A voucher can be found in the Maternal and Child Health Handbook.

Please be sure to go to a designated medical institute for the examination.

- Postinfancy medical examinations (for infants that are 9 months old to one day before their 1st birthday)

You will be given a voucher when your infant gets the 4-month checkup.

Please be sure to go to a designated medical institute for the examination.

Preventive Vaccination

Please make enquiries at the Health Promotion Division for details about what types of vaccinations your child needs to get and when.

★Where to make enquiries:

Health Promotion Division

TEL: 072-463-1212 (extension: 2311 to 2318)

3. Pregnancy, Childbirth, and Parenting

Other support

Izumisano city provides various types of parenting support in addition to the above.

- Support by childcare experts, such as midwives.
You have access to a home-visit or telephone consultation service for mothers.
Childcare experts will introduce you to community parenting circles and provide you with useful information about parenting.
- Parenting support center
This is a place where you can play with your child and chat with other parents.
Childcare experts provide consultation services about parenting.

★Where to make enquiries:

Parenting Support Division

TEL: 072-463-1212 (extension: 2381 to 83 , 2385 to 87)

3. Pregnancy, Childbirth, and Parenting

② Childcare

The childcare facilities commonly available in Japan for children under school age are as follows.

Nurseries

Nurseries are childcare facilities for children whose parents are not available during the day to take care of their child because they work, are sick, or for other reasons.

Registered nurseries have met the national standards and been certified by the prefectural government or municipality.

School age: 0 years old (basically 6 months or older) to the age before going to elementary school.

“Non-registered day-care facilities” offer childcare services but they are not certified by the prefectural government or municipality.

Before you submit an application to a day-care facility of this type, please carefully check the details about their services and features.

This type of facility can be used regardless of the parents’ work status.



Kindergartens

They provide education for children from 3 years old to the age before they start elementary school.

Certified Centers for Early Childhood Education and Care

These centers offer both nursery (childcare) and kindergarten (education).

This type of facility is available regardless of the parents’ work status.

School age: 0 years old (basically 6 months or older) to the age before going to elementary school.

Applications for these childcare facilities are only accepted during a limited period of time.

As there are many applicants for the registered nurseries and Certified Centers for Early Childhood Education and Care, not every child is able to be accepted at these facilities.

Some nurseries offer childcare services for short periods of time, such as a few days a week.

★Where to make enquiries:

Parenting Support Division

TEL: 072-463-1212 (extension: 2381 to 83 , 2385 to 87)

