

3. Pregnancy, Childbirth, and Parenting

(1) Pregnancy

Once you learn that you are pregnant, please notify the Community Involvement Promotion Division at Izumisano city hall. The city provides various support services to expectant mothers.

① Pregnancy notification

You are eligible to receive the following support after you submit your “pregnancy notification.”

- A Maternal and Child Health Handbook
- Vouchers for prenatal health checkups
- Vouchers (and result notification slips) for dental checkups for expectant and nursing mothers
- Explanations about available healthcare services for mother and child

<What to bring>

- Something that has your “My Number” on it (e.g., My Number Notification Card or My Number Card)
- Your personal ID (with photo)

★Where to make enquiries and follow procedures:

Community Involvement Promotion Division (Comprehensive Parenting Support Center)

TEL: 072-463-1212 (extension: 2151 to 2159 , 2181 to 2183)



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② Maternal and Child Health Handbook

The Maternal and Child Health Handbook is a small notebook that can be used to keep a record of the mother's and child's health, such as health checkups for expectant mothers and infants, the child's vaccination history, etc.

Please take it with you whenever you go to a medical institute or receive healthcare services provided by Izumisano city.

Please do not lose it as it will be used as a record of your child's vaccination history.

A multilingual* Maternal and Child Health Handbook is available at Izumisano city hall for those who have difficulty understanding the Japanese version.

*In English, Chinese, Korean, Thai, Tagalog, Spanish, Portuguese, and Indonesian

☆ Useful website:

Ministry of Health, Labour and Welfare "For Your Well-being during Pregnancy and Delivery" (Leaflet)

<https://www.mhlw.go.jp/bunya/kodomo/boshi-hoken10/dl/02.pdf>



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③ Support that Izumisano city provides

Prenatal health checkups

Expectant mothers are eligible to receive support for the cost of prenatal health checkups.

Before visiting a medical institute, please confirm that they accept the “vouchers for prenatal health checkups” provided by Izumisano city.

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

Dental checkups for expectant and nursing mothers, etc.

Expectant and nursing mothers and women who want to become pregnant are eligible to receive free dental checkups.

Women can receive dental checkups at no cost once during their pregnancy and once within one year of childbirth. (A woman who wants to become pregnant is eligible to receive one checkup once in her lifetime except when she is pregnant or nursing.)

Please be sure to go to a designated dentist.

Family Workshops

Family workshops are held for expectant mothers and their family members where they can get useful information from midwives and practice bathing a baby.

These workshops are held about once every three months.

Please sign up at the Health Promotion Division.

★Where to make enquiries and follow procedures:

Health Promotion Division

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