

Chapter 5

Pregnancy, Childbirth, Childcare, Family



Saitama's Prefectural Mascot
Kobaton

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1 Public Health Centers

Public health centers located throughout Saitama offer a range of consultation and testing services, including:

- Specialist consultation and counseling for mental health, incurable diseases, tuberculosis, infectious diseases, etc.
- Testing for AIDS, STDs, and hepatitis
- Consultation for medical safety
- Consultation for animals such as dogs
- Counseling and support for people with drug addictions
- Food and water safety testing and consultation



Consultation and Inquiries

【Public Health Centers in the Prefecture】

Name	Telephone	Jurisdiction	Hours
Nanbu Public Health Center	048-262-6111	Warabi-shi, Toda-shi,	Mon - Fri 8:30 – 17:15 (Except National Holidays and during the New Year's Holiday Period)
Asaka Public Health Center	048-461-0468	Asaka-shi, Shiki-shi, Wako-shi, Niiza-shi, Fujimi-shi, Fujimino-shi, Miyoshi-machi	
Kasukabe Public Health Center	048-737-2133	Kasukabe-shi, Matsubushi-machi	
Soka Public Health Center	048-925-1551	Soka-shi, Yashio-shi, Misato-shi, Yoshikawa-shi	
Konosu Public Health Center	048-541-0249	Konosu-shi, Ageo-shi, Okegawa-shi, Kitamoto-shi, Ina-machi	
Higashimatsuyama Public Health Center	0493-22-0280	Higashimatsuyama-shi, Namegawa-machi, Ranzan-machi, Ogawa-machi, Kawajima- machi, Yoshimi-machi, Tokigawa-machi, Higashi-Chichibu-mura	
Sakado Public Health Center	049-283-7815	Sakado-shi, Tsurugashima-shi, Moroyama- machi, Ogose-machi, Hatoyama-cho	
Sayama Public Health Center	04-2954-6212	Tokorozawa-shi, Hanno-shi, Sayama-shi Iruma-shi, Hidaka-shi	
Kazo Public Health Center	0480-61-1216	Gyoda-shi, Kazo-shi, Hanyu-shi	
Satte Public Health Center	0480-42-1101	Kuki-shi, Hasuda-shi, Satte-shi, Shiraoka- shi, Miyashiro-machi, Sugito-machi	
Kumagaya Public Health Center	048-523-2811	Kumagaya-shi, Fukaya-shi, Yorii-machi	
Honjo Public Health Center	0495-22-6481	Honjo-shi, Misato-machi, Kamikawa-machi, Kamisato-machi	
Chichibu Public Health Center	0494-22-3824	Chichibu-shi, Yokoze-machi, Minano- machi, Nagatoro-machi, Ogano-machi	

【Municipal Public Health Centers】

Saitama City Public Health Center	048-840-2205	Saitama-shi	Mon - Fri 8:30 – 17:15 (Except National Holidays and during the New Year's Holiday Period)
Kawagoe City Public Health Center	049-227-5101	Kawagoe-shi	
Koshigaya City Public Health Center	048-973-7530	Koshigaya-shi	
Kawaguchi City Public Health Center	048-266-5557	Kawaguchi-shi	

2 Pregnancy, Childbirth and Childcare

(1) Pregnancy Notification and Mother and Child Health Handbook

Once pregnancy has been confirmed, submit notification to your local municipal or ward office as soon as possible and you will be issued a Mother and Child Health Handbook (in Japanese) together with a public expense voucher for a pre-natal checkup. Before childbirth, the Mother and Child Health Handbook is used to document the health conditions of both the mother and unborn child. After birth, it is used to record the child's vaccinations and health. You are required to bring this book with you when you have checkups and give birth. All foreign nationals who have resident registration are eligible to receive the handbook regardless of documentation of their status of residence.

(2) Foreign Language Editions of the Mother and Child Health Handbook

The Mother and Child Health Organization also offers this handbook in 8 other languages (English, Chinese, Portuguese, Spanish, Korean, Thai, Indonesian, Tagalog, and Vietnamese) accompanied by the Japanese text.

You can purchase these handbooks via the Internet (at *Hon no Rakuiku Mantendo*).

For further information, contact *Hon no Rakuiku Mantendo*.



Consultation and Inquiries

Name	Contact	Hours (Telephone)
<i>Hon no Rakuiku Mantendo</i>	http://www.ecur.co.jp/ Phone: 03-4334-1163	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 9:30 - 12:00 13:00 - 17:00

(3) Assistance for Pregnant Women and Children

- ① Prenatal Health Checks: Pregnant women are eligible for a free prenatal checkup to ensure the health of the mother and the unborn baby.
- ② Maternity Classes (parenting classes): These classes are conducted to teach first-time mothers (parents) about health management during pregnancy, preparation for birth, and caring for a newborn baby.
- ③ Newborn Care Counseling at Home: A nurse or midwife will, at your request, visit your home to offer guidance and advice and assist you with any difficulties you are having with your child. This service is only available for the first 28 days after birth.
- ④ Visits to All Homes with Infants: A nurse will visit all homes with infants up to 4 months of age, listen to any of your qualms or worries regarding childcare, and provide

information necessary for parenting.

- ⑤ **One-time Childcare Payment:** Individuals enrolled in the National Health Insurance can receive a one-time payment to assist with the costs of delivery and postnatal care according to the terms specified on the application of the payment. For further details, contact the National Health Insurance Division of your local municipal or ward office or the national health union you are a member of.

If you subscribe to the Employee's Health Insurance plan, you are also eligible to receive a one-time payment to assist with the costs of childbirth. For further details, contact your employer.

For further details on items ① to ④, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(4) Childcare Classes

Childcare classes are conducted to teach mothers about looking after babies. For further information, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(5) Health and Dental Checks for Infants

Municipalities offer free health and dental checks for children aged 3-4 months, 18 months, and 3 years old. Please note that these ages may vary from one municipality to another. Please take your Mother and Child Health Handbook to the checkup. For further information, contact the Mother and Child Health Care Division of your local municipal or ward office or your local public health center.

(6) Subsidy for Infertility Treatment

Couples that have registered their residency in Saitama, are eligible to receive this support. Part of the cost of in-vitro fertilization or micro fertilization treatment at specified medical institutions will be covered. For further information, please contact your local public health center.

(7) Test for Inherited Metabolic Disorders and Other Conditions

Saitama Prefecture provides testing for newborn babies to discover and treat inherited diseases at an early stage. The test screens for 20 different types of diseases. All of these diseases are rare, but, if not detected and treated at an early stage, can cause delays in the mental and physical growth or development of a child. However, if they are detected early and treated properly, most of the symptoms of diseases can be prevented. Generally, almost all newborn babies are tested. For further information, please direct your inquiry to the

Wellness and Longevity Division of the Saitama Prefectural Government Department of Public Health and Medical Services.

(8) Subsidy for Infertility Testing Expenses

Depending on the municipality, a legal couple who are registered as residents in the municipality may be eligible for a subsidy granted to couples who undertake an infertility examination together. For further details, contact the Mother and Child Health Care Division of your municipality or your local public health center.

For further details, contact the public health center in your area of residence.

(9) Subsidy for Female Infertility Testing Expenses

Depending on the municipality, a legal couple who are registered as residents in the municipality may be eligible for a subsidy granted to couples who undertake an infertility examination. For further details, contact the Mother and Child Health Care Division of your municipality or your local public health center.

3 Vaccinations

Vaccinations strengthen the immune system against infections and prevent illnesses and the spread of diseases.

The vaccinations listed below are generally free of charge if you fit the following criteria below:

- ① You can prove that your child lives in a municipality by providing a certificate of residence or a notification from the Immigration Bureau which states the child's address.
- ② You take your child to be vaccinated within the designated period and at the medical institute specified by your local municipal or ward office.
- ③ Your child is healthy enough to receive the vaccines.

The period in which your child can receive these vaccines and their cost, if any, differs between municipalities. Consequently, it is recommended that you contact your local municipal or ward office or your local public health care center before the vaccination is required. If you have a Mother and Child Health Handbook, please bring it with you.

Type of Vaccine *1	Patient's Age			No. of Vaccinations	Time Between Vaccinations
	First Stage	Initial vaccinations	3 - 90 months of age		
Quadruple vaccine				3 times	At least 20 days

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Type of Vaccine *1	Patient's Age		No. of Vaccinations	Time Between Vaccinations	
(diphtheria, whooping cough, tetanus, and polio)		Additional vaccination	3 - 90 months of age	1 time	At least 6 months after 1 st round of vaccinations (3 times)
Double vaccine (diphtheria and tetanus)	First Stage [§]	Initial vaccination	3 - 90 months of age	2 times	At least 20 days
		Additional vaccination	3 - 90 months of age	1 time	At least 6 months after 1 st round of vaccinations (2 times)
	Second Stage		11 - 13 years old	1 time	
Polio	First Stage	Initial vaccinations	3 - 90 months of age	3 times	At least 20 days
		Additional vaccination	3 - 90 months of age	1 time	At least 6 months after 1 st round of vaccinations (3 times)
*2 Measles and rubella (German measles)	First Stage	12 - 24 months of age		1 time	
	Second Stage	5 - 7 years old (1 year before starting elementary school)		1 time	
*3 Japanese encephalitis	First Stage	Initial vaccinations	6 - 90 months of age	2 times	At least 6 days
		Additional vaccination	6 - 90 months of age	1 time	Approximately 1 year after 1 st vaccination
	Second stage		9 - 13 years old	1 time	
BCG (Prevention of tuberculosis)	Before reaching 1 year of age			1 time	

Type of Vaccination *1	Patient's Age	No. of Vaccinations	Time Between Vaccinations
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Pediatric pneumococcal infection	2 - 60 months of age	Start between 2 and 7 months of age	Initial: 3 times (complete by 24 months of age) Additional: 1 time	Initial: At least 27 days (However, if 2 nd vaccination is given after reaching 12 months of age, 3 rd will not be given) Additional: At least 60 days from the 3 rd initial vaccination (after reaching 12 months of age)
		Start between 7 and 12 months of age	Initial: 2 times (complete by 24 months of age) Additional: 1 time	Initial: At least 27 days Additional: At least 60 days from the initial 2 nd time (after reaching 12 months of age)
		Start between 12 and 24 months of age	2 times	At least 60 days
		Start between 24 and 60 months of age	1 time	
Haemophilus Influenzae type b Vaccine	2 - 60 months of age	Start between 2 and 7 months of age	Initial: 3 times Additional: 1 time	Initial: At least 27 days (20 days when a doctor approves) before reaching 12 months of age Additional: At least 7 months after initial vaccinations are completed
		Start between 7 and 12 months of age	Initial: 2 times Additional: 1 time	
		Start between 12 and 60 months of age	1 time	
*4 Human papilloma virus infection (cervical cancer prevention)	Girls aged approx. 12 - 15 years	Human papilloma virus (HPV) (2 types) vaccine (Cervarix)	3 times	2 nd vaccination: at least 1 month after 1 st 3 rd vaccination: at least 5 months after 1 st and at least 2.5 months after 2 nd
		Human papilloma virus (HPV) (4 types) vaccine (Gardasil)		2 nd vaccination: at least 1 month after 1 st 3 rd vaccination: at least 3 months after 2 nd

*5 Chickenpox	1 st vaccination	12 - 36 months of age	1 time	
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	2 nd vaccination	12 - 36 months of age (at least 3 months after 1 st vaccination)	1 time	
*6 Hepatitis B	Before reaching 1 year of age		3 times	At least 27 days between 1 st and 2 nd , At least 139 days between 1 st and 3 rd

§ Even in cases where it is apparent that your child has had whooping cough, you may choose to have him or her receive either the quadruple or the double vaccine. For the double vaccine there are two initial vaccinations. It is also possible for children who have suffered from diphtheria, tetanus or polio to receive the quadruple or the double vaccine.

- *1 These vaccinations are based on the Preventative Vaccination Law as of November 1, 2019.
- *2 Unless you have contracted either measles or rubella, or specify to only be vaccinated against one or the other, the vaccination will cover both measles and rubella (German measles).
- *3 Among those who were born during the period from April 2, 1995 to April 1, 2007, regular vaccination for Japanese encephalitis will be offered to those who are under 20 years of age.
- *4 Since June 14, 2013, vaccination has not been actively encouraged for the time being. However, those who want to may receive periodic vaccination.
- *5 Added to regularly scheduled vaccinations as of October 1, 2014.
- *6 Added to regularly scheduled vaccinations as of October 1, 2016.

Different languages of the “Children’s Vaccinations and Children’s Health” handbook (English, Chinese, Korean, Vietnamese, Spanish, Portuguese, Thai, Indonesian, Tagalog and Nepali) can be downloaded from the Vaccination Research Center Foundation’s website. It includes information about vaccinations and illnesses people can be vaccinated against.

URL: <https://www.yoboseshu-rc.com/pages/8/>

Persons who wish to be vaccinated against illnesses other than those included in the above list, such as influenza, mumps, etc., have the option of receiving those vaccinations at a medical institution, voluntarily. Please consult your doctor. These vaccinations will generally incur a fee.

4 Nurseries and *Nintei Kodomo-en* (Centers for Early Childhood Education and Care)

Nursery schools (*hoiku-en*) are children's welfare facilities that offer day care services for preschool children whose parent(s)/guardian(s) are unable to take care of them during the daytime due to illness or in cases where they work. Nursery schools provide services for newborns to children about to enter elementary school.

If you want to use a day nursery, first apply at a local municipal office. The local municipal office decides if your child may use the nursery school and how much you will have to pay. The local municipal office also decides how long (how many hours per day or week) your child may use the nursery school after considering parents' working hours and commuting time. Childcare for children aged 3 to 5 is free. Childcare fees for children between the ages of 0 and 2 are determined by municipality based on the household income of the child's family.

For further information and to enroll your child in a nursery school, please consult with the division in charge of childcare at your local municipal office.

A ***nintei kodomo-en*** is an authorized facility for preschool children aged 0 to 5 that combines the functions and characteristics of kindergartens and daycare centers/nursery schools. Children aged 3 to 5 can receive education and care regardless of whether or not their parents are working. Childcare fees for *nintei kodomo-en* are the same as for daycare centers.

For more information and to apply for your child to enter a *nintei kodomo-en*, contact the *nintei kodomo-en* you would like to use directly or contact the division in charge of childcare at your local municipal office.

Saitama Prefecture has published "The Three Sprouts: A Brief Childcare Guide," a leaflet that outlines skills that children should learn before enrolling in elementary school. These skills are divided into three broad categories: "Daily Life," "Interacting with Others," and "Curiosity & Caring," for easy reference. To access these leaflets (in simple Japanese, English, Chinese, Spanish, Portuguese, Tagalog, Korean, Vietnamese and Indonesian in addition to Japanese), visit the following website: All of these are listed on the website and can be used as needed.

<http://www.pref.saitama.lg.jp/f2214/mebae02/mebae-panfuri-fu.html>

Facilities

Public nurseries and foster homes offer a home to children whose parents or guardians are unable to care for them at home due to illness or financial hardship. In principle, the ages of eligibility are 0 to 18 years. For further details, contact your local Children's Counseling Office.

Mother-Child Family Support Facilities enable single mothers etc. and their children, to reside at the facility while receiving assistance with a wide range of lifestyle-related issues.

Childbirth Facilities enable pregnant women who are unable to give birth safely and securely for financial reasons to reside at the facility.

For further details about Mother-Child Family Support Facilities or Childbirth Facilities, contact your nearest prefectural or municipal welfare office.

6 Infant Medical Expenses Subsidy

To be eligible for this subsidy, you must have completed the resident registration process (obtained a Residence Card) and enrolled in health insurance.

(1) Nursing and Medical Care for Premature Babies

When a baby is born weighing 2,000g or less and/or has an underdeveloped body, the municipality will bear all or part of the cost of medical treatment that the insured is responsible for. This is dependent upon the family's income and based upon the condition that the infant is hospitalized in a designated medical facility. The municipal government will continue to bear these costs until the child's first birthday.

For further details, contact the division in charge of nursing and medical care for premature babies at your local municipal or ward office.

(2) Subsidy for Medical Expenses

Reimbursement of a portion of expenses for children's medical treatment that insurance does not cover can be claimed from your local municipality. The age requirements vary with each municipality.

For further details, contact the Children's Welfare Division of your local municipal or ward office.

(3) System of Medical Payment for Services and Support for Persons with Disabilities (Medical Aid for Children with Potential Disabilities)

The expenses for medical treatment of physically disabled children under the age of 18 which the family is responsible for will be borne partly or entirely by the municipal governments (depending on the financial status of the family). This is based on the case that treatment is carried out at a designated institution and there is a reasonable chance of disability improvement or recovery through medical treatment.

For further details, contact the division in charge of medical services for children with potential disabilities at your local municipal or ward office.

(4) Subsidy for Medical Expenses for Children with Chronic and Specific Diseases

Part or all of the expenses for medical treatment which the family is expected to bear for treating a child under 18 years of age who has genetically inherited or contracted a specific disease such as chronic nephritis, a malignant growth or a congenital metabolic disorder, will be borne by Saitama Prefecture. This is provided that the treatment is carried out at a designated hospital.

For further details, contact the public health center in your area of residence.

7 Child Allowance

This allowance is available to people who are responsible for and take care of children from newborns to fifteen-year-olds (up until March 31 following their fifteenth birthday). This is provided when both the parent(s) and the child have a residence in Japan (excluding cases where the child lives overseas for study). For further information, contact the division in charge of children's welfare at your local municipal or ward office.

8 Family Assistance

(1) Child Care Allowance

This allowance is for single mothers or fathers or for families where the father or mother is disabled. It is paid to the guardian up until March 31 following their child's 18th birthday. Please note that only families whose income is under a certain level are eligible. For further information, contact the division in charge of children's welfare at your local municipal or ward office.

(2) Special Child Care Allowance

This allowance is paid to people who are responsible for taking care of children under 20 years of age who are mentally or physically disabled. Please note that only people

under a certain income level are eligible. For further information, contact the division in charge of children's welfare or disability welfare at your local municipal or ward office.

(3) Welfare Loans for Single Mothers, Single Fathers, and Widows

Welfare loans are available for single parent-families (including widows that are now re-married) rearing children under the age of 20 to assist with the costs of education, medical treatment, and moving. For further information, contact the division in charge of children's welfare at your local municipal or ward office or a prefectural welfare office.



Consultation and Inquiries

Welfare Office	Telephone Number	Address	Hours
Tobu Chuo Welfare Office	048-737-2359	1-76 Onuma, Kasukabe-shi	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 8:30 - 17:15
Seibu Welfare Office	049-283-6780	2327-1 Ishii, Sakado-shi	
Hokubu Welfare Office	0495-22-0140	1-8-12 Maebara, Honjo-shi	
Chichibu Welfare Office	0494-22-6228	8-18 Sakuragi-cho, Chichibu-shi	

(4) Special Medical Allowance for Single Parents

This allowance is for single mothers, single fathers, or single guardians of children up to 18 years of age (up until March 31 following the child's 18th birthday) or until 20 years of age for children with specified disabilities. The allowance, which requires the submission of an application, provides a partial refund of medical expenses not covered by insurance. Please note that only people under a certain income level are eligible. For further information or to apply for a refund, contact the division in charge of children's welfare at your local municipal or ward office.

9 Children's Counseling Offices

Children's Counseling Offices offer general counseling and support services for children under 18 years of age.



Consultation and Inquiries

Name	Telephone	Address	Hours
Chuo Children's Counseling Office	048-775-4152	1242-1 Ageo-mura, Ageo-shi	Mon - Fri (Except National

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Minami Children's Counseling Office	048-262-4152	1-1-56 Shibashimo, Kawaguchi-Shi	Holidays and during the New Year's Holiday Period) 8:30 - 18:15
Kawagoe Children's Counseling Office	049-223-4152	33-1 Miyamoto-cho, Kawagoe-shi	
Tokorozawa Children's Counseling Office	04-2992-4152	1-9-2 Namiki, Tokorozawa-shi	
Kumagaya Children's Counseling Office	048-521-4152	5-12-1 Hakota, Kumagaya-shi	
Koshigaya Children's Counseling Office	048-975-4152	402-1 Onma, Koshigaya-shi	
Soka Children's Counseling Office	048-920-4152	425-2 Nishi-cho, Soka-shi	
Saitama City Hokubu Children's Counseling Office	048-711-3917	4-4-10 Kamikizaki, Urawa-ku, Saitama-shi (4F of "i-palett" Saitama City Comprehensive Center for Children and Families)	Mon - Fri (Except National Holidays and during the New Year's Holiday Period) 8:30 - 18:00
Saitama City Nanbu Children's Counseling Office	048-711-2489		

10 Regional Childrearing Support Centers

These centers are places where you can take your child (from 0 to 2 years of age) to play with toys while you both get to know other parents and children. They are known as 'meeting plazas' and 'Regional Childrearing Support Centers'. It is also possible to ask questions and receive consultation on childrearing.

Most of these centers are free-of-charge, but some charge a usage fee.

These centers are in all cities, towns, and villages in the prefecture. For details, please contact your local Childrearing Assistance Division.

11 Family Support Centers

Family Support Centers are places that can introduce you to people who can help you with caring for your children. For example, they can take your children to and from day care, school, and other locations and activities and look after your children while you are out.

It is necessary to register beforehand, and there will be a fee when you ask for someone to transport your children or look after them. Fees are different for each city, town, or village, but these fees are generally around 700 yen per hour.

For details, please contact your local Childrearing Assistance Division.

12 Children's Centers

Children's Centers are places where parents can take children of various ages (aimed primarily at elementary and junior high school students) which offer a place to play and relax freely. There is no entry fee.

There are classes on exercise, handicrafts, and discussion groups. (Some of these activities may include a charge for materials.)

For details, please contact your local Childrearing Assistance Division.