

Chapter 5

Pregnancy, Childbirth, Childcare, Family



Saitama's Prefectural Mascot
Kobaton

- 1 Public Health Centers
- 2 Pregnancy, Childbirth and Childcare
- 3 Vaccinations
- 4 Nursery Schools and Centers for Early Childhood Education and Care
- 5 Infant and Foster Homes, Mother-Child Support Facilities and Childbirth Facilities
- 6 Infant Medical Expenses Subsidy
- 7 Child Allowance
- 8 Family Assistance
- 9 Children's Counseling Offices
- 10 Regional Parenting Support Centers
- 11 Family Support Centers
- 12 Children's Centers

1 Public Health Centers

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

- Consultations regarding incurable diseases, infectious diseases, tuberculosis, mental health, etc.
- Testing for AIDS, STIs, and hepatitis
- Consultations regarding medical safety
- Consultations regarding animals such as dogs
- Consultations regarding prescription narcotic and stimulant drugs
- Food and water safety testing and consultations



Consultation and Inquiries

【Prefectural Public Health Centers】

| Center Name | Phone | Jurisdiction | Reception Hours |
|---------------------------------------|--------------|---|--|
| Nanbu Public Health Center | 048-262-6111 | Warabi-shi, Toda-shi, | Mon - Fri 8:30 - 17:15 (Excluding National Holidays and 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 | |

【City Public Health Centers】

| | | | |
|-------------------------------------|--------------|---------------|--|
| Saitama City Public Health Center | 048-840-2205 | Saitama-shi | Mon - Fri 8:30 - 17:15 (Excluding National Holidays and 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

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

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

The Mother and Child Health Handbook is also available in 8 other languages (English, Chinese, Portuguese, Spanish, Korean, Thai, Indonesian, Tagalog, Vietnamese, and Nepali), all accompanied by the Japanese text.

You can purchase these handbooks online from *Hon no Rakuiku Mantendo*.

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



Consultation and Inquiries

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

(3) Assistance for Expectant and Nursing Mothers

- ① Prenatal Health Checks: There is public funding available for prenatal checkups to manage 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 managing health during pregnancy, preparation for birth, and caring for a newborn baby.
- ③ Newborn Care Guidance at Home: If it is determined necessary, a nurse or midwife will visit your home to offer guidance and advice for caring for your newborn (within 28 days of 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 concerns or worries regarding childcare, and provide information necessary for parenting.

- ⑤ Childbirth and Childcare Support Gift: Households that have submitted notifications of pregnancy or birth can receive an allowance or coupons to use for buying childbirth and childcare necessities.
- ⑥ Childbirth and Childcare One-time Payment: Individuals enrolled in National Health Insurance can receive a one-time payment to assist with the costs of childbirth and childcare according to the terms specified on the application. 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 are enrolled in an employee health insurance plan through your workplace, you and your family are also eligible to receive a payment to assist with the costs of childbirth. Ask your employer for details.

For more information on ① through ⑤, contact the division in charge of mother and child health care at your local municipal or ward office, or your local public health center.

(4) Childcare Classes

Nurses teach childcare classes on how to care for babies. For further information, contact the division in charge of mother and child health care at 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 availability may vary between municipalities. Please take your Mother and Child Health Handbook to the health check. For further information, contact the division in charge of mother and child health care at your local municipal or ward office, or your local public health center.

(6) Test for Inherited Metabolic Disorders and Other Conditions

Saitama Prefecture provides testing for newborn babies to diagnose and treat inherited diseases at an early stage. There are tests available 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, many of the symptoms of these diseases can be prevented. Almost all newborn babies are tested. For further information, please contact the Wellness and Longevity Division of the Saitama Prefectural Government Department of Public Health and Medical Services.

(7) Subsidy for Infertility Testing Expenses

Depending on the municipality, a subsidy is available for couples who have undergone infertility testing together, and are also registered residents of Saitama Prefecture who are legally married or in a de facto/common-law marriage. For further information, contact the division in charge of mother and child health care at your local municipal or ward office, or your local public health center.

(8) Subsidy for Recurrent Pregnancy Loss Testing Expenses

Depending on the municipality, a subsidy is available for couples who have undergone testing for the cause of recurrent pregnancy loss, and are also registered residents of Saitama Prefecture who are legally married or in a de facto/common-law marriage. For further information, contact the division in charge of mother and child health care at your local municipal or ward office, or your local public health center.

3 Vaccinations

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

Vaccinations are generally free of charge if you meet the following criteria. (Those who do not meet the criteria must pay for the vaccinations.)

- ① You can prove that your child lives in the municipality by providing a resident record 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 at a medical institution or public health center specified by your municipality.
- ③ Your child is healthy enough to receive the vaccination.

The period in which your child can receive these vaccinations and their cost, if any, differs between municipalities. Please contact your local municipal or ward office or your local public health center in advance for information. If you have a Mother and Child Health Handbook, please bring it with you when you take your child to be vaccinated.

The Public Foundation of the Vaccination Research Center's website has a multilingual "Vaccinations and Children's Health" guide available for download (in English, Chinese, Korean, Vietnamese, Spanish, Portuguese, Thai, Indonesian, Tagalog, and Nepali). It includes information on vaccinations and the illnesses they protect against.

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

4 Nursery Schools and Centers for Early Childhood Education and Care

Nursery schools (*hoiku-en*) are children's welfare facilities that offer day care services for pre-school aged children whose parent(s) or guardian(s) are unable to take care of them during the daytime due to illness or work. Nursery schools provide services for children aged 0 to children about to enter elementary school.

If you want to use these services, first apply at your local municipal office. The local municipal office will decide if your child can 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 can use the nursery school after taking into account the parents' or guardians' working hours and commuting time. Childcare for children aged 3 to 5 years old is free. Childcare fees for children between the ages of 0 and 2 years old are determined by the municipality based on the household income of the child's family.

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

Centers for Early Childhood Education and Care (*nintei kodomo-en*) are facilities for preschool children aged 0 to 5 years old that combine the functions and characteristics of kindergartens and nursery schools. Children aged 3 to 5 years old can receive education and care regardless of whether or not their parents are working. Childcare fees for these centers are the same as for nursery schools.

For more information and to apply for your child to enter a center for early childhood education and care, 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". These leaflets are available in simple Japanese, English, Chinese, Spanish, Portuguese, Tagalog, Korean, Vietnamese and Indonesian in addition to Japanese. All of these are available from the website below and can be used as needed.

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

5 Infant and Foster Homes, Mother-Child Support Facilities, and Childbirth Facilities

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

Mother-Child Support Facilities enable single mothers etc. and their children to reside at the facility while receiving consultations regarding hardships in their daily lives.

Childbirth Facilities are facilities where pregnant women who are unable to give birth safely and securely for financial reasons can reside.

For more information about Mother-Child 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 be enrolled in health insurance.

(1) Cost of Medical Care for Premature Babies

When a baby born weighing 2,000g or less or with an underdeveloped body is hospitalized in a designated facility, the municipality will bear all or part of the cost of medical treatment that the insured is responsible for. (This amount is dependent upon the family's income.) This assistance is available until the child turns 1 year old, if necessary.

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

(2) Assistance for Medical Expenses

You can apply for reimbursement of a portion of expenses for children's medical treatment that insurance does not cover from your municipality. The age requirements vary with each municipality.

For more information, contact the division in charge of children's welfare at your local municipal or ward office.

(3) Financial Support for Medical Treatment for Children with Physical Disabilities

The family's expenses for medical treatment for children under the age of 18 with physical disabilities will be borne partly or entirely by the municipality (depending on the financial

status of the family). Treatment must be received from a designated facility and there must be reasonable probability of improvement or recovery through medical treatment.

For more information, contact the division in charge of medical services for children at your local municipal or ward office.

(4) Assistance for Medical Expenses for Children with Specific Chronic Diseases

Part or all of the family's expenses for medical treatment for a child under 18 years of age who has a specific disease such as a malignant growth, chronic kidney disease, or a congenital metabolic disorder, will be borne by Saitama Prefecture. This is provided that the treatment is carried out at a designated medical facility.

For more information, contact the public health center with jurisdiction over your area.

7 Child-rearing Allowance

This allowance is for people who are raising children aged newborn to fifteen years old (up until March 31 following their fifteenth birthday). Both the parent(s) and the child must reside in Japan (excluding cases where the child is overseas for study). For further information, contact the division in charge of children's welfare at your local municipal or ward office.

From October 2024, these conditions will change to include people who are raising children aged up to 18 years old (up until March 31 following their eighteenth birthday).

8 Family Assistance

(1) Child Support Allowance

This allowance is for single parents or for families where the father or mother has a specified disability. It is paid to the guardian up until March 31 following their child's eighteenth birthday. Only households whose income is under a certain level are eligible. For more information, contact the division in charge of children's welfare at your local municipal or ward office.

(2) Special Child Support Allowance

This allowance is for people who are raising children under 20 years of age who have a specified mental or physical disability. Only households whose income is under a certain level are eligible. For more 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-Parent Families and Single Women

Loans are available for single-parent families and women (former single mothers who fulfill the conditions) raising children under the age of 20 to assist with costs such as education, medical treatment, and moving. For more 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 | Phone | Address | Reception Hours |
|--------------------------|--------------|---------------------------------|--|
| Tobu Chuo Welfare Office | 048-737-2359 | 1-76 Onuma, Kasukabe-shi | Mon - Fri (Excluding National Holidays and 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) Assistance for Medical Costs for Single Parents

This assistance is for single mothers, single fathers, or foster families 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. If you submit an application, the municipality will pay for a portion of medical expenses that you paid after insurance. Only households whose income is under a certain level are eligible. For more information, 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 | Phone | Address | Reception Hours |
|---|--------------|----------------------------------|--|
| Chuo Children's Counseling Office | 048-775-4152 | 1242-1 Ageo-mura, Ageo-shi | Mon - Fri (Excluding National Holidays and the New Year's Holiday Period) 8:30 - 18:15 |
| Minami Children's Counseling Office | 048-262-4152 | 1-1-56 Shibashimo, Kawaguchi-shi | |
| 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 | 5-13-1 Hakota, Kumagaya-shi | |
| Koshigaya Children's Counseling Office | 048-975-4152 | 402-1 Onma, Koshigaya-shi | |

A Guide to Living in Saitama

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|--|--------------|--|--|
| 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 "iPalette" Children and Family Center) | Mon - Fri (Excluding National Holidays and the New Year's Holiday Period) 8:30 - 18:00 |
| Saitama City Nanbu Children's Counseling Office | 048-711-2489 | | |

10 Regional Parenting Support Centers

These centers are places where you can take your child from 0 to 2 years old to play with toys while you both get to know other parents and children. They are known as 'meeting plazas' and 'Regional Parenting Support Centers'. It is also possible to ask questions and receive consultation on parenting. Most of these centers are free-of-charge, but some charge a fee.

These centers are in all cities, towns, and villages in the prefecture. For details, please contact the division in charge of parenting assistance at your local municipal or ward office.

11 Family Support Centers

Family Support Centers are places that can introduce you to services that can help you with caring for your children. For example, these services can take your children to and from nursery school and other activities and look after your children while you are out.

You must register beforehand, and there will be a fee at the time of using the service. Fees are different for each municipality, but these fees are generally around 700 yen per hour. For more information, please contact the division in charge of parenting assistance at your local municipal or ward office.

12 Children's Centers

Children's Centers are places where parents can take children of a wide range of ages (aimed primarily at elementary and junior high school students) to freely play and relax. There is no entry fee. There are also classes for exercise and handicrafts, as well as discussion groups. (Some of these activities may include a charge for materials.)

For more information, please contact the division in charge of parenting assistance at your local municipal or ward office.