

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:

- Consultations regarding incurable diseases, tuberculosis, infectious diseases, 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



Consultations 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 Maternal 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 Maternal and Child Health Handbook (in Japanese) together with a voucher for public funding for pre-natal check-ups. Before childbirth, the Maternal 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 check-ups 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 Maternal and Child Health Handbook

The Maternal 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*.



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) Support for Expectant and New Mothers

- ① Prenatal Health Check-ups: There is public funding available for prenatal check-ups to manage the health of the mother and the unborn baby.
- ② 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 Home Visit: 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 Home Visits to All Households with Infants: A nurse will visit all homes with infants by the time the child turns 4 months old. The nurse will listen to any of your concerns or worries regarding childcare, and provide information necessary for parenting.
- ⑤ Assistance for Expecting Mothers: Individuals will need to apply and be approved to receive this assistance.
- 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 Insurance 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 subsidies to assist with the costs of childbirth. Please contact your employer for more information.

*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 Check-ups for Infants

Municipalities offer free health and dental check-ups for children aged 3-4 months, 18 months, and 3 years old. Please note that the age when these check-ups are offered may vary between municipalities. Please bring your Maternal and Child Health Handbook to the health check-ups. For more information, contact the division in charge of mother and child health care at your local municipal office, or your local public health center.

(6) Screening for Congenital Metabolic Disorders and Other Conditions

Saitama Prefecture provides testing for newborn babies to diagnose and treat congenital disorders at an early stage. There are tests available for 20 different types of conditions. Although these conditions are rare, they can cause physical and cognitive developmental delays if discovered late and left untreated. However, if these conditions are detected and treated early, most symptoms can be prevented. Currently, almost all newborn babies are tested. For more 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 at a medical institution or public health center designated by your municipality within the specified period.
- 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 Maternal 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 Child Care and Certified Early Childhood Education Centers

Child care centers (*hoikusho*) are 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 work or illness. Child care centers provide services for children aged 0 up until they enter elementary school.

If you would like to use these services, you can apply at your local municipal office. The local municipal office will decide whether your child can enroll at the child care center, and how much the child care fees will be. The office also decides how many hours your child can stay at the child care center after taking into account factors such as the parents'/guardians' working hours and commuting time. Child care for children aged 3 to 5 years old is free. Child care fees for children aged 0 to 2 years old are determined by the municipality based on the household income of the child's family.

For more information on how to apply to a child care center, please contact the child care division at your local municipal office.

Certified Early Childhood Education Centers (*nintei kodomo-en*) are facilities that combine the functions and characteristics of kindergartens and child care centers, and are for children aged 0 up until they enter elementary school. Children aged 3 to 5 years old can receive education and care regardless of whether or not their parents are working. Fees for these centers are the same as for child care centers.

For more information on how to apply to a certified early childhood education center, contact the center you would like to use directly, or contact the child care division 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 Children's Homes, Mother-Child Support Facilities, and Childbirth Facilities

Infant and children's 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 Pediatrics Expenses Assistance

To be eligible for this assistance, 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 family's expenses for medical treatment will be borne partly or entirely by the municipality (depending on 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

Municipalities can provide subsidies for the copayment charged when your child receives healthcare covered by insurance (application required). This assistance is available for children until March 31 following their 18th birthday.

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 family's

income). 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 specified 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 Allowance

This allowance is for people who are raising children aged 0 to 18 years old (up until March 31 following their 18th birthday). Both the parent(s) and the child must reside in Japan (excluding cases where the child studying abroad). For more information, contact the division in charge of children's welfare at your local municipal or ward office.

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 18th 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 certain mental health conditions or physical disabilities. 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.



Consultations 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 Maehara, Honjo-shi	
Chichibu Welfare Office	0494-22-6228	8-18 Sakuragi-machi, Chichibu-shi	

(4) Assistance for Medical Costs for Single Parent Households

There is assistance available for single parent households or foster families with children up to 18 years of age (until March 31 following the child's 18th birthday), or until 20 years of age for children with certain disabilities. Municipalities can provide subsidies for the copayment charged when your child receives healthcare covered by insurance (application required). However, certain income conditions must be met. 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.



Consultations 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	
Asaka Children's Counseling Office	048-465-4152	1-10-63 Aobadai, Asaka-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 Hakoda, 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 "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 consultations 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 their child care center and other activities and look after your children while you are out.

Advance registration is required, and you will be charged at the time of booking the service. Fees are different for each municipality, but are generally around 700 yen per hour. For more information, please contact the division in charge of parenting assistance at your local municipal 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 office.