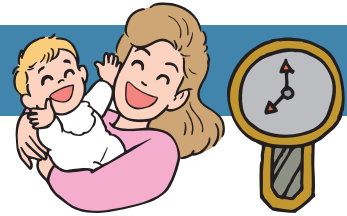


## IV Significant Events in Life



### ■Pregnancy

(Contact: Tsuyama City Health Promotion Division  
on the 1st floor of Tsuyama Children's Welfare Center Tel: 0868-32-2069)

#### 1. Mother and Child Health Handbook (or Maternal and Child Health Handbook)

Upon notifying your pregnancy at Tsuyama City Health Promotion Division, you will receive a Mother and Child Health Handbook. Please keep it in a safe place as you will use it to record the results of your health checkups and to keep track of your child's growth. It also gives you information about various health services such as health checkups and vaccinations. Please note that you will need to obtain a Pregnancy Notification from your doctor first.

In the office, there are Mother and Child Health Handbooks available in versions of English, Chinese, Korean, Portuguese, Spanish, Thai, Indonesian, Tagalog, etc. Please enquire about non-Japanese versions at the time you file your pregnancy notification.

#### 2. Prenatal checkup

You will also be given a Mother and Child Health Guidebook which comes with 14 free consultation and checkup tickets (without them, you will be charged). You can use them at any medical institutions in Okayama Prefecture. Please make good use of them so that you can be in your best condition to have a safe labor.

### ■Childbirth

#### 1. Notifying your child's birth

(Contact: Tsuyama City Citizens Affairs Division  
at No.4 counter on the 1st floor of the City Hall, Tel: 0868-32-2052)

	Notification period	By whom?	Where to file	Necessary document
Birth notification	Within 14 days including the date of the birth	Parent of the child	Municipal administrative office located at the place of birth or where the submitter lives or at the place which is registered in your family registry	1. Birth certificate (given at the hospital) 2. Seal of the submitter (if no seal has been prepared, the submitter's signature can replace it) 3. Maternal and Child Health Handbook 4. Passport of foreigner parent

\* When your child was born in Japan, please report it to your home country as well. Detailed procedures must be enquired at the embassy or consulate of your home country.

\* If your child will stay more than 60 days after birth in Japan, s/he has to obtain an alien registration certificate. (For the procedure, please go to Alien Registration Certificate on P.E-4)

#### 2. Infant/toddler health checkup

(Contact: Tsuyama City Health Promotion Division  
on the 1st floor of Children's Welfare Center, Tel. 0868-32-2069)

Regular checkups are in place for children at the age of three to four months, 18 months and three years. You will be notified by post if you have children due for the upcoming checkups. They are free of charge. If you require an interpreter, please inform the City Hall Collaboration Promotion Division (0868-32-2032) at least 10 days before the date of the checkup.

#### 4. Financial support

(Contact: Tsuyama City Children's Issues Division  
on the 1st floor of Tsuyama Children's Welfare Center, Tel. 0868-32-2065)

	Type of service	How subsidized	Eligibility	Necessary document	Note
Medical expenses subsidy	Infants/toddlers medical expense subsidy	Part of medical expenses for those who have National Health Insurance	Children under school age (0 to 6 years old)	* Health insurance card (your children's) * Personal seal	
	Single parent medical expense subsidy	Part of medical expenses for those who have National Health Insurance	Single parents and their children until 18 years old	* Health insurance card for all concerned * Personal seal * Alien registration certificate (?) * Income certificate	Restrictions apply depending on income
Child Welfare	Child allowance	13,000 yen / month per a child	Carers bringing up children until the child completes junior high school(the first March 31 following the child's 15th birthday)  * The notification should be turned in within 15 days after birth or change of address	* Application form confirming the eligibility * Notification to update any change of circumstances (June, each year)	
	Child support allowance	Depending on the income of the carer, you will receive either "full allowance" or "part allowance". Full allowance-41,720 yen/month Part allowance-9,850 yen ~ 41,710 yen/month depending on income  * In addition to this, for the second child, you will receive the monthly allowance of 5,000 yen and 3,000 yen for subsequent child/children.	* Mother or carer who, due to divorce or death, is maintaining a household without the father  * <u>Households where the father is severely disabled (Until the first March 31 after the child turning 18 years old)</u>	* Certificate confirming the eligibility (please enquire at the City Hall for the details)  * Notification to update any change of circumstances (August, each year)	Restrictions apply depending on income

Age group	What they do in the checkup
3 to 4 months	Take measurement of height, weight, etc, general growth and development diagnosis, explanation of immunization program and childcare consultation
18 months	Take measurement of height, weight, etc, general growth and development diagnosis, teeth checkup and a talk about dental health
3 years	Take measurement of height, weight, etc, general growth and development diagnosis and urine examination

### ◎Free consultation for newborn babies

You will be entitled to see a doctor twice for free of charge if you bring the tickets that come with the Mother and Child Health Guide (have to be used in Okayama Prefecture). Please write down the same address you used for your alien registration on the tickets. They have to be used before your child turns one year old (valid until the day before your child's one year old birthday).

## 3. Vaccination

(Contact: Tsuyama City Health Promotion Division  
on the 1st floor of Tsuyama Children's Welfare Center, Tel. 0868-32-2069)

Please familiarize yourself with the vaccination program and receive the immunization appropriate for the age group. You will be notified by post for the upcoming vaccinations for your child. It is free of charge if you have it done when invited. However, if you immunize your child after the recommended period, you will be charged for the service.

Vaccination	Age group and frequency		Place
Polio	3 to 6 months after birth; twice leaving 6 weeks in between		Children's Welfare Center
BCG	Once between 3 to 6 months after birth		Hospitals in the city
Diphtheria, Tetanus and Pertussis (triple combined vaccine)	1st course	3 to 90 months after birth (three injections leaving 3 to 8 weeks in between, then, the fourth one leaving more than 6 months after the third one)	* Please remember to make an appointment
	Booster	Once between 11 to 13 years old * one injection of Tetanus and Diphtheria given	
Measles and Rubella	1st course	Once between 12 to 24 months after birth	
	Booster	Once between 5 to 7 years old in the year before entering elementary school (April 1 to March 31)	
Japanese encephalitis	1st course	Between 36 to 90 months after birth (twice leaving 1 to 4 weeks in between, then, once one year later)	
	Booster	Once between 9 to 13 years old	

