



Child birth and childcare are part of major events of life. The following pages are spared for explaining necessary procedures and support services available for the phases of pregnancy, birth and child raising.

1 Pregnancy

Pregnancy and birth accompany huge responsibilities for the borne child. Ideally, you and your spouse should spend the phases of pregnancy and birth in an optimum environment for the sake of the child and for yourselves. When you realize you are pregnant, you must immediately file a pregnancy notification with your local municipal administrative office.

In Japan, municipal authorities issue the Maternal and Child Health Handbook(boshi kenko techo) to each pregnant resident and offer classes where pregnant residents can learn the knowledge and techniques to be used for the phases of pregnancy, birth and childcare.

1-1 Discovery of pregnancy

When you become pregnant, you are expected to file a pregnancy notification with the administrative office of the municipality where you live. The place to file it with differs among municipalities. You can learn about specifics at your municipal administrative office. When you have filed a pregnancy notification, you will receive the Maternal and Child Health Handbook.