



## 1 Pregnancy

### 1-2 Maternal and Child Health Handbook (Mother and child health handbook, boshi kenko techo)

#### (1) What is the Maternal and Child Health Handbook?

This handbook records results of health check-ups of the mother and child and growth of the child. It also presents various health services such as health check-ups and vaccinations.

The first page of the handbook has a space for a “certificate for completing birth notification.” The pages that follow consist of contents shown below:

#### ●Issues related to mother’s health

- \* Nutrition advice during pregnancy
- \* Record of health check-ups during pregnancy
- \* The states of birth and development after the birth
- \* Record of body weight during pregnancy and after the birth
- \* Record of attendance at mother’s (parent’s) classes, etc.

#### ●Issues related to child’s health

- \*Guardian’s observation of the child’s growth and record of regular infant/child health check-ups
- \* Infant/child body growth curve
- \* Child height and weight growth curves
- \* Record of vaccinations
- \* Record of sickness, etc.

#### (2) Maternal and Child Health Handbook written in languages other than Japanese

Some municipalities issue the Handbook 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. The Boshi Hoken Jigyodan Co. (Maternal & Child Health Enterprise Co.) also issues some non-Japanese versions for a fee.

Handling organization	Address	Telephone number and URL	Available languages
Boshi Hoken Jigyodan Co. (Maternal & Child Health Enterprise Co.)	1-6-8 Yushima, Bunkyo-ku-Tokyo	Telephone: 03-4334-1188 URL: <a href="http://www.mcfh.co.jp">http://www.mcfh.co.jp</a>	Japanese,↔ English, Portuguese, Tagalog, Chinese, Korean, Thai, Indonesian, Spanish (2 languages jointly written)

# Multilingual Living Information



## H Childbirth/Childcare

[▲ Back to the top of H Childbirth/Childcare](#)

### (3) Others

A book entitled “From Pregnancy to Childcare’ How to Prepare for Childcare in Japan” is issued in the eight languages of Japanese, English, Chinese, Korean, Portuguese, Spanish, Thai and Vietnamese. A copy costs 1,575 yen (excluding the postal fee). Video versions are also available (only the English version is on DVD). For further details, please contact AMDA International Medical Information Center.

Inquiry	Address	Telephone number and URL
<b>AMDA International Medical Information Center, Tokyo</b>	Poste restante Kabukicho Post Office Shinjuku-ku Tokyo 160-0021	Telephone: 03-5285-8088 URL: <a href="http://amda-imic.com/">http://amda-imic.com/</a>
<b>AMDA International Medical Information Center, Kansai</b>	Poste restante Osaka Chikkou Post Office Minato-ku Osaka City Osaka Prefecture 552-0021	Telephone: 06-4395-0555

