

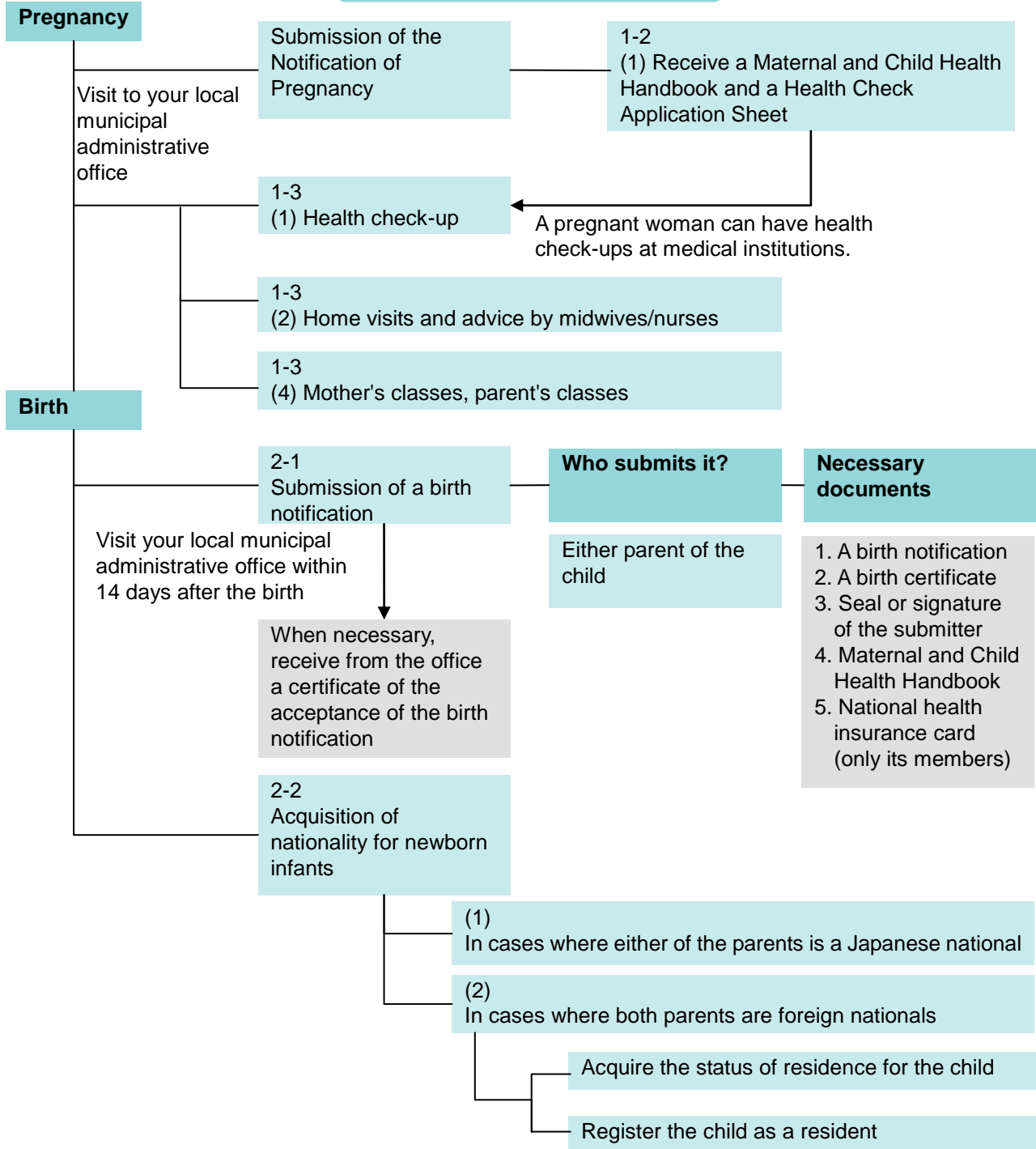
# Multilingual Living Information



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### From pregnancy to birth



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### Childcare

#### When you wish to apply for childcare benefits

- 3-2 Lump-sum payment of childbirth and childcare ..... offered to members of health insurance programs/national health insurance programs
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- 3-4 Child allowance
- 3-5 Subsidy programs particular to municipalities

#### Health care for children

- 4-1 Health check-ups for infants and children
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- 4-3 Special exceptions for medical costs for infants and children

#### Enrolling a child to a nursery school

- 5-1 Accredited nursery schools
  - Non-accredited nursery schools
- Apply at your local municipal administrative office

#### Necessary documents

1. Residence Card or special permanent resident certificate, etc.
2. Copies of: certificate of withholding tax; and income tax return
3. Material and Child Health Handbook (to be brought at the interview)

#### Childcare support

- When a child is left without a guardian during the daytime ..... 5-2 Children's clubs (gakudo clubs)
- When a child is temporarily left without a carer during the daytime
  - 5-3 (1) Temporal daycare
  - 5-3 (2) Family support center





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.



## 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)

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### (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 1,620 yen (excluding the postal fee). DVD versions are also available (sold separately). 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-amic.com/">http://amda-amic.com/</a>





## 1 Pregnancy

### 1-3 Maternity health check-ups/ Health advice

#### (1) Maternity health check-ups

During pregnancy, you are advised to take ample nutrition and rest, and undergo regular health check-ups. You will receive vouchers to help with the cost of 14 check-ups at the time you receive your Maternal and Child Health Handbook.

#### (2) Visits and advice by midwives/public-health nurses

Each municipality arranges a midwife or public-health nurse to visit the households of pregnant residents to help them learn about lifestyle during pregnancy, preparation for birth and other aspects, taking a case by case approach. For further details, please contact your local municipal administrative office.

This service is free of charge and offered at the request of doctors, as well as of pregnant persons themselves.

#### (3) Midwifery institutions

For persons who face difficulties in giving birth at their own expenses due to economic reasons, there are opportunities to enroll in public-fund designated midwifery institutions to give birth there. To apply for this service, applicants are required to visit the municipal administrative office before birth.

#### (4) Mother's classes, parent's classes

Each municipality holds classes to offer daily knowledge and skills related to pregnancy, birth and childcare. Eligible participants are pregnant residents and their families. Most classes are free of charge.



## 2 Birth notification (birth registration) and acquisition of nationality

When a child has been born, the parents have the doctor prepare a “birth certificate.” Even if the parents are non-Japanese, any child born in Japan is required to be registered with a “birth notification” pursuant to the law for family registration. When the child’s nationality is other than Japanese, a number of applications is required, such as an “acquisition of status of residence” (see [B Status of residence, 2-8 Acquisition of status of residence](#)).

### 2-1 Birth notification (birth registration)

When a child is born, a birth notification must be filed with the local municipal administrative office within 14 days from the birth (including the date of birth), regardless of the child’s nationality, since the law for family registration is applied to non-Japanese people staying in Japan as well, as a territorially applicable rule. You are advised to decide the child’s name and prepare necessary documents beforehand.

Necessary document	Where to file with/contact	By when	By whom (submitter)
<b>1. Birth notification (available at municipal administrative offices and hospitals)</b> <b>2. Birth certificate (added on to the birth notification)</b> <b>3. Seal of the submitter (if no seal has been prepared, the submitter’s signature can replace it)</b> <b>4. Maternal and Child Health Handbook</b> <b>5. National health insurance card (to be shown only by members)</b>	Municipal administrative office located at the place of birth or where the submitter lives	Within 14 days including the date of birth	Parent of the child

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.

Upon necessity, please obtain a certificate of acceptance of birth notification from the municipal administrative office.

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Sample

<b>出生届</b> 平成 年 月 日届出 長 殿		受理 平成 年 月 日	発送 平成 年 月 日
		基 号	基 号
		送付 平成 年 月 日	長 印
		基 号	
		異動調査	戸籍記載
		記載調査	調査票
		契 票	住民票
		通 票	通 票

(1) 子の氏名	(よみかた) 氏 名	父母との 続き柄	<input type="checkbox"/> 嫡出子 ( <input type="checkbox"/> 男 ) <input type="checkbox"/> 嫡出でない子 ( <input type="checkbox"/> 女 )
(2) 生まれたとき	平成 年 月 日	<input type="checkbox"/> 午前 <input type="checkbox"/> 午後	時 分
(3) 生まれたところ	香 地 番 号		
(4) 住 所 (住民登録を するところ)	(よみかた) 世帯主 の氏名	(フリガナ) 世帯主と の続き柄	香 地 番 号
(5) 父 母 の 氏 名 生 年 月 日 (子が生まれた ときの年齢)	父 昭和 年 月 日 (満 歳)	母 昭和 年 月 日 (満 歳)	
(6) 本 籍 (外国人のときは 国籍だけを書いて ください)	世帯主 の氏名		
(7) 同居を始めたとき	<input type="checkbox"/> 昭和 年 月 (結婚式をあげたとき、または、同居を始めたときのうち早いほうを書いてください) <input type="checkbox"/> 平成		
(8) 子が生まれた ときの世帯の おもな仕事と 母	<input type="checkbox"/> 1. 農業だけまたは農業とその他の仕事を持っている世帯 <input type="checkbox"/> 2. 自由業・商工業・サービス業等を個人で経営している世帯 <input type="checkbox"/> 3. 企業・個人商店等(官公庁は除く)の常勤勤労者世帯で勤め先の従業員数が1人から99人までの世帯 (日々または1年未満の契約の雇用者は5) <input type="checkbox"/> 4. 3にあてはまらない常勤勤労者世帯及び会社団体の役員の仕事(日々または1年未満の契約の雇用者は5) <input type="checkbox"/> 5. 1から4にあてはまらないその他の仕事をしている者のいる世帯 <input type="checkbox"/> 6. 仕事をしている者のいない世帯		
(9) 父 母 の 職 業	父の職業	母の職業	
その他	子の父または母が、まだ戸籍の筆頭者となっていない場合は、新しい戸籍がつくられますので、この欄に希望する本籍を書いてください。		
届 出 人	<input type="checkbox"/> 1. 父 <input type="checkbox"/> 2. 法定代理人 ( ) <input type="checkbox"/> 3. 同居者 <input type="checkbox"/> 4. 医師 <input type="checkbox"/> 5. 助産師 <input type="checkbox"/> 6. その他の立会者 <input type="checkbox"/> 7. 公設所の長		
住 所	(4) 欄に同じ 香 地 番 号		
本 籍	(6) 欄に同じ 香 地 番 号 世帯主の氏名 (6) 欄に同じ		
署 名	印 昭和 年 月 日生		
事 件 簿 番 号			
連 絡 先	電話 - - 最寄連絡が取れるところ 自宅・勤務先・携帯		

### 記入の注意

鉛筆や消えやすいインキで書かないでください。

子が生まれた日からかぞえて14日以内に出してください。

届書は、1通でさしつかえありません。

子の名は、常用漢字、人名用漢字、かたかな、ひらがなで書いてください。

(1)欄のよみかたは、戸籍には記載されません。住民票の処理上必要ですから書いてください。

には、あてはまるものに☑のようになるしをつけてください。

「筆頭者の氏名」には、戸籍のはじめに記載されている人の氏名を書いてください。

届け出られた事項は、人口動態調査(統計法に基づく指定統計第5号、厚生労働省所管)にも用いられます。

子の父または母が、まだ戸籍の筆頭者となっていない場合は、新しい戸籍がつくられますので、この欄に希望する本籍を書いてください。

届出人は、原則として子の父または母です。届出人が署名押印したあと届書を持参する方は親族、その他の方でもかまいません。

◎母子健康手帳と届出人の印をご持参ください。

字は略さず丁寧に書いてください。





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Sample

### 出生証明書

記入の注意

子の氏名		男女の別	1男 2女
生まれたとき	平成 年 月 日	午前 午後	時 分
(10) 出生したところ及びその種別	出生したところの種別	1 病院 4 自宅	2 診療所 5 その他
	出生したところ	番地 番 号	
	(出生したところの種別1-3) 施設の名称		
(11) 体重及び身長	体重 グラム	身長 センチメートル	
(12) 単胎・多胎の別	1 単胎	2 多胎 ( 子中第 子)	
(13) 母の氏名		妊娠週数	満 週 日
(14) この母の出産した子の数	出生子 (この出生子及び出生後死亡した子を含む) 死産児 (妊娠満22週以後)		人 胎
(15) 1 医師 2 助産師 3 その他	上記のとおり証明する。 (住所)  (氏名)	平成 年 月 日	番地 番 号 印

夜の12時は「午前0時」、昼の12時は「午後0時」と書いてください。

体重及び身長は、立会者が医師又は助産師以外の者で、わからなければ書かなくてもかまいません。

この母の出産した子の数は、当該母又は家人などから聞いて書いてください。

この出生証明書の作成者の順序は、この出生の立会者が例えば医師・助産師ともに立ち会った場合には医師が書くように1、2、3の順序に従って書いてください。





## 2 Birth notification (birth registration) and acquisition of nationality

### 2-2 Acquisition of nationality for newborn infants

Nationality is a very important element for the child's future. Regardless of what nationality is taken, necessary procedures must be duly fulfilled. It is advised to thoroughly consult the embassy, the family registration section of the municipal administrative office and the legal affairs bureau before your child is born to confirm documents necessary for the procedure.

#### (1) In cases where either of the parents is a Japanese national

When the parents are married and either one of them is a Japanese national, the child can obtain Japanese nationality. A child's nationality is determined upon birth. Therefore, when the mother is of non-Japanese nationality and not married, the child cannot obtain Japanese nationality unless his/her father recognizes the child as his child. For the child with a Japanese parent to obtain the nationality of the other parent, the same procedure is required as in the case of a child with both parents having that nationality. Further details must be obtained from the embassy or consulate of your country located in Japan.

#### (2) In cases where both parents are foreign nationals

When both parents are foreign nationals, their child cannot obtain Japanese nationality even if she/he was born in Japan. The child will obtain nationality pursuant to the law of his/her parents' country (countries). Specifics are different among countries and you are advised to confirm what procedures are to be undertaken and what documents are necessary at the relevant embassy or consulate in Japan.

Parents' nationalities	Child's nationality	Procedure
<b>Married; one of them is Japanese</b>	Japanese	1. Submit the birth notification at the local municipal administrative office 2. For the nationality of the non-Japanese parent, enquire at the embassy or consulate located in Japan
<b>Both are foreign nationals</b>	Foreign	1. Submit the birth notification at the local municipal administrative office 2. Enquire at the embassy (embassies) or consulate (consulates) of the parents nationality (nationalities) located in Japan



## 2 Birth notification (birth registration) and acquisition of nationality

### 2-3 About recognition

Recognition, or ninchi, is an act of establishing a legal parent-child relation between a child born to unmarried parents and his/her father. A father wishing to recognize a child must make certain procedures at a municipal administrative office pursuant to the family registration law. For details please enquire at your local municipal administrative office.



## 2 Birth notification (birth registration) and acquisition of nationality

### 2-4 Choice of nationality

When a child has obtained two nationalities including Japanese, his/her parents submit a notification of “nationality reservation” at the time they submit the birth notification in Japan. In Japan a person is not permitted to maintain two nationalities (dual nationality) and is required to choose either of them before reaching the age of 22.



### 3 Cost of childbirth and benefits

Normal births are not covered by health insurance programs and therefore incur significant expenses including regular health check-ups during pregnancy. Parents also must file a birth notification within 14 days after their child is born. This part is to help parents to know expenses and procedures they need for the birth of their children.

#### 3-1 Health insurance and cost of delivery

Normal births are not considered sickness and therefore not covered by health insurance programs. Parents are advised to prepare necessary expenses beforehand. Typically in Japan, a mother stays at the hospital for about ten days for a birth, at the cost of at least 500,000 yen. However, for mothers who subscribe to public health insurance, a childbirth-childcare lump sum will be paid (expenses will be paid directly to the medical institution).



### 3 Cost of childbirth and benefits

#### 3-2 Lump-sum payment of childbirth and childcare

If a parent has contributed to the national health insurance or corporate health insurance programs, she/he can receive a lump-sum payment of childbirth and childcare when her/his child has been born. The amount is 420,000 yen. For further details, please enquire at the counter for national health insurance at your local municipal administrative office in the case of national health insurance, or the prefectural branch of the Japan Health Insurance Association supervising your employer in the case of health insurance. (See [F Medical, 4-2 Health insurance](#))



### 3 Cost of childbirth and benefits

#### 3-3 Maternity allowance (in the case of maternity leave)

If you have taken a leave for birth and are left unpaid by your employer during that time, you are entitled for a maternity allowance during the period from 42 days (in the case of multiple pregnancy: 98 days) before the date of birth (when the actual birth was after the scheduled date, the scheduled date is applied) through 56 days after the date of birth.

Amount receivable per day: about two-thirds of the average standard monthly payment of the last 12 months before the day of the first payment of maternity allowance ÷ 30 days

When you are paid during that time, but less than the amount of the maternity allowance, you are eligible to receive the difference.



### 3 Cost of childbirth and benefits

#### 3-4 Child allowance

When a child is born, even if he/she is a foreign national, and has been registered on the resident record register (juminhyo), an allowance is provided for the child in accordance with the law related the payment of child allowances. (Please refer to [I Other welfare, 1-1 Child allowance](#))





### 3 Cost of childbirth and benefits

#### 3-5 Subsidy programs particular to municipalities

Some municipalities offer congratulatory cash to new-born residents, others present congratulatory gifts with a record of birth, while third focus on low income households to deliver either powdered baby milk or fresh milk until their children become one year old. To find out services of your area, please enquire at your local municipal administrative office.



### 3 Cost of childbirth and benefits

#### ●Various allowances

Allowance	Details	Conditions	Procedures, contact
<b>Lump-sum payment of childbirth and childcare</b>	In principle, the amount is 420,000 yen.	Recipients must be contributors of either national health insurance or health insurance programs	National health insurance: local municipal administrative office Health insurance: employing office or prefectural branch of the Japan Health Insurance Association
<b>Maternity allowance</b>	About two-thirds of the average standard monthly payment of the last 12 months before the day of the first payment of maternity allowance ÷ 30 days	If you have taken leave for birth and are left unpaid by your employer during that time	At the company that employs the recipient or prefectural branch of the Japan Health Insurance Association
<b>Others</b>	Congratulatory cash, gift, etc. for birth	-----	Programs differ among municipalities, details must be asked about at local municipal administrative office



## 4 Medical

Health check-ups and immunization services are available for infants and children to help them grow healthily. Newsletters from municipal administrative offices, which carry information on these services, must be carefully followed.

### 4-1 Health check-ups for infants and children (group check-ups)

Regular check-ups are in place for children at the age of three to four months, eight to ten months, 18 months, three years and so on, covering the diagnosis of growth and development, measurement of height and weight and childcare consultation. Specific dates and conditions are different among municipalities and must be confirmed at local municipal administrative offices.

### 4-2 Immunizations (vaccinations)

Vaccinations are done via injections etc. to prevent infections and occurrence of diseases and alleviate symptoms and expansion of problems.

Vaccinations pursuant to the Vaccination Law are free of charge. It is important to gain immunity against diseases.

Any matters which are unclear or which you are concerned about should be confirmed with your home doctor, local municipal administrative office or public health center.

### 4-3 Special exception for medical cost for infants and children

If you have contributed to a health insurance program, you bear 30% of the total medical costs incurred as a general rule. For medical services applied to your children who are below compulsory-school-going age (up to the first March 31 after a child's 6th birthday), you bear 20% of the total costs incurred. Also, each local administrative district (prefecture, city, etc.) has its own infant and child medical expenses support programs.



### 5 Childcare

In Japan childcare facilities are in place for children who are unable to be looked after at home. There are also systems to temporarily house and look after children and facilities to support parents to know and help each other.

#### 5-1 Accredited nursery schools (*Ninka-hoikusho, Ninka-hoikuen*)

##### (1) What is an accredited nursery school?

Nursery schools (*hoikusho, hoikuen*) cater to children ranging from babies a few months old to children before entering school, who are unable to be looked after at home due to the work or illness of their parents. Nursery schools consist of public and private entities, while private entities further consist of those approved by the local municipalities (*ninka*) and those not (*ninka-gai*).

Among nursery schools, public schools and accredited private schools draw many applicants, while these schools impose a number of conditions on applicants which they must satisfy, which means not everyone can enroll. Public schools and accredited private schools charge fees for user parents, depending on their household income. The basic service is eight hours a day (from 7:00 to 18:00), while some facilities look after children until around 20:00 as an extended care service (*encho hoiku*).

Non-accredited nursery schools (*ninka-gai hoikujo/hoikuen*) charge a single level of fees regardless of the income of user parents.

##### Materials you need to apply for public and accredited nursery schools

- Residence Record (*juminhyo*) (of the whole household)
- A photocopy of withholding tax and filing of income tax return
- At the interview after application: Maternal and Child Health Handbook



### 5 Childcare

#### (2) Enrollment procedures

Local municipal administrative offices handle the applications for accredited nursery schools.

Application for enrollment in a nursery school	Applicants must visit the municipal administrative office of the area where the nursery schools they wish to enroll in are located. Some municipalities prepare a list of nursery schools within their districts, which may help them choose schools. Some municipalities also accept multiple applications from single applicants. Documents that must be submitted vary among municipalities. However in general, they include: an application form; report on situations of the family and children; copies of certificate of withholding tax and income tax return; and document to prove the household is not able to look after the child(ren) at home. Applications are accepted any time but some municipalities set limits for enrollments of April. Details must be confirmed at local offices.		
	Necessary documents	Where to submit / enquire	Accepted period
	<ol style="list-style-type: none"> <li>1. Application form for nursery school enrollment</li> <li>2. Report on situations of the family and children</li> <li>3. Document proving difficulties of childcare at home (employment certificates for the parents, etc.)</li> <li>4. Copies of certificate of withholding tax and income tax return, or taxation certificate etc.</li> </ol>	Municipal administrative offices	Any time, however some municipalities set deadlines for enrollment of April. Please make sure to confirm it.
↓			
Screening	A section in charge at each municipal administrative office screens applicants, with priorities given to those with a higher level of difficulty in home childcare (NOT on a first-come, first-served basis). A meeting is held to match the number of vacancies at each school and applicants, thereafter deciding preliminarily accepted applicants.		
↓			
Notification of preliminary acceptance	Applicants receive a notification of whether or not they are preliminarily accepted (some municipalities do not notify unaccepted applicants).		
↓			
Interview and decision for enrollment	After the notification, an interview and explanatory meeting is held at the accepting nursery school. Items parents must prepare for use at school are also explained.		
↓			
Entry into nursery school			

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### **(3) Non-accredited nursery schools**

Non-accredited nursery schools are facilities that do not satisfy the state standards for their size and the number of enrolled children. The ways of operations and details of facilities differ significantly among such facilities. Some of them receive subsidies from local municipal administrative offices and are deemed equivalent to accredited ones. Many of non-accredited nursery schools are small-scale and for children of younger ages.





## 5 Childcare

### 5-2 Children's clubs (gakudo clubs)

Children's clubs (gakudo clubs) serve as places of living after school for school children (after-school children), generally below the age of ten, whose parents are away from home during the daytime due to work or other causes. These services, made pursuant to the children's welfare law, are offered at children's centers (jidoukan), vacant classrooms at school and other places.

These facilities are promoted by local municipalities or social welfare corporations. There are about 25, 000 such facilities nationwide.

Further details must be sought at local municipal administrative offices.



## 5 Childcare

### 5-3 Others

#### **(1) Children's short-stay programs (ichiji hoiku)**

As children's short stay programs, nursery schools accept children on temporal basis to help their parents who temporally have difficulties looking after children at home due to consecutive work assignments for one to three days, hospitalization for sickness, child-delivery or nursing of elderly family members. Fees differ among municipalities.

#### **(2) Family support centers**

Family support centers cater to their members who need assistance for childcare and who are willing to offer such assistance in membership mutual help systems run by municipalities. These centers temporally accept children when their parents need medical attention, nurse their family members or to take a break. These services cost between 500 and 1,000 yen per hour (different among municipalities), but they are available whenever the members need them. To use these services, you need to sign up for membership beforehand. For further details, please contact your local municipal administrative office.