

4. Children

4-1 Pregnancy, Child-rearing

(1) Pregnancy

If your pregnancy is confirmed by a doctor, notify the Hoken Center (Public Health Center) to receive “The Maternal and Child Health Handbook” (Boshi-Kenko-Techo). This is an important handbook in which health examination results of the mother and child and immunization history will be recorded. Health Checkup Coupons for expectant mothers and babies are attached to it. When you go to a hospital or checkups, please always bring this handbook with you.

○ List of services

Items	Eligible Residents	Details	Inquiries
Maternal and Child Health Handbook	Expectant mothers whose pregnancy was confirmed by a doctor	Fill out the Notification of Pregnancy to receive the Maternal and Child Health Handbook and its separate volume. A maternity badge will also be distributed.	Chubu Health Center [Chubu Hoken Gakari] Tel. 06-6858-2293
Health Checkups for Expectant Mothers	Expectant mothers	A part of the cost of the health checkups is covered at public expense. *Health Checkup Coupons come with the Maternal and Child Health Handbook in its separate volume.	
Parenting Classes	Expectant mothers in and after 16 weeks of pregnancy with their 1 st child, and their partners	A midwife lectures on mental and physical changes during pregnancy, childbirth, and child-raising.	
Home Guidance	Expectant mothers	Advice and Consultation at home by midwives and health nurses	
Telephone Consultation	Expectant mothers	Telephone consultation by specialists (public health nurses, nutritionists, midwives, dental hygienists, social workers on general health.	
Maternity Class	Expectant mothers	Lectures on meals and dental health during pregnancy, and helpful information about postpartum period.	
Consultation for expectant/nursing mothers	Expectant/nursing mothers	Individual consultations for expectant mothers or breastfeeding mothers and their babies by midwives (except about Mastitis)	
Maternity Cooking Class	Expectant mothers	Cooking class for meals during pregnancy and baby food	
Dental checkup for expectant and nursing mothers (Happy Mama Kenshin)	Expectant/nursing mothers (Until 1 year after childbirth)	Interview, check of periodontal disease and tooth decay, periodontal disease risk test, etc.	Kenshin Otoiawase Dial: 06-6152-7538
Pregnancy Support Allowance (1st.)	Expectant mothers who submitted a pregnancy notice to the city and had an interview with public health nurses	Subsidize ¥50,000. Apply after the interview.	Chubu Health Center Hoken Kikaku Gakari 06-6858-2285

(2) After Childbirth

○ Procedures

Notification /Deadline	Details	Items required	Inquiries
The Birth Registration (Within 14 days on or after birth)	Birth Registration	<ul style="list-style-type: none"> • Birth Registration Form • Birth Certificate • Maternal and Child Health Handbook ※ If you have 	Civic Records Div. [Shimin Ka] Tel. 06-6858-2203 Shonai Branch Tel. 06-6334-3531 Shinsenri Branch Tel. 06-6872-0573
Health Insurance (Within 14 days after birth)	Employees' Health Insurance	* Inquire at your workplace.	Your workplace
	National Health Insurance (See p.10.)	• Maternal and Child Health Handbook	Insurance Consultation Div. [Hoken Sodan Ka] Tel. 06-6858-2311
Childbirth and Child-rearing Assistance (Within 2 years after birth)	Employees' Health Insurance: Childbirth or miscarriage/ stillbirth after 85 days of pregnancy	* Inquire at your workplace.	Your workplace
	500,000 yen per child will be paid to a National Health Insurance member for childbirth or miscarriage/stillbirth after 85 days of pregnancy. ※ 488,000 yen for some cases (for childbirth before 22 weeks of pregnancy or overseas)		Insurance Delivery Div. [Hoken Kyufu Ka] Tel. 06-6858-2295
	<ul style="list-style-type: none"> • The Direct Payment System (The Childbirth and Child-rearing Assistance will be allotted to the childbirth expense.) 	* Please apply at the hospital where you will give birth.	
	<ul style="list-style-type: none"> • Receiving the assistance yourself without using the Direct Payment System * You need to submit the document to certify that you will not use the Direct Payment System issued by the hospital. 	<ul style="list-style-type: none"> • Maternal and Child Health Handbook • Receipt/detailed statement of the childbirth expenses • Document to certify that you will not use the Direct Payment System • Bank account information * In case of miscarriage or stillbirth, please submit doctor's certificate as well. 	
Child Medical Certificate	Provided to children up to the first March 31 st after turning 18 years old	<ul style="list-style-type: none"> • One of the following items: child's Health Insurance Card, Certificate of Eligibility, Notification of Qualification Information, or Myna Insurance Card. • Documents that show the individual numbers of parents (e.g. My Number Card) 	Child-Raising Benefits Div. [Kosodate Kyufu Ka] Tel. 06-6858-2269
Child Allowance [Jido Teate] * Within 15 days after birth	Paid to breadwinners who are raising children up to the age of high school student. * ¥10,000, ¥15,000 or ¥30,000 per month per child * Depends on the age of the child Allowance will be paid for the period starting from the month following the application. ※ If the baby was born in the latter half of a month, and application has been made within 15 days, allowance begins for the following month.	<ul style="list-style-type: none"> • Applicant's Bank account information • Documents that show the individual numbers of applicant and spouse (e.g. My Number Card) 	

Pregnancy Support Allowance (2nd.)	<p>¥ 50,000 per child. Please apply after having an interview of either of the home visit programs below.</p> <p>○Konnichiwa Akachan Home Visit</p> <ul style="list-style-type: none"> • You will receive a postcard about “Konnichiwa Akachan Home Visit” when your baby is about 2 months old. Please make an appointment. • Childcare information will be provided. <p>○Home Visit for Newborn Babies</p> <ul style="list-style-type: none"> • Application is required in advance. Apply through the City's website or by phone. • This is a service for mothers who want to consult with a health nurse or a midwife. 	<p>Child Support Div. [Kodomo Shien Ka] 090-3676-1881</p>
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[If both parents are foreign nationals]

The child does not possess Japanese nationality. Be sure to complete the following procedures.

① Application to acquire its resident status at Osaka Regional Immigration Bureau (within 30 days after birth).

Not necessary if she/he leaves Japan within 60 days.

② Notification to your country. (Please inquire at the embassy or the consulate for details.)

[If you have multiple babies (twins, triplets and so on)]

There is a system to provide extra childcare support. After giving birth, you will receive the notice from the city. Please complete the procedure.

Inquiries: 06-6852-5526 (“Hoppe” Child-rearing Support Center)

[Support Immediately after Childbirth]

Item	Eligible residents	Details	Inquiries
Short Stay Type and Day Care Type Postpartum Care Services	Postpartum women within 1 year after childbirth who are in poor health due to childbirth and/or fatigue from baby care but have nobody to help them.	Maternal health care and breast care as well as consultation and guidance on childcare are provided at maternity medical institutions commissioned by the City.	Chubu Health Center. Chubu Hoken Kakari Tel.: 06-6858-2293
Childcare Support for families with multiples	Households with multiples (Until the first March 31 st after their 3 rd birthday)	Childcare and housework support by people dispatched by the City	“Hoppe” Child-rearing Support Center Tel. 06-6852-5526

[Postpartum, Infants Checkups and Consultation Services]

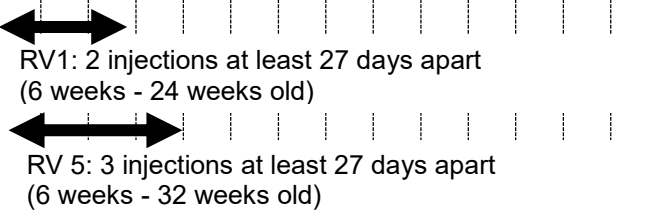
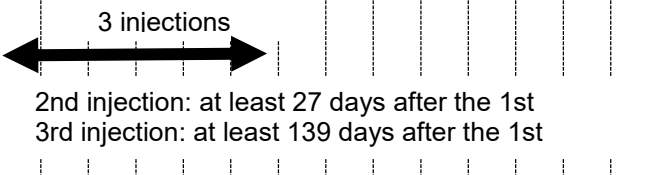
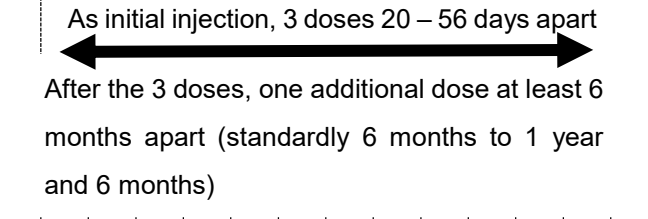

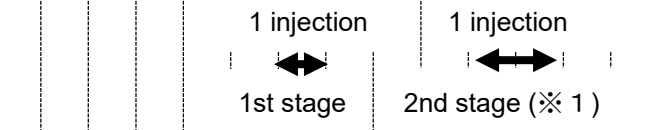
Items	Eligible Residents, Details
Postpartum Checkup	A part of the cost of the Postpartum Checkup is covered by public expense. ※The Medical Consultation Coupon is attached to the separate volume of the Maternal and Child Health Handbook.
Newborn Hearing Screening Test	A part of the cost of the hearing test of newborn babies is covered by public expense. ※The Medical Consultation Coupon is attached to the separate volume of the Maternal and Child Health Handbook.
1 month old Checkup	Newborn Babies 27 days – under 6 weeks old. Individual consultation at a medical institution in Osaka Pref. ※The Medical Consultation Coupon is attached to the separate volume of the Maternal and Child Health Handbook.
Infants (later stage) General Health Checkup	9 months – under 12 months old babies Individual consultation at a medical institution in Osaka Pref. * The checkup coupon will be given at the 4 months general health checkup.
Home guidance for expectant/nursing mothers, newborn babies including babies who weighed less than 2,500 g at birth	Expectant mothers, newborn babies within 28 days old (babies over 28 days old are also eligible), and nursing mothers Home visit and consultation by public health nurses and midwives
Health Consultation for expectant and nursing mothers, infants and preschool children	For expectant and nursing mothers, infants and preschool children Telephone consultation & interview with specialists (public health nurses, midwives, nutritionists, dental hygienists, and occupational therapists)
Special consultation for children with allergies	Under 15 years of age Consultation with an allergy doctor
Group General Health Checkup	Four months old babies, 18 months old infants, and 3 years 6 months old children Group examination (An invitation letter will be sent individually.)


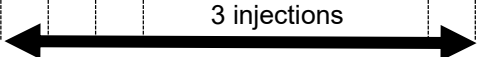
Items	Eligible Residents, Details
Baby Food Class	Parents who have 4 – 5 months old or 8 – 9 months old infants Lectures by a nutritionist, baby food tasting, counseling on baby food.
Toddler Food Class	Parents who have toddlers of 1 year and 3 months to 2 and a half years Lectures by a nutritionist, baby food tasting, counseling on baby food.
SUKU-SUKU Class for healthy teeth	Babies about 8 – 17 months old and their parents. Infants' dental consultation, check of dental bacteria for parents, and a lecture on brushing teeth and preventing cavities
Consultation on pregnancy, childbirth and child-rearing	Consultation services by public health nurses, midwives, nutritionists, dental hygienists, social workers, etc.

Inquiries : 06-6858-2293 (Chubu Health Center Chubu Hoken Section)

(3) Immunization

Please also refer to your child's Immunization Handbook and Maternal & Child Health Handbook. The Immunization Handbook will be sent to you after you submit the Birth Registration (about one month after). Make an appointment at a clinic/hospital that offers individual immunization and bring your Maternal and Child Health Handbook to receive an immunization. Contact the Vaccination Section, Health Crisis Response Div. if you have moved into Toyonaka City and do not have questionnaires for immunization issued by Toyonaka City or if you wish to receive immunization outside of the City for a special reason.

Vaccine (Disease)	Target Ages by Regulation	Age Commonly Given
	2 months 4 months 6 months 8 months 10 months 1 year 2 years 3 years 4 years 5 years 6 years 7 years 7 yrs.6 mos.	
Rotavirus vaccine (Rotavirus infection)		The 1st injection should be given by 14 weeks 6 days old.
Hepatitis B ※From Oct. 1, 2016		Babies 2 to 8 months old born on and after April 1, 2016 are eligible. Injections to prevent mother-to-child transmission are not included.
Pneumococcal Vaccine (Pediatrics pneumococcal infectious disease)	2 months – 4 years The number of injections differs according to the starting age. As initial injections, 3 doses at least 20 days apart (standardly 20-56 days)	2 to 6 months old for initial injection
DPT-IPV-Hib (Diphtheria, whooping cough, tetanus, polio and Hib)		3 to 6 months old for initial injection
BCG (Tuberculosis)		5 to 7 months old.
MR (measles & rubella mixed vaccine) measles only rubella only		During the academic year before entering elementary school (the last year of preschool)

Vaccine (Disease)	Target Ages by Regulation	Age Commonly Given
	2 months 4 months 6 months 8 months 10 months 1 year 2 years 3 years 4 years 5 years 6 years 7 years 7 yrs. 6 mos.	
Varicella (chicken pox)	<p>The 2nd injection more than 3 months (6 months – 12 months, if possible) after the 1st injection.</p> 	Children who have had chicken pox are not eligible.
Japanese encephalitis	 <p>【Phase 1】 2nd injection: at least 6 days (standardly 6 – 28 days) after the 1st injection. 3rd injection: at least 6 months (standardly, about one year) after the 2nd injection</p> <p>【Phase 2】 One injection for children 9 - 12 years old.</p>	<p>Standardly, Initial injection: 3 years old Booster: 4 years old</p> <p>* Those subject to transitional measures: (Children born between April 2, 1995 and April 1, 2007 can get injections that they haven't received until they turn 20 years old.)</p>
DT (Diphtheria, tetanus)	One injection for children 11-12 years old.	Standardly, 11 years old
HPV vaccine (Human papillomavirus infection/cervical cancer prevention)	Girls in the age of 6 th grade of Elementary School – 1 st grade of Senior High School. 2 or 3 injections.	<p>Standardly, 1st grade in Junior High School</p> <ul style="list-style-type: none"> • The number of injections and intervals differ depending on the kind of vaccine and the age she starts to be vaccinated . • Transitional measures Women born between April 2, 1997 and April 1, 2009 who received at least one dose of HPV vaccine between April 1, 2022 and March 31, 2025 may receive the missing dose until March 31, 2026.

Consult if your child could not have the immunization within the target age by regulation due to treatment for a long-term illness.

【Inquiry】Vaccination Section, Health Crisis Response Div. 06-6152-7329

(4) Child-raising Consultation and Support Services in Japanese

○ Consultation on Child-rearing of Babies/Infants and Children

Details		Days/Hours	Inquiries
Consultation on Child-rearing of Babies/Infants.		Mon.- Fri. 9:00—17:15	Child-rearing Support Center “Hoppe” Tel. 06-6852-4141
Comprehensive Consultation for Children ① Counseling for children up to 18 years and their families ② Telephone counseling exclusively for children (only for children up to 18 years.) (“Toyonakakko” Dial)		Visit: Mon. – Fri. 9:00 -17:15 Tel: 24 hours all year around	Child’s Safety Div. ① 06-6852-5172 ② 0120-307-874 ※toll free
Consultation on child-rearing mental worries Consultation on child-rearing worries and anxieties, and relationships with children (appointment required)		Mon.-Fri. 9:00—17:15	Child’s Safety Div.. 06-6852-5172
Consultation on education (by phone) Worries about child’s psychology, speech (phonological problems, etc.) Inquiries if you have problems you don’t know whom to consult about.		Mon.-Fri. 9:00—17:00	Educational Consultation Section, Education Center Tel. 06-6840-8121
Consultation on education (Face-to- face) (Appointment required) Worries about child’s psychology, speech (phonological problems, etc.) and so on		Mon.-Fri.9:00—17:00	Educational Consultation Section, Education Center Tel.06-6844-5231
		Saturday Counseling 2 nd Sat. 9:00—12:00	Educational Consultation Section, Education Center Tel. 06-6844-5231
Refusal to attend school of school-age children		Tue.-Sat. 9:00—17:00	Sozokatsudo kakari Tel. 06-4866-6310
Bullying, Problematic Behavior and so on of school-age children		Mon.-Fri. 10:00-17:00	Seitoshido Kakari, Students Support Div. Tel. 06-6866-0783
Counseling and Support for the Choice of Future Courses	Scholarship system Information and counseling on students’ future courses	Mon. Thurs. 17:00—19:00 At Human Rights and Peace Center, Toyonaka	School Education Div. Human Rights Education Sec. Tel. 06-6858-2573 (9:00 – 17:00)
		Tue. Fri. 15:00—17:00 At Human Rights and Peace Center, Hotarugaike	
Comprehensive Consultation on Children and Education (Appointment required) Various topics about children up to 18 years and their families In particular, worries and questions about learning and learning environment.		Mon. – Fri. 10:00 – 17:00	Comprehensive Consultation on Children and Education In Shonai Collabo Center 06-6398-9211

○ Consultation for Single Parent Families, etc.

Details	Days/Hours	Inquiries
Consultation service for single parent family, etc. (by appointment only)	Mon.-Fri. 9:00 –17:15 Wed. 13:30-14:00 Online (Zoom) Consultation	Child-Raising Benefits Div. Tel.06-6858-2767
Welfare Consultation for Single Parents (including before a divorce) Reservation is required. ① Worries in daily life as a single parent ③ Legal advice from a lawyer ③ Advice from a specialist (Child support fee, parent-child meeting/communication, concerns about children, etc.)	① Mon.-Fri. 10:00 – 16:00 1 st /3 rd Tue. 18:00 – 20:00 Online (Zoom) Consultation ② 2 nd /4 th Wed. 18:00 – 20:00 1 st /3 rd Sat. 9:30 – 11:30 ④ 2 nd Thurs. 17:00 – 20:00 ⑤ 3 rd Thurs. 13:00 – 16:00	Single Parent and Child Welfare Center Tel.06-6852-5160

○ Consultation on and Reporting Child Abuse

Details	Days/Hours	Inquiries
Consultation on and Reporting Child Abuse	Mon.-Fri. 9:00 –17:15	Toyonaka Child Consultation Center (Consultation) Tel.06-6868-9230
	Weekends, holidays, nighttime	Child Consultation Center Abuse Response Hotline 189
Consultation on Child Abuse	Mon.-Fri. 11:00 –17:00	The Association for the Prevention of Child Abuse & Neglect (Child Abuse Hotline) Tel.06-6762-0088

○ Consultation & Support for Children with Disability, etc.

Details		Days & Hours
Consultation about daycare support for children with disability (development support/ after school daycare, etc.)	Mon.-Fri. 9:00—17:15	Child Consultation Div. Development Support Section Tel 06-6858-2285 Fax 06-6846-6080
Application for the benefits and certificates for children with disability (Except ones regarding daycare support) <ul style="list-style-type: none"> •Handbook for the disabled •Assistant harness, Household tools •Special child rearing allowance, Welfare allowance for disabled children •Temporary stay, Daytime temporary support for disabled children, etc. 		Handicapped Persons Welfare Div. Tel.06-6858-2746 Fax. 06-6858-1122
Support for Children with Developmental Challenges	<ul style="list-style-type: none"> •Child Development Support (facility attendance with parents, independent facility attendance, small- scaled class for parents and children), After school Day-care, Child Development Consultation support for children with disabilities) Temporary Day-care for Children with Disabilities 	Toyonaka City Child Development Support Center Tel.06-6866-2360 Fax. 06-6676-7990
Premature babies/ Children with specific chronic illnesses/ Children with physical disabilities	Rearing & medical aid for premature babies Medical expense support for childhood specific chronic illnesses Home guidance, Development Support Consultation	Chubu Health Center Hoken Kikaku Section TEL.06-6858-2800 Chubu Health Center Chubu Hoken Section TEL. 06-6858-2293

○ Other Support and Consultations

Details		Inquiries
Specialized Consultation for Young Caregivers (carers)	Mon.- Fri. 9:00-17:15	Child's Safety Div. TEL: 06-6852-5544
Specialized Consultation for Infertility and Recurrent Pregnancy Loss		Chubu Health Center Chubu Hoken Section TEL. 06-6858-2293

(5) Childcare Services

○ Private kindergartens and Private Certified Kodomo-en

: for Category 1 certified children

Those eligible	Children 3 years old to before entering elementary school *Some private kindergartens have classes for children who have turned 3 years old.
School fees	0 yen per month
School hours	Please inquire at each kindergarten.
Lunch	School lunch (charged)/Box lunch from home
How to apply	Please inquire at each kindergarten. ※The selection process varies among kindergartens.
Selection Process	
Inquiries	

○ Public Certified Kodomo-en: for Category 1 certified children

Eligibility	Children aged 4 years – before entering elementary school
Fee	0 yen per month
Childcare Hours	Mon.- Fri., 9:00-14:00 ※ Extended hours childcare is available after 14:00. (Charged)
Lunch	School lunch (fee applies) / Box lunch from home
Application	Anytime
Admission	Accepted any time if seats are available.
Inquiries	Child-Raising Benefits Div. 06-6858-2252 / 2253

○ Nursery Schools and Certified Kodomo-en: for Category 2 and 3 certified children

Eligibility	Children aged 0 – 5 years who need childcare because of the parents' work or illness ※ Some kodomo-en do not accept category 2 children
Fee (rough standard)	0 yen – 78,000 yen per month. For April – Aug., determined based on the income-based portion of the city tax of the previous year, and for Sep. – March, on that of the current year. (0 yen per month for children aged 3 – 5 years. 0 yen also for one's 2nd child and others following.)
Childcare Hours	Mon. – Sat. Childcare hours will be determined between 7:00 and 18:00, considering the needs for childcare. ※ Extended hours childcare is available until 19:00 (Charged)
Lunch	School lunch (Fee applies for 3 – 5-year-old children)
Application	Anytime
Admission	After a selection, we notify the parents of children who will be accepted in written form or by telephone. For details, refer to the Guide for Educational / Childcare Facilities in Toyonaka.
Inquiries	Child-Raising Benefits Div. 06-6858-2252 / 2253