



# For Expectant Mothers

- Mom and Dad Class
- Mother's health
- Other programs and services

## Parenting class (Mom and Dad Class)

**Inquiries** Public health center

The parenting class ("Mom and Dad Class") is offered for expectant parents and their families to help ease their concerns about pregnancy, childbirth, and parenting, and to support them in raising their baby together in good health.

The number and content of the classes may differ depending on the ward. Please check with your local public health center for details.

## Mom and Dad Class for working couples

**Inquiries** Childcare Support Division, Child and Youth Affairs Bureau ☎052-972-2629

Balancing work, household chores, and childcare requires cooperation between partners. This class is designed to help expectant parents prepare both physically and mentally during pregnancy, so that they can feel confident and enjoy raising their child together.

**Eligibility** Couples who are both working and expecting a baby (by lottery reservation) \*Please participate after around the sixth month of pregnancy, once your condition has stabilized.

**Contents/Reservation** Please check the Nagoya City official website.



Nagoya City  
official website

## Online pre-family class (Support service for families with a multiple pregnancy)

**Inquiries** Childcare Support Division, Child and Youth Affairs Bureau ☎052-972-2629

Support is provided to help reduce the burden and anxiety experienced by parents during a multiple pregnancy, childbirth, and child-rearing.

**Support provided** Online family class specially designed for parents of multiples (held four times a year)

**Other** Various other support services are available for families with multiples. (For details, please see p. 8.)



Nagoya City  
official website

● For advice on pregnancy or childbirth, please contact the Child-Raising General Inquiry Counter. (For details, please see p. 19.)

## Prenatal checkup and postpartum checkup

**Inquiries** Public health center

Prenatal and postpartum checkups are available at medical institutions (within Aichi Prefecture) contracted with the city at public expense. To receive a checkup, please present the prenatal checkup voucher or postpartum checkup voucher, as appropriate, at the medical institution where you receive the checkup. Please note that you will be responsible for the cost of any examinations or treatments not covered by the voucher. If you receive a prenatal and/or postpartum checkup at a medical institution outside Aichi Prefecture, for example, because you returned to your hometown to give birth, the expenses for the checkup will be reimbursed to you, provided the medical institution is located in Japan. (Up to a certain limit)

## Prenatal and postpartum dental checkups

**Inquiries** Public health center

Pregnant and postpartum women can receive a dental checkup free of charge at designated dental clinics in Nagoya. Please present the prenatal and postpartum dental checkup voucher at the dental clinic where you receive the checkup. Please note that you will be responsible for the cost of any examinations or treatments not covered by the voucher.

## Pregnancy support grant

**Inquiries** Call center ☎052-746-8219

Each expectant mother will receive a payment of 50,000 yen after submitting a pregnancy notification to the city. Application forms and related documents will be sent by the city to eligible recipients.

For details, please visit the Nagoya City official website.



Nagoya City  
official website

## Childbirth and childcare lump-sum allowance

**Inquiries** Call center ☎052-746-8219

A childbirth and childcare lump-sum allowance is provided from the health insurance that the mother is enrolled in. If you are enrolled in the City of Nagoya's National Health Insurance program, you can receive a lump-sum allowance of 488,000 yen (or 500,000 yen if you give birth at a medical institution participating in the Obstetric Compensation System). Please note that this allowance is not available if you receive the childbirth and childcare lump-sum allowance through your employer's health insurance. For more information, please contact your health insurance provider, such as your local ward office, the prefectural branch of the Japan Health Insurance Association, or your health insurance society.

To reduce the economic burden, a direct payment system for childbirth and childcare lump-sum allowance is also available, which allows the medical institution to apply for payment of the lump-sum allowance to your health insurance provider and receive it on your behalf to cover the medical expenses, subject to your agreement. For information on how to use the system, please inquire at the medical institution where you plan to give birth.



Nagoya City  
official website



## Exemption from National Pension Plan and National Health Insurance premiums during the prenatal and postpartum periods

If you are a National Pension Plan first-category insured person and insured under the National Health Insurance system, you are exempt from paying the National Pension Plan premiums and National Health Insurance premiums for a four-month period starting from the month preceding the month of the date of childbirth (or preceding the month of the expected date of birth if you apply for the exemption before childbirth) (or a six-month period starting from three months before the month of the date of birth in case of a multiple pregnancy). To apply for the exemption, please visit the Health Insurance and Pension Division of your local ward office, or the Resident Welfare Division of your local branch office, and present a document that verifies the date of delivery, such as a Maternal and Child Health Handbook. For those enrolled in other pension or health insurance systems, please inquire at your workplace or relevant organization.

### National Pension



Nagoya City  
official website

### National Health Insurance



Nagoya City  
official website



Electronic  
notification



## Emergency taxi tickets for expectant mothers

**Inquiries** Childcare Support Division, Child and Youth Affairs Bureau ☎052-972-3083

Expectant mothers with a Maternal and Child Health Handbook will receive taxi tickets (20 500-yen tickets) for use in case of emergency.

### Emergencies include:

- (1) When visiting medical institutions for childbirth (round trip permitted)
- (2) When visiting medical institutions due to health issues during pregnancy or after delivery (round trip permitted)
- (3) From about the eighth month of pregnancy, when visiting medical institutions or public health centers for maternity or child health checkups, or when your child is unwell (round trip permitted)
- (4) When returning home (to your residence or your parents' home for childbirth) due to feeling unwell while outside during pregnancy or after childbirth

### Eligibility

Expectant mothers who live in the city and have received a Maternal and Child Health Handbook

### Method of receipt

Tickets will be delivered by simplified registered mail within two weeks to one month after the Maternal and Child Health Handbook has been issued. There is no need to apply.



## Prenatal and postpartum assistance

**Inquiries** Ward Office: Civil Affairs and Children's Division; Branch Office: Resident Welfare Division

If you have difficulty doing housework or taking care of your child during pregnancy and/or after childbirth due to illness or for any other reason, you can request the municipal government to send a helper. You can use this service for up to 80 hours during the period from pregnancy to 12 months after giving birth (or up to 100 hours in case of a multiple pregnancy).

### Eligibility

Those who do not have anyone to assist with housework or childcare during the daytime

### Fee

The hourly rate ranges from 0 to 805 yen, depending on the municipal tax status of the household's primary earner.



## Postpartum care service

**Inquiries** Public health center

Parents can receive support in raising their children at home through residential, day-care, and home-visit care services provided by medical institutions and other facilities. (The number of days these services can be used is limited.)

### Eligibility

Anyone who needs postpartum care

### Fee

Fee-based

### Support provided

Maternal health management; guidance on daily living; breast care and breastfeeding support; instruction on bathing a baby; parenting consultation; observation and advice on the baby's development, growth, weight, and toileting; and guidance on baby skin care and other child-rearing practices



## Online quit smoking program

**Inquiries** Health Promotion Division, Health and Welfare Bureau ☎052-972-4058



This program allows you to quit smoking at home. Smoking cessation aids will be delivered to your home, and public health nurses and other professionals will support you through online consultations—no clinic visits required.

\*This program is also available for those who cannot use medication due to pregnancy or other reasons. Entrusted to: Linkage Co., Ltd.



## Nagoya Miraikko Support System

**Inquiries** Childcare Support Division, Child and Youth Affairs Bureau ☎052-972-3083

By showing your "Piyoka" card at participating stores, you can receive special benefits and services designated by each store. (For details, see p. 72.)

### Eligibility

Families living in Nagoya City with children under 18 years of age (including expectant families) (The eligibility remains valid until the end of the fiscal year in which the children turn 18 years of age.)

### Fee

Free



## Maternity mark

**Inquiries** Public health center

When a Maternal and Child Health Handbook is issued, you will be given a maternity mark badge with a strap.



This mark encourages people to be considerate of pregnant women—for example, by offering them seats on public transportation or by refraining from smoking. Please be sure to wear it.