After Your Baby Is Born

Notification
Child health
Other support programs and services

Medical subsidy for children

Inquiries Ward Office: Health Insurance and Pension Division; Branch Office: Resident Welfare Division

Medical expense subsidies are provided for the following persons. Please show your Child Medical Certificate together with your My Number health insurance card or equivalent at the hospital or clinic reception.

Eligibility Children are eligible until the end of the fiscal year in which they turn 18.

Nagoya City official website

Birth report (home visit by a midwife or public health nurse)

Inquiries Public health center

To promote the health of mother and child, please fill in the "Birth Report" postcard enclosed in the supplementary booklet "*Haha to Ko no Kenko no Tameni*" (For the Health of Mother and Child) of your Maternal and Child Health Handbook, and send it to the public health center of your ward. A midwife or public health nurse will visit you at home to give parenting advice on baby growth, baby care, maternal health after birth, etc.

Eligibility Mothers and babies up to around four months old

Child-rearing family support payment

Inquiries Call center 052-746-8219

A payment of 50,000 yen will be granted per fetus. 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

Child allowance system

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

Child allowance is provided to the following individuals. Be sure to apply for the allowance if you are eligible.

Eligibility Those raising children up to high school age

Allowance amount The monthly amount corresponding to the age group shown in the table on the right is provided per eligible child.

Age group		Monthly amount
Ages 0 to under 3	First Child / Second Child	15,000 yen
	Third Child and beyond	30,000 yen
Ages 3 to high school age	First Child / Second Child	10,000 yen
	Third Child and beyond	30,000 yen

Medical checkup for infants

Inquiries Public health center

Medical checkups are provided at appropriate stages of infants' growth to promote their health. Please take your child for these checkups as scheduled below.

	Newborn hearing screening	General medical checkup for infants	
Type	—	1st checkup	2nd checkup
When to take medical checkups	Three days after birth	One month after birth	Nine months after birth
Schedule	To be taken individually		
Location	Medical institution of your choice (Please apply individually.)		
Fee	Free		
	Please use the newborn hearing screening voucher attached to the supplementary booklet of your Maternal and Child Health Handbook.	Please use the general medical checkup for infants voucher attached to the supplementary booklet of your Maternal and Child Health Handbook.	
	*If you receive these medical examinations at a medical institution outside Aichi Prefecture, reimbursement is available, except for the second general medical checkup for infants (up to a certain limit).		
Notification of schedule, etc.	None		

	Health checkup for infants		
Type	Health checkup for three- (four-) month-old infants	Health checkup for one-year-and-six-month-old infants	Health checkup for three-year-old infants
When to take medical checkups	From three to five months after birth	From one year and six months to one year and nine months after birth	From three years to three years and three months after birth
Schedule	To be designated by the public health center		
Location	Public health center		
Fee	Free		
Notification of schedule, etc.	• Mailed to your home • Announced in the ward edition of the *Koho Nagoya* community newsletter		

Regular vaccinations

Inquiries Public health center

The following vaccinations are available at designated medical institutions in Nagoya City: rotavirus, hepatitis B, pneumococcal disease in children, the five-component combination vaccine (diphtheria, pertussis, tetanus, polio, and Hib), DT, BCG, measles and rubella, chickenpox, Japanese encephalitis, and cervical cancer. You can also apply online for the issuance of sticker-type vaccination coupons. If you plan to have your child vaccinated at a medical institution outside Nagoya City, for example when returning to your hometown for childbirth, you are required to submit an application in advance.

Nagoya City official website

Electronic application

Eligibility For details on eligibility for each vaccination, please see the Maternal and Child Health Handbook and the leaflet "Have your child vaccinated" (*yobo sesshuwo ukemashou*).

Fee Free

Voluntary vaccinations

Inquiries Public health center

The City of Nagoya provides subsidies for the following voluntary vaccinations. You can have your child vaccinated at a designated medical institution by paying your share of the cost.

Category	Eligibility	Required number of doses	Copayments
Mumps vaccine	From age one up to the school year prior to entering elementary school	One shot	3,000 yen

*If your household is exempt from municipal tax or receives public assistance, the copayment may be waived.

Nagoya City official website

Consultations on breastfeeding and other childcare-related issues

Inquiries Public health center

We offer consultation days on breastfeeding, and child growth and development. (Appointment required)

Eligibility Those who have concerns about breastfeeding and/or child growth and development

Fee Free

Dental checkup and fluoride application

Inquiries Public health center

Dental checkups, consultations on dental and oral health, and fluoride application for children who wish to receive it are available.

Eligibility Young children aged 18 months, 2 years, and 3 years, as well as young children who are prone to tooth decay, and their parents (Fluoride application is available for young children only.)

Fee Free of charge (720 yen for children receiving fluoride application*) *Households receiving public assistance are eligible for exemption from the copayment.

Medical benefits for premature infants

Inquiries Public health center

Medical expense assistance is provided when a premature infant is hospitalized and cared for at a designated medical institution.

Medical benefits for children with disabilities/specific infantile chronic diseases

Inquiries Ward Office: Welfare Division; Branch Office: Resident Welfare Division

When a child with a disability or specific infantile chronic disease receives inpatient or outpatient treatment at a designated medical institution, medical benefits are provided to partially cover the medical expenses.

Nagoya *waku-waku* present program

This program is designed to support children born and raised in Nagoya and their parents. You can choose from a variety of useful items and services to help with child-rearing. For more information about the gift items, please search online for Nagoya City Baby Yell.

Eligibility Children born in Nagoya City who reside in the city through the end of their birth month are eligible. (Eligibility is also granted to children who move into Nagoya City before their first birthday and reside in the city through the end of the month in which they move in.)

Method of receipt There is no need to apply. For details, please visit the Nagoya City official website.

Parenting class

Inquiries Public health center

The public health center holds classes to provide information on child development, daily routines, accident prevention, and weaning foods. It provides an opportunity for parents to learn about parenting and health together with their children. For information on venues, eligibility, and other details, please contact the public health center in your ward. Consultations are also available to help you connect with other parents in your community. Please feel free to contact the center.

Eligibility Expectant mothers and parents raising children **Fee** Free

Newborn baby home visit

Inquiries Ward Office: Civil Affairs and Children's Division

For families with their first baby, the chief child welfare commissioner or the local child welfare commissioner will visit their home to provide information on community-based child-rearing support and related services.

Eligibility Families with a first-born child **Timing of visit** Approximately 3 to 7 months after birth

Nagoya City official website

Support program for families with multiples

Support is provided to help reduce the burden and anxiety of parents related to multiple pregnancy, childbirth, and raising multiples (e.g., twins). In principle, families with multiples up to three years of age are eligible for the support.

(1) Online pre-family class during pregnancy (For details, see p. 3.)
(2) Accompaniment support for infant health checkups and vaccinations (3) Telephone consultation (For details, see p. 19.)
(4) Home visit by a midwife

Nagoya City official website

Housing subsidy, "Kodomo Anshin Smile"

If eligible households implement safety measures in their homes, such as purchasing auxiliary locks or child gates, or installing handrails to prevent falls, half of the purchase and installation costs will be subsidized (up to 200,000 yen per household).

Eligibility Households with children in elementary school or younger, and households with a pregnant family member

Nagoya City official website

Interest subsidy program for loans to acquire quality pre-owned housing

An interest subsidy (equivalent to 0.25% per year) is provided for those who purchase pre-owned homes in the city through the Flat 35S or Flat 35 Renovation programs offered by the Japan Housing Finance Agency (JHF).

Eligibility Households with children aged 18 or under, and other eligible households

Period Up to five years (maximum: 500,000 yen)

Nagoya City official website

Rent reduction for Long-term Residency Housing and Nagoya City Housing Supply Corporation rental housing

Inquiries Nagoya City Housing Supply Corporation Long-term Residency Housing 052-523-3882
Nagoya City Housing Supply Corporation rental housing 052-523-3879

A 20% rent reduction is provided for child-rearing households that newly move into Long-term Residency Housing or Nagoya City Housing Supply Corporation rental housing within the city.
(Long-term Residency Housing: The rent after the reduction shall not be less than 60,000 yen. / Nagoya City Housing Supply Corporation rental housing: Up to 40,000 yen per month for units with a floor area of 40 m² or larger.)

Eligibility Households with children aged 18 or younger that moved in on or after April 1, 2024

Period Up to 10 years

Long-term Residency Housing

Nagoya City Housing Supply Corporation rental housing

Applications open for municipal housing for child-rearing and young households (income limit applies)

Inquiries Nagoya City Housing Supply Corporation 052-523-3875

The city offers a special category for child-rearing and young households in the general municipal housing application process held four times a year (in May, August, November, and February).

Eligibility Households with children aged 18 or younger, or married couples aged 40 or younger

Nagoya City official website

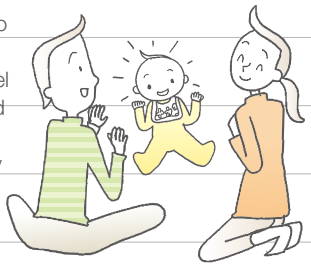
Baby-Care Advice

Caring for your baby can be tough, but this advice from more

Tips from more experienced moms

Don't say "you've got to," say "let's!"

● Instead of telling your partner he's "got to do" such-and-such, phrase it as "let's do" such-and-such. That way, both partners feel like they're working together as a team, and it's more fun for everyone. The sight of your baby's smile will bring you such joy that any annoyances will simply fade away.



Say clearly what you want

● After childbirth, the baby has to be your top priority, and the baby's dad often ends up as an afterthought. But just like you, he's doing the best he can. Rather than expecting him to guess what you want him to do, tell him clearly. It'll make things less stressful for both of you. When you've just had a baby, you'll be feeling more anxious than usual. But keep reminding yourself that this is normal and temporary. Don't lean into those mood swings.

Use your words

● It helps to verbally express your appreciation to your partner for the care and consideration he's showing you. My partner verbally expresses gratitude and affection quite frequently as well, so when I hear him do that, it makes me want to try harder too, and it makes me appreciate him as well as the baby. It's important to express these feelings in actual words.

Tips for minimizing stress

● I think the secrets of stress-free baby-care are to talk to your partner about everything, even the small things, not to bottle up your anxieties, and not to push yourself too hard. You're in this together.

When the birth happens after sudden hospitalization

● I developed pregnancy-induced hypertension in week 35 of my pregnancy, so I was quickly transferred to a different hospital, and I ended up having an emergency C-section.
Even after my baby was born, I was told to rest quietly in bed for a week. Except for a photo taken by my partner in the newborn nursery, I wasn't even able to see the baby, and I got depressed. However, before the birth, he and I had both read childbirth information leaflets, so he took care of all the post-birth paper-work at the hospital and the municipal office. I'm so grateful to him for turning up at the hospital every day, and cheering me up when I was depressed.

● My partner is a sound sleeper, so he doesn't get up very often when our baby cries at night (smiles). But he does go to work every day, so I think it's fair enough for me to do the night duty. (My partner does make a point of apologizing for not getting up during the night.)

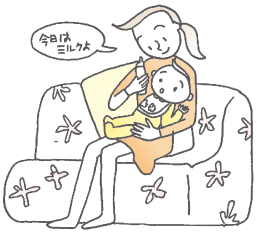
Baby-Care Advice

Breastfeeding ①

● Even if you're breastfeeding, it's best to give the baby a bottle feed from time to time. During my maternity leave, I went to a leaving party at work. I'd expressed some milk, but the baby wouldn't take the bottle, and cried hysterically until I got home.

Breastfeeding ②

● When my baby was a newborn, I couldn't breastfeed properly, and I got depressed for a while. When I took the baby out for a stroll, old and middle-aged ladies we passed on the street would say "Oh, what a cutie!" and often go on to ask if I was breastfeeding. The very word became painful to me, and I blamed myself for my failure. But now, my baby is 11 months old, and I'm worrying about night-crying, and weaning, and transitioning to baby food, because I persisted with breastfeeding. I kind of wish I'd started bottle-feeding back then, and not pushed myself so hard to battle on with breastfeeding.
Bottle-fed babies do just as well as breastfed babies, so if you need to bottle-feed, don't worry about it.



experienced moms and dads will ease your anxieties.

Tips from more experienced dads

The three main things

● Have a conversation with your partner every day, don't get mad, and have fun. Those are the three things to prioritize when you're caring for a baby.

As always, communication is key

● The things you want to do for your partner are not necessarily the things she wants you to do. There's a tendency to be at cross-purposes, with the mom thinking "I wish he'd do things without being asked," and the dad thinking "I don't know what I should do unless she tells me." So it's a good idea to take the time to communicate, and work as a team to care for the baby.

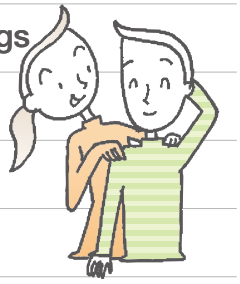
New dads need a bit of kindness too

● I was very glad that my partner kindly let me sleep on when the baby cried at night, because I had to get up for work the next day. But by the same token, it's a good idea to let her sleep a little bit later in the mornings. Also, rather than lounging around at the weekend, it helps if you take the baby out with you for a while, so that your partner can have a bit of time to herself to recharge.

Understand how hard it is to be a new mom

● When she's just had a baby, your partner is faced with all kinds of baby-care stresses and irritations that are completely new to her. As the dad, you're at work all day, and you don't see how things usually are at home, so it's not obvious to you what your partner is getting upset about. It helps if you can understand what a hard time she's having, and co-operate with her in caring for the baby.

Take your partner's feelings into account



● Because she's experiencing childbirth and childcare for the first time, your partner will be feeling anxious. Try and make allowances for her anxiety. Then go ahead and enjoy meeting and caring for your new baby.

Go for walks as a couple

● The days just before your baby's due date are a precious time for you and your partner, so be sure to enjoy them together. Making sure your partner still gets some social contact is the secret of staying happy together while you're raising your baby. Stay on top of four things - changing diapers, bottle-feeding, baths and bedtime - and you'll enjoy caring for your baby!

● So that I can see for myself how the baby is growing and developing day by day, I let my partner stay home while I take the baby out for a stroll, or to the grocery store.

Let Dad take care of bath time!

● When it comes to bathing the baby, Dad's hands provide more stability, because they're bigger than Mom's hands, so the baby feels more secure in the water. So it's a good idea to let Dad take over at bath time whenever possible.

● I know that caring for a baby takes everything you've got, but even so, spare a thought for Dad.

A monthly trip to Higashiyama Zoo

● Higashiyama Zoo's annual pass is a bargain. We go about once a month now.

● When we need to speak sharply to our small child, just one of us does it, while the other one says nothing. We take care not to both yell at the child at once.

Protecting Your Baby Against Sudden Infant Death Syndrome (SIDS)

Reducing the number of babies who die in their sleep

Babies sometimes die in their sleep. In some cases, this is Sudden Infant Death Syndrome (SIDS), and in other cases, it is due to suffocation or other causes.

- SIDS is a syndrome whereby babies die from unknown causes, without any warning signs or medical history. It is different than accidents due to suffocation or other causes.
- Although no method has yet been established for preventing SIDS, data indicates that the risk of SIDS can be reduced by following the three guidelines given below.

1 When putting your baby down to sleep, lay them on their back.

Laying a baby down to sleep on their front is known to be associated with a higher incidence of SIDS. Unless laying the baby down to sleep on their front is recommended for medical reasons, lay them down to sleep with their face visible.

2 Breastfeed your baby as far as possible.

Breastfeeding is known to be better for the baby for a number of reasons. Breastfed babies are known to have a lower incidence of SIDS. Try to breastfeed if at all possible.

3 Stop smoking.

Cigarette smoke is a major risk factor for SIDS. Smoking while pregnant makes it more difficult for your unborn child to gain weight, and has a distinctly adverse effect on their respiratory center. As well as refraining from smoking during your own pregnancy, of course, you should not smoke around pregnant women or babies.

★ For details, visit the website of the Children and Families Agency of Japan.

Information on Sudden Infant Death Syndrome (SIDS)

Don't shake your baby!

- Protect your baby from Shaken Baby Syndrome -

When your baby is cranky and squirms, or won't stop crying no matter what you do, baby-care can be really tough. Have you heard of Shaken Baby Syndrome? It's said to be prone to occur at stressful moments like these.

What is Shaken Baby Syndrome?

Shaken Baby Syndrome is serious head injury that occurs when a baby is shaken violently. A baby's head is heavy, and their neck muscles are weak, so being shaken rapidly and roughly causes the brain to repeatedly hit the inside of the skull. The brain then sustains injuries (such as subdural hemorrhage (bleeding between the skull and the surface of the brain) or fundus hemorrhage (bleeding inside the eye)).
In many cases, the incident happens when the baby won't stop crying, and the person caring for the baby gets exasperated, loses their temper, and in their desperation to stop the crying, shakes the baby or throws the baby down on the bed.

Note: Shaken Baby Syndrome does not occur as a result of normal baby-comforting behavior like lifting the baby up high in the air or bouncing them on your knee.

What are the signs of Shaken Baby Syndrome?

When a baby is violently shaken, their brain cells are damaged, and the brain enters a hypoxic (oxygen-deficient) state, causing symptoms like the following to appear.

- Loss of vitality
- Increased crankiness
- Drowsiness
- Vomiting (easily mistaken for the symptom of a viral infection)
- Convulsions
- Impairment of consciousness (baby does not respond when you call out)
- Breathing difficulties
- Coma (a state where the baby will not open their eyes even in response to a strong stimulus)
- In the worst cases, the baby may even die.

Even when your baby goes on and on crying, you must never shake them violently!

When your baby cries, change their diaper, feed them, play with them, let them hold their favorite towel or other object, take them outside for a walk, and so on. If you've tried everything you can think of, and nothing has worked, it's important to calm yourself down so that you don't lose your temper. Here are some things you can try.

- Take a deep breath and count to ten.
- Lay the baby down on their back in a safe spot, and leave them to cry on their own (checking the state of their breathing every 5 to 10 minutes).
- To calm yourself down, make a telephone call to someone you are close to.
- It's possible that the baby is crying because they're not feeling well, so consult your family medical practice, healthcare center, or similar.

Whatever is going on with your baby, they will definitely stop crying eventually. First, calm yourself down.

Note: This content is quoted, with permission, from a leaflet produced by the Japan Pediatric Society.
Japan Pediatric Society website: https://www.jpeds.or.jp/

- You can watch a video on how to cope with a crying baby on the website of the Children and Families Agency.