



Services available to expectant parents

We look forward to the arrival of your baby with you.

Parenting classes

Parenting class (mom and dad class)

The parenting class (mom and dad class) is offered to expectant parents and other family members to alleviate their worries about pregnancy, birth and parenting, and help them play their parenting roles together for the healthy growth of the baby. The number of times the class will be held and the class contents vary from ward to ward. For details, please inquire at the public health center in your ward.

Parenting class for working couples

If working couples are to successfully juggle work, household and parenting responsibilities, they should cooperate with each other and share responsibilities. This parenting class is designed to get expectant working couples ready for parenting duties both physically and mentally from the stage of pregnancy so that they can better enjoy their parenthood.

■ Eligibility: Expectant working couples (Participants are selected by lottery from among applicants.)

*This class is intended for expectant mothers at six- or seven-month pregnancy and their spouses.

■ For details about the class and application procedures, please visit the official website of the Nagoya Municipal Government.



■ Inquiry: Child Raising Support Division, Child & Youth Affairs Bureau
☎ 972-2629



For advice about pregnancy or birth, please contact the Child Raising General Inquiry Counter (see p. 19 for details).

Maternal health

Prenatal checkup Postpartum checkup

You can receive prenatal and postnatal checkups at medical institutions under contract with the municipal government (located in Aichi Prefecture). Expenses for the checkups are covered by the municipal government.

To receive a checkup, please present the prenatal checkup voucher (妊婦健康診査受診票) or postpartum checkup voucher (産婦健康診査受診票), as appropriate, at the medical institution. If you receive a test or treatment that is not covered by the voucher, you should pay for it. If you receive prenatal and/or postnatal checkups at a medical institution outside of 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. (There is an upper limit on the amount to be reimbursed.)

■ Inquiry: Public health center

Prenatal and postnatal dental checkups

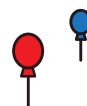
You can receive prenatal and postnatal dental checkups at a dental clinic (located in Nagoya City) under contract with the municipal government for free. Please present the prenatal dental checkup voucher (妊産婦歯科診査受診票) at the dental clinic. If you receive a test or treatment that is not covered by the voucher, you should pay for it.

■ Inquiry: Public health center

Support Money for Pregnant Persons (Provided as Childbirth and Child-Rearing Support Money by the national government)

Upon registering a pregnancy, 50,000 yen is provided per pregnant person. Application forms will be sent to eligible persons by the municipal government. For more details, please see the official website of the Nagoya Municipal Government.

Inquiry: Call Center ☎ 050-3174-2032



Other programs and services

Childbirth lump-sum allowance

After you give birth, a childbirth lump-sum allowance is paid under the health insurance program in which you are enrolled. For example, if you are enrolled in the National Health Insurance Program administered by the Nagoya Municipal Government, you will receive 488,000 yen^{*1} (or 500,000 yen^{*2} if you gave birth at a medical institution covered by the Japan Obstetric Compensation System). However, you are not eligible to receive this allowance if you are paid a childbirth lump-sum allowance from a corporate health insurance program. For more details, please inquire at your health insurance provider (e.g., the local ward office, prefectural branch of the Japan Health Insurance Association, health insurance society).

To reduce the economic burden, a direct payment system for childbirth lump-sum allowance is also available, which allows the medical institution to apply for payment of the childbirth lump-sum allowance to your health insurance provider and receive the allowance on your behalf to cover the medical expenses, subject to an agreement with you. For details about this system, please inquire at the medical institution where you will give birth.

*1: 408,000 yen for a child born on or before March 31, 2023

*2: 420,000 yen for a child born on or before March 31, 2023

Exemption from paying National Pension Plan premiums and National Health Insurance premiums during the prenatal and postnatal period

If you are a “第一号被保険者 (first-category insured person)” of the National Pension Plan 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 & Pension Division of your ward office or the Branch Office Resident Welfare Division and present a document that verifies the date of birth, such as a mother-child health handbook. Members of other pension and medical insurance plans should inquire at their employers, etc.

Taxi tickets for expectant mothers in case of emergency

Expectant mothers with a mother-child health handbook will receive taxi tickets (20 500-yen tickets) for use in case of emergency. These tickets can be used to:

- (1) Visit a medical institution for childbirth (round trip).
- (2) Visit a medical institution in case of feeling ill during pregnancy or immediately after childbirth (round trip).
- (3) Return to one's own home (or parental home where staying for childbirth) in case of feeling ill while going out during pregnancy or immediately after childbirth.

- Eligibility: Expectant mothers with a mother-child health handbook who live in Nagoya City
- How to receive the tickets: Tickets will be automatically sent to eligible persons by simplified registered mail about one-and-a-half months to two months after the issuance of a mother-child health handbook. There is no need to apply.
- Inquiry: Child Raising Support Division, Child & Youth Affairs Bureau
☎ 972-3083

Housekeeping assistance service during the prenatal and postnatal period

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 six months after giving birth (or up to one hundred hours during the period from pregnancy to one year after giving birth in case of a multiple pregnancy).

- Eligibility: Those with no one to help with housework and/or childcare during the daytime
- Fee: The fee varies from 0 yen to 805 yen per hour depending on the municipal tax paid by the primary wage earner of the household.
- Inquiry: Ward Office Civil Affairs & Children Division / Branch Office Resident Welfare Division

Postpartum care service

This service is designed to support just-discharged postpartum mothers who suffer from physical and/or mental discomfort that is not so severe as to require hospitalization, or who feel anxious about taking care of their baby. Under contract with the municipal government, medical institutions and maternity centers offer residential care, daycare care, and home visit care to these mothers to help them take care of their babies at home with peace of mind. (The number of services offered is limited.)

- Eligibility: Mothers who suffer from physical and/or mental discomfort that is not so severe as to require hospitalization, are nervous about taking care of their baby, and cannot receive sufficient support from family members, etc.
- Contents: Maternal health care; guidance on everyday life; breast care; breastfeeding; bathing a baby; parenting advice; baby's development, growth, weight and excretion; baby skin care and other baby care-related tasks
- Fee: A fee may be required depending on the total income of the parents.
- Inquiry: Public health center

Online pre-family class (Support service for families with multiples, e.g. twins)

Support is offered to reduce the burden and anxiety of parents over multiple pregnancy, multiple birth, and raising multiples.

- Details: Online classes are offered exclusively to families with multiples. (Four sessions are scheduled per year.)
- For the latest class information, please see the official website of the Nagoya Municipal Government.
- Various other support services are available for families with multiples. For more details, please see p.8.



Nagoya Kids Support Program Piyoka card for families with children

By presenting your Piyoka card when shopping or using services at Piyoka member stores or facilities, you can receive a special privilege provided individually by each of such stores and facilities.



- 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: None
- Inquiry: Child Raising Support Division, Child & Youth Affairs Bureau
☎ 972-3083
→For more information, please see p.72.

Maternity mark

When a mother-child health handbook is issued, you will be given a maternity mark badge with a strap.

- Inquiry: Public health center



This mark encourages people to show consideration toward pregnant women, for example, by giving up train seats or refraining from smoking. Please carry it when you go out.