



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 (20 couples are accepted per class. 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.

[URL](https://www.city.nagoya.jp/kodomoseishonen/page/0000009756.html) <https://www.city.nagoya.jp/kodomoseishonen/page/0000009756.html>

■ 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 (Child Raising Generation Integrated Support Center). (For more information, please see p.14.)

2



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



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 408,000 yen* (or 420,000 yen if you gave birth at a medical institution covered by the Japan Obstetric

Childbirth and childcare services for male and female employees



1 Prenatal and postnatal health management

• A female employee who is pregnant or who gave birth less than one year ago can take time to receive health guidance/checkup during work hours by applying to the employer, as follows.

- Once every four weeks up to the 23rd week of pregnancy
- Once every two weeks from the 24th to 35th week of pregnancy
- Once every week from the 36th week of pregnancy to childbirth

The frequency of health guidance/checkup may be increased if deemed necessary by the doctor or midwife in charge.

• If a female employee is instructed by her doctor to take special precautions to prevent or mitigate a certain pregnancy- or birth-related symptom, the employer should take measures to allow her to comply with such instructions upon receiving her application.



2 Work before and after birth and during the infancy period

• An expectant or nursing female employee is entitled to be excluded from overtime work, night work (from 10:00 p.m. to 5:00 a.m.) and certain hazardous work. A female employee with a child under one year of age is entitled to leave the work twice a day, for at least 30 minutes each time, to take care of the child upon request to the employer.



3 Maternity leave

• An expectant female employee may take a six-week leave (or 14-week leave in case of multiple pregnancy) before birth upon request to the employer, and the employer cannot allow her to work for eight weeks after the birth. However, the employer may allow her to return to work after six weeks following the birth if she so requests and if permitted by her doctor.

If you are given instructions to follow to maintain maternal and/or fetus health by your doctor, please use Maternal Health Care Guidance Contact Card (母性健康管理指導事項連絡カード). This will help you communicate your doctor's instructions to your supervisor accurately. The form can be downloaded from the following site.

[URL](https://www.mhlw.go.jp/www2/topics/seido/josei/hourei/20000401-25-1.htm) <https://www.mhlw.go.jp/www2/topics/seido/josei/hourei/20000401-25-1.htm>



Dad's comment



I woke at five on a holiday morning and had a happy time just looking at the adorable face of my sleeping daughter.

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.

*The childbirth lump-sum allowance is 404,000 yen for a child born on or before December 31, 2021.

Exemption of National Pension Plan 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, you are exempt from paying National Pension Plan premiums for a four-month period starting from the month preceding the month of childbirth (or preceding the month of the expected date of birth if you apply for the exemption before childbirth), or for a six-month period starting from three months before the month of the expected date of birth in case of multiple pregnancy. To apply for the exemption, please visit the Health Insurance & Pension Division of your ward office or the Insurance Section of the branch office of the ward and present a document that verifies the (expected) date of birth, such as a mother-child health handbook. If you are enrolled in a pension plan other than the National Pension Plan, please inquire at your pension provider.

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 for up to 100 hours during the period from pregnancy to one year after giving birth in case of 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: Public & Child Welfare Section of the Public & Child Welfare Division of the local ward office, or Assistance & Child Affairs Section of the Residents' Welfare Division of the branch office of the ward

Postpartum care service

This service is designed to support mothers who suffer from a physical and/or mental disorder that is not so severe as to require hospitalization, or who feel anxious about taking care of the baby. Under contract with the municipal government, medical institutions and maternity centers offer residential and day care services to these mothers to help them take care of their babies at home more easily. In principle, this service is provided for up to seven days in total, combining the number of days of residential care and day care.

- Eligibility: Mothers who suffer from a disorder that is not so severe as to require hospitalization, are very nervous about taking care of the baby, and cannot receive sufficient support from family members, etc.

*Applicants should undergo an interview with a public health nurse.

- 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

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 mothers)
 - Fee: None
 - Inquiry: Child Raising Support Division, Child & Youth Affairs Bureau
- ☎ 972-3083
→ For more information, please see p.67.



3

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.

Childbirth and childcare services for male and female employees

4 Childcare leave and other parenting support programs for male and female employees

- Either of the parents may take childcare leave until the child turns one year old (or two years old if there is a special reason) upon applying to the employer. This also applies to those working under a fixed-term contract, subject to certain conditions.
- If both parents take childcare leave, the period of childcare leave is extended until the child turns one year and two months old. (Each parent is allowed to take leave for the period up to one year.)

Childcare leave for a male employee

A male employee can take childcare leave even if his wife is not working. If he takes childcare leave and returns to work within eight weeks after the birth, he is entitled to take another childcare leave later.

*A new system of “paternity leave at birth” and other childcare programs for male employees will be launched soon. For more details, please see here.



- An employee with a child under three years of age may request the employer to allow him or her to work shortened hours (six hours per day in principle) and/or be excluded from overtime work.
 - An employee with a preschool child may request the employer to allow him or her to be excluded from late-night work subject to certain requirements and also to be excluded from overtime work in excess of 24 hours a month and 150 hours a year.
 - An employee with a preschool child may take child nursing leave for up to five days a year (in case of one child) or up to ten days a year (in case of two or more children) subject to certain conditions.
 - Inquiry: Guidance Division of the Guidance Division of the Employment Environment and Equal Employment Department, Aichi Labour Bureau
- ☎ 857-0312
(Your inquiry about ② and ③ may be referred to another division, as appropriate.)

For more detailed information, please visit the following site.

○ 女性にやさしい職場づくりナビ (Guide to workplace environment friendly to female employees)

URL <https://www.bosei-navi.mhlw.go.jp>