

Services offered after childbirth

We support families with children with various parenting services.

Services that require application

Medical subsidy for children

This subsidy covers medical expenses for children as shown below. Please have a pediatric medical certificate issued and present it together with your health insurance card at the medical institution when seeing a doctor.

- Eligibility: The subsidy is provided until the first March 31 after the child turns 18 years of age.
- Inquiry: Insurance Section of the Health Insurance & Pension Division of the local ward office or Insurance Section of the Residents' Welfare Division of the branch office of the ward

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

To promote the health of mother and child, please fill in the birth report form (postcard) attached to your mother-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, such as on the growth of the baby, baby care, and maternal health after birth.

- Eligibility: Mother of a baby up to around four months old
- Inquiry: Public health center

Child allowance

Income restrictions apply. *

Child allowance is provided as shown below. Be sure to apply for the allowance if you are eligible.

- Eligibility: Family with a child up to the 3rd year of junior high school
- Amount: The monthly amount corresponding to the age group shown in the table on the right is provided per eligible child.

*If the household income exceeds the designated income limit but is less than the designated upper income limit, then a uniform amount of 5,000 yen will be provided per child monthly regardless of the age.

- 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

Age group		Monthly amount
From 0 up to 3 years	Each child	15,000 yen
From 3 years to graduation from elementary school	First and second child	10,000 yen
	Third and subsequent child	15,000 yen
Up to graduation from junior high school	Each child	10,000 yen

*Starting from the payment for June 2022, an upper income limit is applied. A household whose income exceeds the designated limit is not eligible to receive the child allowance.

Child health

Medical checkup for infants

To promote the health of infants, medical checkups are provided at appropriate stages of their growth. Please take your child for these checkups as scheduled below.

	Newborn hearing screening	General medical checkup for infants		Medical checkup for infants		
Type	—	First medical checkup	Second medical checkup	Medical checkup for three- (four-) month-old infants	Medical checkup for one-year and six-month-old infants	Medical checkup for three-year-old infants
When to take medical checkup	Three days after birth	One month after birth	Nine months after birth	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
Date	To be determined individually			To be designated by the public health center		
Venue	Medical institution of your choice (Please apply individually.)			Public health center		
Fee	None			None		
	You can use the newborn hearing screening voucher (新生児聴覚検査受診票) attached to your mother-child health handbook.	You can use the general medical checkup for infants voucher (乳児一般健康診査受診票) attached to your mother-child health handbook.				
	*If you choose to take a newborn hearing screening and/or general medical checkup at a medical institution outside of Aichi Prefecture, you are entitled to reimbursement of screening and/or checkup expenses except the second medical checkup. (There is an upper limit on the amount of reimbursement.)					
Notification of date, etc.	None			・ Notification will be mailed to your home. ・ Information is given in the ward-specific section in the Nagoya News magazine.		

- Inquiry: Public health center

★ Dad's comment ★ I asked my son to join me in my favorite hobby together when he grew old enough, and now he is far better at it than me. This way, I give my wife much needed alone time.

Regular vaccinations

The following vaccinations are provided at designated medical institutions in Nagoya City. If you choose to vaccinate your child at a medical institution outside of Nagoya City, for example, because you returned to your hometown to give birth, you need to make an application in advance.

Rotavirus; Hib; pneumococcal disease in children; hepatitis B; combination of diphtheria, pertussis, tetanus toxoids and polio; BCG; measles and rubella; chickenpox; Japanese encephalitis; DT; and cancer of the cervix

■ Eligibility: Please refer to your mother-child health handbook, brochure “予防接種を受けましょう (Have your child vaccinated.)” and other sources.

■ Fee: None

■ Inquiry: Public health center

Voluntary vaccinations

The Nagoya Municipal Government offers a subsidy to partly cover the expenses for voluntary vaccinations against the following diseases. You can have your child vaccinated at a designated medical institution by paying your share of the cost.

Type	Eligibility	No. of injections required
		Amount to be paid individually (yen)
Mumps vaccine	After turning one year of age until the last fiscal year before starting elementary school	One injection
		3,000 yen/injection

*Municipal-tax exempt households and households on welfare are entitled to exemption of the above vaccination fees.

■ Inquiry: Public health center

Consultations on breastfeeding and other childcare-related issues

Advice on breastfeeding and child growth and development is offered. (Prior application is required.)

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

■ Fee: None

■ Inquiry: Public health center

Dental checkup and fluoride application

Dental checkups and guidance on preventing tooth decay are offered. You may have fluoride applied to the teeth of your child if you wish.

■ Eligibility: Infants aged one year and six months, two years, and three years, infants prone to tooth decay, and their parents (Fluoride application is for infants only.)

■ Fee: None (720 yen for fluoride application*)

■ Inquiry: Public health center

*Households on welfare can be exempted from payment.

Medical benefits for premature infants

Medical benefits are offered to cover the medical expenses for premature infants who receive inpatient treatment at a designated medical institution.

■ Inquiry: Public health center

Medical benefits for children with disabilities/specific infantile chronic diseases

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

■ Inquiry: Disabled Citizens' Welfare Section of the Welfare Division at the local ward office or Welfare Section of the Residents' Welfare Division at the branch office of the ward

Other parenting support programs and services

Parenting workshops

The workshops offer opportunities for parents to learn about various parenting- and health-related issues, including child development, rhythm of life, accident prevention, and starting infants on solid food. You can participate with your child.

For venues and other details, please inquire at the public health center in your local ward. We will also help you build relationships with other parents in the community.

■ Eligibility: New and expectant parents

■ Fee: None

■ Inquiry: Public health center

Newborn baby home visit

A senior child welfare commissioner or district child welfare commissioner visits families with a newborn baby to provide information on available local parenting support services.

■ Eligibility: Families with a first-born child

■ When to visit: Around three to seven months after birth

■ Inquiry: Public & Child Welfare Section of the Public & Child Welfare Division at the local ward office

Municipal housing for households with children and young-couple households

Income restrictions apply.

The municipal government accepts municipal housing tenancy applications four times in a fiscal year (May, August, November and February), of which a certain number of housing units are reserved for households with children up to junior high school age and couple-only households aged under 35.

■ Eligibility: Households with children up to junior high school age and couple-only households aged under 35

■ Inquiry: Nagoya City Housing Supply Corporation

☎ 523-3875

Reduction of rent of long-term housing units and subsidized high-grade rental apartments for households with children

Income restrictions apply.

Households with a preschool child living in a long-term housing unit or subsidized high-grade rental apartment are entitled to reduction of rent.

■ Eligibility: Households with preschool children

■ Reduction of rent: Rent is reduced by up to 20%. In case of long-term housing, however, the rent after reduction shall not be lower than 60,000 yen.

■ Inquiry: Nagoya City Housing Supply Corporation for inquiries about long-term housing

☎ 523-3882

Housing Planning Division of the Housing & City Planning Bureau, Nagoya Municipal Government for inquiries about subsidized high-grade rental apartment

☎ 972-2944

Baby-Care Advice



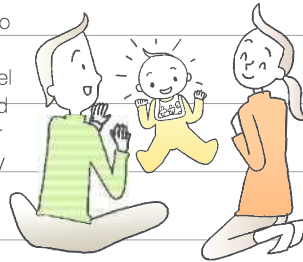
Caring for your baby can be tough, but this advice from more



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.

6

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 paperwork 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.)

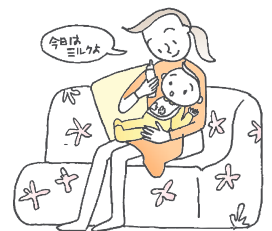


Breastfeeding, ①

● 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

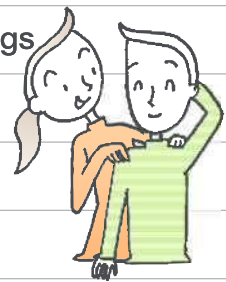
- I was very glad that my partner kindly let me sleep on when the baby cried at night, because I had to get up for work the next day. But by the same token, it's a good idea to let her sleep a little bit later in the mornings. Also, rather than lounging around at the weekend, it helps if you take the 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 Ministry of Health, Labour and Welfare of Japan.

Information on Sudden Infant Death Syndrome (SIDS):

<https://www.mhlw.go.jp/bunya/kodomo/sids.html>

Sudden Infant Death Syndrome (SIDS) Diagnostic Guidelines (Version 2):

https://www.mhlw.go.jp/bunya/kodomo/sids_guideline.html



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/>

- Ways to help a baby stop crying can be viewed on video. Search within the Ministry of Health, Labour and Welfare of Japan website for “赤ちゃんが泣きやまない” (The baby won't stop crying).