

KIEF NEWS

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★ TOPIC ~ Things You Need to Know about Pregnancy and Birth When Giving Birth to a Child in Kanazawa ~

Because there are differences between countries regarding administrative procedures related to childbirth, we hear that many foreign residents are anxious about giving birth in Japan. So in this issue of KIEF NEWS, we will introduce the procedures (from pregnancy to childbirth, health examinations for infants and children etc.), which you need to know about so that you can feel at ease about giving birth in Kanazawa.

●When You Become Pregnant ●

When your pregnancy is verified at a medical facility, you will receive a “ninshin todokede sho” (pregnancy notification), which you must then submit at the General Health Affairs Section at Kanazawa City Hall or your local Health and Welfare Center. When you submit the notification of pregnancy, you can receive your copies of the “boshi kenko techo” (Mother and Child Health Handbook) and the “kanazawashi boshi hoken no shiori” (Kanazawa Mother and Child Health Guide).

The Mother and Child Handbook keeps record of the mother and child’s health from pregnancy to the time that the child enters school. It is needed for the child’s vaccinations and periodical check-ups. Every Health and Welfare Center has the Mother and Child Health Handbook in six different language editions; In addition

to Japanese, there are also foreign language editions in English, Portuguese, Filipino, Chinese and Korean.

The Kanazawa Mother and Child Health Guide includes information about childhood health services, as well as tickets for each of the free health checks that are available to pregnant mothers, mothers who have just given birth, and young children. This guide is available in Japanese only.

●After Childbirth ●

When your child is born, please have your doctor or midwife prepare a “shussho shomeisho” (birth certificate), and file a “shussho todoke” (notification of birth) with the Citizens’ Section at Kanazawa City Hall within 14 days from childbirth. Even if the parents do not possess Japanese nationality, the filing of a notification of birth is required for every child born in Japan.

In addition, it will also be necessary to register the birth in your home country (in order to apply for a passport). Please confirm with your country’s embassy or consulate in Japan about the registration process and time frame.

In case the child does not possess Japanese nationality, a status of residence will need to be acquired. Please apply for status of residence at the Immigration Bureau within 30 days of the child’s birth. If the child is going to return to his/her home country within 60 days, there is no need to file a notification.



“boshi kenko techo” (left)
“kanazawashi boshi hoken no shiori” (right)

Mother and Child Health Handbook
in six different languages

●Services for Pregnancy and Childbirth Provided by the City of Kanazawa●

All Health and Welfare Centers provide services for pregnancy and childbirth. Please check your Mother and Child Health Handbook and Kanazawa Mother and Child Health Guide for more details about the services. If you don't have a Mother and Child Health Handbook or Guide, you can still use the services by contacting your Health and Welfare Center beforehand.

○Healthy baby! Home visits

This is a home visit service where households with newborn babies can arrange for a visit from a public health nurse or midwife. They provide advice about the baby's development and nutrition, childcare, and the mother's health.

○Infant health check-ups

Free health checks are provided for children at 3 months, 18 months and 3 years of age. The doctor records the child's growth and development and provides advice about childcare. You will receive an advance personal notification about the date of the appointment.

○Vaccination

Vaccination prevents the onset and spread of disease and infection. It is necessary to have your child properly vaccinated as it does not only protect your child from disease; it also prevents diseases from spreading to other children. The detailed information about the types of vaccinations and the vaccination schedule are to be found in the Mother and Child Health Handbook, so please make sure to check this.

○Childcare classes

There are "nichiyo kosodate kyoshitsu" (Sunday Childcare Classes) where expectant mothers can ask for pregnancy and nutrition advice, and "suku suku ikuji kyoshitsu" (Sukusuku Childcare Classes) where members can discuss topics such as infant growth and development, baby food, etc. Please contact the Health and Welfare Center directly for times and details.

(For inquiries about pregnancy and childbirth services)

General Health Affairs Section (City Hall)
 Hirosaka 1-1-1 **TEL 076-220-2233**
 Izumino Health and Welfare Center
 Izumino-machi 6-15-5 **TEL 076-242-1131**
 Moto-machi Health and Welfare Center
 Moto-machi 1-12-12 **TEL 076-251-0200**
 Ekinishi Health and Welfare Center
 Sainen 3-4-25 **TEL 076-234-5103**

●Costs of Childbirth●

Since pregnancy and childbirth are not considered sickness, regular health check-ups during the pregnancy and normal births are not covered by health insurance. Childbirth generally includes a hospital stay of about one week, the costs of which vary between 300,000 and 500,000 yen, depending on the hospital. Prepare in advance for health check-ups, hospitalization and childbirth expenses.

●Lump-sum Reimbursement for Childbirth and Childcare●

When a person insured by the National Health Insurance who lives in Kanazawa gives birth, she is eligible to receive 420,000 yen per baby delivered. If you are past the 12th week (85 days) in your pregnancy, you will receive reimbursement, even in the case of stillbirth or miscarriage. However, if you are able to receive reimbursement from another public health insurance company, the city of Kanazawa will not issue you a reimbursement payment.

If you had been employed for more than one year and delivered a baby within 6 months of leaving your job, you should check with your former employer to see if you are eligible to get reimbursement from them.

For deliveries that do not fall under the "Compensation for Obstetric Care System", such as deliveries which occur outside Japan or deliveries and stillbirths within 22 weeks of pregnancy, 30,000 yen is deducted, and the amount of assistance comes up to 390,000 yen.

(For inquiries about National Health Insurance)

Medical Insurance Section (City Hall)
 Hirosaka 1-1-1 **TEL 076-220-2255**

Contact Information

Kanazawa International Exchange Foundation



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