

## VI Pregnancy, Child Birth, Child Rearing and Education

### VI-1 Pregnancy and Child Birth

#### 1. When Pregnant

Notify your municipality that you are pregnant and planning to give birth, and you will be given a Maternal and Child Health Handbook. This handbook will serve as an important record of various items for pregnancy, child delivery and necessary vaccinations for the following seven years. Some municipalities have translated the handbook for expectant mothers into foreign languages.

The English, Chinese, Portuguese, Spanish, Korean, Thai, Indonesian, and Tagalog translated versions of the Maternal and Child Health Handbook (issued by Mothers' and Children's Welfare Association) can be purchased by mail from the organization below. (Maternal and Child Health Project Group Ltd [URL http://www.mcfh.co.jp/](http://www.mcfh.co.jp/)) Copies of birth and child rearing guide books (available in Japanese, English, Chinese, Portuguese, Spanish, and Korean) are available from the same organization.

For more information, contact:

Mothers' and Children's Welfare Association

[URL http://www.mcfh.or.jp](http://www.mcfh.or.jp)

☎ Main Office: 03-4334-1151, West Japan Office: 06-6941-4651

#### 2. Costs

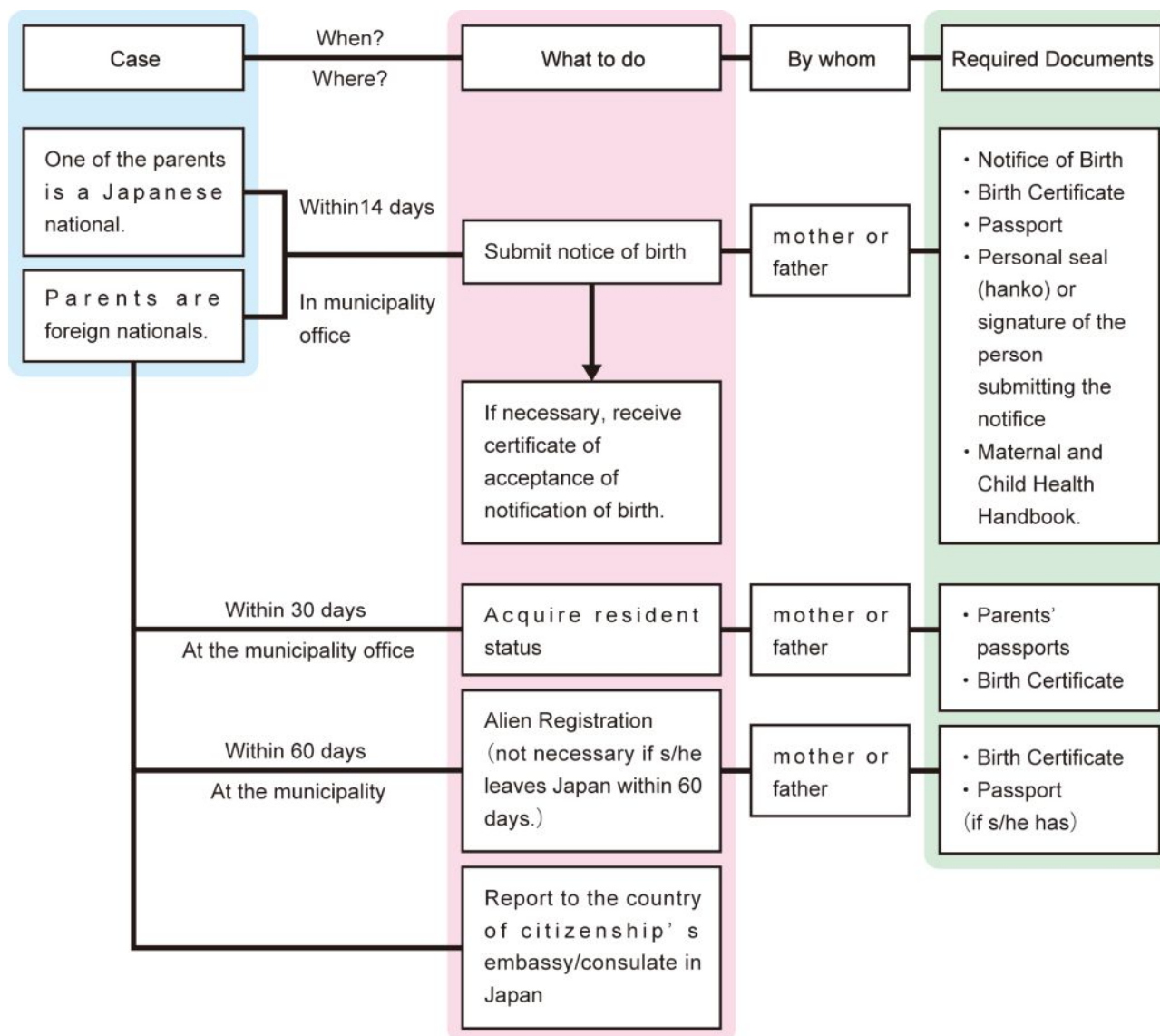
Normal pregnancies/child deliveries are not classified as an illness, and are thus not covered by health insurance. Instead the health insurance system provides expecting families with a predetermined amount of money, approximately 420,000 yen. It is common for mothers who have given birth in Japan to be required to stay in a hospital for four to five days, and the costs involved in hospital admission generally run from 200,000 to 300,000 Yen. This figure differs with respect to the hospital. The way of granting the Lump-Sum Allowance for Childbirth differs depending on hospital, so please check with your medical institution. Application is made at your local municipality office for the provision of the costs involved in childbirth for those with National Health Insurance coverage. (Appendix Page 62 IX—1)

For women who cannot deliver a baby in a hospital because of financial reasons, there is a system called "Child Birth Support" which aids in admission to a Child Birth Support facility where expectant mothers can deliver a baby without worry about costs and receive support for the costs for child birth. For details, inquire with the Welfare Department or Health and Welfare Center in your municipality. Self payment may be required, depending upon income.

#### 3. Assistance During Pregnancy

The expectant mother must visit the hospital on a regular basis during her pregnancy. Depending on the municipality, health examinations and nutritional supplements (provision of milk) are offered free of charge. Please inquire at your local public office or municipal medical health center. (Appendix Page 81 IX—3)

## 4. Child Birth



### (1) Notification of Birth

When a child is born, the responsible doctor or midwife shall issue a "Birth Certificate". Even when parents are non-Japanese, within 14 days from when a child is born in Japan, a "Notice of Birth" shall be submitted to the municipality office. If the baby is a foreign national, please hand in a "certificate of acceptance of notification of birth" issued by the municipality office to the embassy or consulate in Japan of the baby's nation.

### (2) Child without Japanese nationality

If a new born baby's parents are foreign nationals and the baby does not have Japanese Nationality, an application of "Acquiring Resident Status" shall be made at the Immigration Bureau within 30 days. Also, within 60 days from birth, "initial alien registration" must be made.

## VI-2 Day-care

### **1.Day-care in Japan**

Day-care is available in three forms in Japan; (1) Day-care centers (Hoikusho) certified by the autonomous body (for infants whom the government administration has certified as eligible due to receiving insufficient care), (2) Uncertified day-care facilities that are run independently, and (3) Day-care services operated by private companies.

Certified day-care centers can be public or private; however, their fees for service are the same as long as they are within the same autonomous body. Generally, day-care centers do not operate in the early morning or late evening, nor do they offer overnight, Sunday or holiday service.

Applications are generally made at facilities in the respective municipality within which the applicant resides, and, in principal, children are permitted to go to day-care centers within their own area or district. Please inquire at the division in charge of day-care at the public office in your municipality for information on matters such as how to apply, the period for applications and the cost of day-care.

### **2.Private Services**

There are various types of day-care services that are run by the private sector including those run by volunteers with their own children and others operated by private companies. There are also some companies or organizations that offer day-care in the evening and on holidays or even dispatch babysitters to the home. Applications are by the parents of children in need of day-care and are made to the respective companies or organizations directly. Of course, you can apply to day-care centers outside of your municipality. However, fees are different depending on the business company or institution. Feel free to inquire at these companies or organizations for information on these services.

### **3.Family Support Center**

Some municipalities offer a family support center program. Under this program, each member helps mutually and providing childcare before or after kindergarten or day-care center hours, sending or collecting children to and from day-care facilities childcare for a short amount of time, as emergency help when parents/guardians of children have urgent matters to attend to. Fees are required. (In Osaka City's case: 800 -900 yen per hour. In addition, transport and meal (milk or snacks) cost shall be paid based on the actual costs.) About details, please inquire at the municipality office. (Appendix Page 62 IX—1)

### **4.Child Benefits System**

Child benefits shall be provided to parents/guardians of children who will be up to age 12 until the March 31 following their 12th birthday. However, people earning more than a certain amount may not receive this benefit. For details, please inquire at the local municipality office in your area. (Appendix Page 62 IX—1).

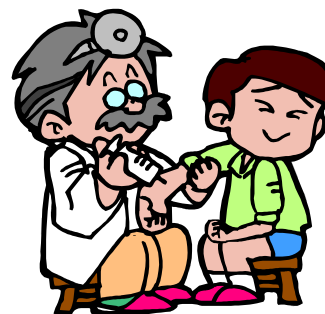
## VI-3 Health and Medical Care for Infant

### 1. Medical Care for Children

Medical care for children is at an extremely high level as Japan's infant mortality rate is maintained at the lowest level in the world. There are children's hospitals; however, it is recommended that you initially take children to your nearest pediatrician.

### 2. Vaccinations

Vaccinations offered for infants and young children are as per the table below. Municipalities determine matters such as the date and location of vaccinations. If the set conditions are met, vaccinations are essentially free of charge and the records of each vaccination are documented in the Maternal and Child Health Handbook. For more details, direct inquiries to facilities such as municipal (Public) health centers. (Appendix Page 81 IX—3)



**List of Vaccinations**

Vaccinations	Legally Required Time/Period for Vaccinations
DPT Vaccine: (Diphtheria, Pertussis, Tetanus)	3 months-under 90 months (Initial vaccination) 3 months-under 90 months (Booster vaccination, but must not be administered within 6 months of initial vaccination)
DT Vaccine (Diphtheria, Tetanus)	Age 11 to under 13 years of age.
Polio	3 months-under 90 months
BCG	Under 6 months old
MR2 (Measles, Rubella)	12 months—24 months (initial vaccination) For 5- 6 year-olds, one year prior to starting school (2 <sup>nd</sup> vaccination) Middle school, first year (3 <sup>rd</sup> vaccination) (※3) High School, third year (4 <sup>th</sup> vaccination) (※3)
Japanese encephalitis	6 months—under 90 months (initial vaccination) 6 months-under 90 months (Booster vaccination, but must not be administered within 1 year of initial vaccination) 9- 12 years old (second vaccination)

※1 The actual time/period for vaccinations differ as municipal medical health centers. with respect to municipality. For more details, refer to the Maternal and Child Health Handbook or at facilities such. (Appendix Page 81 IX—3)

※2 Vaccinations other than these require a fee (influenza, mumps, chicken pox, hepatitis, etc.), thus it is recommended that you consult at your health care facility of choice.

※3 These conditions are valid for 5 years from the fiscal year 2008.

### 3. Health Examinations (Kenkohshindan)

Municipalities provide free health examinations at 4, 18, 42 months and other times from birth. The exact time for examinations and procedures differ with respect to the municipality, so for more details, inquire to your local municipal Public Health Center. A reminder will be sent by mail from your local municipality.

### 4. Health Care Costs for Infants

#### 1) Health Care Assistance for Infants and Children

Health care costs for children are covered by the health insurance carried by parent/guardian. Usually, 30% of the total costs incurred are charged as self-pay. Some municipalities offer assistance towards part of health care costs for infants and children. For more details, inquire at your municipality's Child Welfare and Health, Hygiene, National Health Insurance or other section. (Appendix Page 62 IX—1)

#### 2) Other Financial Assistance

There are systems by which health care costs for premature infants, physically challenged children, and those with certain chronic illnesses among other similar conditions are covered at

public expense. Inquire at a public health center (Appendix Page 80 IX—3) or welfare office (Appendix Page 62 IX—1) for more details.

## VI-4 Japanese Educational System

### 1. Compulsory Education

Education in Japan is compulsory for nine years, from elementary school through junior high school. School expenses (including textbooks) in that period are free of charge and children are to go to a predetermined public school. However, other expenses such as for additional material needed in lessons and for school trips must be self-paid.

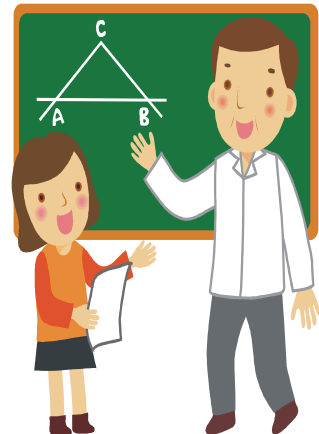
#### <School Calendar>

April	Beginning of School Year
Late July - End of August	Summer Vacation
Around new year	Winter Vacation (about 2 weeks)
March	End of the term – Spring Vacation

Children with Japanese nationality will be sent a notice from the local school board informing them of the school they are to attend and the date of their first day of school. They will enter the school stated on the notice on the designated date.

You will receive a similar notification upon sending a request to the local board of education for a child of a foreign nationality to attend a Japanese public school (when they begin primary education.). Also those who have completed their alien registration and continuously live in Osaka Prefecture will be sent a notice from the local school board informing of the school when their children reach the age for primary education. Please hand in the notification after filling necessary information. It is possible to enter a school in the middle of the school year. Consult with the local municipality's board of education for more details.

There are also private elementary schools and junior high schools; however, these require separate self-paid fees for courses. Inquire at schools of interest for details. Most private schools require children to take an entrance examination.



### 2. Subsequent Compulsory Education

Once compulsory education is completed, children may go to high school. There are various types of high schools in Japan including "academic" high schools that offer a wide variety of courses and other types, including "technical/vocational" institutions that primarily offer learning in one area of specialty.

Direct inquiries related to entrance into prefectural and municipal high schools to the High School Education section in your prefecture or municipality. Inquiries into private high school education should be directed to the specific school.

### 3. Supporting Children/Students at School

The Osaka Prefectural Board of Education has established a homepage, "School Life Support for the students coming back or moving into Japan from abroad" to provide information for foreign children/students on their school lives.

**URL** <http://www.pref.osaka.jp/jidoseitoshien/toniti/index.html>

Content: entering school, future course, guidance, a list of translated school documents

Languages: Japanese, Chinese, Korean, Portuguese, Spanish, Vietnamese

#### **4.Lunches (Bento)**

At junior high schools at which lunches are not provided, children are generally required to bring a lunch from home. This is referred to as a bento (lunch box). When a child cannot bring a lunch, they can do several things such as buying bread and other food in the school or from a shop. However, because rules differ with respect to school policies it is recommended that you consult with the child's teacher.

#### **5.School Expense Benefit (allowance)**

This system aimed at supporting children to avoid problems during school life due to financial problems. Necessary goods for study, outside school activities and school trip costs shall be covered by the benefit (allowance). Consult with school or the local municipality's board of education for details.