



After Your Baby is Born

Birth Notification

Counter Services Subsection, Residents Support Section, Regional City Office (see back cover) (Family Registry Subsection only in the Shiba Regional City Office)



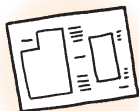
You will receive your child's birth certificate (along with the birth notification) from the hospital in which you give birth. The parent (father or mother) should submit a birth notification to the City Hall or municipal office with jurisdiction over the location where the baby was born, the location where their family is registered, or their home address, within 14 days of the birth (within three months if born outside of Japan).

When submitting the birth notification, please bring the "Maternal and Child Health Handbook (Parent and Child Handbook)" so it can be certified with proof of submission. If you are unable to bring the Maternal and Child Health Handbook (Parent and Child Handbook) at the time of submission, please bring it later

For details related to health insurance, please inquire your health insurance provider, etc.

What to Bring

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Birth notification x1

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Maternal and Child Health Handbook



My Number and My Number Card

Counter Services Subsection, Residents Support Section, Regional City Office (see back cover)

※For inquiries regarding the Mynportal, please refer to each procedures section.

Babies can also apply for a My Number Card.

If the application is made when your baby is under one year old, the My Number Card will not include a photo.

You can apply simultaneously with the birth registration submission (if there is no application section on the birth registration form, you can apply by submitting the completed application form together with it).

If you do not wish to apply immediately, you will receive a notice with your baby's My Number Notification (Individual Number notice) by mail about a month after submitting the birth registration.

If you use your smartphone to scan the QR code on the application form included with the My Number Notification, you can apply easily online.

The My Number Card will be valid until the fifth birthday after applying.

With a My Number Card, you can use your smartphone to access the Mynportal and apply online for things like Childcare Allowance and Child Medical Certificates.

[Inquiries regarding the My Number Notification] My Number Navi-dial 0570-00-1277

Birth Announcement

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084

Once your baby is born, send the Birth Announcement postcard enclosed in your Maternal and Child Health Handbook (Parent and Child Handbook) to the Minato Public Health Center by postal mail. This is in addition to submitting your birth notification. Contact us if you do not have the Minato City Birth Announcement postcard due to moving, etc. The Minato Public Health Center conducts Hello, Baby! Visits and sends information about mother and child health services, etc., based on the submission of the birth announcement.

Newborn Hearing Inspection

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



Go to a newborn hearing inspection

The newborn hearing inspection is a test used to see whether a newborn has a hearing impairment, conducted while the baby is asleep.

About 1-2 babies out of 1,000 are born with some sort of hearing impairment.

It is critical that such a hearing impairment be discovered sooner rather than later, as receiving the appropriate support at an early stage will result in greater benefits with regard to communication, language development, etc.

Subsidy for newborn hearing inspection

You will receive one newborn hearing inspection form alongside your prenatal checkup forms, etc., when you receive your Maternal and Child Health Handbook (Parent and Child Handbook). The costs for the items listed as “(Not covered by insurance)” on these checkup forms may be subsidized by public funds.

The checkup forms listed above may only be used at designated medical facilities in the Tokyo metropolitan area. You may apply for a partial subsidy for the costs incurred by your newborn hearing inspection if you undergo your checkups at a medical institution outside of the Tokyo metropolitan area.

Hello, Baby! Visits (Visits to All Households with Newborns)

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



The Minato Public Health Center conducts Hello, Baby! visits based on the submission of birth announcements. The period immediately following childbirth, when the mother is often still recovering physically and is not used to living with the new baby, is often marked by worries and anxiety.

Visits are made to your home to take your baby's weight and measurements, and to offer childcare consultations, information on postpartum health, and referrals to available mother and child health services

Eligibility: All households with children 120 days old or younger

[Method] Home visit by midwife/public health nurse

Minato City Family/Attendant Program (Monitoring Support & Accompanied Support)

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084

Child and Family Service Subsection, Children and Families Support Center ☎ 5962-7201

Regular visits are offered for families raising children who have worries and anxieties about childcare, providing childcare supplies (monitoring visits) and performing housework and childcare together with guardians (Accompanied support).

Eligibility: (Monitoring Visits) Families with children up to 1 year old
(Accompanied Support) Households with children from age 0 to 6th grade

How to apply: Applications are accepted online.

Support Services: (Monitoring Visits) Regular monitoring visits, provision of childcare supplies (such as disposable diapers)

(Accompanied Support) Local supporters listen to parents' concerns and assist with household chores and childcare alongside parents.

Fees: Free

Postpartum Maternal and Child Care Services

Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084



Specialized staff provide childcare support to mothers during pregnancy and after childbirth, in order to soothe the mothers physically and emotionally and encourage the healthy development of the baby.

○ Mother and Child Health Care Counseling Counter Administered by Midwives

We field inquiries regarding worries and concerns from expectant and nursing mothers about pregnancy, childbirth, and childrearing through phone calls and interviews. We provide individual advice based on the individual conditions of each mother and baby.

● Contact Information:

Mon - Fri: 9:00 AM - 5:00 PM

(excludes holidays and year-end/New Year's holidays)

☎ 3455-4431 (dedicated line for inquiries)

○ Health Consultations for Mothers

A mother's body undergoes huge changes after completing the massive task of childbirth. The changes in hormone balance that come about during this period can also result in emotional turbulence.

Be sure to contact us if you have any questions with regard to your postpartum physical condition, breastfeeding/weaning, etc.

Eligibility: Mothers who gave birth less than a year ago

Content: Advice on postpartum physical condition, breastfeeding

[Method] Home visit by midwife

[Maximum Usage] Three times during postpartum period

○ Day Care (Salon) Services

※You may use this service after your child has completed their one-month newborn check-up.

Hello Mama Salon (no reservation required)

Consists of lectures by midwives and social events aimed at babies aged 1-2 months and their guardians.

Usa-chan Club (no reservation required)

A club for babies aged 2-3 months and their guardians. Meetings consist of self-introductions and mini-lectures given by midwives. Participants are divided up into groups by region, so these meetings are a great opportunity to make friends with other mothers in your neighborhood! It is also an opportunity to exchange information and find out how others are engaging in childcare. The Usa-chan Club also offers Bookstart.

Nombiri Salon (no reservation required)

An open space where mothers can socialize with one another, aimed at babies aged 3-4 months and their guardians.

※The days you can participate depend on your child's birth month, so please be sure to check the Minato City official website for details.

For Expectant Mothers

After Your Baby is Born

Nursery Schools and Kindergartens

When You Want Temporary Care for Your Child

Community Childcare Support

One Year Child's Enrolled in School

Consultation Services & Support

Childcare SOS

Postpartum Maternal and Childcare Short-Stay Service



Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084

Those who are unable to receive support for childcare and housework from their families, etc., can get mother-child care and advice on breastfeeding and childcare while staying at a medical institution subcontracted by the City. You must register in advance in order to participate in this program. Please contact us for more details.

Postpartum Maternal and Childcare Day Services and Breastfeeding Consultation Services



Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084

Those who are unable to receive support for childcare or housework from their families, etc., those who are unwell, or those who have fears regarding breastfeeding and raising children can visit or request a home visit from one of Minato City's contracted medical institutions, which will provide mother and child care, consultations, and guidance regarding breast milk and breastfeeding. You must register in advance in order to participate in this program. Please contact us for more information.

Infants and Young Children's Checkups, Consultation Services, and Courses



★ Medical Checkups / Consultations Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0084

● Medical Checkups / Consultations Health Service Subsection, Health Promotion Section, Minato Public Health Center ☎ 6400-0083

Name	Checkup locations	Inquiries
3-4-month checkup	Designated medical institutions	★
4-month childcare consultation	Minato Public Health Center	★
6-7-month checkup	Designated medical institutions	★
9-10-month checkup	Designated medical institutions	★
18-month checkup	Internal medicine checkups take place at designated medical institutions, and dental checkups and childrearing consultations take place at Minato Public Health Center	★
3-year-old checkup	Minato Public Health Center	★

Checkups and childcare consultation services for infants and young children are offered free of charge. Relevant information will be sent to the homes of those who are eligible. You can also check the Minato City official website for dates. (Reservations required.) In addition to these, the Public Health Center offers Suku-Suku Childrearing Consultation services every month to those with children ranging from newborn to pre-school age. See the Minato City official website for details.

Name	Content, eligibility, etc.	Inquiries
First-Time Baby Food Workshop	Talk on how to start your infant on baby food. Eligibility: Guardians with 5-month-old babies Location: Minato Public Health Center (reservation required)	●
Diets for Infants and Babies Counseling Association	A registered nutritionist and dental hygienist provide individual consultations for infants and babies. Eligibility: Guardians of infants Location: Minato Public Health Center (reservation required)	●
Birthday Dental Checkup	Once-a-month dental checkups, teeth-cleaning/dietary consultations, etc. Eligibility: Children who have not yet entered elementary school (for 3-year-olds, these take place during the 3-year-old checkup) Location: Minato Public Health Center (reservation required)	●
Sukoyaka-Chan (Healthy Baby) Fluoride Treatment Program	Fluoride treatment, dental checkups, and instruction on dental health Eligibility: Children who will turn 4, 5, or 6 years old this year Cost: Free (once per program period) Location: Dental medical institutions in the City	●
Teeth Alignment and Bite Consultation	Individual consultation provided by a licensed orthodontist. Eligibility: Children 3 years of age - 6th-year elementary school students Location: Minato Public Health Center (reservation required)	●

Vaccinations



Q Public Health and Disease Prevention Subsection, Public Health and Disease Prevention Section, Minato Public Health Center ☎ 6400-0094

The disease resistance received from their mothers is gradually lost as children grow up. Make sure to boost their immune system with vaccinations to prevent infectious diseases. The Minato Public Health Center sends vaccination screening forms to all children who are about to reach the eligible age for vaccinations. Don't forget to get them vaccinated. Please see the Minato City official website for details regarding vaccination types and periods. Additionally, for those who have newly moved into Minato City, a vaccination questionnaire will be sent out. Please apply at the Public Health and Disease Prevention Section, Minato Public Health Center.

Children's Medical Expense Assistance



Q Child Benefits Subsection, Children and Youth Support Section ☎ 3578-2430

The City provides assistance for the out-of-pocket portion of medical expenses incurred when a child receives treatment or medication covered by health insurance, before the first March 31 after the child turns 18 years old. Parents/guardians and children must be residing in Minato City and have Japanese public health insurance. A medical certificate will be provided based on the results of the application process. There is no income limit for guardians.

- ※Children in households receiving public welfare assistance, who have been admitted into a facility, etc., are not eligible for this assistance.
- ※To apply, submit the application form within 15 days of your child's birth date or your move-in date, either by mail to the Child Benefits Subsection; in person at the Health and Welfare Subsection, Residents Support Section, Regional City Office; or online through Mynportal.

○ What You Need to Apply
A document showing the child's enrolled health insurance eligibility information※ are necessary.

○ How to Apply

① If using a medical institution in the Tokyo metropolitan area
By presenting your child's health insurance card, health insurance eligibility certificate, or My Number health insurance card along with the medical certificate at the counter of the medical institution, you will be able to receive treatment and/or medication without having to pay the out-of-pocket portion of your medical expenses.

② If using a medical institution outside of the Tokyo metropolitan area, or a medical institution that does not accept infant medical certificates (Includes those enrolled in National Health Insurance outside Tokyo Metropolitan Government)
After paying the out-of-pocket portion of your medical expenses, submit the designated application form, along with the original receipt, either by mail to the Child Benefits Subsection or in person at the Health and Welfare Subsection, Residents Support Section, Regional City Office. The funds will be deposited into the guardian's bank account listed on the infant medical certificate.
*Copy of health insurance card, copy of health insurance eligibility certificate, or copy of eligibility information notice, etc.

Assistance for Medical Expenses for Childhood Illnesses



Public Healthcare Subsection, Health Promotion Section, Minato Public Health Center
6400-0084

Special Medical Care

If a newborn that is born at a weight of up to 2,000 grams or that is particularly weak and developing certain symptoms is hospitalized in a designated hospital, part of the costs may be waived.

Institutional Medical Care Benefit

This benefit is paid if a child under the age of 18 contracts tuberculosis and has to be hospitalized in a designated hospital for treatment.

Childrearing Medical Care

Assistance with medical expenses will be provided for children under the age of 18 who have an orthopedic impairment or a sight, hearing, equilibrium, vocal, speech, or masticatory disorder, as well as children who have to undergo surgery at a designated hospital due to coronary disease, kidney disease, congenital visceral disease, and/or a liver disorder, etc.

Infantile Chronic Diseases

Assistance with medical expenses will be provided for children under the age of 18 who have a malignant neoplasm, chronic respiratory disease, chronic kidney disease, heart disease, endocrine disease, collagen disease, diabetes, inborn error of metabolism, blood disorder, immune disorder, neuromuscular disease, chronic digestive disease/disorder, congenital anomaly syndrome, and/or skin disease.

Childcare Allowance



Child Benefits Subsection, Children and Youth Support Section 3578-2431

A childcare allowance is provided in order to support the healthy development of the children who will lead our society into the future.

This applies to residents within the City who are raising children up to high school age (until the first March 31 after the day the child turns 18 years old).

※To apply, submit the application form within 15 days of the day after your child's birth date/your move-in date (Planned date of moving out from previous address), either by mail to the Child Benefits Subsection; in person at the Health and Welfare Subsection, Residents Support Section, Regional City Office; or online through Mynportal.

※If you are a civil servant, please apply through your workplace rather than your own address.

※Please refer to our website for information on reapplication.

[Amount] Monthly Allowance per Child

From age 0 to the birth month of 3 years old	
(1st and 2nd child)	15,000 yen
(3rd child onwards)	30,000 yen
<hr/>	
3 years old - high school age	
(1st and 2nd child)	15,000 yen
(3rd child onwards)	30,000 yen

Minato City Childbirth/Childcare Support Emails (after childbirth)

Q Kizuna Mail Project ☎ 6709-6893



An email service that disseminates helpful information regarding childcare after the birth of your child.

Eligibility: Expectant mothers and their families residing in Minato City, as well as parents and families of children up to age 7 (through the end of the FY).

Content: During pregnancy period, these emails provide information on your baby's development, the physical condition of the mother, and advice on diet and lifestyle during pregnancy.

How to Register:

LINE Version: To use this service, the LINE app must be installed on your smartphone or other device.

Email Version: Scan the QR code and send a blank email.

※If you have trouble scanning the QR code, send an email to the following email address.

After childbirth : minato_kosodate@reg.kizunamail.com

[LINE Version]



[Email Version]



Bookstart Program

Q Library Subsection, Library and Cultural Assets Section, Education Promotion Department, Secretariat of the Board of Education

☎ 6435-3011



The library provides books for parents/guardians, following a read-aloud demonstration and an introduction of Minato City's libraries, so that parents/guardians can understand the joy and importance of opening a picture book with their baby, with the hope that the baby will develop a healthy spirit and mind.

Eligibility:

Babies under 1 year old and their guardians who live in Minato City. (Limited to one time per baby). The Usa-chan Club also runs a Bookstart program (⇒ see P.13) (The content is the same.)

What to Bring:

Maternal and Child Health Handbook (Parent and Child Handbook)

Picture Books Provided:

The basic set is comprised of the two picture books Inai-Inai-Ba (Peek-a-Boo) and Ja-Ja-Biri-Biri. If you already own one or both of these books, be sure to say so on the day. Several alternative books are available.

※Your experience will be smoother if you make a reservation in advance.

※These events may undergo changes/be cancelled for various reasons (special inventory, etc.).

See the list of events on the Minato City Libraries official website for details.

※Contact us on the phone, and these activities may also be held as requested at nearby City libraries (excluding Daiba), outside of official Bookstart events.

※We also send Bookstart picture books through postal mail for those who find it difficult to come to the library due to illness, the demands of long-term care, etc.

Contact each library directly for details.

