



After Your Baby is Born

Birth Notification



Q 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).

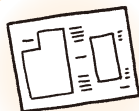
When submitting the notification, the parent should bring the Maternal and Child Health Handbook in order to confirm the submission of the birth notification.

If you are unable to bring the Maternal and Child Health Handbook for any reason, such as returning home, please bring it at a later date.

If you are covered by National Health Insurance, be sure to also bring your National Health Insurance card.

What to Bring

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Birth notification x1

2



Maternal and Child Health Handbook

3



National Health Insurance card



My Number and My Number Card

Q 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.

After submitting the birth notification, you will receive your baby's My Number Notification in the post within 1 month.

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 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. 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

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.

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

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

Q ● 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 of 5-month-old babies Location: Minato Public Health Center (reservation required)	●
Diets for Infants and Babies Counseling Association	A registered nutritionist provides consultations on diets 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: Medical institutions in the City	●
Teeth Alignment and Bite Consultation	Consultation provided by an orthodontist Eligibility: Children 3 years of age - 6th-year elementary school students Location: Minato Public Health Center (reservation required)	●

Minato Development Support Center for Children (Pao)

Q Minato Development Support Center for Children (Pao) ☎ 6277-3106

F 6277-3844 Hours: Mon - Sat: 9:00 AM - 6:00 PM



Provides developmental consultations and support for children who have experienced stumbles/delays in their development. Do you have any concerns about your child's development? For example...

- Slow speech
- Slow to start walking
- Won't settle down
- Awkward movement
- Often has issues with friends

Be sure to call us if any of these apply

A psychologist, physical therapist, occupational therapist, speech therapist, certified social worker, etc., will answer your inquiries as necessary during the interview.

Child Development Support

Name		Content, eligibility, etc.
Consultation Services	Comprehensive Consultation Service	Provides consultations with regard to the growth and development of your child. Also holds parent-child classes (0-2 years old) that parents and children can attend together, and provides individual instruction. Days: Mon - Sat: 9:00 AM - 6:00 PM
	Planning Consultation and Support Service / Consultation and Support Service for Children with Disabilities	Provides consultations concerning social welfare services and future use of outpatient support for children with disabilities, etc. Will also help you come up with a usage plan with regard to the various support services available for children with disabilities.
Outpatient Support for Children with Disabilities ※	Child Development Support (at facilities)	Children learn basic everyday skills through day-to-day activities and experience various things filtered through play. By interacting with friends in small groups, they can learn how to adapt to group situations. (Simultaneous nursery school use also possible) Days: Classes 5 days a week: Mon - Fri Classes 2 days a week: Tuesday and Wednesday or Thursday and Friday Eligibility: Children 3-5 years of age
	Child Development Support (group support)	Children build up accomplishments through day-to-day activities so that they can be more confident in what they can do in kindergarten, nursery school, etc. Days: Afternoons on Mon - Fri (2-3 times a month) Eligibility: Children 3-5 years of age attending kindergarten, nursery school, etc.
	Child Development Support (individual instruction)	Individual guidance from psychologists, physical therapists, occupational therapists, and/or speech therapists, depending on the child's individual circumstances. Days: Mon - Fri Eligibility: In general, children 3-5 years of age
	Day Service (after school, etc.)	Children receive individual instruction, mainly from psychologists, occupational therapists, and speech therapists, in order to get professional perspectives on the child's individual issues. They also receive small-group education and support. The aim is to help children develop their life skills, social skills, communication skills, and more. Days: Afternoons on Mon - Fri; Saturdays (1-2 times a month) Eligibility: Children who are attending school
	Home Visit-Based Child Development Support	Children receive home visits where they learn basic everyday skills through their day-to-day lives and improve their variety of play by experiencing actions needed in daily life through play. Eligibility: Children with severe disabilities, etc., which make it difficult for them to go out and receive child development support, etc.
	Nursery School Visit-Based Support	Children are visited at their nursery schools, kindergartens, schools, etc., and receive professional support, etc., to help them adapt to group situations. Days: Mon - Fri (about twice a month) Eligibility: Children 0-18 years of age who attend facilities with group activities (nursery schools, etc.)

※Children will need to have their Day Service Certificate in order to receive outpatient support for children with disabilities.

Vaccinations

Public Health and Disease Prevention Subsection, Public Health and Disease Prevention Section, Minato Public Health Center ☎ 6400-0081



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.

It is also possible to use your child's date of birth to automatically create a vaccination schedule using the Minato Maternal and Child Health Handbook App on P6. Feel free to try it out.

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 Mynaportal.

○ What You Need to Apply

You will need your child's health insurance card.

○ How to Apply

① If using a medical institution in the Tokyo metropolitan area

Show your child's health insurance card and medical certificate at the counter of the medical institution, and 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

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.

Assistance for Medical Expenses for Childhood Illnesses

Q 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

Q 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.

The allowance is issued to residents of Minato City raising children who are in junior high school or younger.

※ To apply, submit the application form within 15 days of the day after your child's birth date/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 Mynaportal.

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

※ Please see the official website for more information regarding income limits and re-application.

[Amount] Monthly Allowance per Child

0-3 years old	15,000 yen
3 years old - end of elementary school	
(1st and 2nd child)	10,000 yen
(3rd child onwards)	15,000 yen
Junior high school student	10,000 yen
If over the income limit	5,000 yen
If exceeding income	limit No allowance

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/families, parents of children under 3 years old, etc., that live in Minato City

Frequency: Every day until 100 days after the child's birth date

Until 1 year old: About once every three days

Until 2 years old: About twice a week

Until 3 years old: About twice a month

Content: Advice on your child's development and childcare

How to Register:

Scan the QR code and send a blank email to the email address that pops up. Within a day or two, you will receive a confirmation email. Registration/use of the service is free.

※ Users are responsible for any telecommunication fees.

※ Note that re-registration is necessary after birth even for residents who had originally registered when pregnant.

QR Code: After childbirth



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

After childbirth: minato_kosodate@reg.kizunamail.com

※ Contact the Kizuna Mail Project NPO if you are unable to register for/receive the emails.

Bookstart Program

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

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.

