

Pregnancy, delivery and child-raising system

Childbirth is one of the greatest pleasure in all countries. The difference in the medical system may be confusing and stressful. So, let's talk about the system in Japan.



Working Women

* Prenatal Leave

Wages during 6week-leave depends upon the work regulations.

* Postnatal Leave

The person will not be required to work until 8 weeks after childbirth.

* Prohibition of dismissal during pregnancy

Dismissal is prohibited during pregnancy, maternity leave and 30days after maternity leave.



Childcare

* Infant Health Checks-up

A child may receive a free check-up.(Health Centers)

* Vaccination

Vaccination is categorized into two types; Group administered vaccinations on the designated date at the Health Center, and individual vaccinations at Medical Institutions.

* Official Medical and Welfare Support for Children

As following self-payment (co-pay) is subsidized: Children under 2 years of age will be covered for the outpatient fee and the hospitalization fee. The third and subsequent children more than 2 years of age and who have not yet entered elementary school, will be covered the hospitalization fee.

* Child Allowance

Person whose children has not graduated from the elementary school are eligible. (An income limitation applies for this service.) An application is required.

Amount payable per month:

Every child after 3 years of age / the first and second child: ¥5,000 For the third and subsequent children: ¥10,000

Child less than 3 years of age /¥10,000

* Child Rearing Allowance

It will be provided in the case of a single mother who raises a child alone, and so on.

* Special Child Rearing Allowance

It will be provided to parents caring a child who is severely handicapped. (physically or mentally)



During Pregnancy

* Pregnancy Report (Municipal offices or Health Centers)

You are obliged to report your pregnancy.

* Receiving a Maternal and Child Health Book

This serves as a health record throughout your pregnancy, birth, and child-rearing. You'll receive free check-up coupons of maternal check-ups and infant general check-ups. You will also receive a Maternal and child health book and a Vaccination handbook. Have them available with you at maternal and child health check-ups, and vaccinations.

* Health Check-ups

Checks-ups will be conducted regularly. The frequency of the check-ups may differ at the stage of pregnancy (Municipal offices or Health Center)

* Maternity Class and Parent Class

The guidance will be given by Public health nurses in regards to pregnancy, delivery, and childcare.(Health Center)



Birth

* Birth Expense

Since the normal delivery is not a form of illness, it is not covered by the health insurance. However, if you have the insurance, you'll receive the delivery subsidy.

* Subsidies for Hospitalization

If you face a financial difficulty to pay for the delivery fee, you can get a free or discount delivery fee depending on your income. A local government will pay for the expense. (Municipal Office, Welfare office)

* Lump-sum maternal subsidy

Lump-sum maternal subsidy for spouse: The insured or spouse of insured by National Health Insurance or Health Insurance will be reimbursed about 300 thousand yen as Lump-sum maternal subsidy to reduce a burden of the birth expense.

National Health Insurance Holder: Request at Municipal Office.

Social Health Insurance Holder: Request at Social Insurance office or place of work.

! Please don't forget to report a birth to Municipal Office, Consulate, or Immigration Authorities. Obtain the "Birth certificate" and "Certificate of acceptance of a birth notification" even when the parents have no legal status in Japan!

Women and Children's Facilities

* Lump sum maternal subsidy

For those covered by National Health Insurance, request the subsidy at municipal government offices. For those covered by Social Health Insurance, request the subsidy at social insurance offices.

Otsu Social Insurance Office 13-5 Uchidehama, Otsu

077-521-1100

Kusatsu Social Insurance Office 1-16-35
Nishishibukawa, Kusatsu

077-562-8181

Hikone Social Insurance Office 169-6 Tomachi,
Hikone 0749-23-1111

Working Women's Support

* Equal employment and maternity leave

Shiga Labor Standards Bureau 1-3-10
Umebayashi, Otsu 077-523-1190

* Dismissal/termination of employment : Jurisdictional Labor Standards Inspection Office (refer to Mimitaro n° 21)

* Working women who need assistance in coping with child rearing and care at home should contact the following:

21st Century Employment Foundation, Shiga
Granch Office 077-523-2020

* Consultation for sexual crimes/ offenses and stalking victims

Women's Police Team Clara 077-521-9662

* Pregnancy, birth, child care, nutrition, vaccination:

Consult respective health centers

* Single-parent(mother) households : Consult the Juvenile Welfare section of municipal government offices. In addition, for consultations on child rearing, as well as mental and physical handicaps, refer to the following.

Central Child Guidance Center 077-562-1121

Hikone Child Guidance Center 0749-24-3741

* For consultations on children's rights and bullying refer to

the following :

Children's Rights No.110 077-522-0110



Q I have got pregnant. I want to know the steps I should take.

A. When you have become pregnant: When your pregnancy has been confirmed at a medical institution, report it to the municipal office or health center, and receive a maternity passbook - *boshi kenko techo*. A separate volume - *besatsu* that contains free tickets for HBs antigen test for pregnant women and general health checkups (usually for 2 checkups) will be also given to foreign residents. Bring your maternity passbook to a medical institution and get the checkups. Furthermore, attend a mother's class (*hahaoya gakyu*) or parents' class (*ryoshin gakyu*) at the health center to prepare for your childbirth.

After childbirth: Receive a birth certificate (*shusho shomeisho*) from the hospital, register the birth at the municipal office within 14 days, and then receive two copies of a birth acceptance certificate (*shusho juri shomeisho*). Submit one copy to the Immigration Bureau and obtain the child's resident status. After certified by the Ministry of Foreign Affairs, submit another copy to your home country's embassy or consulate. Then, take steps for alien registration at the municipal office within 30 days. Be sure to receive a free health checkup for infants at the health center.



Q How much does it cost for childbirth?

A It depends on the hospital or your situation. Usually, it costs about 300,000 yen for a delivery. Expenses for childbirth will not be covered by the health insurance. However, 300,000 yen will be returned as a lump sum when the insured person of the health insurance has given a birth to a child (including stillbirth and miscarriage after 85th day of pregnancy).