

# What should you do when you get pregnant ?

(Flow of Procedures from Pregnancy to Delivery and Maternal and Child Health Checkups)

Nagareyama City Health Center 04-7154-0331

Health Center WEB



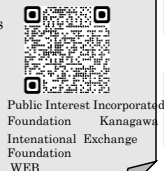
## Pregnancy

Please feel free to contact a public health nurse or healthcare professional if you have concerns or worries.

- ① Issuance of Maternal and Child Health Handbook
- ② General health check up for pregnant woman  
There are 14 "Pregnancy Health Checkup Coupons" in the separate volume of the Maternal and Child Health Handbook. Remember to undergo it regularly!



- 1. Childcare support for foreign residents
- 2. Matters to be checked after delivery and before leaving the hospital



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- a. Visit to pregnant woman  
Public health nurses and others will visit when needed.
- b. Hello Baby (Parents' class)  
Classes about pregnancy, childbirth, and childcare.
- c. Pre-Mama and Papa Class  
You can make friends and exchange information.
- d. Periodontal disease checkup  
Available at designated medical institutions in Nagareyama City.

Postpartum Care  
There are conditions for use.

## Childbirth

- e. Birth registration (within 14 days after and including the day of birth)
- f. Application procedures for Childcare Allowance and Subsidy for children's medical expenses.
- g. Health Insurance Procedures

Nagareyama City Hall (04-7158-1111):  
Citizen Section  
Child and Family Section  
Insurance and Pension Section  
Workplace Health Insurance Society (if you are employed):  
At your work place.

Please send the white postcard (newborn baby, and low birth weight baby contact form) enclosed in the separate volume of Maternal and Child health Handbook.

For foreign nationals:  
The birth registration should also be made at the embassy or consulate of each country. Apply for a resident status card for your baby at the immigration Bureau.

- ③ Newborn baby Hearing Screening Test
- ④ Mailing of Vaccination Notebook (Mailed within 1 month after birth)
- ⑤ Visiting to baby (Hello Visit!)  
Public health nurse and midwives visit your home.
- ⑥ 3-month infant checkup (available until the day before the child turns 5 months old)  
You can be examined free of charge only at designated medical facilities in Nagareyama City.
- ⑦ Infant general health checkup (3-6 months)  
Available until the day before the child turns 7 months old.
- ⑧ Infant general health checkup (9-11 months)  
Available until the day the child turns 1 year old

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- h. Newborn baby visit
- i. Medical treatment and care for premature baby.
- j. Home visiting guidance for premature baby.
- k. Mogu-mogu class (Target: children 4-5 months)  
How to start and proceed with feeding a baby food.  
"Mogumogu" is an onomatopoeic word used for infant to describe the action of eating.
- l. Suku-suku consultation  
Consultation on weight measurement and childcare.  
"Sukusuku" is an onomatopoeic word that describes the healthy growth of children.
- m. Kamu-kamu Kids  
Target: Children 11-12 months  
Nourishment and mouth care of infant.  
"Kamukamu" is an onomatopoeic word that describes how children chew their food.

## After the child turns one year old

- ⑨ 18-month checkup (1 year and 6 months-7 months)
- ⑩ 3-year checkup (3 years and 4 months-5 months)

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- n. Class for preventing tooth decay (for 2-year old children)  
Instruction for teeth decay prevention and teeth brushing.  
The examination for susceptibility

This document was prepared by NPO Nagareyama International Friendship Association (NIFA).  
For the procedures, please contact the relevant sections of Nagareyama City Hall, and or sections of Nagareyama City Health Center.  
If you have any question, please consult with NIFA c/o Nagareyama International Understanding Support Center.



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