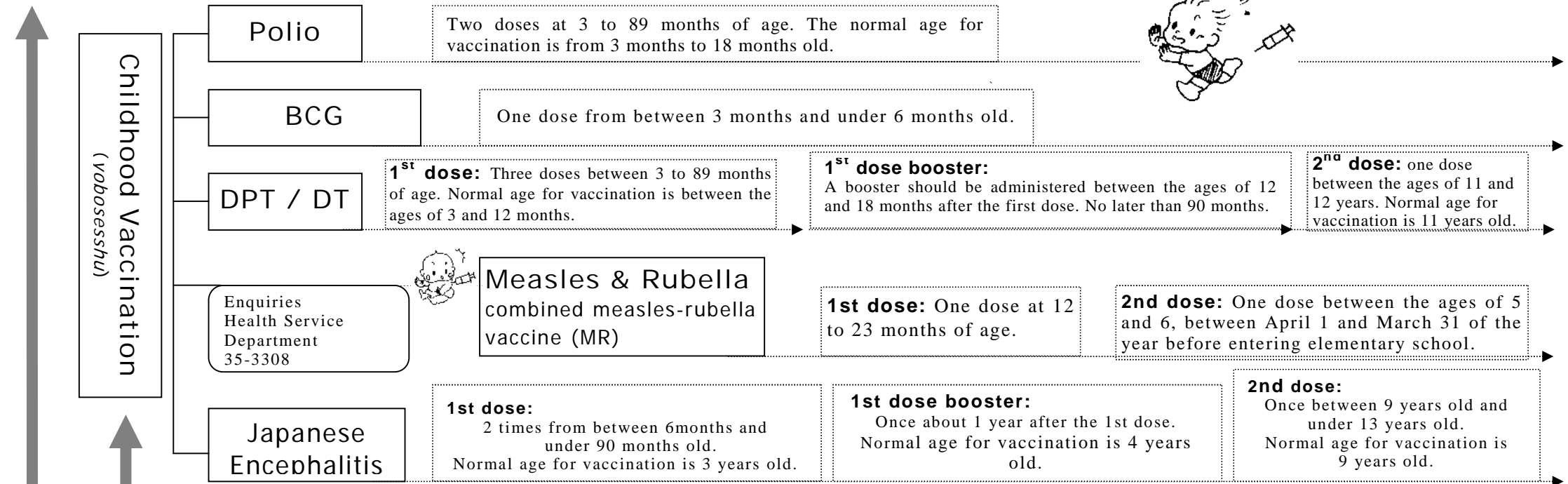


Check-up of 4 Months of Age
Eligible children are notified by mail.

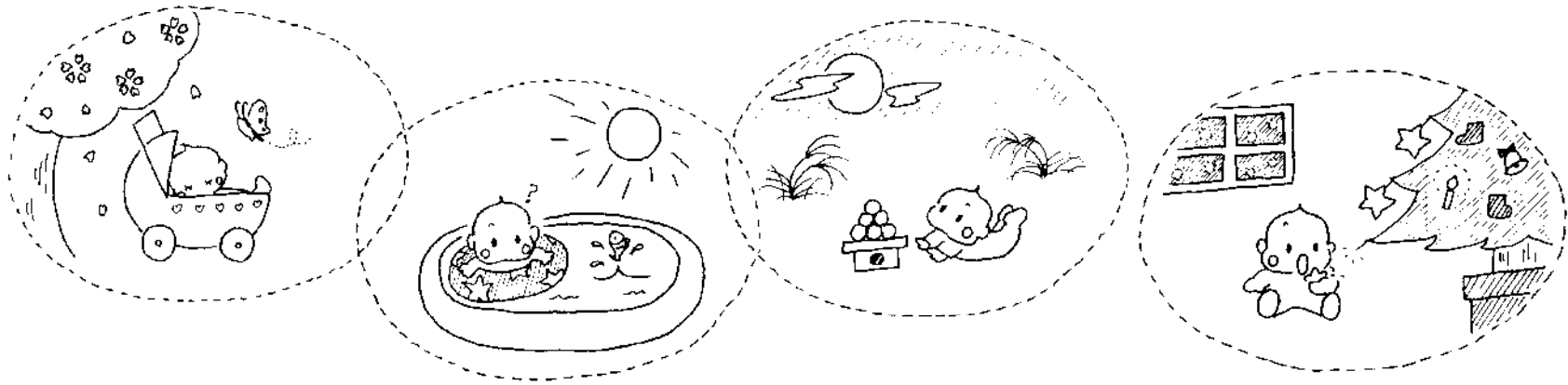
Check-up of 18 Months of Age
Eligible children are notified by mail.

Check-up of 3 Years of Age
Eligible children are notified by mail.

Nishinomiya City Government Information
No. 31 March 1, 2009
Secretarial and International Affairs Division,
Mayor's Office,
Nishinomiya City Tel: 0798-35-3468



Home Visit (shinseiji homon)
A public health nurse visits your house on request to give advice on childcare. Contact Central Health and Welfare Center at 35-3310 or Kitaguchi Health and Welfare Center at 64-5097.



Getting Pregnant

Report of Pregnancy (ninshin todoke)

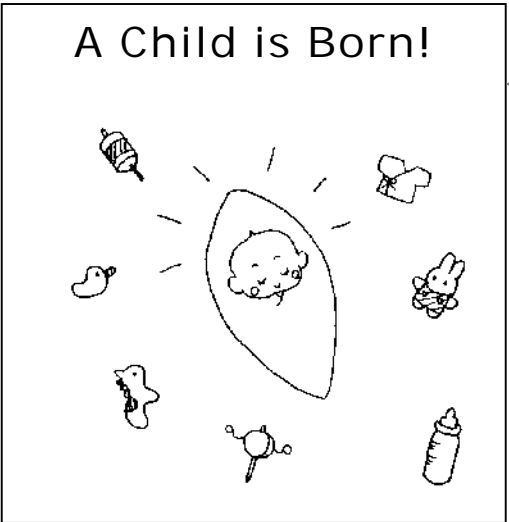
Submit the Report of Pregnancy to City's Citizens Contact Group (Tel 35-3128), branch offices, civic service centers, or ACTA Nishinomiya station.

Report of Birth (shussho todoke)
You are required to submit a Report of Birth to City's Citizens Contact Group at 35-3128, branch offices, civic service centers, or ACTA Nishinomiya station within 14 days after the childbirth. Bring with you your seal, birth certificate, mother & child health handbook and certificate of national health insurance (if any). If you file the child's name in the health insurance you are covered, lump-sum payment for childbirth and care (shussan ikuji ichijikin) will be provided.

Lectures & Advice Given to Future Parents

Pregnancy Test

Receiving Mother & Child Health Handbook (boshi kenko techo)



Mother Class: A three-days' class includes lectures for mothers on their middle stage of first-time pregnancy. Registration is needed. Days are notified in Nishinomiya City Government News issued on the 25th of every month. Call 35-3310/64-5097 for more information.

Childcare Seminar (Parents Class): Eligible parents are notified by mail.

Advice on the Health of Pregnant Women: A session is held once a month. Check the date with the City Gov. News. An appointment is necessary. For more information, call 35-3310/64-5097.

Please have a pregnancy test at a medical facility.

Early Period Check-up Voucher
Pregnancy up to 22nd week (1 time ¥9,900)

Check-up Voucher C
4 times until giving birth (¥3,200 each time)

Applications can be made when registering your pregnancy. (Seal or signature required)

Enquiries : Health Service Dept. Central Health & Welfare

Mother & Child Health Handbook is to record the physical conditions of mother and child during and after pregnancy. You are required to bring the book for check-ups and vaccinations. An English, Chinese, Korean, Thai, Portuguese, Indonesian, Spanish, or Tagalog handbook will be mailed to you on request by Health Care Services Division.

Health Care Programs - Check-ups & Lectures

(all numbers are area code 0798)

Name of the Programs	Clients Served	Program Contents	Date	Contact
Mother Class (<i>hahaoya gakkuyu</i>)	Women on their middle stage of first-time pregnancy (6-7 months pregnant)	Three-half-days' lectures and practices on physiology of pregnancy, symptoms & prevention, daily precautions, nutrition, dental hygiene, physical exercises, stages of delivery and childcare. 3 part series.	Dates are announced in Nishinomiya City Gov. News issued on the 25 th of every month.	By appointment only. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Childcare Seminar (<i>ryoshin gakkuyu</i>)	First-time pregnant women and their husbands	Lectures from pediatricians and midwives on delivery, children's health and care. Video viewing.	A seminar is held 4 times a year.	Eligible parents are notified by mail. For more information, call Health Care Services Div. at 35-3310.
Advice on the Health of Pregnant Women (<i>ninsanpu kenkosodan</i>)	Pregnant women	Advice from midwives & public health nurses about pregnancy and postnatal conditions.	Once a month. Dates are announced in the City Gov. News issued on the 25 th of every month.	By appointment only. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Home Visit (<i>Katei homon</i>)	Pregnant women The newborn Infants	A public health nurse visits your house to see the newborn and give advice on childcare.	A date can be fixed on request.	Mail a card named <i>Sodan/Shussei Renrakuhyo</i> attached to your Mother & Child Health Handbook. The card is not included in the handbooks in foreign languages. Contact Central Health and Welfare Center at 35-3310 or Kitaguchi Health and Welfare Center at 64-5097 to arrange a service.
Check-up of Babies (<i>nyuji kenkosodan</i>)	Infants under 13 months old	Examinations of babies' growth and health including measurement of the size of their bodies. Advice on children's care and nutrition.	Dates are announced in the City Gov. News issued on the 25 th of every month.	Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Lecture on Weaning (<i>rinyushoku koza</i>)	Parents whose first child is between 8 - 12 months of age	A lecture by dieticians on how to wean a baby. Tasting baby food.	Once a month. Dates are announced in the City Gov. News issued on the 25 th of every month.	By appointment only. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Check-up of 4 Month of Age (<i>kenkoshinsa</i>)	4 months of age	Examinations by pediatricians and orthopedists. Body measurement. Consultation on childcare, mental health care and nutrition.	Dates are announced in the City Gov. News issued on the 25 th of every month.	Eligible infants are notified by mail. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Check-up of 18 Month of Age (<i>kenkoshinsa</i>)	19 months of age	Examinations by pediatricians and dentists. Instruction on brushing teeth. Consultation on childcare and nutrition	Dates are announced in the City Gov. News issued on the 25 th of every month.	Eligible infants are notified by mail. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Check-up of 3 Years of Age (<i>kenkoshinsa</i>)	3 years and 5 months of age	Examinations by pediatricians and dentists. Urine analysis and hearing & eye tests. Consultation on childcare and nutrition	Dates are announced in the City Gov. News issued on the 25 th of every month.	Eligible infants are notified by mail. Central Health&Welfare Center at 35-3310, or Kitaguchi Health&Welfare Center at 64-5097.
Childcare Counseling (<i>haha/chichi to kono kokorono sodan</i>)	Parents who have young children	Counseling service by psychiatrist on how to manage stress and tiredness caused in a childcare setting	Once a month. Dates are announced in the City Gov. News issued on the 25 th of every month.	By appointment only. Call Health Promotion Div. at 26-3667.
Dental Check-up (<i>oyakono hano kyoshitsu</i>)	Preschoolers	A check-up by dentists. Instruction in cleaning teeth and nutrition by dental hygienists.	Dates are announced in the City Gov. News issued on the 25 th of every month.	By appointment only. Call Health Promotion Div. at 26-3667.
Advice on Asthma & Allergies (<i>zensoku allergy sodan</i>)	Children under the age of 16	Advice from doctors & dieticians on allergies and asthma.	Dates are announced in the City Gov. News issued on the 25 th of every month.	By appointment only. Call Health Care Services Div. at 35-3310.
Advice on Childcare (<i>ikuji sodan</i>)	Those who have childcare concerns	Childcare advice is given at day nurseries located in the city.	Mon. - Fri. 10 a.m.-3p.m.	Call a day nursery in advance and visit.
Childcare Session (<i>yochiyochi hiroba</i>)	0 to 2 years of age and their parents/guardians	Opportunities for meeting with mothers who now raise children and advice on childcare given at City's children's centers, etc.	Approximately once a month. Ten times a year	Call the Child-Rearing Planning & Cultivation Group at 35-3659 or Health Care Services Div. at 35-3310.

Please contact in Japanese. If you do not fully understand Japanese, volunteer interpreters are available at Nishinomiya City International Association. Tel: 0798-32-8680 Fax: 0798-32-8678 E-mail: nia@nishi.or.jp Open 9:45a.m.- 6:00 p.m. Closed on Tue.

Financial Assistances

Name of the Programs	Program Contents	Inquiry
Assistance with Infants' etc. Medical Fee (<i>nyuyoji tou iryohi josei</i>)	Medical expenses incurred when health insurance is used is supported for children up to 3 rd grade primary school (9 years old). Recipients must meet income eligibility requirements when infants / children become one year old.	Medical Aid & Pension Group at 35-3131
Child Allowance (<i>jido teate</i>)	Monthly allowance is given to those who raise children who are younger than 12 years old and 6th grade. 5000 yen each for 1 st and 2 nd child, 10000 yen each from the 3 rd and subsequent children. For children under 3 years, 10000 yen is provided for each child. Recipients must meet income eligibility requirements.	Child & Mother-Child Support Group at 35-3189
Supply of Milk to Mothers & Babies (<i>boshi milk no muryoshikyu</i>)	Powdered milk is supplied to pregnant women and babies with nutritional need and whose household is on welfare and exempt from citizens tax.	Health Care Services Div. at 35-3301
Assistance with Medical Fee to Premature Babies (<i>mijukuji no tameno yoikuiryō</i>)	Assistance with medical fee is given to premature babies who have to be hospitalized.	Health Promotion Div. at 26-3669
Assistance with Medical Fee to Children with Designated Chronic Illness (<i>shoni mansei tokuteishikkan engo</i>)	Assistance with medical fee is given to children who are under 18 years of age and suffer from designated chronic illness. Recipients may be required to bear part of the cost.	Health Promotion Div. at 26-3669
Assistance with Medical Fee to Children Requiring Support for Independence (<i>jiritsu shien iryo (ikusei iryo)</i>)	Assistance with medical fee is given to disabled children aged under 18. Recipients may be required to bear part of the cost.	Health Promotion Div. at 26-3669

Day Nursery (*hoikusho*)

A day nursery is a child welfare facility where children, whose parents or guardians are unable to look them during the day because of their work or illness, are taken care of during the day.

Children over 6 months old up to the age of entering elementary school are eligible to attend a day nursery.

Some day nurseries accept babies from 43 days old, and from 57 days old.

At nursery homes (*katei hoikusho*) and nursery room (*hoiku* room), registered caretakers look after infants aged from 43 days to 1-and-a-half years old in their own homes.

For more information or application of both types of nurseries, contact Nursery School Operation Group at 35-3160. The deadline for submissions is set on the 15th of each month for admission in the next month. Please note that the deadline in February, March and April is fixed earlier than usual.

In case of emergency at night or on holidays

Nishinomiya Emergency Clinic (*okyu shinryo sho*)

Tel: 0798-32-0021 Access: Turn north at Nishinomiya Fire Station on Route 2

Hours of operation : Sundays & holidays / Year end & New Year holiday season

	9:00 a.m. - 1:45 p.m.	5:00 p.m. - 11:15 p.m.
Saturdays	2:00 p.m. - 5:45 p.m.	8:30 p.m. - 11:15 p.m.
Weekdays	8:30 p.m. - 11:15 p.m.	