

<Pregnancy – Childbirth – Bringing up Children >

Information about necessary procedures connected with pregnancy, childbirth and bringing up a child is available in the Oshu Guide to Bringing up Children. <http://www.city.oshu.iwate.jp/htm/kosodate/>

1. When you are pregnant

1) Application for registration

When you know you are pregnant, you should report it and apply for a *boshi techo* (maternity health record book) and an Application for Pregnant General Health Medical Checkup from your local Health Centre.

2) Maternity classes

You can learn about daily life during pregnancy, its development, all about giving birth, how to breathe during delivery and other ways to prepare for the birth of a child.

3) Seminar for Mothers and Fathers

Parents-to-be practise bathing a baby, find out what it's like to be pregnant, and other useful things.

2. When you have your baby

1) Application for Registration

You must register the birth of your child at the Citizens' Section of the City Hall. After that, you must register it at the Mother and Child Health Section in your local district (ku).

Mother and Child Health Sections in each district (ku)

Name	Telephone	Opening times
Mizusawa Health Centre	2 3 - 4 5 1 1	Mon. ~ Fri. (except for National Holidays) 8 : 3 0 ~ 1 7 : 1 5
Esashi Branch Office, 1F Health and Welfare Section	3 5 - 2 1 1 1	Every week on Thursdays (except for National Holidays) 9 : 0 0 ~ 1 1 : 3 0
Maesawa Branch Office, 1F Health and Welfare Section	5 6 - 2 1 1 1	Every week on Tuesdays (except for National Holidays) 8 : 3 0 ~ 1 1 : 3 0
Isawa Health and Welfare Section, Health Promotion Plaza Yuyukan	4 6 - 2 9 7 7	Every week on Tuesdays (except for National Holidays) 9 : 0 0 ~ 1 1 : 3 0
Koromogawa Health and Welfare Section (Health and Welfare Centre)	5 2 - 3 8 0 0	Mon. ~ Fri. except for National Holidays 8 : 3 0 ~ 1 7 : 1 5 (Appointment needed)

2) After registration of the birth.

You will receive a vaccination-screening questionnaire and an application for general health medical check-up at different stages for babies and infants .

3) Application for public health care for premature babies.

A medical benefit system for premature babies.

4) Health visits for babies

A midwife and public health nurse will visit all homes with babies up to 4 months old. You will be able to receive advice about bringing up children, the mother's health and information about assistance and support.

5) General health medical check-up at different stages for babies and infants

Babies and infants at 1 month, 6 months, 9 months, and 1 year old can receive a health check-up in a medical facility using the application form.

6) Medical check-up for babies and infants (group).

Babies and infants of 4 months, 1 year and a half and 3 years and a half attend a medical check-up with physical measurement and advice from a pediatrician and a dentist. Information about this will be sent to each home.

7) 2 years 6 months old dental check.

Infants 2 years 6 months old can receive a free dental check at dental clinics in Oshu City.

8) Pyokko Circle

Circle for mothers with babies up to 8 months old.

9) Baby Classes

Classes for fathers and mothers of babies under 1 year old.

10) Classes in bringing up children

Classes for fathers and mothers of infants.

11) Foreign mothers' Community Circle

A circle for foreign mothers and mothers-to-be.

Japanese lessons, consultation available on matters related to bringing up children.