

6 Childbirth and Childcare

(1) When You Find Out You're Pregnant

Children and Families Support Division TEL : 0985-40-1436

mail : katei-shien@city.miyazaki.miyazaki.jp

As soon as you confirm your pregnancy, visit an obstetric medical institution.

If you're registered as a resident in Miyazaki City and your pregnancy is confirmed through a medical institution, promptly submit your pregnancy notification.

You will receive a Maternal and Child Health Handbook and Pregnancy Health Examination Vouchers from the municipal government.

① Parent and child health handbook (maternal and child health handbook)

Issued by public health nurses and other professionals to those who are registered residents of Miyazaki City, and is used for consultations regarding pregnancy, childbirth, and childcare. It is also required for health checkups and vaccinations. Foreign language handbooks are also available.

Required Items	Notifying Individual	Place of Notification
<input type="checkbox"/> Proof of identity <input type="checkbox"/> Documents confirming Individual Number (My Number) <input type="checkbox"/> Pregnancy notification (provided by medical institution)	<input type="checkbox"/> The pregnant individual <input type="checkbox"/> Spouse (partner) or family member Note: Only in situations where notification by the pregnant woman herself is not possible	<p>■ Prenatal and Postnatal Support Office (North) City Hall 5F TEL : 0985-40-1436</p> <p>■ Prenatal and Postnatal Support Office (South) Kiyotake Branch Office 1F TEL : 0985-85-1137</p> <p>■ Miyazaki City General Health and Welfare Center TEL : 0985-52-1506</p> <p>■ Sadowara Health Center TEL : 0985-73-1115</p> <p>■ Tano Health Center TEL : 0985-86-0117</p> <p>■ Takaoka Health and Welfare Center 「Bokuenkan」 TEL : 0985-82-5294</p>

② Support for Pregnant Women

Item	Details	Contact Information
Pregnancy Health Examinations	If you're registered as a resident in Miyazaki City, you're eligible for subsidized pregnancy health exams at local medical facilities. Subsidies are also available if you're going out of the prefecture for childbirth and check-ups.	Children and Families Support Division TEL : 0985-40-1436
Dental Health Check for Pregnant Women	If you're a registered resident and pregnant in Miyazaki City, services like dental check-ups, cleanings, brushing lessons, and dietary advice are available.	Health Support Division TEL : 0985-29-5286
Health Consultations for Expectant and New Mothers	Consultations are available for topics related to pregnancy, childbirth, and childcare up to the child's first year.	Children and Families Support Division TEL : 0985-40-1436 Prenatal and Postnatal Support Office (North) TEL : 0985-40-1436 Prenatal and Postnatal Support Office (South) TEL : 0985-85-1137

(2) Giving Birth

① Submission of Notification of Birth

Citizens Registration Management Division TEL : 0985-42-6381

mail : 07simin@city.miyazaki.miyazaki.jp

After your child is born, you must submit a notification within 14 days at the Citizens Registration Management Division at the City Hall, at a general branch office, regional center, or sub-branch.

Required Items	Notifying Individual	Place of Notification	Notification Period
<input type="checkbox"/> Notification of Birth Note: Provided by the	Child's father or mother	Citizens Registration	Within 14 days from the date of the

hospital and signed by the notifying individual (seal is optional) <input type="checkbox"/> Maternal and child health handbook	Income Tax Division	Management Division, general branch offices, sub-branches, regional centers	child's birth
---	---------------------	---	---------------

②Obtaining Residency Status

A child born to foreign parents does not have Japanese nationality. To reside in Japan, you need to apply for a residency qualification within 30 days of the child's birth at a local Immigration Bureau. If you need to file a notification of birth in the child's country of nationality, please check the required documents in advance at the embassy or consulate.

Consultation Desk	<u>Fukuoka Regional Immigration Bureau, Miyazaki Branch Office</u> Address: 1-1 Beppu-cho, Miyazaki City, Miyazaki Prefecture, Miyazaki District Legal Affairs Bureau 2F TEL : 0985-31-3580
-------------------	--

③Lump-sum Childbirth and Childcare Allowance

National Insurance and Pension Division TEL:0985-21-1745

mail:07hoken@city.miyazaki.miyazaki.jp

If you are enrolled in National Health Insurance and give birth, a lump-sum childbirth and childcare allowance will be provided upon application by the head of the household. This allowance is generally paid directly to the medical institution where you gave birth.

[What is the Direct Payment System?]

This is a system where the childbirth and childcare allowance is paid directly to the medical institution where the birth took place. As a result, families only need to pay the medical institution the amount that exceeds the childbirth and childcare allowance. Please confirm how this system can be used at the medical institution's reception desk.

(3) Children's Health

Children and Families Support Division TEL : 0985-40-1436

mail : katei-shien@city.miyazaki.miyazaki.jp

①Health Examinations

Item	Details	Contact Information
Infant and	The examination tickets are included in the	Children and

<p>Toddler Health Examinations (Individual Examinations)</p>	<p>Tsugumi Set, which is provided along with the parent (maternal) and child health handbook. Please go for the examination at a medical institution in the applicable month.</p> <p>(1) 3 to 4 month infant health examination (2) 7 to 8 month infant health examination (3) 1-year-old infant health examination (must be performed between 1 year and 1 year and 3 months)</p> <p>Note: This examination ticket can only be used by those who are officially registered as residents in Miyazaki City. If you move, please inquire at your new municipality.</p>	<p>Families Support Division TEL : 0985-40-1436</p>
<p>1-year-old dental health examination</p>	<p>Dental examinations, brushing guidance, and dietary habit guidance are provided.</p>	<p>Health Support Division TEL : 0985-29-5286</p>
<p>1-year-6-month infant health examination (group + individual examinations)</p>	<p>First-stage examinations (group examinations) include medical interviews, physical measurements, dental examinations, fluoride application, and individual consultations. Second-stage examinations (individual examinations) involve pediatric consultations at pediatric medical institutions.</p> <p>Note: Eligible individuals will be notified around 1 year and 6 months of age.</p>	<p>Parent and Child Health Division TEL : 0985-73-8200</p>
<p>2-year-old dental health examination & fluoride application</p>	<p>Dental examinations, toothbrushing guidance, fluoride application, and dietary habit guidance are provided.</p>	<p>Health Support Division TEL : 0985-29-5286</p>
<p>3-year-6-month infant health examination (group examination)</p>	<p>Medical interviews, urine tests, physical measurements, vision tests, hearing tests, pediatric consultations, dental examinations, fluoride application, and individual consultations are conducted.</p>	<p>Parent and Child Health Division TEL : 0985-73-8200</p>

	Note: Eligible individuals will be notified around 3 year and 6 months of age.	
--	--	--

②Vaccinations

Vaccinations are carried out to protect children from diseases that pose a risk of infection.

Free regular vaccinations and subsidized optional vaccinations are available. Consult your pediatrician about the number and timing of vaccinations.

③Medical Expense Subsidies

Medical expenses are subsidized when a parent uses health insurance for a child at a medical institution, as well as costs (out-of-pocket expenses) for orthotics such as therapeutic eyeglasses. To receive the subsidy, first apply for the "Child Medical Expense Eligibility Certificate."

(4) Support for Raising Children

Child Support Division TEL : 0985-21-1765
mail : 10jidou02@city.miyazaki.miyazaki.jp

(1) Consultations on Raising Children

Consultations on concerns and worries related to raising children under 18 are available. Personal information obtained through consultations is strictly confidential, so please feel free to use this service.

Location	Eligibility	Usage Fee	Consultation Method / Reception Hours
Children and Families Support Division Family Support Section (City Hall 5F)	Available for consultations from the child themselves, guardians, schools, nurseries, kindergartens, welfare workers, and children's social workers.	Free	Please contact the Children and Families Support Division Family Support Section (TEL:0985-21-1766). Both telephone and in-person consultations (interviews in the consultation room) are accepted. [Reception Hours]

			Mon to Fri, 8:30 to 17:15 (excluding public holidays and year-end/New Year holidays)
--	--	--	---

② Childrearing Allowance

Item	Details	Eligibility	Contact Information
Child Allowance	<p>This is an allowance provided to individuals who are raising children.</p> <p>If approved by the city, the allowance will generally be paid from the month following the application.</p>	<p>The allowance is for those raising children up to the first March 31 after they turn 15.</p>	<p>Child Care and Kindergarden Division TEL : 0985-42-7965</p>
Child Rearing Allowance	<p>This allowance is for those who are taking care of and raising children not living with either parent.</p> <p>(1) Eligibility conditions include one of the following situations for the child:</p> <ul style="list-style-type: none"> - Parents are divorced (this includes de facto marriages and common-law relationships ending). - Either the father or mother has passed away. - Either the father or mother is in a severely disabled state. - Either the father or mother is missing, etc. <p>(2) If someone other than the father or mother is raising the child, they must be living with the</p>	<ul style="list-style-type: none"> ■ Provided to children up to the first March 31 after they turn 18. ■ For disabled children receiving Special Child Rearing Allowance, the age limit is under 20. 	<p>Child Support Division TEL : 0985-21-1765</p>

	child.		
--	--------	--	--

(5) Childcare Facilities (Nurseries, Kindergartens, etc.)

Child Care and Kindergarden Division TEL:0985-21-1774

mail:10jidou@city.miyazaki.miyazaki.jp

In Miyazaki City, the following facilities are available for pre-school aged children.

Facility	Description	Application Point	Usage Fee
Nurseries	Facilities that provide childcare for infants to pre-schoolers when their guardians are working.	[Licensed Nurseries] Child Care and Kindergarden Division (City Hall 1F) TEL : 0985-21-1774	Fees are determined based on the guardian's inhabitant tax amount. However, there is no charge for non-taxable households and for the 3-year-old class onwards (fees other than childcare fees must be paid).
		[Non-Licensed Nurseries] Each facility	Each facility sets its own rates. However, if eligible for certain benefits, there is no charge up to the limit for non-taxable households and the 3-year-old class onwards.
Kindergartens	Educational facilities for children from the month after they turn 3 years old until they start elementary school.	Each kindergarden	Free. However, fees other than the usage fee must be paid.
Licensed Kodomoen	A facility that combines the functions of a nursery and a kindergarden.	[Nursery Function] Child Care and Kindergarden Division (City Hall 1F)	[Nursery Function] Fees are determined based on the amount of inhabitant tax paid by the child's guardian. However, there is no charge for non-taxable households and for the 3-

			year-old class onwards (fees other than childcare fees must be paid).
		[Kindergarten Function] Each licensed kodomoen	[Kindergarten Function] Free. However, fees other than the usage fee must be paid.
Community-based childcare (small-scale in-facility childcare)	Facilities that provide detailed childcare for limited numbers of children in a home-like atmosphere for children aged 0 to 2.	Child Care and Kindergarten Division (City Hall 1F)	Fees are determined based on the amount of inhabitant tax paid by the child's guardian. However, there is no charge for non-taxable households (fees other than childcare fees must be paid).