

(2017-18 Financial Year)

Childbirth and Child-raising

~ Higashihiroshima City ~

Paperwork for general health checks, etc., for expecting mothers and infants

Higashihiroshima City provides a set of coupons (along with a Mother and Child Health Handbook) to support the costs of health checks, etc. for expecting mothers and new-born infants. For details regarding how to use these coupons, please see the reverse of each coupon.

These coupons can only be used at medical facilities or maternity hospitals within Hiroshima Prefecture. If you wish to use the coupons at a medical facility or maternity hospital outside Hiroshima Prefecture (because you are returning home to give birth, etc.), please inquire about what you should do.

If you move to another municipality, you will no longer be able to use these coupons. Please inquire at the office of the municipality you have moved to about what you should do. If you have moved to Higashihiroshima City from another municipality, you will need to exchange any vouchers you may have from that municipality.

- 1 General prenatal health checkup coupon (1)
- 2 General prenatal health checkup supplementary coupons (14)
- 3 Cervical cancer examination coupon (1)
- 4 Chlamydia examination coupon (1)
- 5 Dental examination form for expecting mothers (1)
- 6 Hearing examination form for newborn infants (1)
- 7 General health check form for infants (2)
- 8 Postnatal health checkup coupon (2 weeks/1 month after childbirth) (2)
- 9 Questionnaire for Higashihiroshima City Nursing Mothers' Health Check (2 weeks/1 month after childbirth)

★ Please make sure you receive prenatal check ups on a regular basis!

- Up to 23 weeks: once every four weeks
- Between 24 (seventh month) and 35 weeks: once every two weeks
- After 36 weeks (tenth month): every week

Contacts

Higashihiroshima City Office (Mother and Child Health Section, Children and Family Support Division)

〒739-8601 8-29 Saijo Sakae-machi, Higashihiroshima City Tel.: 082-420-0407, fax: 082-424-1678

Kurose Branch Office (Welfare and Public Health Division)

〒739-2612 1333 Maruyama, Kurose-cho, Higashihiroshima City, tel.: 0823-82-0220

Toyosaka Branch Office (Regional Promotion Division)

〒739-2317 963 Kajiya, Toyosaka-cho, Higashihiroshima City, tel.: 082-432-2563

Kochi Branch Office (Regional Promotion Division)

〒739-2201 1166 Nakagochi, Kochi-cho, Higashihiroshima City, tel.: 082-437-1109

Akitsu Branch Office (Welfare and Public Health Division)

〒739-2402 5556-1 Mitsu, Akitsu-cho, Higashihiroshima City, tel.: 0846-45-2065

Home visits to families with infants (Hello Baby Visits) (*Konnichiwa Akachan Homon*), 新生児訪問 (こんにちは赤ちゃん訪問))

This service is intended for all newborn babies. Public health nurses or midwives visit your home, and measure the baby's body weight and provide child-rearing advice. After your child is born, please fill in the "Hello Baby Visit Postcard" (*Konnichiwa Akachan Homon Hagaki*, こんにちは赤ちゃん訪問ハガキ), which is included in the separate volume of the Mother and Child Health Handbook (containing examination vouchers), and submit the postcard to the Children and Family Support Division. If you do not submit the postcard, you may be contacted at the address or phone number you wrote on the Notification of Pregnancy form.

Health checks for infants

The following health checks are conducted, to ensure the healthy growth of young children:

Health exam for 3-4-month-old infants (*4-kagetsu-ji Kenshin*, 3~4か月児健診)

This is a group health checkup for 4-month-old infants. Around four months after birth is an important time in your child's development. In this checkup, issues such as congenital hip dislocation or problems in motor development can be discovered. In addition, the checkup includes explanations on the preparation of baby foods (weaning foods) and how to have your child vaccinated.

Confirmatory survey regarding motor development of 7-month-old infants (*7-kagetsu-ji Undo Hattatsu Kakunin-hyo*, 7か月児運動発達調査)

This is a survey to check the motor development of 7-month-old infants. After receiving the survey sheet, please fill it out with details of your child's motor development, and return it to the Children and Family Support Division. You will have received two General Health Check Forms for Infants at the same time as receiving your Mother and Child Health Handbook. Please use these before the day before your child's first birthday.

Health exam for 18-month-old infants (*1-sai 6-kagetsu-ji Kenshin*, 1歳6か月児健診)

This is a group health checkup for 18-month old infants. Around 18 months after birth, abilities such as speaking and walking become established. This checkup aims to establish whether there is any delay in development. There is also advice regarding the prevention of dental cavities, which can become noticeable at around this time.

Health exam for 3-year-old infants (*3-sai-ji Kenshin*, 3歳児健診)

This is a group health checkup for 3-year-old infants (when they are 3 years and 2 months of age). This is an important time in a child's growth. Physical development is well advanced, and many abilities are becoming more developed. The child should also be developing an awareness of society. On the flip side of this, infants tend to be more obstinate than previously, and worrying behavior may well become noticeable.

Families with an infant in the applicable age range for the above health exams will be notified of the times and dates of the exam about 1 month in advance. Please contact the Children and Family Support Division if you do not receive any information regarding these health exams.

Childhood vaccinations (予防接種)

Explanations regarding how to have your child vaccinated, etc., will be given during the home visit for families with newborn infants (Hello Baby Visit). The pre-vaccination questionnaires will also be given to you at this time. There is no individual notification of the schedule of vaccinations.

All vaccinations are administered individually at a medical institution.

If you wish to have your child vaccinated, or to receive health exams for your child, at a location outside Higashihiroshima City, it is necessary to discuss this in advance. For details, please contact the Children and Family Support Division.