

# Mothers' and Children's Healthcare Guide

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●●●Maternal and Child Health Handbook (*Boshi Techou*) (母子健康手帳・母子保健のしおりの交付)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-2252)

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The Maternal and Child Health Handbook (*Boshi Techou*) is used for recording the progress of the pregnancy, delivery, and the growth of the baby after birth. The Handbook is issued in Japanese, English, Portuguese, Spanish, Chinese, and Tagalog in Suzuka City. The “Pamphlet of Maternity Health (*Boshi hoken no shiori*, in Japanese only)” is a collection of application cards for use in medical examinations for the mothers and the babies.

Please keep the card in a safe place along with the Maternal and Child Health Handbook (*Boshi Techou*), and make sure you bring it when you receive medical examinations or vaccinations.

\* The Paternal Passbook (*Fushi Techou*) is available on requests.

**How you can have the Maternal and Child Health Handbook (*Boshi Techou*)?**

The handbook is delivered for the persons who are listed in the resident's register or the alien register at Suzuka City. To have the Handbook Set (the Handbook, the Maternal Health Booklet (a collection of application cards), and a pamphlet), please submit the Pregnancy Notification you have received from healthcare facilities or from maternity nurse to the Citizen's Affairs Division (*Shimin Ka*), *shimin centers* (civic centers) at each area, or the Public Health Division (*Kenkou-zukuri Ka*).

After moving in/out, the Maternal and Child Health Handbook can be used further in the new place. However, for the “Pamphlet of Maternity Health (*Boshi hoken no shiori*, in Japanese only)” and the application card for pregnant mothers and newborn babies, you will need to replace with new ones issued from the municipality of destination.

●●●Maternity nurses, visits for infant care (妊婦の健康診断)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

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Health check-ups are offered for pregnant mothers at public expense for 14 times during their pregnancy, at appointed healthcare facilities all over Mie Prefecture.

Please bring the application card for the check-ups filed in the Maternal Health Handbook, which is handed to you at the time you receive your Maternal and Child Health handbook (*Boshi Techou*). Please make a good use of these opportunities to know the progress of the pregnancy and the development of your baby.

●On the subsidization for receiving the General Health Check-ups for Pregnant Mothers outside Mie Prefecture

Suzuka City offers subsidizations for those who received the General Health Check-ups for Pregnant Mothers outside Mie Prefecture.

Eligible Persons (who fulfill all of the following):

- Those who are issued with the Maternity Health Booklet in Suzuka City
- Those who have received maternity health check-ups outside Mie Prefecture
- Those whose who are listed in the resident register (alien registration) at Suzuka City on the date of the check-ups outside the prefecture

**The coverage of the subsidy for the maternity health check-ups**

For the details of the coverage, please refer to the application card for the check-ups in the Maternal Health Booklet.

Documents for application

- Application/request form of Suzuka City for the subsidy for outside-prefecture consultation of the general health check-ups for pregnant mothers
- Result Card of the General Health Check-ups for Pregnant Mothers, with the results filled in
- Any document to certify the amount you have paid: e.g. receipt from healthcare facilities
- Personal seal
- Documents to confirm your bank account

**How to apply**

## Mother and child's healthcare

Please come to Public Health Division after the delivery, with the application documents listed above. If you are unable to come yourself, the application can be done through a delegate.

### **Due date for application**

Within one year from the date you have received the health check-ups outside the prefecture (counting from first day of the check-ups).

●●●Infants' medical examinations (乳児の健康診断)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

Infants' medical examinations are held at public expense at appointed medical institutions allover Mie Prefecture, for two times in total, once at 4 months old and again at 10 months old. Please use the application cards for the check-ups filed in the Maternal and Child Health Handbook (*Boshi Techou*) at the time you receive the check-ups.

Please make sure you receive these check-ups for the sake of an early discovery of diseases. These ages are important turning points of child development.

Interpreter services are not available at the *Hoken Center* (Public Healthcare Center). Please come with someone who understands Japanese. For more information, please ask the Public Health Division (*Kenkou-zukuri Ka*). (Tel. 382-2252)

●●●Medical examination for 1 year and 6 months old infants (1歳6ヵ月児の健康診断)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

The medical examination for 1 year and 6 months olds is held for the purpose of maintaining and promoting infants' health and preventing potential progress of physical and mental disorders, by offering guidance on fostering of self-help in the daily life, prevention of bad teeth, nutrition, child rearing.

Interpreter services are not available at the *Hoken Center* (Public Healthcare Center). Please come with someone who understands Japanese.

Relevant children	1 year and 6 months olds
Dates	Will be informed by mail at each time.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Early discovery of physical and mental disorders
Staffs	Physicians, dentists, dietitians, clinical psychotherapists, health outreach workers, nurses, and nursery teachers.

●●●Medical examination for 3 years old infants (3歳児の健康診断)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

The medical examination for 3 years old infants is held for the purpose of maintaining and promoting infants' health and preventing potential progress of physical and mental disorders, by facilitating early discovery of underdevelopment or disorders in ocular, auditory abilities, motor nerves, and physical/mental development in general, and by offering guidance for preventing bad tooth, growth, nutrition, daily habits, and other issues of child rearing.

Interpreter services are not available at the *Hoken Center* (Public Healthcare Center). Please come with someone who understands Japanese.

Relevant children	Children of age 3 years and 6 months
Schedules	Will be informed by mail at each time.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Observation of physical and mental development, early discovery of physical and mental disorders / underdevelopment
Staffs	Physicians, dentists, pharmacists, dietitians, clinical psychotherapists, nurses, nursery teachers.

●●●The pregnancy/after-delivery health guidance program (出産前後小児保健指導事業)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

The pregnancy/after-delivery health guidance program offers health advice by pediatricians on childcare, for pregnant and after-delivery mothers from 28 weeks of pregnancy to 56 days after delivery.

The health advice is held at public expense at appointed healthcare facilities (obstetricians and pediatricians) within the city. Please ask your familiar obstetrician the city.

●●●Outreaching health guidance for newborns (新生児訪問)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-2252)

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Maternity nurses visits your house to offer guidance for mothers of newborns within 28 days after birth, regarding the post delivery healthcare of the mother, mother's milk, and the childcare for the newborns.

The visits are limited to the residents of Suzuka City who has their alien register in the city. Please call the Public Health Division (*Kenkou-zukuri Ka*) if you would want to apply.

Interpreter services are not available. Please come with someone who understands Japanese. For more information, please ask the Public Health Division (*Kenkou-zukuri Ka*).

●●●Outreaching health advice for pregnant and post-delivery mothers (妊産婦・乳幼児家庭訪問)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-2252)

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Health outreaching workers and maternity nurses offer health and childcare advice for pregnant and post-delivery mothers and infants.

Please call the Public Health Division (*Kenkou-zukuri Ka*) if you wish to apply.

Interpreter services are not available at the Public Healthcare Center (*Hoken Center*). Please come with someone who understands Japanese.

●●●Child Rearing Classes (*Suku Suku Kosodate Kyoushitsu*) (すくすくファミリー教室)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-2252)

A [Mother's and father's classes]

The child rearing classes are an opportunity for new mothers and fathers to become acquainted with each other. You could talk to each other about the anxiety or troubles. Offers guidance and exercises of basing babies.

Interpreter services are not available. Please come with someone who understands Japanese.

Relevant persons	Pregnant mothers in their 5th to 8th months of pregnancy, husbands (or either one of them). First-time participants only.
Schedules	Please ask the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) for the particular dates.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Schedule	2 times for one course (held 5 times a year)
The first day	Lectures by maternity nurses, maternity exercises, information exchange
The second day	Exercises of basing babies, holding and feeding instructed by maternity nurses Guide to health insurance system for mothers and children by health outreach workers
Capacity	30 persons
Application	Please apply at the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) on the phone and make a reservation.

B [Maternity cooking class]

The maternity cooking course offers learning opportunities of nutrition during the pregnancy and after the delivery. You might want to become acquainted with other new mothers, talk to each other about the anxieties or troubles with each other. Interpreter services are not available. Please come with someone who understands Japanese.



## Mother and child's healthcare

Relevant persons	Pregnant mothers in a stable condition. First-time participants only.
Schedules	Held 4 times a year Please ask the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) for the particular dates.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Lectures by dietitians
Fees	Costs for materials.
Capacity	20 persons
Application	Please apply at the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) on the phone and make a reservation.

### C [Baby food cooking class]

The baby food cooking class is held for parents who have infants of 3 to 6 months old. Interpreter services are not available. Please come with someone who understands Japanese.

Relevant persons	Gardians of infants of 3 to 6 months old. First time participants only.
Schedules	Held 12 times a year Please ask the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) for details.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Lectures and individual nutrition consultation with dietitians
Fees	Free of charge.
Capacity	30 persons
Application	Please apply at the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) on the phone and make a reservation.

### D [Child rearing class]

The child rearing class is an opportunity for parents of infants of 9 to 11 months old, to become acquainted with each other. You might want to talk with other mothers about anxieties or troubles regarding child raising.

Interpreter services are not available. Please come with someone who understands Japanese.

## Mother and child's healthcare

Relevant persons	Preschool children of age 4 or older and their guardians. First-time participants only.
Schedules	Held 9 times a year. Please ask the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) for the particular dates.
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Parents and children have fun with guidance by nursery teachers. Introduction to the maternal insurance program.
Capacity	30 pairs
Application	Please apply at the Public Health Division ( <i>Kenkou-zukuri Ka</i> ) on the phone and make a reservation.

### E [Refreshments cooking class]

The refreshments cooking class is an opportunity for preschool children of age 4 or older and their parents, to try hand-made refreshments and for socialization among parents and children as well.

Interpreter services are not available. Please come with someone who understands Japanese.

Relevant persons	Children before enrollment, of ages 4 or older and their guardians. First-time participants only.
Schedules	Three times a year Please ask the Public Health Division ( <i>Kenkou-zukuri Ka</i> ).
Place	<i>Hoken Center</i> (Public Healthcare Center)
Contents	Cooking exercises and tasting with guidance by the members of the Diet Improvement Association ( <i>Shoku-seikatsu Kaizen Suishin Kyougi-kai</i> )
Fees	Costs for the materials.
Capacity	15 pairs
Application	Please apply to Public Health Division ( <i>Kenkou-zukuri Ka</i> ) on the phone and make a reservation.

●●●Child rearing consultation (育児相談)

Public Health Division (*Kenkou-zukuri Ka*) (Tel. 059 382-2252)

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The child rearing consultation is an opportunity that you can consult the health outreach workers about infants' growth/development, training, etc., the dietitians regarding nutrition.

Interpreter services are not available at the *Hoken Center* (Public Healthcare Center). Please come with someone who understands Japanese. For more information, please ask the Public Health Division (*Kenkou-zukuri Ka*). (Tel. 382-2252)

## Mother and child's healthcare

●●●Vaccination for elementary and secondary school children and 18 years old  
(乳幼児、小・中学生・18歳の予防接種)

Public Health Division (Kenkou-zukuri Ka) (Tel. 059 382-2252)

Relevant persons	People who are listed in the resident register or alien register in Suzuka City
Fees	Free of charge, except for the recipients of ages above the relevant ages/months or number of times.
Things to bring	Maternal and Child Healthcare Handbook, Pre-examination Card ( <i>Yoshin Hyou</i> , from Suzuka City), Healthcare card
Place	Healthcare facilities that operates vaccination
Schedule	Through the course of the year

### 【Relevant ages for different vaccination schemes】

#### Vaccinations for infants

\*1 Suzuka City reserves the active encouragement of vaccination of the B-encephalitis (the Japanese encephalitis or *Nihon nouen*), in accordance with the advice from the Ministry of Health, Welfare and Labor on May 30, 2005.

\*2 The number of times of the vaccination of the measles (*mashin* or *hashika*) and the rubella (*fuushin*) has been reduced to become two times since April 1, 2006, after which the combined vaccination, MR (the measles and the rubella) was employed.

The vaccinations of the 3rd period MR for the first-grade secondary school pupils, and the 4th period MR for the third-grade high school students were started from April 1, 2008 and is planned to be maintained for 5 years, except that the 2nd, 3rd, and 4th periods of MR are free of charge only until March 31, 2010.

It is said that you don't need to take the MR vaccinations if you have taken the vaccinations of the measles and the rubella two-times for each, or if you are sure that you have caught those two diseases before. All other persons are subject to MR shots.

The target ages for each periods of MR are as follows.

The 1st period: from 12 to 24 months after birth

## Mother and child's healthcare

The 2nd period: Children of 5 to 7 years old, in the period from one year before the enrollment and the date of enrollment.

The 3rd period: first grade secondary school pupils

The 4th period: third grade high school equivalent

The system of the vaccination may be changed for the years to come. Please contact your familiar doctor for details.

Types of vaccinations	Number of times of the shots		Suitable ages	Eligible ages	Intervals	Misc.
BCG	Once			Less than 6 months after birth		Please consult your familiar doctor for a suitable time to take the shot.
Polio	Twice		3 to 18 months after birth	3 months to less than 90 months after birth	More than 41 days	First MAY,JUN Second OCT.NOV. is better
DPT (Diphtheria, Whooping cough (pertussis), and Tetanus)	1st period	Three times	3 to 12 months after birth	3 months to less than 90 months after birth	Interval from 20 to 56 days	
	Follow-up shot (as necessary)	Once	12 to 18 months after the third shot of the 1st period		6 months to 1 year after the first shot	

Mother and child's healthcare

MR (the measles and rubella)	1st period	Once	12 months after birth	12 to 24 months after birth	As soon as possible after the baby has become 12 months old	
	2nd period	Once	Children one year before enrollment (5 to 7 years old), regardless of the vaccination history of the measles and rubella. You don't need to take it if you are sure that you have caught those two diseases before.			
Measles (single-antibody vaccine)	1st period	Once	Infants of ages from 12 to 24 months after birth who have caught the rubella before			
	2nd period	Once	One year before enrollment (5 to 7 years old) and have caught the rubella before			
Rubella (single-antibody vaccine)	1st period	Once	Infants of ages from 12 to 24 months who have caught the measles before			
	2nd period	Once	Children one year before enrollment (5 to 7 years old) who have caught the measles before			
B-encephalitis (Japanese encephalitis)	1st period	Twice	3 years old	6 to 90 months after birth	Intervals of 6 to 28 days	*2 Suzuka City reserves active promotion of the B-encephalitis (Japanese encephalitis or <i>Nihon Nouen</i> ) in accordance with the advice from the Ministry of Health, Labor and Welfare on May 30, 2005.

Mother and child's healthcare

	Follow-up shot (as necessary)	Once	4 years old		Around one year after the second shot of the 1st period	If you wish to take the shot, you can do so upon being informed about the measures taken this time and the potential side effects from the doctor, and signing an agreement (as of April, 2009).
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Vaccinations to take when you are in primary and secondary school

Types of vaccinations		Number of times of shots	Suitable ages	Eligible ages	Miscellaneous
B-encephalitis (Japanese encephalitis)	2nd period	Once	The 4th grade of primary school	9 to 13 years old	Refer to note 2
DT (diphtheria and tetanus)	2nd period	Once	The 6th grade of primary school	11 to 13 years old	
MR (combined vaccine of the measles and rubella)	3rd period	Once	The 1st grade of secondary school	You don't need to take this if you are sure that you have caught both the measles and rubella, or if you have received the shots of the measles and rubella twice for each.	
	4th period	Once	The third grade high school student equivalent		

The measles and rubella single-antibody shots:

If you have caught either one of the measles or rubella before and do not fall into the target ages of the MR vaccination, you can take the shots of the one you have not taken yet. Similarly to the MR vaccination, there are 4 periods in the single-antibody vaccinations.

DT (diphtheria and tetanus combined):

If you are sure that you have caught whooping cough (pertussis) before, you might be advised to take the DT instead of the DPT 1st period shot. Please consult a doctor for more information.