

3. Pregnancy, Child Birth and Child Raising (子どもを産んで育てるとき)

3-1 When you get pregnant (妊娠したら)

【Maternal and Child Health Handbook and medical exam vouchers】

(母子健康手帳と健診受診券つづり)

Please make sure you submit “Pregnancy Notification Form” at the Public Health Center (pp.16–17) in the ward where you live in order to receive “Maternal and Child Health Handbook” and “medical exam vouchers” (for 14 medical check-ups: designated check-up items are covered by Sakai City). Please bring your handbook and vouchers with you when you go to hospitals and Public Health Centers so that mother and baby’s health record will be written down. Maternal and Child Health Handbooks are available in nine languages (English, Korean, Chinese, Spanish, Portuguese, Vietnamese, Thai, Tagalog and Indonesian).

【Antenatal classes】 (妊婦教室)

Antenatal classes are held at Public Health Centers. Professional staff provide life guidance during pregnancy, preparation for birth, child raising, nutrition and dental health. Fathers can also participate.

Inquiry Public Health Centers (pp.16–17)

3-2 When your baby is born (子どもが生まれたら)

【Notification of Birth】 (出生届)

Please refer to the page “VI. Pregnancy, Child Birth, Child Rearing, and Education” provided by Osaka Foundation of International Exchange.

Please submit Notification of Birth to the Civic Affairs Division in the Ward Office (pp.16–17)

【Medical subsidy system for infants and children】 (子ども医療費助成制度)

Subsidies for medical fees and hospital meal fees (standard co-payment charge) are provided to children from 0 years old until the end of junior high school (the first March 31 after becoming 15 years old). (Only the fees covered by health insurance are eligible.) If you receive public assistance, you may not be eligible for the subsidies.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16–17)

【Child Allowance】 (児童手当)

Child Allowance is provided to parents/guardians of children from 0 years old until the end of junior high school (the first March 31 after becoming 15 years old).

Inquiry Child-raising Support Division in the Ward Office (pp.16–17)

【Home visits to families with infants】 (乳幼児家庭全戸訪問)

Before your baby becomes four months old, nursery teachers, midwives or public health nurses will visit you to provide information regarding child care.

Please feel free to ask questions and raise concerns to the Child-raising Support Division in the Ward Office or Public Health Centers (pp.16–17).

【Health examinations for infants and vaccinations】 (乳幼児健診、予防接種他)

Health examinations, baby food classes and BCG vaccines are provided at Public Health Centers (pp.16–17).

Other vaccinations are provided in medical institutions in the City. Please check which vaccinations your baby needs to receive and when they are due in your Maternal and Child Health Handbook.

3-3 Child raising (子育て)
 【Daycares】 (保育)

Daycares	In what circumstances	Inquiry and application
Day care centers	When parents/guardians need their child to be looked after due to their work or illness.	Child-raising Support Divisions in Ward Offices (pp.16-17)
Temporary childcares and Holiday daycares	When parents/guardians are having trouble finding someone to look after their child due to their part time work or temporary circumstances.	Preschool Management Division in the City Office ☎072-228-7231
Sick child care / Convalescent child care	When parents/guardians cannot look after their child due to their work, etc., but the child is ill or injured and cannot be looked after at day care facilities. *Registration in advance is required	Child Nursing Division in the City Office ☎072-228-7612

【Child-raising support】 (子育て支援)

Types of support	In what circumstances	Inquiry and application
Child care support helper dispatch service (fees may need to be partially paid)	When you are unwell before/after giving birth or worried about child-raising and having difficulty carrying out housework/to look after your child.	Child-raising Support Divisions in Ward Offices (pp.16-17)
Child-raising advisor dispatch service (free of charge)	When you have worries and concerns about child-raising and would like to seek advice.	
Kosodate Hiroba at Ward Offices (except Sakai Ward Office)	When you would like to meet and interact with parents and pre-school children, and seek advice. *No application required	
Sakai-shi Tsudoi, Koryu no Hiroba (free of charge) * At Kids' Support Center Sakai (9F, Takashimaya Sakai Store)	When you would like to meet and interact with parents and children up to 12 years old, and seek advice.	*No application is required. Opening hours: 10:00-17:00 (except Dec. 30-Jan. 3 and closing days of Takashimaya Sakai Store) ☎072-238-2050
Minna no Kosodate Hiroba (free of charge)	When you would like to meet and interact with parents and pre-school age children, and seek advice somewhere close in your area (at vacant store, local community hall, etc.) *No application required	Child Nursing Division in the City Office ☎072-228-7612
Family Support Center *This is a membership organization which conducts mutual assistance activities and consists of members who would like to provide child-raising support (providers) and those who would like to receive the service (clients). (¥700/one hour)	When you need someone to: • take and bring your child to school. • look after your child before/after nursery institution's opening hours. • look after your child after school (primary school). • look after your child when you go shopping, etc. *Registration for membership required	Family Support Center ☎072-222-8066

【School Expense Subsidies】 (就学援助)

Families with municipal primary and junior high school children (except special support education schools), who have financial difficulties sending their children can receive subsidies for school expenses such as stationery and elementary school meals. (Means test required)

You can apply at schools or the Planning and General Affairs Division in the Ward Office (pp.16-17)

Inquiry School Office Division, General Affairs Department, Sakai City Board of Education
☎072-228-7485

4. When you become a single parent (ひとり親家庭になったとき)

【Child-rearing Allowance】 (児童扶養手当)

Single parents or guardians fostering children (on behalf of parents) up to the first March 31 after becoming 18 years old are eligible. (Income cap applies.)

Inquiry Child-raising Support Division in the Ward Office (pp.16-17)

【Daily support for single parent families, etc.】 (ひとり親家庭などへの日常生活支援)

Family life support staff dispatch service is available when single parents, widows or female divorcees living alone are having difficulties in carrying out house work temporarily due to illness, looking for a job, etc. Free of charge for the households receiving public assistance or/and those who are exempt from municipal tax.

Inquiry Child-raising Support Division in the Ward Office (pp.16-17)

【Medical subsidy system for single parent households】 (ひとり親家庭医療費助成制度)

A subsidy for medical fees (only the fees covered by health insurance is eligible) is provided to children up to the first March 31 after becoming 18 years old and to the father or mother of single parent households or child's guardians. (Income cap applies.)

If you receive public assistance, you may not be eligible for the subsidies.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16-17)

【Other】 (その他)

You may be able to be given priority to live in public housing depending on your eligibility. Please ask for details below.

Inquiry Sakai Municipal Housing Management Center (Sakai Shiei Jutaku Kanri Senta)
☎072-228-8225