

“Guide for Child-Rearing”

Okayama City Child-Rearing Assistance System

1) Money

Lump Sum Birth Allowance, medical cost coverage at public expense, etc.

2) Child-rearing

Consultation on baby's healthy growth

Assistance for working mothers

Day-care centers, nurseries, etc.

3) Community

Community Halls, Children's Houses, Child-rearing Support Center, Parent-Child Club, etc.

4) Health

Checkups, dental health, baby foods, etc.

When you are expecting babies

Preparation Before Delivery

In the first pregnancy, parents may be perplexed by many things. Okayama City offers various forms of support for a healthy and safe pregnancy.

Parent and Child Health Handbook (Mother and Child Health Handbook)

If you submit your notice of pregnancy, a Parent and Child Health Handbook will be issued. A separate volume of the book containing general prenatal health checkup vouchers and general baby health checkup vouchers will also be issued to the citizens of Okayama City.

<Issuance Place> Health Promotion Division of Public Health Center, Ward Public Health Centers, Citizens National Health Insurance and Pension Division of each ward, Shishos, Chiiki Centers, Civil Service Centers, Civil Service Counters

Parent and Child Health Handbooks are issued in braille and in foreign languages

In addition to braille guides, Parent and Child Health Handbooks in eight languages (English, Chinese, Korean, Spanish, Portuguese, Indonesian, Thai, and Tagalog) are available.

<Issuance Place> Health Promotion Division of Public Health Center, Ward Public Health Centers

Getting Prenatal Checkups (general prenatal health checkup)

With the general prenatal health checkup vouchers, part of the prenatal checkup cost will be covered by public funds. The vouchers are contained in the separate volume of the Parent and Child Health Handbook.

When you take the general prenatal health checkups outside the Okayama prefecture

If you would like to take the checkups at the medical institutions/maternity clinics outside the Okayama prefecture, please take a general prenatal health checkup request voucher in the separate voucher book of the Parent and Child Health Handbook before taking the checkups to Okayama City Hall. You can get a refund of a part of the checkup cost from City of Okayama later by doing the official procedure.

If you would like to request it, please make sure to apply for the checkups outside the Okayama prefecture before you take them. Please be aware that the application after you took the checkups cannot be accepted.

<Issuance Place> Health Promotion Division of Public Health Center, Ward Public Health Centers

Dental Examinations for pregnant women and their partners

With the general prenatal health checkup vouchers, part of the prenatal checkup cost will be covered by public funds. The vouchers are contained in the separate volume of the Parent and Child Health Handbook. (It started from Oct., 2015.)

Inquiries: Mother-Child Dental Health Section
Health Promotion Division, Public Health Center
☎ 803-1264

Prenatal Consultation and Classes

Prenatal Health Consultation

A prenatal health consultation will be provided at Public Health Center and Ward Public Health Centers when the Parent and Child Health Handbook is issued. Furthermore, telephone consultation services and home visit services by public health nurses and other professionals will be available.

Home visits for pregnant women

Please use the postcard attached to the health checkup vouchers in the separate volume of the Parent and Child Health Handbook.

Others

Mother-Child Health Care Guidance Message Card

Use this card when you have difficulties working under the same conditions as before you were pregnant due to the physical changes accompanied by pregnancy. This card helps pregnant women clearly inform their employers of their health care guidance provided by their attending doctors. (Parent and Child Health Handbook, p. 96)

Midwifery Home

Welfare Offices ☎ (See p. 18)

The pregnant women who are not able to receive in-hospital midwifery care due to financial reasons can receive the care in a midwifery home.

* There is an income limitation to receive the above service.

* Part of the cost should be paid by the individual.

Obstetric Compensation System

If you give birth to a baby with serious cerebral palsy at the maternity institute which joins Obstetric Compensation System, compensation is paid for nursing and care. The cause of the cerebral palsy is also analyzed. The list of the maternity institutes which join Obstetric Compensation System is available on the web page of Japan Council for Quality Health Care. Some criteria including birth weight, gestational age and the degree of disability are applied to certify recipients of the compensation.

● For inquiry about Obstetric Compensation System, Japan Council for Quality Health Care
<http://www.sanka-hp.jcqh.c.or.jp>
Obstetric Compensation System Call Center
Tel: 0120-330-637 / 03-5800-2231
Hours: 9:00-17:00 on weekdays

After delivery,

Various Procedures Are Necessary

After birth registration, please follow the procedures for services offered by the City of Okayama. What to bring, etc. should be confirmed in advance.

Birth Registration

Citizens National Health Insurance and Pension Division of each ward, Shishos and Chiiki Centers

Birth registration must be filed within 14 days from the child's birth. The filing location is the local government of one of the following places:

- Place of residence
- Registered domicile
- Place of birth

When naming your child, please select from the combination of kanji designated for everyday use and personal names, Hiragana, and katakana.

What to bring

- Birth Registration Form
- Parent and Child Health Handbook
- Seal impression

Childbirth Notification

Mother-Child Dental Health Section, Health Promotion Division, Public Health Center ☎ 803-1264

The form is attached to the checkup slips in the separate volume of the Parent and Child Health Handbook. Send it to us using the return envelope.

Lump Sum Birth Allowance and Childbirth Allowance

In the case of the National Health Insurance: Citizens National Health Insurance and Pension Division of each ward, Shishos and Chiiki Centers and Welfare Offices

After delivery, Lump Sum Birth Allowance will be provided. If you choose the direct-payment system and apply for it at a medical institution, you only have to pay the difference between the delivery cost and Lump Sum Birth Allowance to the medical institution.

If your delivery cost is lower than Lump Sum Birth Allowance or if you would not like to use the direct-payment system, you have to apply for Lump Sum Birth Allowance in person at the counter.

What to bring

In the case of the National Health Insurance:

- Any document which certifies the delivery (e.g. Parent and Child Health Handbook)
- Seal impression
- National Health Insurance Card
- Bankbook of the householder
- Receipts of delivery expenses
- Document which you can prove the childbirth (e.g. a Parent and Child Health Handbook written that your childbirth notification was already accepted.)

In the case of social insurance: In addition to Lump Sum Birth Allowance, allowances such as Childbirth Allowance will be provided. A system is available for exemption from the social insurance premium during maternity leave. For details, please make inquiries to place of employment, corporate health insurance union, Japan Health Insurance Association.

Procedure for Buying Health Insurance

For National Health Insurance: Citizens National Health Insurance and Pension Division of each ward, Shishos and Chiiki Centers

For social insurance: Place of employment, Health Insurance Association

In case that you continue your insurance voluntarily after retirement from the company, please make an inquiry at Japan Health Insurance Association.

Add your baby to your or your partner's health insurance. Please inquire at your health insurance office about the necessary documents.

Grant Application for the Infant Medical Cost Receipt Entitlement Form (See p.8)

Medical Grant Division ☎ 803-1219

Citizens National Health Insurance and Pension Division of each ward, Shishos, Chiiki Centers and Welfare Offices
After you joined the health insurance for your child, please apply for grant of the Infant Medical Cost Receipt Entitlement. Your child can receive free medical treatment in principle if your application was granted. (Due to all payment of your own expense for Health Care Services provided by health insurance within the medical cost is covered by subsidy.)

What to bring

- Health Insurance Card (covering your child)
- Seal impression

Child Allowance (See p. 8)

Children Welfare Division ☎ 803-1222

Child Allowance is provided to support healthy growth of children.

If there is any change in your status such as name or address due to birth, moving or moving out etc., please make sure to do the necessary procedure with a seal impression, within 15 days.

Without the procedure, you may fail to receive Child Allowance or be required to pay back Child Allowance which you already received.

What to bring

- Seal impression
- Bankbook of the claimer
- Policyholders of Employees' Pension or Mutual aid welfare pension should bring their health insurance cards.

Exemption of Waste Disposal Fee

Environmental Planning and Waste Management Division ☎ 803-1297/1298, Citizens National Health Insurance and Pension Division of each ward, Shishos, Chiiki Centers
20l specified paid garbage bags will be provided for free to a baby living in Okayama City according to the number of months up to 2 years old.

If you visit Environmental Planning and Waste Management Division for application, please bring a document certifying your child's birthday such as Parent and Child Health Handbook and Health Insurance Card.

Infant Medical Checkups For Your Baby

In Okayama City, group medical examinations will be provided twice: at 18 months old and 3 years old. (Notification for each checkup will be delivered). The City of Okayama assists child-rearing, confirming your baby's growth and development at each vital stage. We support your child's growth with child-rearing consultation and home visits.

Home Visits for Families with Infants

We will visit parents with anxieties and questions concerning premature infants, children born of multiple births, and newborn babies, as well as child-rearing.

* Please use the Childbirth Notification attached to the first page of the checkup slips in the separate volume of the Parent and Child Health Handbook

Babies' Healthy Growth Consultation

<Details>

Measurement of body height and weight
Consultation concerning baby's growth and development

Interactions among parents

<Date & venue>

The date and venue of the consultation will be confirmed by mail enclosed with Vaccination Handbook within three months from the birth date of your baby.

* The consultation will be conducted at each Ward Public Health Center, Community Hall or other facilities

* Please bring your Parent and Child Health Handbook and Guide for Child-Rearing with you.

Infant Health Checkups

● Infant General Health Checkups

You can get this checkup twice at no charge.

● 3- to 5-month-old baby health checkup

This checkup is no charge.

* This service is offered at every medical institution in Okayama Prefecture. Please use the general baby health checkup slips in the separate volume of the Parent and Child Health Handbook

● 7- to 8-month-old baby health checkup

Notification of this service will be sent around 6 months from the birth date of your baby. Bring the health checkup form included and visit a designated medical institution for the checkup.

* If you have not received notification, please inquire at Health Promotion Division of Okayama City Public Health Center.

* This service is provided only by designated medical institutions in Okayama City. The City of Okayama will cover half of the health checkup fee.

18-Month-Old Baby Checkup & 3-Year-Old Infant Checkup

<Targets> 18-month-old babies and 3-and-a-half-year-old infants

<Contents> Integrated checkup including internal checkup, dental checkup, nutrition consultation, and child-rearing consultation

<Venue> Ward Health Care Centers and other facilities

* We will send notification by mail to households of children of the target age. Target years and months are turning points for children's mental and physical growth. We also provide parents with consultation on child-rearing, not only for early disease detection but also for their children's healthy growth in all aspects, including mental and physical.

Other Services including Consultation

Baby Food Class

Baby food classes are held at Ward Public Health Centers.

* Check the newsletter "Citizen's Square Okayama" for dates and venues.

Consultation on Children's Dental Health

Consultation on children's dental health is provided at Ward Public Health Centers.

* Check the newsletter "Citizen's Square Okayama" for dates and venues.

Important medical tests

Tests for Congenital Metabolic Disorders and Other Conditions

Blood samples of 4- to 6-day-old babies are tested for early detection and early treatment of congenital metabolic disorders (phenylketonuria, etc.)

* A letter of request is attached to the general baby health checkup slips in the separate volume of the Parent and Child Health Handbook.

Newborn Baby Hearing Tests

In Okayama City, hearing tests are conducted on newborn babies at obstetric medical institutions for early detection and treatment of hearing disorders.

* These tests are conducted at several obstetric medical institutions in Okayama Prefecture.

* When you give birth at an obstetric medical institution that provides no newborn baby hearing test or that is outside Okayama Prefecture, you can take the test as an outpatient at the institutions providing these tests. Please inquire at the Health Promotion Division of Okayama City Public Health Center.

* Patients will be required to pay part of the hearing test expenses.

* Please use the general baby health checkup slips in the separate volume of the Parent and Child Health Handbook.

Vaccinations

* Please refer to the Vaccination Handbook which will be provided around the end of the 2 month after your child's birth.

We Will Assist With Child-Rearing

We will assist with child-rearing.

Where to call for consultation on child-rearing

Concerning the health of mothers and children (including child-rearing, children's growth and development)

Okayama City Public Health Center responds to consultation on child-rearing: Health Promotion Division of Okayama City Public Health Center ☎ 803-1264 or Ward Public Health Centers (See p. 15) * Telephone consultation on child-rearing is also provided.

Telephone Consultation Services on General Child-Rearing

Telephone consultation on child-rearing

☎ 803-1270

Mon – Fri: 9:00 – 12:00, 13:00 – 16:00

*Except national holidays, and year-end and New Year holidays

We will consult on child-rearing. Please feel free to talk to us about anything.

Telephone consultation on children and family

☎ 235-4157 (Chuo Child Consultation Center)

Mon – Sat: 9:00 – 20:00

*Except national holidays, and year-end and New Year holidays

Dedicated consultants will provide consultation services on matters related to child-rearing and the family.

Healthy Child-rearing telephone

☎ 235-8839

(Okayama Prefecture Board of Education)

E-mail: sukoyaka@po1.oninet.ne.jp

Telephone consultation : Every day, 8:30 – 21:30

E-mail counseling consultation : 24 hours

* Consultation by volunteers on parents' anxieties, child delinquency, education, personalities, behaviors, language, physical or mental disorders and disabilities

Consultation on breast milk

Telephone Consultation by midwife

☎ 080-2934-2981 ☎ 080-2934-2982

Mon – Fri: 10:00 – 16:00 *Except Saturdays, Sundays, and national holidays

Sundays Support Program by midwife (by Appointment)

Consultation such as what to be careful in your daily life during pregnancy, breast milk, and breast massage.

Every 2nd and 4th Sundays 13:00~16:00

Venue : Training room for rehabilitation on the 2nd Floor at Okayama Fureai Center

Appointment : Association to support fatherless families in Okayama (a secretariat of a maternity hospital Minto-house)

☎ 090-7974-3666

Inquiries : Mother-Child Dental Health Section, Health Promotion Division, Public Health Center

☎ 803-1264

Consultation on Child Abuse

Child Consultation Center (nationwide no.) ☎ 189

General Consultation Center for Children and Home Affairs ☎ 803-2525

*The service is also available at nighttime and on holidays.

Community Consultation Centers for Children and Home Affairs in each Welfare Office (See p. 15)

Mon – Fri: 8:30 – 17:15 *Except national holidays, and year-end and New Year holidays

Public Health Center or Ward Public Health Centers (See p. 14)

Mon – Fri: 8:30 – 17:15 *Except national holidays, and year-end and New Year holidays

Okayama Regional Legal Affairs Bureau (Human Rights Protection Division)

☎ 0120-007-110, "Children's Human Rights 110"

Mon – Fri: 9:00 – 17:15 *Except national holidays, and year-end and New Year holidays

Consultation on Domestic Violence (DV) from Husband, Wife, Boyfriend, or Girlfriend

Okayama City Gender Equality Counseling and Support Center ☎ Consultation Hotline 803-3366

Wed – Mon: 10:00 – 19:30, Sundays & holidays: 10:00 – 16:30 (Emergency temporary shelter provided on 24-hour basis)

Community Consultation Centers for Children and Home Affairs in each Ward Welfare Office (See p. 15)

Mon – Fri: 8:30 – 17:15 *Except national holidays, and year-end and New Year holidays

Okayama Prefecture Women's Consultation Center (Consultation on various problems of women)

☎ 235-6060

Mon – Fri: 9:00 – 16:30 *Except national holidays, and year-end and New Year holidays

Okayama Prefecture Gender Equality Consultation Support Center (With Center) ☎ 235-3310

Tue – Sat: 9:30 – 16:30 *Except national holidays and year-end and New Year holidays

Accessible Information on Child-Rearing, Nursing Care, Taking Care of Housework, and Others

Hurrah! Net <http://www.2020net.jp> (in Japanese) (Japan Institute of Workers' Evolution, Okayama Office)

Okayama Child-rearing Support Website "Kosodate Pocket" <http://www.okayama-tbox.jp/kosodate/>

Consultation on Education at Kindergartens and Elementary & Junior High Schools

Okayama City Educational Consultation Office ☎ 224-4133

Mon – Fri: 9:30 – 18:30, Saturdays: 9:30 – 16:00
*Except Sundays, national holidays, and year-end and New Year holidays (After-hours) consultation will be accepted on the answering machine).

Child Rescue Okayama ☎ 234-0999

Mon – Fri: 9:30 – 18:30, Saturdays: 9:30 – 16:00
*Except Sundays, national holidays, and year-end and New Year holidays (After-hours) consultation will be accepted on the answering machine).

Mother-Child / Father-Child Consultation

Consultation service is provided regarding daily life problems of motherless, fatherless and widows.
●Community Consultation Center for Children and Home Affairs in each Welfare Office (see p. 16)
Mon – Fri: 8:30 – 17:00 *Except national holidays, and year-end and New Year holidays

Home Child Consultation

Consultation on children’s education and family relationships.
●Community Consultation Center for Children and Home Affairs in each Welfare Office (see p. 16)
Mon – Fri: 8:30 – 17:15 *Except national holidays, and year-end and New Year holidays

In case of emergency ...

Family Support Project

This is a system that enables those who need assistance with child-rearing (support-receiving members) and those who want to provide support (support-providing members) to connect for mutual support activities related to child-rearing.
<Support-receiving members> Parents and caregivers with a child from 3 months old to under 10 years old (living in Okayama City)
<Support-providing members> People who are mentally and physically healthy and can take care of a child (living in Okayama City). No experience or qualifications required.
● Payment from the person receiving support to the person giving the support is the only cost required in this service. (No membership registration fee or membership fee required.)
Okayama Family Support Center ☎ 227-2525

Short-Term Child-Rearing Support

Livelihood support at a foster home or other relevant institutions can be provided to children, when their guardians have temporary problems in child-raising due to illness, etc. For application, contact Community Consultation Center for Children and Home Affairs in each Welfare Office (see p16).

Support for Women Before and After Delivery by Seniors

Members of a Silver Human Resources Center who completed training support pregnant women from 1 month before the due date and women during 5 months after giving birth in housework and childcare.

Regional Childcare Support Division ☎ 086-803-1224

Silver Human Resources Center ☎ 086-232-6656

Up to 2 hours at a time (up to twice per day) between 8AM and 7PM except the year-end and New Year holidays.

Up to 20 times in total during the period concerned.

Charge: ¥500/hour *Registration is required in advance.

Konnichiwa Akachan (Hello Baby) Program- Child Care Aiku Commissioners visit your home for childcare support.

Child Care Aiku Commissioners visit the families with new-born babies within about 4 months after their birth and bring picture books as gifts. They can also provide information and advice about child-rearing during the visit. Your child-rearing is supported by people in local community.

* "Gift of picture book" is one of the child-rearing support measures on which Kokoro yutakana Okayamakko Ouendan(Cheering Squad for the physically and mentally healthy Okayama children) works.

Feeling safe even when you are ill...

Project of Day Care for Sick Children

Facilities such as medical institutions temporarily take care of sick children when the children's guardians have a difficulty to take care of them at home due to situations such as guardian's work.

Child's age: up to the 6th grade of elementary school

Hours: 8:30 – 17:30

Fee: 2,500 yen/day per child

Households on welfare and households exempt from municipal taxes will be exempt from this fee if you apply for.

Nursery Infants Education Division: ☎ 803-1228

Mom's time...

Sankaku Okayama Nursery Room

With this service, childcare volunteers will temporarily take care of children so that mothers engaging in child-rearing can leisurely use the services provided by health care and other centers, or go out to shopping.

Child's age: Preschool age children 3 months or older

Hours: Wed – Mon: 10:00 – 18:00, Saturdays: 10:00-17:00, Sundays and national holidays: 10:00 – 16:00

Service hours: Within 3 hours Fee: 600 yen/hour per infant

Advanced membership registration required. Reservation required in principle. (Reservation is acceptable one week in advance of your usage.)

Where to apply: Sankaku Okayama ☎ 803-3355

Coming across good picture books...

You might remember picture books that really impressed you when you were a child. Wouldn't you like to find a picture book for your child?

Libraries:	Chuo Library..... ☎ 223-3373	Ishima Library ☎ 253-0822
	Saiwai-cho Library ☎ 234-5188	Takebe-cho Library ... ☎ 722-4555
	Saidaiji Library ☎ 943-2298	Mitsu Library ☎ 724-1712
	Urayasu Sogo Park Library.. ☎ 265-6141	Seto-cho Library ☎ 952-4531
	Ashimori Library ☎ 295-1942	Nadasaki Library..... ☎ 362-5277

You can also find picture books at Community Halls, Children's Houses, and Child-rearing Support Centers. Why don't you go to these facilities with your child? Some facilities offer lending services, too. Please contact individual facilities for inquiries.

Economic support for child-rearing... *Application is required.

(From the next month after your application was accepted, you start to receive allowance.)

Child Allowance

<Target> People raising children at junior high school age and younger

<Amount>

- Child Allowance-for people whose income is below limits:
 - Children under 3 years old: 15,000 yen/month
 - Children 3 years old or above to elementary school:
 - 1st and 2nd children: 10,000 yen/month
 - 3rd and later children: 15,000 yen/month
 - Junior high school students: 10,000 yen/month
 - Special Child Allowance-for people whose income is above limits:
 - Children at junior high school age or under: ¥5,000/ month
- *The calculation of the allowance starts from the following month you applied.

Children Welfare Division ☎ 803-1222 or
Citizens National Health Insurance and Pension
Division of each ward, Shishos, Chiiki Centers

Child Rearing Allowance

Target: single-parent household, and mothers/fathers who have a spouse with a severe mental/physical disability and raise their children.

* Income limits apply.

For application, Welfare Offices (☎ See p. 16),
Ward Offices, Shishos, Chiiki Centers

Infant Medical Expense Assistance System

Within medical expenses for medical treatment under health insurance, a partial or all amount of self-expenses is subsidized when your child sees a doctor at medical institutions.

Target: Outpatient: from birth until elementary school graduation (i.e., until the first March 31 after the 12th birthday)

Inpatient: from birth until junior high school graduation (i.e., until the first March 31 after the 15th birthday)

How to be subsidized: Please present your Health Insurance Card covering your child and Infant Medical Cost Receipt Entitlement Certificate at the window of your medical institution. Within medical expenses for medical treatment under health insurance, a partial or all amount of self-expenses is subsidized.

(However, medical fees for treatments before issuance of the entitlement certificate and out of Okayama Prefecture will be refunded.)

[A Rate of Self-expenses]

Target	Outpatient	Inpatient
Infants	0%	0%
Elementary School Children	10% (※)	0%
Junior High School Children	30% (No subsidy)	0%

※The maximum amount of self-expenses: ¥44,400/month for elementary school children (Outpatient)

Where to apply: Citizens National Health Insurance and Pension Division of each ward, Shishos and Chiiki Centers and Welfare Offices

Requirements for application: • Your seal impression • Health Insurance Card covering your child

Be sure to apply for this service only after your baby's name is on your health insurance card.

Inquiries: Medical Grant Division, City of Okayama ☎ 803-1219

Nurseries (Hoikuen)/Centers for Early Childhood Education and Care (Ninteikodomoen)

A nursery is a facility where it provides a daily daycare service for parents or caregivers for a definite period of time when they work in the daytime or are ill. A deadline for application of admission to a nursery is on the 15th of every month. (If the city hall is closed on the date, next open date is the deadline.) If the full quota of applicants is not reached, your child can be enrolled in a nursery anytime.

Available hours: The available hours for childcare services are divided into two categories depending on the parents' or caregiver's conditions such as their working hours and renewal of admission. One is standard hours (maximum 11 hours/day) and the other is shorter one (maximum 8 hours/day). Each category offers different available hours for childcare.

Open hours: around 7:30 a.m. – 6:00 p.m.; at the night nursery (Megumi Daini Center for early childhood education and care which provides services as a nursery and a kindergarten) 11:00 a.m. – 10:00 p.m.

Closed: Sundays, national holidays, and Dec. 29 – Jan. 3 in principle

Some nurseries provide the following services.

- **Temporary Child Care**

Target: children at pre-elementary school age who meet any of the following requirements:

- (1) In the case childcare assistance is needed when the parents' or caregivers have a difficulty in providing childcare at home with reasons such as short-term working, inconsistent working, and job training.
- (2) Childcare assistance is immediately or temporarily needed due to parents' or caregivers' socially unavoidable reasons including illness, childbirth, nursing care, and ceremonial occasions.
- (3) Childcare assistance is temporarily needed due to private reasons including reducing mental and physical fatigue associated with child-rearing.
- (4) Childcare assistance is needed because group nursing is scheduled for trial enrollment of disabled children or children from a region with fewer children.

- **Infant Care**

While the acceptance age varies depending on the nursery, some nurseries accept 43-day-old or older babies.

- **Overtime Child Care**

Some nurseries offer overtime child care when extension of daycare hours is required due to parents' or caregivers' working conditions.

- **Holiday Child Care**

Some nurseries provide services on Sundays and national holidays for parents and caregivers who work on holidays.

- **Child Care for Disabled Children**

Home nurseries provide daycare services for a limited number of disabled children at dedicated daycare facilities for disabled children employing special staff.

(Applicable to 3-year-old or older children with mild to moderate level of disability)

Sometimes these children can be accepted in other nurseries.

* For inquiries regarding entering nurseries, contact Kindergarten's Educational Management Division ☎ 803-1431, 1432

* For inquiries regarding other services, contact respective centers for early childhood education and care or nurseries providing those services or Nursery Infants Education Division. ☎ 803-1227, 1228

Items Related to Child Welfare

Where to call: Welfare Offices

■ Handbooks for disabled children

- Ryoiku Techo (Handbook for the mentally challenged)
- Shintai-shogaisha Techo (Handbook for the physically disabled)

■ Pensions and allowance for disabled children

- Welfare Allowance for Disabled Child (applicable to a homecared severely disabled person under age 20)
- Special Child Support Allowance (applicable to a parent or caregiver of a disabled person under age 20)
- Okayama City Child Welfare Pension (applicable to a parent or caregiver of a disabled person under age 20)
(* Except for disabled persons receiving the Welfare Allowance for Disabled Child and residents of welfare facilities)
- Okayama City Mentally and Physically Disabled People Care Mutual Aid System (Mutual aid system for parents and caregivers of the disabled)

■ Medical care and therapy for disabled children

- Severe Mental and Physical Disability Medical Expenses Assistance System (Assistance for individually paid medical expenses)
- Assistance fees for acupuncture, moxibustion and massage treatment (Assistance for part of the treatment fee)
- Disabled Children Day Service (On-the-spot training service provided for disabled children and their parents or caregivers)

■ Support for daily life, transportation and transfer

■ Welfare service for the disabled

- Users of this service (disabled people) can freely choose a service provider and use the service under contract with the employer based on an equal relationship with the employer.

Exemption of Taxes/Public Utility Charges

- Exemption of public utility charges
Welfare Offices, Shishos or Health and Welfare
Office of Minami Ward Office

For inquiries about tax exemption and deduction,

- Prefectural and municipal taxes and light vehicle tax
Taxation Division of each Ward Office
- Income tax
Contact your local tax office.
- Automobile tax, automobile acquisition tax (for standard-size or larger cars)
Okayama Prefecture Automobile Tax Office
Automobile tax ☎ 233-9844
Automobile acquisition tax ☎ 286-8770
- Light vehicle acquisition tax
Okayama Prefecture Tax Association
Okayama Branch
..... ☎ 245-6200

● Child-Rearing Medical Care Benefit for Premature Infants ●

Medical care expenses will be provided when a baby born with a birth weight under 2,000 grams or born prematurely is admitted to a designated medical institution.

- Part of the medical expenses may need to be paid individually depending on the household's income tax charge.
- The benefit period ends on the first birthday.

Contact: Health Promotion Division, Public Health Center ☎ 803-1271

● Medical Care Benefit for Children with Specified Chronic Diseases ●

Medical care expenses for children with specified chronic diseases will be covered at public expense.

- Applicable to persons under age 18 with malformation neoplasm, chronic kidney diseases, chronic respiratory diseases, chronic heart diseases, endocrine diseases, collagen diseases, diabetes, congenital metabolic disorders, hematological disorders, immunological disorders including hemophilia, nervous or muscular diseases, chronic digestive system diseases, congenital anomaly syndrome, skin diseases (the age limit can be extended to under 20).
- Individual medical payment may be needed depending on the household's income.
- * In principle, public expenses will start being provided on the day the application is received at Public Health Center.

Contact: Health Promotion Division, Public Health Center ☎ 803-1271

● Medical Care and Education Benefit ●

Medical care expenses will be covered by public funds for children with tuberculosis diagnosed as requiring hospital treatment.

- Applicable to persons under age 18.
- Part of the medical expenses may need to be paid individually depending on the household's income tax charge.

Contact: Health Promotion Division, Public Health Center ☎ 803-1271

● Self-Support Medical Care (Child-Rearing Medical Care) Benefit ●

Medical care expenses will be covered by public funds when physically disabled children or children with possible disabilities receive medical treatment to remove or reduce disabilities at a designated medical institution.

- Physical disabilities, visual disabilities, hearing and balance disorders, voice/language disorder, loss of mastication function, internal disorder, etc.
- Applicable to persons under age 18
- Part of the medical expenses may need to be paid individually depending on the municipal tax charge of the household covered by health insurance.

* In principle, public expenses will start being provided on the day the application is received at Public Health Center.

Contact: Health Promotion Division, Public Health Center ☎ 803-1271

● Specified Medical Care Benefit for Designated Intractable Diseases ●

Medical care expenses for patients with intractable diseases will be covered by public expense.

- Specified medical care expenses (designated intractable diseases) : 306 diseases
- Research projects for intractable disease treatments : 4 diseases
- Part of the medical expenses may need to be paid individually depending on the municipal tax charge of household covered by health insurance.

* The decision for the benefit is conducted by Okayama prefectural government.

* Public expenses will start being provided on the day the application is received at Public Health Center.

Contact: Nearby Ward Public Health Centers Health Promotion Division, Public Health Center ☎ 803-1271

● For single-parent households (Medical care expenses aid system for single-parent households) ●

Medical care expenses except for the partial amount to be covered individually will be provided for the following people (income limits apply):

- Parent and children of single-parent households
- People with no spouse who take care of parentless children
- Parentless children

(Persons under age 18 are applicable. However, the age limit for high school students is 20).

Contact: Citizens National Health Insurance and Pension Divisions of Ward Offices, Shishos, Chiiki Centers and Welfare Offices

Finding Child-Rearing Friends

Parent-Child Club

● Activities

This club is accessible anytime for all pre-kindergarten children and their parents and caregivers, and offers advanced friend-making and health promotion opportunities for these children. Activities include organizing regular sessions, play with child-parent communication, discussion and learning about child-rearing and health, events for handing down local traditions to children, and fostering relationships with other communities.

● Location

Nearly every elementary school district has a Parent-Child Club. Its activities have been developed at local Community Halls, Community Houses and parks.

● User fees

Membership fees are required. The amount of membership fees vary depending on clubs. (Annual membership fee ranges from 1,000 to 3,000 yen).

● Inquiries

Please contact the representative of the Parent-Child Club in respective school districts. For inquiries on where to call to reach the representative, contact Public Health Center ☎ 803-1264 or the respective Ward Public Health Center.

You are not alone.

Child-Rearing Forum

● Activities

This is a forum that can be visited by any parent or caregiver of pre-kindergarten children, where experienced volunteers in child-rearing help find solutions for problems in child-rearing and promote opportunities for making child-rearing friends by singing nursery rhymes, communicating in child & parent plays, and storytelling from picture books. The service also provides mothers with a comfortable forum for information on child-rearing.

● Location

Kindergartens (10), a Center for Early Childhood Education and Care (1), a Community Hall in Okayama City, etc.

● User fees

Free of charge

● Inquiries

Regional Childcare Support Division
☎ 803-1224

Community Child-Rearing Support Center

● Activities

In this center, parents and caregivers in a community child-rearing group can consult about their anxieties and problems and obtain information on child-rearing. The center opens its garden to the public and provides opportunities for indoor play so that each member can make child-rearing friends.

● Location

Nurseries in Okayama City (18), Centers for Early Childhood Education and Care (3), a Children's House "Yu-Yu Plaza" (1)

● User fees

Free of charge (However, accrued expenses will be charged in some cases).

● Inquiries

Nursery and Kindergarten Affairs Division ☎ 803-1227
Yu-Yu Plaza ☎ 908-0415

Children's House & Children's Center

- **Activities**

Children's Houses are available to all children and parents in the region. Child Welfare Members conduct various activities in order to foster children's creativity, independence and sociality through play.

- **User fees**

Free of charge

- **Inquiries**

Children Affairs Planning and General Affairs Division ☎ 803-1224
Children's Houses and Children's Centers

No.	Facility Name	Location	Phone
1	Mikado Children's Center	6-32 Mikado-nishimachi, Kita-ku	086-254-9775
2	Seiki Children's Center	2-20 Shinmichi, Kita-ku	086-225-6124
3	Kyokuto Children's Center	2-2-12 Kyokuto-cho, Naka-ku	086-272-8902
4	Saiden Children's Center	535 Kosita, Naka-ku	086-279-6393
5	Oi Children's House	2382-1 Oi, Kita-ku	086-295-0915
6	Tomihara Children's House	1140 Tomihara, Kita-ku	086-254-9727
7	Hamagawara Children's House	1-3-16 Hama, Naka-ku	086-272-4997
8	Kubo-higashi Children's House	3 Komoto-cho, Higashi-ku	086-942-8031
9	Shukumo Children's House	628 Shukumo, Higashi-ku	086-946-1475
10	Mayashimo Children's House (Okayama City Social Welfare Council)	49-5 Okubo, Kita-ku	086-284-0408
11	Hiratsu Children's House (Okayama City Social Welfare Council)	2168 Narazu, Kita-ku	086-284-0348
12	Kojo Children's House (Okayama City Social Welfare Council)	347-1 Sone, Minami-ku	086-298-2501
13	Omagari Children's House (Okayama City Social Welfare Council)	92-1 Fujita, Minami-ku	086-296-2992
14	Nishiki Children's House (Okayama City Social Welfare Council)	724-128 Fujita, Minami-ku	086-296-2994
15	Uematsu Children's House (Okayama City Social Welfare Council)	397 Uematsu, Minami-ku	086-485-5210
16	Nanaku Children's House (Okayama City Social Welfare Council)	61-8 Kitananaku, Minami-ku	086-362-4446
17	Kataoka Children's House (Okayama City Social Welfare Council)	1030-4 Kataoka, Minami-ku	086-362-2888
18	Children's House Yu-Yu Plaza (Okayama City Social Welfare Council)	143-2 Seto, Seto-cho, Higashi-ku	086-908-0415
19	Okayama Fureai Children's House (Okayama City Fureai Public Corporation)	715-2 Kuwano, Naka-ku	086-274-5151 5156
20	Saidaiji Fureai Children's House (Okayama City Fureai Public Corporation)	2-16-33 Saidaiji-naka, Higashi-ku	086-944-1800 1830
21	Nishi Fureai Children's House (Okayama City Fureai Public Corporation)	880-1 Senoo, Minami-ku	086-281-9611 9622
22	Minami Fureai Children's House (Okayama City Fureai Public Corporation)	690-1 Fukuda, Minami-ku	086-261-7001 7046
23	Kita Fureai Children's House (Okayama City Fureai Public Corporation)	2-6-33 Tanimannari, Kita-ku	086-251-6500 6504

Associations For Parents/Guardians Who Raise Children With Disabilities And Illnesses

Parents/Guardians Network to Raise Children together (Tomonet)

The network aims to raise children with various types of disabilities and illnesses in good health in cooperation through mutual understanding by meetings at various types of associations for parents/guardians in Okayama city. At the moment, the following associations for parents/guardians join the network and regular meetings are held in the morning of every third Tuesday of odd-numbered month at Naka Ward Public Health Center.
As of October, 2015

Inquiries: Mother-Child Dental Health Section, Health Promotion Division, Public Health Center
TEL: 086-803-1264 FAX: 086-803-1758

JDS (Japan Down Syndrome Society) Okayama Office

This group aims to reduce uneasiness of children with Down syndrome and their parents, promote mutual assistance and friendly talk among members of the group, provide and collect information such as medical treatment /education/welfare, and make an effort into enlightening activities for the society.

- [Target] Children with chromosomal abnormality and their families
- [Activities] Annual general meeting/study meeting/Christmas party/New Year's party(*Activities for each different age group are held about once a month.) /exchanging information/creative activity /consultation for meals/day camp etc.
- [Office] 1200-5 Seto-cho Ejiri, Higashi-ku, Okayama City
- [Inquiries] Ms. Yoshie Sadato
PHS:070-5309-1077

Okayama Physically Handicapped Children Welfare Association Okayama Office

Gathering for physically handicapped children and their parents/guardians. This group aims at promoting mutual friendship for members/education/welfare/medical treatment.

- [Target] Physically handicapped children aged between 0 to 18 years old and their parents/guardians
- [Activities] General meeting/ lecture meeting/regular meeting /providing space for games
- [Office] 2-13-1 Minamigata, Kita-ku, Okayama City, on the 1st Floor of Kirameki Plaza
- [Inquiries] Ms. Kashime Nakatsuka
TEL :086-222-9018 (Wed. · Thur.)
:086-264-8606
E-mail:ellenakats@ybb.ne.jp

Kibidangonokai (Association for Parents with Children with Cleft Lip and Palate)

This group aims at reducing uneasiness and promoting healthy growth with children through mutual friendly exchanges among members who have the same disabilities.

- [Target] Children with cleft lip and palate and their parents /guardians
- [Activities] General meeting/ lecture meeting/mini-meeting (twice a year)
- [Inquiries] 3-6-11-2 Saidaiji-higashi, Higashi-ku, Okayama City
Ms. Akiko Inagami
TEL: 086-942-3122

Association to Protect Children National Association with Heart Diseases Okayama Office

This group operates activities such as providing consultation, care, and education, supporting of bringing up children/education/welfare and medical treatment. They aim at learning and acting together.

- [Target] Children with heart diseases and their families
- [Activities] Annual general meeting/ camping/ travelling /Christmas party/study meeting/friendly exchange meeting
- [Office] 1539-8 Miyoshi, Naka-ku, Okayama City
- [Inquiries] Ms. Ayako Yoshikawa
TEL· FAX: 086-276-3381
HP:[http://mamoru-okayama.jp/\(Okayama Office\)](http://mamoru-okayama.jp/(Okayama Office))

BA Association (Association to Protect Children with Biliary Atresia) Okayama Office

This group aims at promoting activities such as mutual communication and support among families who have patients with the disease/friendly exchanges/friendship/improvement of medical treatment system/expansion of social security.

- [Target] Children with Biliary Atresia and their families
- [Activities] Meeting at each branch holds once or twice a year for lecture meeting/counseling workshop.
- [Inquiries] 1-1-1 Shikata-cho, Kita-ku, Okayama City
Mother-Child Dental Health Section,
Health Promotion Division, Public Health Center
TEL: 086- 803-1264

Association for Parents with Children with Congenital Disabled Limbs Okayama Office

This group is for children with congenital disabilities on body parts such as legs, arms, fingers, and shape of ears and their parents/guardians.

- [Target] Children with congenital disabilities on body parts such as legs, arms, fingers, and shape of ears and their parents/guardians
- [Activities] Activities at each branch are held about four times a year (camping/recreation/friendly exchange meeting/study meeting/holding photo exhibition etc.)
- [Inquiries] 1-1-1 Shikata-cho, Kita-ku, Okayama City
Mother-Child Dental Health Section,
Health Promotion Division, Public Health Center
TEL: 086- 803-1264

Association for Parents/ Guardians with

Heartlink-Okayama (Association for Parents

Children with Mental Disabilities (At-home Class)

Gathering of parents/guardians who have infants or school children with Mental Disabilities.

- [Target] Children and people with mental disabilities and their family members
- [Activities] Whole meeting, Activity for different age groups, etc.
- [Office] 1-1-30 Kobashi-cho, Naka-ku, Okayama City
the basement of Okayama City Welfare Hall
- [Inquiries] Ms. Naoko Kondo
TEL: 086-272-9694
FAX: 086-273-5184

with Children with Developmental Disabilities)

A group for parents/guardians who have children with developmental disabilities such as LD/ADHD/Autistic Spectrum Disorder/Slight Developmental Disabilities/Confused Feelings. This association is a member of the Japan Association for Parents who have children with LD.

- [Target] Parents/guardians and their children with developmental disabilities and confused feelings
- [Activities] Monthly regular meeting, lecture meeting, meeting for chatting
- [Inquiries] 1-1-1 Shikata-cho, Kita-ku, Okayama City
Mother-Child Dental Health Section
Health Promotion Division, Public Health Center
TEL: 086-803-1264
HP: <http://heartlink-okayama.jimdo.com/>

Comprehensive Support Network iSSN for Intractable Diseases (Chronicity/Rareness/Unknown Cause)

This group supports people with all intractable diseases, which are not classified into groups of the disease names and affected parts of the body, and their family members. We aim at improvement of living in cooperation with institutions such as patients groups/one engaged in medical services/welfare activities.

- [Target] People who do not belong to a patients groups classified with disease names, with all intractable diseases.
- [Activities] Gathering for patients is held more than 5 times a year for friendly exchange meeting/exchanging information. Displaying at events
- [Inquiries] 12-56-506 Yasaka-higashimachi, Kita-ku, Okayama City
Mr. Yoshiyasu Nakashima
TEL· FAX: 086-255-1937
HP: <http://www.nanbyo-sien.net>
E-mail: contact@nanbyo-sien.net

Associations for Parents/Guardians which Their Activities are Held at Public Health Centers and the Like

*Only organizations which Okayama Public Health Centers are involved are listed below.

Kangaroo Club

This group helps each other through friendly exchanges and study meetings for parents/guardians who have children with disabilities within the area under the control of Minami Public Health Center.

- [Target] Children with physical/mental disabilities and their parents/guardians
- [Activities] Every 2nd Thursday (regular meeting /lecture meeting/cooking/etc.)
- [Inquiries] 690-1 Fukuda, Minami-ku, Okayama City
Minami Ward Minami Public Health Center
TEL:086-261-7051

Sansan Himawari no Kai

This group helps each other through friendly exchanges and study meetings for parents/guardians with uneasy feeling for bringing up children who were born within the area under the control of Higashi Ward Public Health Center.

- [Target] Parents/guardians with uneasy feeling for bringing up children and their children
- [Activities] Every 2nd Friday (exchanging information /discussion)
- [Inquiries] 4-5 Saidaiji-nakanohomachi, Higashi-ku, Okayama City
Higashi Ward Public Health Center
TEL:086-943-3210

PANDA SMILE (Association for Parents with Children with Allergies)

This group exchanges information and provides a venue for friendly exchanges for parents/guardians and their children who have allergic diseases.

- [Target] Parents and children who have worries about allergic diseases
- [Activities] Every 3rd Monday for exchanging information
- [Inquiries] 1-1-1 Shikata-cho, Kita-ku, Okayama City
Mother-Child Dental Health Section
Health Promotion Division, Public Health Center
TEL:086-803-1264

Akebono Kai

This group helps each other through friendly exchanges and study meetings for children with disabilities and their families within the area under the control of Nishi Public Health Center.

- [Target] Children with mental/physical disabilities and their families
- [Activities] Monthly regular meeting (exchanging information /discussion)
- [Inquiries] 880-1 Senoo, Minami-ku, Okayama City
Minami Ward Nishi Public Health Center
TEL:086-281-9625

Multifetal Association

This group exchanges information and provides a venue for friendly exchanges for parents/guardians and their multifetal. The venues are Public Health Centers or nearby community centers.

[Inquiries] Kita Ward Chuo Public Health Center
TEL:086-803-1265
Naka Ward Public Health Center
TEL:086-274-5164
Higashi Ward Public Health Center
TEL:086-943-3210
Minami Ward Public Health Center
TEL:086-261-7051

Hidamari KIDS

This group helps each other through friendly exchanges for parents/guardians who have children with disabilities within the area under the control of Chuo Public Health Center.

[Target] Children with disabilities and their parents /guardians

[Activities] Monthly regular meeting (exchanging information /discussion)

[Office] 1-1-1 Shikata-cho, Kita-ku, Okayama City
Kita Ward Chuo Public Health Center
TEL:086-803-1265

System regarding Delivery and Child-Rearing For Working Parents System for working pregnant women and nursing mothers

◎ Health Control

- Pregnant women and nursing mothers (with post-delivery period of less than 1 year) can secure opportunities necessary to receive health guidance and health check-ups as follows:
 - Up to 23rd week of pregnancy: Once every 4 weeks
 - 24th to 35th week of pregnancy: Once every 2 weeks
 - 36th week of pregnancy to delivery: Once a weekHowever, the frequency may be increased on the doctor's instruction.
- When a pregnant woman or nursing mother receive doctor's instructions, her employer must take necessary measures, such as changing the working hours or reducing work, in order to enable the worker to comply with the instructions.
These measures also include flexible working hours during pregnancy, measures for rest, measures for symptoms of morning sickness, and imminent miscarriage & early delivery.
- Please use the Mother-child health care guidance message card (p. 96 of the Parent and Child Health Handbook) in order to accurately convey the doctor's instructions (measures to be taken by employers for health maintenance of pregnant women, nursing mothers and fetuses) to the workplace.

Inquiries:

Equal Employment Department, Labour Bureau in each prefecture (Equal Employment Department of Okayama Labour Bureau: ☎ 224-7639)

◎ Exemption from and Reduction of Work

- Upon request, pregnant women and nursing mothers will be exempt from overtime work, work on days off, nighttime work (work between 10:00 p.m. and 5:00 a.m.).
- Employers must not assign pregnant women and nursing mothers to harmful tasks such as handling heavy goods.
- Pregnant female workers can change current tasks to other easier tasks upon request to the employer.
- Women who raise a child under 1 year old can take at least 30 minutes nursing time twice a day upon request to the employer.

Inquiries:

Okayama Labour Standards Inspection Office ☎ 225-0591

◎ Maternity Leave

- Upon request to the employer, Female workers can take maternity leave from six weeks before childbirth (14 weeks in case of multiple pregnancy).
- Employers cannot require the female worker to work within 8 weeks after her childbirth. However, regarding tasks approved by the doctor after 6 weeks after childbirth, the employer can assign the female worker to work upon her request.

Inquiries:

Okayama Labour Standards Inspection Office ☎ 225-0591

Childcare Leave and Short Time Working System, etc.

◎ Childcare Leave

- Before the child's first birthday (the day when the child becomes 18 months old if there is a reason that he/she cannot enter nursing school, etc.) both parents can take childcare leave upon request to their employer. It is also available for limited duration workers under specific conditions.
- Papa & Mama Plus Childcare Leave
When both parents take childcare leave, the period when they can take childcare leave will be extended. They can take childcare leave up to 1 year by the day when the child becomes 14 months old.
- How to apply for childcare leave
For application, please submit an application form for childcare leave to your employer. (You can submit it by fax or e-mail if the employer permits it.) If an employee applies for childcare leave, his/her employer should notify him/her of the first day and last day of the childcare leave in writing, by fax, e-mail, etc.

◎ Short-time Working System

- Employers must establish a short-time working system (6 hours/day) for both male and female workers who are raising a child under age 3 under specific conditions.

◎ Exemption of Non-scheduled Work, etc.

- Both male and female workers who are raising a child under age 3 under specific conditions can be exempt from non-scheduled work upon request to the employer.
- Both male and female workers who are raising a pre-elementary school child under specific conditions can be exempt from the following tasks upon request to the employer:
 - Nighttime work (from 10:00 p.m. to 5:00 a.m.)
 - Overtime work totaling 150 hours/year or 24 hours/month
- Both male and female workers who are raising a pre-elementary school child can take nursing leave up to 5 days per year (when there is 1 child), up to 10 days per year (when there are 2 children and more) when their child is ill and injured, get a vaccination and a checkup.
- Dismissal and unjust treatment is prohibited on the ground of taking childcare leave, etc.

Inquiries:

Equal Employment Department, Labour Bureau in each prefecture (Equal Employment Department of Okayama Labour Bureau: ☎ 224-7639)

Financial Support System

◎ Re-employment Support for People who Left Work for Child-raising, etc.

- For those who left work due to child-raising but hope to be re-employed in the near future, The information and various services are provided such as re-employment seminars, support in planning of re-employment.

* Inquiries *

Public Employment Security Office (Hello Work)

◎ Lump Sum Allowance for Childbirth and Nursing, Childbirth Allowance and Other Allowances

- The Lump Sum Birth Allowance (or Spousal Lump Sum Birth Allowance) or Childbirth Allowance will be provided to those who give birth through the health system. Please confirm the information on how to apply and where to call.
- * These allowances will be applied to delivery cases with a pregnancy period of 85 days or longer regardless of live birth, dead birth, miscarriage, or premature birth.
- * In national health insurance, no childbirth allowance system is available.
(Please refer to page 3 for Lump Sum Allowance for Childbirth and Nursing)
- During child care leave, systems are available for exemption of social insurance premiums in health insurance of Seamen's Insurance or in Employees' Pension Insurance.

* Inquiries * Place of employment, Japan Health Insurance Association, Health Insurance Association, etc.

◎ Child Care Leave Allowance

- During child care leave, a system is available in which child care leave allowance equivalent to 67% of pre-leave salary (it becomes 50% in 6 months after you started to take the leave) is provided from employment insurance under specific conditions.

* Inquiries * Public Employment Security Office (Hello Work)

Main Contacts

Ward	Ward Public Health Center		Welfare Office		Community Consultation Center for Children and Home Affairs
Kita Ward	Kita Ward Chuo Public Health Center 1-1-1 Shikata-cho, Kita-ku, Okayama City	(in Okayama City Health and Welfare Hall) ☎ (086) 803-1265	Kita Ward Chuo Welfare Office 1-1-1 Shikata-cho, Kita-ku, Okayama City	(in Okayama City Health and Welfare Hall) ☎ (086) 803-1209	in Kita Ward Chuo Welfare Office ☎ (086) 803-1824
	Kita Ward Kita Public Health Center 2-6-33 Tanimannari, Kita-ku, Okayama City	(in Kita Fureai Center) ☎ (086) 251-6515	Kita Ward Kita Welfare Office 2-6-33 Tanimannari, Kita-ku, Okayama City	(in Kita Fureai Center) ☎ (086) 251-6510	in Kita Ward Kita Welfare Office ☎ (086) 251-6521
	Kita Ward Kita Public Health Center Mitsu-Takebe Office 489 Fukuwatari, Takebe-cho, Kita-ku, Okayama City	(in General Affairs and Public Welfare Division, Takebe Shisho) ☎ (086) 722-1114			
Naka Ward	Naka Ward Public Health Center 715-2 Kuwano, Naka-ku, Okayama city	(in Okayama Fureai Center) ☎ (086) 274-5164	Naka Ward Welfare Office 11-47 Akasaka-honmachi, Naka-ku, Okayama City	☎ (086) 901-1231	In Naka Ward Welfare Office ☎ (086) 901-1234
Higashi Ward	Higashi Ward Public Health Center 4-5 Saidaiji-nakanohonmachi, Higashi-ku, Okayama City	(The former Saidaiji Health Center) ☎ (086) 943-3210	Higashi Ward Welfare Office 2-16-33 Saidaiji-naka, Higashi-ku, Okayama City	(in Saidaiji Fureai Center) ☎ (086) 944-1822	In Higashi Ward Welfare Office ☎ (086) 944-0131
Minami Ward	Minami Ward Nishi Public Health Center 880-1 Senoo, Minami-ku, Okayama City	(in Nishi Fureai Center) ☎ (086) 281-9625	Minami Ward Nishi Welfare Office 880-1 Senoo, Minami-ku, Okayama City	(in Nishi Fureai Center) ☎ (086) 281-9620	In Minami Ward Nishi Welfare Office ☎ (086) 281-9652
	Minami Ward Minami Public Health Center 690-1 Fukuda, Minami-ku, Okayama City	(in Minami Fureai Center) ☎ (086) 261-7051	Minami Ward Minami Welfare Office 690-1 Fukuda, Minami-ku, Okayama City	(in Minami Fureai Center) ☎ (086) 230-0321	In Minami Ward Minami Welfare Office ☎ (086) 261-7127

Okayama City Public Health Center Health Promotion Division 1-1-1 Shikata-cho, Kita-ku, Okayama City ☎ (086) 803-1264

Consultation & Inquiries on Child Accidents and Accidental Ingestion

When you don't know what to do, contact your family doctor or call "Poisoning 110".

★ Consultation Points ★

Child's age, when/what/how much, child's current condition

Osaka Poisoning 110	☎ 072-727-2499 24 hours, Always Open, Free Information Services
Tsukuba Poisoning 110	☎ 029-852-9999 9:00 – 21:00 every day, Free Information Services
Cigarette Hotline	☎ 072-726-9922 (Audio Response) (24 Hours, Always Open), Free Information Services
Telephone Child-rearing Consultation	☎ 086-803-1270 (in Okayama City Public Health Center) Mon – Fri: 9:00 – 12:00, 13:00 – 16:00

Inquiries on Emergency Hospitals

- Okayama City Fire Fighting Information Communication Center: ☎ 231-0119 (24 hours)
- Pediatric Emergency Medical Care Telephone Consultation: ☎ 251-6608 or #8000
(Saturdays, Sundays, national holidays, year-end and New Year holidays (12/29 – 1/3): 18:00 – 8:00 on next day)
(Weekdays, Mon – Fri: 19:00 – 8:00 on next day)

Emergency Medical Care for Holidays and Nighttime

Consultation days: Sundays, national holidays, substitute holidays, 12/29 – 1/3

(Nighttime emergency medical care at Okayama City Holiday & Nighttime Emergency Clinic is provided every day)

Department	Name	Reception time	Location
Internal medicine Pediatrics	Okayama City Holiday and Nighttime Emergency Clinic ☎ 225-2225	○ Holidays: 9:30 – 11:30, 12:30 – 16:30 (Internal medicine) 20:00 – 23:00 (Pediatrics) 19:00 – 23:00 ○ Mon – Sat (Pediatrics) 20:00 – 23:00 (Consultations begin 30 minutes after the start of reception time)	3-14 Higashichuo-cho, Kita-ku Shimin Byoin (Citizen's Hospital) Annex 1F
Ophthalmology Ear, nose and throat	Home medical care duty doctors in specialized subject	9:00 – 17:00 (same as consultation hours)	Home medical care duty doctors of the day introduced by Okayama City Holiday and Nighttime Emergency Clinic
Dentistry	Okayama City Holiday Emergency Dental Clinic ☎ 225-8280	10:00 – 11:30 13:00 – 15:00 (same as consultation hours)	3-14 Higashichuo-cho, Kita-ku Shimin Byoin (Citizen's Hospital) Annex 1F