



# Child-rearing

## Childbirth

### ●Pregnancy

Upon confirmation of pregnancy, please submit a notification of pregnancy to each Health Center and Sun-Sun Station, etc.

Maternity and Child Health Handbook that is useful for consistent health records of pregnancy, childbirth and childcare will be handed to you.

Public Health Center does health consultation and home visits for pregnant women.

Name	Contact
Maternity and Child Health Handbook	Health Promotion Division ☎086-803-1264 Each Health Center
Pregnancy consultation, Pregnancy home visit	
Pregnant woman general health checkup vouchers	
Admission to midwifery facility	Each welfare office

### ●After a baby is born

"Birth Registration Form" must be submitted to Citizens National Health Insurance and Pension Division at each ward, each branch office and branch office of ward within 14 days after your baby is born.

To those who are raising a child up to the third year junior high student, child allowance is paid and they are covered by medical subsidies for children.

Name	Contact
Birth Registration Form	Citizens National Health Insurance and Pension Division at each ward and each integrated branch office and branch office
Enrollment in National Health Insurance	
Lump Sum Birth Allowance	
Medical Subsidies for Children	
Child Allowance	
Birth Report Form (and low-birth-weight baby birth registration form)	Health Promotion Division ☎086-803-1264 ※Notification documents are attached to medical checkup sheets

### ●Okayama Konnichiwa Akachan or Hello Baby Program

Health Promotion Division, Public Health Center  
☎086-803-1264

Childcare Aiku Commissioners will visit all the babies registered in Okayama City with a "Baby picture book" as a gift.

They can also provide information and advice

about child-rearing. They are community volunteers to support child-rearing. Feel free to consult with them about your community, child-rearing, etc.

#### \*Baby picture book

Distributing baby picture books is one of the activities by Kokoro Yutakana Okayamakko Ouendan (Cheering Squad for the physically and mentally healthy Okayama children)

"Kokoro Yutakana Okayamakko Ouendan" was established in July 2007 by the representatives from households, communities, businesses, schools and administration. It aims to build a society where children grow up healthily and parents raise children in peace and to encourage the society to support children's growth and citizens' child-rearing.

Regional Childcare Support Division ☎086-803-1224

#### \*Parenting support website "Kosodate Pocket"

Mascot  
"Pokke"



There is a website that collects a variety of information about parenting in Okayama.

It offers such useful info such as events that parents and children can attend, consultation destination when in trouble, subsidies and allowances, childcare facilities, activities by those who support childcare, etc. They are well organized in calendar format and by age.

Regional Childcare Support Division ☎086-803-1224

ホームページ



Website:

<https://www.city.okayama.jp/kosodate/>

ツイッター



Kosodate Pocket TwitterAccount:

@kosodate\_pocket

## **Starting Nursery school/school**

### **●Entering Nursery School**

Kindergarten's Educational Management Division  
☎086-803-1432, each welfare office and integrated branch office

### **●Entering Certified Childcare Center**

Kindergarten's Educational Management Division  
☎086-803-1432, each welfare office and integrated branch office

### **●Entering Regional Childcare Facility (small-scale childcare services, childcare services attached to businesses)**

Kindergarten's Educational Management Division  
☎086-803-1432, each welfare office and integrated branch office

### **●Entering Kindergarten**

Each kindergarten, Kindergarten's Educational Management Division ☎086-803-1432

Municipal kindergartens recruit children aged 4 and 5 (3 at some kindergartens). Submit the application to the kindergarten you wish. As for private or national kindergartens, please contact them directly.

### **●Entering Elementary, Junior High School or Compulsory Education School**

Okayama City Board of Education, School Enrollment Division ☎086-803-1587

The municipal elementary or junior high school your child enters is the one closest to your place of residence. Tuition of municipal elementary or junior high school is free but part of other costs such as school lunches and textbooks are the responsibility of the parents.

### **<Entering Elementary, Junior High School or Compulsory Education School>**

A notification of medical checkups is mailed in October of the year prior to school enrollment and a shugaku tsuchisho (attendance notice) is mailed in the end of January to all households with children who will begin elementary or junior high school. Please contact the Okayama City Board of Education, School Enrollment Division as soon as possible in the following cases:

•The attendance notice has not been delivered or there is an error in the content.

•It is difficult for your child to attend school because of illness or other reasons.

•Your child has a weak constitution, difficulty in seeing, hearing and using arms and legs.

•Your child is foreign national and hopes to enroll in a municipal elementary/junior high school.

### **<Transferring to another elementary/junior high school/Compulsory Education School>**

Moving within Okayama City: Please obtain documents for changing schools from your school and make the procedure for changing schools as well as for moving.

Moving out of Okayama City: Please obtain documents for changing schools from your school and contact the Board of Education in the city you are moving to.

### **<Entering High School, etc.>**

Children Welfare Division ☎086-803-1221

Providing scholarship (Grant-type scholarship)

A grant-type scholarship is provided for those who have difficulty in going to high school, etc. due to financial reasons.

Application period is from August to September every year, and 60,000 yen a year (37,000 yen for a distance learning program) is provided. Please visit the Okayama City website for more information.

## **Children's Health**

### ●**Health checkups for infants and children**

Public Health Center, Health Promotion Division

☎086-803-1264

#### <**Health checkup for infants and small children**>

(General health checkup for infants/health checkup for 3-5 month-olds) Available at any medical institution in Okayama Prefecture.

#### <**Health checkup for 7 and 8 month-olds**>

Available only at designated medical institutions in the city. Half the checkup cost will be paid by Okayama City.

#### <**Health checkup for 18 month-olds and for 3 year-olds**>

Comprehensive checkup including pediatric, dental checkup, nutrition counseling, childcare and health consultation is carried out at each public health center for 18 month-olds and 3 and a half year-olds.

### ●**Baby Food Class**

Each Public Health Center

You can attend a lecture on how to make baby food (including demonstration) and how to wean your baby.

### ●**Consultation on Children's Dental Health**

Public Health Center, Health Promotion Division

☎086-803-1264

You can consult dentists and dental hygienists about children's dental health.(three times a year, free of charge)

### ●**Vaccination**

Public Health Center, Infectious Disease Control Division ☎086-803-1262

Okayama City conducts the following free vaccinations: rotavirus, hepatitis B, BCG, DPT-IPV, DPT, DT, polio myelitis, measles, rubella, Japanese encephalitis, cervical cancer, Hib, children's pneumococcus, chickenpox (varicella). A Vaccination Handbook is sent by mail on the following day you submit the Birth Registration Form.

### ●**Pediatric Emergency Medical Care Telephone Consultation**

☎#8000 or ☎086-801-0018

In order to deal with children's sudden fever,

convulsion or other illness at night, nurses or others in charge will respond to your call and give you appropriate advice on consulting a doctor at a medical institution.

### ●**Child Allowance**

Children Welfare Division ☎086-803-1222

This allowance is granted to those who are raising a child until the first March 31 after becoming 15 years old (the age of finishing junior high school).

### ●**Medical Subsidies for Children**

Medical Grant Division ☎086-803-1219

When children who have joined a health insurance visit medical institutions, some or all their copayments for health insurance treatment is covered by the municipality.

### ●**Child Rearing Allowance**

Children Welfare Division ☎086-803-1222

This allowance is granted to those who are raising a child in single or no- parent family until the first March 31 after turned 18 years old. There is an income limit.