



When You Find Out You Are Pregnant

Obtaining the *Mother and Child Health Handbook*

Mother and Child Health Subsection, Health Promotion Section

☎5984-4621

Your local Public Health Center branch

➔Telephone directory, page 60

To obtain your handbook, visit your local Public Health Center branch, the Health Promotion Section or a Child and Family Support Center* after you confirm your pregnancy with an obstetrician. After you complete your pregnancy notification form at the service counter, you will be given the handbook. While your handbook is being issued, you will have an interview with a pregnancy/childrearing consultant (see page 52) such as a public health nurse or other certified staff member. Since the reception hours vary with each facility, please call ahead for more information. You can also check the Nerima City website for details.

* Pregnancy/childrearing consultants are not available at Child and Family Support Centers.

Items you receive along with the handbook

A Mother and Child Health Package with health checkup slips for expectant mothers and a newborn hearing screening test slip (page 12)



Health Checkups for Expectant Mothers

Mother and Child Health Subsection, Health Promotion Section

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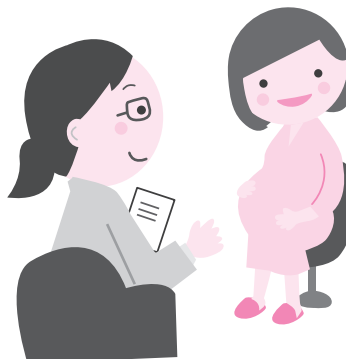
You will receive fourteen health checkup slips for expectant mothers, one checkup slip for an ultrasound pregnancy checkup, and one cervical cancer checkup slip for expectant mothers. Part of the cost is subsidized. You can use these checkup slips at designated medical institutions in the Tokyo Metropolitan area and some medical institutions in Saitama Prefecture. If you are examined for something other than what the checkup slip covers—or if the cost exceeds the amount designated by the public subsidy—you will have to pay the balance of the fee. Since the medical institution you use determines the cost, please confirm the fee before undergoing a checkup.

Dental Health Checkup for Expectant Mothers

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You can undergo one dental health checkup free of charge during your pregnancy up until one year after birth. It's a good idea to have the checkup when your physical condition is good (such as during the stable pregnancy period). For more information, please read the Nerima City website or the information that accompanies the *Mother and Child Health Handbook*.



Baby Prep Classes – Bathing Course

Participants practice how to bathe a baby and learn about life after childbirth, mother and child health services, and other topics. This class is held at all Public Health Center branches on a reservation basis. For more information, please read the Nerima City website or the information that accompanies the *Mother and Child Health Handbook*.

Eligibility

Expectant mother, her partner or one family member (up to two participants)

Expectant Mother Visits

The Public Health Center branch in your neighborhood

→ [Telephone directory, page 60](#)

A midwife or public health nurse visits residents who are worried about pregnancy or childbirth. To take advantage of this program, please call the Public Health Center branch in your neighborhood.



When you find out you are pregnant, check here too!

Detailed information is available on Nerima City's "For a Healthy Pregnancy and Birth" webpage.



When You Find Out You Are Pregnant

Various Subsidy Programs

When Your Baby Is Born

Your Child's Health

Childrearing Support

Childcare

Playing/Learning as a Family

Let's Create a Circle of Childrearing Friends

Consultation for Childrearing and Education

Single-Parent Households

Telephone Directory

Other Consultation Services

Emergency Contacts