



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 Community 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 Community Child and Family Support Centers. For the interview, please visit your local Public Health Center branch.

Handbooks can be obtained at the Community Child and Family Support Centers in Nerima, Hikarigaoka, Oizumi, and Seki.

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

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You will receive fourteen health checkup slips for expectant mothers, four checkup slips 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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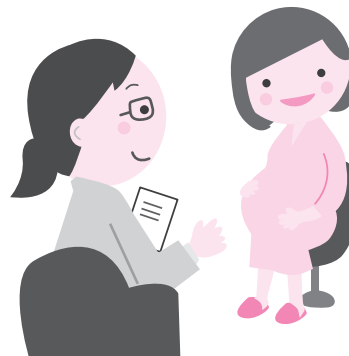
You can undergo one dental health checkup free of charge during your pregnancy up until one year after birth. It's a good idea to have the checkup when your physical condition is good. For more information, please read the Nerima City website or the information that accompanies the *Mother and Child Health Handbook*.

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.

Baby Prep Classes

Information (Video)

Information on childbirth and childrearing is available on the Nerima City webpage, "Baby Prep Classes Information (Video): To Help You Visualize Your Childbirth and Childrearing." Please make use of this video along with the bathing course.

Content

- What to expect until childbirth
- Bathing method
- Dental health for mommy and baby
- Meals for households with expectant mothers
- Childrearing support video for fathers, "Baby Is Coming! For Daddies-to-Be," etc.



▲ Access the video from here!



Bathing Course

Public Health Center branches hold prep classes to help you welcome your baby!

Content

- Bathing
- Life after childbirth
- Guide to childrearing services
- Exchange

Eligibility

Expectant mother, her partner or family member (up to two members per couple)

Application

Please apply from the form available on the Nerima City website (first come, first serve).

- If you cannot apply from the form, contact us by phone.
- Please check the Nerima City website for the course dates and application start date.



▲ Access the website from here!