

When You Find
Out You Are
Pregnant

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Subsidy
Programs

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Your Child's Health

Hello Baby Visits

Your local Public Health Center branch

→Telephone directory, page 60

A midwife or public health nurse will visit every family that has a new child to measure the child's weight, check the child's health, offer advice on childrearing and the mother's physical condition during the post-childbirth period, and introduce childrearing support services.

Eligibility

All households with an infant up to four months of age

Steps before the visit

The visit will take place after we receive the baby visit contact slip (birth contact slip) you mail after childbirth. As soon as your baby is born, please complete the postcard-sized baby visit contact slip (birth contact slip) attached to the inside cover of your *Mother and Child Health Handbook*, and mail it to us.

* Even residents who used this service elsewhere in Japan are eligible. You will be visited after you get back to Nerima City.

Childrearing Classes

Your local Public Health Center branch

→Telephone directory, page 60

Presentations on childrearing, meals, and dental health are provided. The themes of these talks will be announced in the city bulletin or on the Nerima City website as soon as they are decided.

Gatherings for Multiple Birth Children

Your local Public Health Center branch

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The city's Public Health Center branches hold gatherings for parents/guardians of twins, triplets and other multiple births. Participants exchange information in a casual atmosphere about matters that particularly concern them, such as how to choose a baby carriage and whether the children should be put in the same kindergarten class. Feel free to participate while letting your children play together. Expectant parents can join in as well. For information on the dates of these gatherings, please ask your local Public Health Center branch (reservation required).

Subsidized Transportation for Multiple Birth Households

Mother and Child Health Subsection, Health Promotion Section

☎5984-4621

Your local Public Health Center branch

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Households with multiple birth children (twins, triplets, etc.) under the age of three years can receive a subsidy to cover the costs of taxi transportation when the children get vaccinations, go to infant and toddler health checkups, and participate in gatherings for twins, etc. Equivalent to ¥24,000 per year.

Eligibility

Households with multiple birth children under the age of three years

Apply at the ages of 0, 1, and 2 years after an interview with a public health nurse or other certified staff member to receive the subsidy.



Health Checkups/Health Consultation for Infants and Toddlers

Health Checkups, Consultation and Classes Conducted According to Age

Program	Location	Eligibility	Announcement Method	Main Content
Health checkups for four months of age	Your local Public Health Center branch	Four-month-olds	You will receive a notification when the child is around two months of age	Physical measurements, doctor's examination, and advice on childrearing and meals
Health checkups for six months of age	At contracted medical institutions in the metropolitan Tokyo area	Six- to seven-month-olds (from the day the child reaches six months of age until the day before he/she turns eight months of age)	Checkup slips are distributed at health checkups for four months of age	Physical measurements, doctor's examination, and instructions on health
Health checkups for nine months of age		Nine- to ten-month-olds (from the day the child reaches nine months of age until the day before he/she turns eleven months of age)		Physical measurements, doctor's examination, and instructions on health
Childrearing consultation for one year of age	Your local Public Health Center branch	Ten months to 16 months	The schedule is written in the city bulletin. By reservation only. (Please apply by calling your local Public Health Center.)	Advice on tooth-brushing, meals, and childrearing
Meals classes from one year of age	Your local Public Health Center branch	Held at the same time as childrearing consultation for one year of age	Same as above	Consultation meeting (small group) on family meals for the childrearing generation
Health checkups for 18 months of age	Contracted medical institutions in Nerima City	18- to 23-month-olds (from the day the child reaches 18 months of age until the day before he/she turns two years of age)	You will receive a notification the month before the child reaches 18 months of age	Physical measurements, doctor's examination, and instructions on health
	Your local Public Health Center branch			Dental health checkup and advice on childrearing, meals, development, and tooth-brushing
Dental health checkup and childrearing consultation for two years of age	Your local Public Health Center branch	Two-year-olds	You will receive a notification the month before the child reaches two years of age.	Dental health checkup and advice on childrearing, meals, development, and tooth-brushing
Dental health checkup for two years and 6 months of age	Your local Public Health Center branch	Two years and 6 months old	The schedule is written in the city bulletin. By reservation only. (Please apply by calling your local Public Health Center.)	Dental health checkup and advice on tooth-brushing
Health checkups for three years of age	Your local Public Health Center branch	Three-year-olds (from the day the child reaches three years and one month of age until the day before he/she turns four years of age)	You will receive a notification the month the child reaches three years of age.	Physical measurements, doctor's examination, dental health checkup, urinalysis, eye test, vision/hearing survey, and advice on childrearing, meals, development, and tooth-brushing
Childrearing/Nutrition/Dental Consultation	Your local Public Health Center branch	Newborns (up until the last day of the month your child turns one year of age)	The schedule is written in the city bulletin. By reservation only. (Please apply by calling your local Public Health Center.)	Physical measurements and advice on childrearing, nutrition, and tooth-brushing
Eating and drinking consultation from infancy	Public Health Center branches	Parents and their newborns to three-year-olds	The schedule is written in the city bulletin. By reservation only. (Please apply by calling your local Public Health Center.)	Consultation (small group) for families with children from weaning to toddler stages

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Immunizations

Prevention Subsection, Health and Prevention Section, Nerima City Public Health Center ☎5984-2484

Nerima City sends pre-checkup slips to parents/guardians of eligible children. Please call if you do not have these slips because you have just moved into Nerima City.

Periodic Immunizations

Immunization Type	Pre-Checkup Slip Mailing Period	Eligible Age	Standard Immunization Period	Location
BCG (tuberculosis)	The month the child reaches two months of age	Until the child reaches one year of age	One dose between five and eight months of age	Cooperating medical institutions providing immunizations in Nerima City, the twenty-two cities of Tokyo other than Nerima City, and Nishitokyo City (excluding BCG (tuberculosis)), and Musashino City
B-type hepatitis *1	First dose	Until the child reaches one year of age	Two doses from two months of age with an interval of twenty-seven days or more	
	Second dose		One dose after an interval of 139 days or more from the first dose	
	Third dose			
Rotavirus	RV1	Between 6 weeks and 24 weeks after birth	Two doses from two months of age to 24 weeks and 0 days after birth (*first dose until 14 weeks and six days after birth) with an interval of 27 days or more between doses	
	RV5	Between 6 weeks and 32 weeks after birth	Three doses from two months of age to 32 weeks and 0 days after birth (*first dose until 14 weeks and six days after birth) with an interval of 27 days or more between doses	
Hib	Initial	The month the child reaches two months of age	Three doses from two months of age with an interval of between 27 and 56 days	
	Booster	The month the child reaches eleven months of age	Booster shot after an interval of 7 to 13 months after completion of the third dose of the initial vaccination	
Pediatric pneumococcal	Initial	The month the child reaches two months of age	Three doses from two months of age with an interval of 27 days or more	
	Booster	The month the child reaches eleven months of age	Booster shot between 12 and 15 months of age after an interval of 60 days or more after completion of the third dose of the initial vaccination	
DPT/IPV (four-type combination; diphtheria, pertussis, tetanus and inactivated polio)	First series, initial	The month the child reaches two months of age	Three doses from three months of age, with an interval of between 20 and 56 days	
	First series, booster	The month the child reaches eleven months of age	Booster shot after an interval of 12 to 18 months after completion of the third dose of the first series initial vaccination	
MR (measles-rubella combination)	First series	The month the child reaches eleven months of age	As early as possible after the child reaches one year of age	
	Second series	April of the school year before the child enroll in elementary school	Fiscal year between April and March before entrance to elementary school	

Immunization Type	Pre-Checkup Slip Mailing Period	Eligible Age	Standard Immunization Period	Location
Chicken pox	The month the child reaches 11 months of age	Between 12 and 36 months (three years) of age	First dose: Between 12 and 15 months of age Second dose: After an interval of 6 to 12 months after first dose	Cooperating medical institutions providing immunizations in Nerima City, the twenty-two cities of Tokyo other than Nerima City, Nishitokyo City, and Musashino City
Japanese encephalitis	First series, initial	Between 6 months and 90 months (7-1/2 years) of age	Two doses between three and four years of age with an interval of 6 to 28 days between doses	
	Booster		One dose between four and five years of age after roughly one year has passed since completion of the first series initial vaccination	
Japanese encephalitis	Second series	Between 9 and 12 years of age	Nine years of age	
Japanese encephalitis	First series, special (Under 13 years of age)	On an application basis	/	
	Second series, special (Under 20 years of age)	June of the third year of high school *3		
DT second series (diphtheria and tetanus)	The month the child reaches eleven year of age	Between 11 and 12 years of age	Eleven years of age	
Cervical cancer prevention (HPV infection) *4	On an application basis	Girls between the sixth grade of elementary school and the first year of high school	First year of junior high school	

*1 The B-type hepatitis vaccine has become a periodic immunization as of October 2016.

*2 If you have your child under three years of age receive immunizations, the vaccine must be half the usual amount (0.25ml). If you would like to immunize your child, please call the Prevention Subsection, Health and Prevention Section (Tel: 5984-2484).

*3 Immunizations for Japanese encephalitis second series special were not recommended between FY2005 and FY2009, and a pre-checkup slip will be sent those who did not have the opportunity to be immunized during that period.

*4 Immunizations to prevent cervical cancer (from an HPV infection) have not been recommended since June 14, 2013, according to notification of the Ministry of Health, Labour and Welfare.

Optional Immunizations

Immunization Type	Pre-Checkup Slip Mailing Period	Eligible Age	Number of Doses Subsidized	Location
Mumps *	The month the child reaches eleven months of age	Between 12 and 35 months of age	1 dose	Cooperating medical institutions providing immunizations in Nerima City
MR (measles-rubella Nerima City combination) for those who have not been immunized	On an application basis	Between 2 and 18 years of age (this excludes those eligible for periodic immunizations)	Up to 2 doses (up to the number of doses the child has not received the periodic immunization)	

* The subsidy for mumps is ¥3,000 (fully subsidized for those receiving public financial assistance for everyday living)

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Common Childhood Diseases

Immunization Type		No. of Doses	Birth to One Month of Age	Two Months of Age	Three Months of Age	Four Months of Age	Five Months of Age	Six Months of Age	Seven Months of Age	Eight Months of Age	Nine Months of Age	Ten Months of Age	Eleven Months of Age	One Year of Age	Two Years of Age	Three Years of Age	Four Years of Age	Five Years of Age	Six Years of Age	Seven Years of Age	Fee	
Periodic Immunizations	BCG (tuberculosis) A	One dose					①															
	B-type hepatitis *1 I	Three doses		① ②				③														
	Rotavirus *2 A	RV1	Two doses		① ②																	
		RV5	Three doses		① ② ③																	
	Hib *3 I	Four doses		Initial ① ② ③										Booster							Free of charge	
	Pediatric pneumococcal *4 I	Four doses		Initial ① ② ③										Booster							Free of charge	
	DPT-IPV first series I (four-type combination)	Four doses		Initial ① ② ③										Booster							Free of charge	
	MR (measles-rubella combination) first series/ second series *5 A	Two doses												①						②		Free of charge
	Japanese encephalitis first series *6 I	Three doses																				Free of charge
	Chicken pox A	Two doses													①						②	Free of charge
Optional Immunizations	Mumps A	Once																			¥3,000 subsidy *7	

① : Inactive vaccine **A** : Active vaccine Eligible immunization period Standard immunization period

* Periodic immunizations are based on the Immunizations Act (as of April 1, 2021).

*1 B-type hepatitis vaccine has become a periodic immunization as of October 2016.

*2 The Rotavirus vaccine has become a periodic immunization as of October 2020.

*3 *4 The number of injections for Hib vaccine and pediatric pneumococcal vaccine depend on when your child begins receiving immunizations and the period when your child completes his/her first immunizations.

*5 The immunization period for second-term MR (measles-rubella combination) vaccinations is the year before your child enter elementary school, between five and six years of age (April 1 through March 31).

*6 Normally, vaccinations for Japanese encephalitis are administered after the child turns three years of age. If you would like your child immunized while under three years of age, please call the Prevention Subsection, Health and Prevention Section (Tel: 5984-2484).

*7 Fully subsidized for those receiving public financial assistance for everyday living

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Common Childhood Diseases

Here is some information about illnesses that children are susceptible to.

Common Childhood Diseases

Disease	Susceptible Age	Incubation Period	Symptoms
Roseola infantum	Six months to two years of age	About ten days	After a high fever of 38°C or more continues for three or four days, the fever goes down and a rash appears. The rash will disappear in one or two days without leaving any scars.
Measles		Ten to 12 days	Symptoms—such as a high fever of 38°C or more, coughing, runny nose and eye mucus—appear. The fever goes down and up again, and red spots appear all over the body. The fever goes down and the rash disappears, leaving some pigmentation.
Chicken pox	Nine years of age or younger	Ten to 21 days	A rash appears all over the body and head, as well as in the mouth. The red spots change from blisters into scabs. The rash is very itchy.
Erythema infectiosum (fifth disease)	Toddler/school age	Four to 15 days	After the symptoms of a slight cold appear, the cheeks may get red and a lace-like rash may appear on the hands and feet. Even after the rash disappears, it may reappear with direct sunlight or after bathing.
Streptococcal infection	Five to 15 years of age	Two to five days	Symptoms—such as a sudden fever, sore throat and often vomiting—appear. An itchy rash may also appear. This disease is treated with antibiotics.
Rotavirus	Under three years of age	One to three days	Symptoms such as vomiting, diarrhea and fever appear. Diarrhea is white feces. This disease is epidemic in winter.
Hand-footmouth disease	Five years of age or younger	Three to six days	A blister-like rash appears on the hands and feet, and in the mouth. This disease is epidemic in the summer.
Epidemic parotitis (mumps)	Two to seven years of age	14 to 28 days	A fever breaks out, and the parotid glands on one or both sides of the face become swollen. The swelling lasts for three to seven days.
Rubella (German measles)		14 to 21 days	A fever and rash break out. In many cases, the fever is not very high. The rash is light red, spreads from the face to the head and body, and then disappears after about three days.

(From Tokyo Metropolitan Infectious Diseases Manual 2018 and Guidelines for Infectious Disease in Nurseries (2018 Revised Edition))

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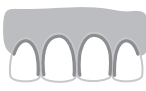



Emergency Contacts

Dental and Oral Health

Your Baby's Teeth

Baby teeth develop from around the seventh week of pregnancy. To make teeth strong, it is important to consume foods that are rich in calcium as well as nutritionally balanced foods that contain protein, phosphorus, and vitamins A, C and D.

Children's Dental and Oral Care

Age	Places Where Cavities Develop Easily	Tooth-Brushing Points and Precautions
Around six to nine months of age		When your child is in a good mood, prepare to start taking care of his/her teeth while having gentle physical contact. Place your baby in your lap facing up. Touch your baby's teeth and gums gently with your finger, like a massage. When your baby grows accustomed to this, wipe his/her teeth with gauze. You can let your child hold a toothbrush for babies so that he/she can get used to doing so.
Around one year of age	 <p>The front teeth and between the teeth Along the boundary between the teeth and gums</p>	When your baby's top and bottom front teeth come in, you should start doing the "finishing touch" brushing. Sweet drinks can cause cavities, so don't let your baby get into the habit of drinking sweetened drinks. Particularly when you use a baby bottle, the liquid is in contact with the teeth for long periods, and that sustained contact can cause cavities. Reduce the frequency of nursing your baby to sleep with breast milk or formula, and prepare to wean your child.
Eighteen months to two years of age	 <p>The front teeth, between the teeth, and along the boundary between the teeth and gums The grooves of the molars</p>	At this age, many children still do not like to brush their teeth. Try to be creative in encouraging your child to enjoy brushing, such as by singing a song. Use dental floss between the teeth as necessary. Finish nursing your baby to sleep with breast milk or formula and wean your child if possible.
Three years of age	 <p>The grooves of the molars and the gap between the teeth</p>	Teach your child about the importance of teeth and how cavities develop. While it is important to help them develop the habit of brushing after meals, and brushing their teeth on their own, it is also necessary for you to do the finishing brushing. Set a definite portion for snack time, and do not let children eat for as long as they want. Around this time, all your child's baby teeth will come in and he/she will develop the strength to chew. Make sure that your child chews a lot by adding seaweed and vegetables, etc., that increase the number of times he/she chews into regular meals. Increasing the number of times your child chews will boost blood flow around the jaw, stimulate the muscles, and help his/her jaw to grow.
Six years of age	 <p>First molar</p>	The first molars (permanent teeth) will begin to come in. Since they grow behind the baby teeth, they are hard to notice. It is also hard to reach them with a toothbrush, which makes them an easy target for cavities. Periodically check to see if they have come in, and remember how important it is to brush them carefully.

Accidents While Brushing Teeth

Children sometimes hurt themselves while brushing their teeth. To help them develop the habit of brushing their teeth safely, stay near them and watch them carefully.

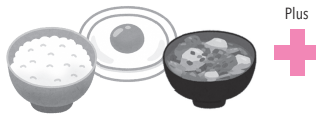
Passing on a healthy diet full of vegetables to the next generation

Washoku (traditional Japanese food), which consists of a bowl of soup and three dishes (or a bowl of soup and one dish, or a bowl of soup and two dishes), is the foundation of healthy meals for Japanese people. By preparing healthy meals that reflect the culture of *Washoku* and eating them together as a family, you pass on food customs and the taste of home to your children.

For adults and babies alike! Healthy meals with a staple, main dish, and side dishes

Cook rice (staple), make miso soup (side dish) filled with plenty of seasonal vegetables, and have one other dish (main dish). This is a healthy "one soup, one dish" meal with a staple, a main dish, and a side dish.

Main dish (meat, fish, egg, or soy products)



Staple (rice, bread, noodles)

Side dish (serving of vegetables, about 70 g)



If you eat more, add **another vegetable side dish** rather than a main dish.

Weaning period

Babies basically eat the same meals as adults. During this period, babies become familiar with a variety of foods using all five senses to see, touch, and smell the food. They start to learn the joy of eating while getting nutrition from sources other than breast milk or formula.

Early childhood

Allow your child to become hungry after playing a lot, feel their hunger and appetite, and have the experience of eating well and feeling full. As the family eats together, your child will gain the desire to "eat on my own!" and become able to eat more foods and dishes.

Living a healthy life in Nerima, surrounded by agricultural land



Nerima City has the most agricultural land of the 23 cities of Tokyo, and you can buy freshly harvested vegetables at your local produce stands. Buying vegetables, cooking them, and eating them often—this is the secret to good health that only Nerima can offer.

Check the "Nerima Food Education" website

◆ Practical food education handbooks and other materials are available

- "Local meals in Nerima: Back in the day and from now on"
- "Eat your veggies! Five a day! Passing on a healthy, vegetable-rich diet to the next generation"
- "Washoku for the Next Generation" Journal of the Nerima City Food Education Seminar
- Meals for households with expectant mothers: For your precious family as you become a mom
- Meals for households with a weaning baby: A healthy diet starts with one spoonful
- Meals for households with a one- to two-year-old: My family's meals are delicious!
- Meals for households with a three-year-old or older child: For a child who enjoys eating



Contact a Public Health Center for advice about meals

For advice regarding your family's diet, including the mother and child's nutrition during pregnancy and after childbirth, please contact a nutritionist at your local Public Health Center.

Contact Your local Public Health Center branch → Telephone directory, page 60

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