

Today we will be talking about the procedures for pregnancy and childbirth in Japan.

Once you know that you are pregnant, please go to a hospital to receive a pregnancy notification form. Please hand that form in at either the Healthcare Section window on the second floor of Building 1 of Nagano City Hall, Nagano City Health Center, or another Healthcare Center. When you hand in your pregnancy notification form, please bring your Residence Card, your My Number Card, or another form of Photo ID.

When you hand in the form, you will receive a Mother and Child Health Handbook.

The Mother and Child Health Handbook is extremely important. It is used for recording the health of the parent and child. It is very important for the ongoing health of the parent and baby during pregnancy, as well as the health of the parent and baby after birth.

Foreign language Mother and Child Health Handbooks are available in English, Chinese, Tagalog, Korean, Thai, Vietnamese, Portuguese, Indonesian and Spanish.

Along with the Mother and Child Health Handbook, you will receive a pregnancy health check report form, a childbirth health report form, and a newborn hearing check report form. The pregnancy health check report is used when you go to a hospital to check the health of the pregnant person, as well as check if the child is developing in the womb. The childbirth health report form is used after giving birth, to check the physical and mental health of the person who gave birth. The newborn hearing check report form is used around 3 days after the baby is born, to check if it can hear properly. If you use the health check report forms that you receive from City Hall, you can save money on the final hospital bill.

People enrolled in health insurance can receive a one off support payment when they have a baby. Please apply for this at the hospital before the baby is born.

Also, in Nagano City, when you hand in your pregnancy notice, you can speak to a public health nurse to receive a “childbirth support gift” .

After childbirth, you can receive a “childcare support gift” if you allow a home visit by a nurse.

For more details about the pregnancy notice and home visit, please contact the Nagano City Health Center Healthcare Section, on 026-226-9963

When you give birth, you will receive birth registration documents from the hospital. You must hand in those documents, as well as the Mother and Child Health Handbook, and your personal seal, if you have one, to the Public Services Counter in Nagano City Hall, or a local branch office. For children whose parents are both of foreign nationalities, please also hand in your passports, and a marriage certificate with a Japanese translation. For more details about the birth registration documents, please contact the Nagano City Hall Public Services Counter on 026-224-7938.

When you hand in the birth registration documents, you will receive a Baby Handbook, which contains the baby’s health check results, and vaccination status. For the dates of baby health checks and vaccinations, you can check the “Koho Nagano” magazine or the “Health Calendar” in April’s edition of “Koho Nagano” magazine. For more details on the Baby Handbook, please call the Nagano City Health Center Healthcare Section on 026-226-9963.

If both parents of the baby are of foreign nationalities, you must go to the Immigration Bureau to get a residence certificate for your baby within 30 days of its birth. Before you go to the Immigration Bureau, please check you have all the necessary documents. For more details about residence certification, please call the Nagano branch of the Immigration Bureau, on 026-232-3317. Please make sure to complete any necessary procedures for your baby at your country’s Embassy or Consulate. For babies with one foreign parent, if you would like your child to have dual nationality, you might need to go to the Embassy or Consulate to complete the correct procedures. Before you do so, please check you have the right documents.

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