

# Post Childbirth

Your baby is finally born a new life with the baby starts. Let's go through the various procedures.

## Birth Notification

You should submit a birth registration within 14 days after your child is born. Please bring the following items: birth certificate, your seal, and your maternal and child health handbook.

### **Contact**

Kasama City Hall

Main Office

Citizens Affairs Division (*shimin ka*)

Kasama/Iwama Branch Office

Citizen Service Division (*shimin madoguchi ka*)

## Notification of Low Birth Weight

If your birth weight is less than 2,500 grams, you are required to report it. Please fill out and submit the "notification of low birth weight.

### **Contact**

Health Promotion Division (In the Tomobe Health Center) 0296-77-9145

## Premature Infant Financial Aid

The city pays the medical expenses necessary for the treatment of infants who were born with immature physical development and need hospital treatment. Hospitals must be designated child care medical institutions. In addition, a co-payment will be made according to the household income tax amount.

### **Contact**

Health Promotion Division (In the Tomobe Health Center) 0296-77-9145

## Lump-sum Allowance for Childbirth and Childcare

### *(shussan ikuji ichijikin)*

When a person who is a member of Kasama city's national health insurance gives birth, 404,000 yen will be paid. In addition, up to 16,000 yen will be added if the delivery is made at a delivery institution (Hospitals, etc.) that has joined the obstetric medical compensation system.

#### **Contact**

Kasama City Hall

Main Office

Health Insurance and Pension Division (*hoken nenkin ka*)

Kasama/Iwama Branch Office

Citizen Service Division (*shimin madoguchi ka*)

#### **If you are enrolled in Employee Health Insurance**

Contact your employer or the Ibaraki Branch of the Japan Health Insurance Association (Phone: 029-303-1500)

## Baby Consultation Home Visit (*akachan houmon*)

In this service, a public health nurse visits an infant's home by about 2 months of age to provide consultation about the growth and child care of a baby and information about child care.

#### **Contact**

Tomobe Health Center 0296-77-9145

Kasama Health Center 0296-72-7711

Iwama Health Center 0299-45-7888

## Health Consultation for Infants

Consultations on childcare in general, measurement of height and weight, nutrition consultation and dental consultation are available by appointment.

Tomobe Health Center	Every Tuesday	9 AM to 11 AM
Kasama Health Center	Every Tuesday	9 AM to 11 AM *1 PM to 4 PM on 4th Tuesday of the month
Iwama Health Center	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month	9 AM to 11 AM

\*Health centers also provide telephone counseling (8:30 AM – 5:15 PM) as needed.

### Contact

Tomobe Health Center 0296-77-9145

Kasama Health Center 0296-72-7711

Iwama Health Center 0299-45-7888