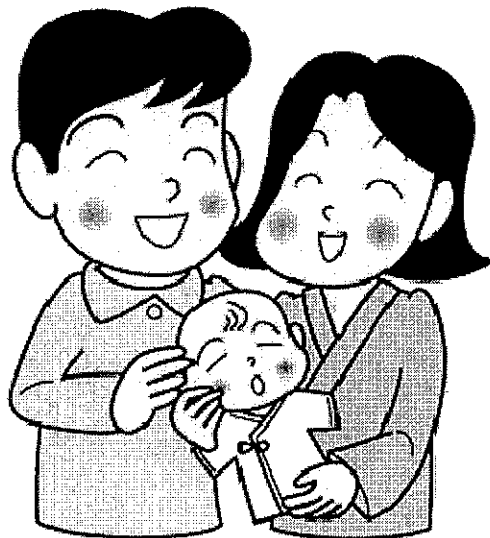


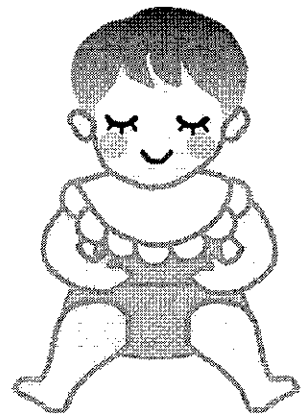
Childcare Support Guidebook



Yamanashi Prefecture

<International Affairs Division>

Note: The medical and government institutions of Japan do not usually employ foreign language interpreters, so if you cannot speak Japanese, please ask for the help of an acquaintance who can when you contact or consult with these facilities.



When Pregnant

1	Pregnancy	3
1-1	When pregnant	3
1-2	Maternal and Child Health Handbook (<i>Boshi Kenko Techo</i>)	3
	(1) What is the Maternal and Child Health Handbook (<i>Boshi Kenko Techo</i>)?	
	(2) Maternal and Child Health Handbook (<i>Boshi Kenko Techo</i>) in languages other than Japanese	
	(3) Additional information	
1-3	Health examinations and health advice for pregnant women	5
	(1) Health Examinations for pregnant women (<i>Ninpu no Kenko Shinsa</i>)	
	(2) Home Visit Guidance by a Maternity Nurse or a Public Health Nurse (<i>Josanshi · Hokenfu ni yoru Homon Shido</i>)	
	(3) Examination for preventing mother-to-child transmission of hepatitis B	
	(4) Ultrasonography	
	(5) Mother Classes (Parents Classes)	

After Giving Birth

2	Birth Notification and Acquisition of Nationality	7
2-1	Birth Notification	7
	(1) Required documents	
	<input type="checkbox"/> Birth Notification (<i>Shussho Todoke</i>)	
	<input type="checkbox"/> Birth Certificate (<i>Shussho Shomei-sho</i>)	
	<input type="checkbox"/> Notification Applicant's seal (<i>Inkan</i>)	
	<input type="checkbox"/> Maternal and Child Health Handbook (<i>Boshi Kenko Techo</i>)	
	<input type="checkbox"/> National Health Insurance Card (<i>Kokumin Kenko Hoken-sho</i>) (policyholders only)	
	(2) Place of Notification/Place for Inquiries	
	<input type="checkbox"/> Period of notification	
	<input type="checkbox"/> Notification applicant	
2-2	Acquisition of Nationality of Newborn Baby	8
	(1) When one of parents is Japanese national	
	(2) When both mother and father are foreign nationals	
2-3	About Acknowledgment	9
2-4	Acquisition of Nationality	9
3	Birth expenses	10
3-1	Health Insurance and Birth Expenses	10
3-2	Lump-sum Birth Allowance	10
3-3	Birth Expenses Loan System	11

4	Motherhood Protection System	1 2
4-1	Maternity Leave	1 2
4-2	Childcare Leave	1 3
5	Medical services	1 4
5-1	Health Check-ups for Infants	1 4
5-2	Preventive Vaccination	1 5
	<input type="checkbox"/> Polio (Poliomyelitis)	
	<input type="checkbox"/> Diphtheria, Whooping cough, Tetanus	
	<input type="checkbox"/> Rubella	
	<input type="checkbox"/> Measles	
	<input type="checkbox"/> BCG	
5-3	Routine Vaccination Schedule	1 8
6	Health Consultations	1 8
6-1	Consultations for Childcare	1 8
6-2	Home Visit Guidance for Newborn Babies	1 9
6-3	Home Visit Guidance for Low Birth Weight Child	1 9
6-4	Secondary or Special Consultations	1 9
7	Economic Support from Babyhood	2 0
7-1	Medical Care Aid for Infants	2 0
7-2	Child Allowance	2 1
8	Handling Children's sudden illness	2 3
	(Infant Initial Emergency Health Center)	
9	Difference between Day Nurseries and Kindergartens	2 4
9-1	Difference Between Day Nurseries and Kindergartens	2 4
9-2	Childcare Services in Day Nurseries	2 6
9-3	About Kindergartens	2 6
9-4	Fine Education in Kindergartens	2 8

When Pregnant

1 Pregnancy

Becoming pregnant and giving birth signifies taking huge responsibility for a child who is going to be born. For both the couple and the child who is going to be born, it is desirable to be pregnant and to deliver in an environment as ideal as possible. When you find that you are pregnant, you should report immediately your pregnancy to the city, town or village office

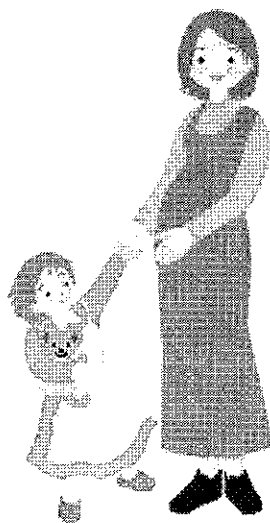
In Japan, a Maternal and Child Health Handbook (*Boshi Kenko Techo*) is issued for a pregnant woman, and classes are also held to teach some knowledge and technique about pregnancy, delivery and childcare.

1-1 When Pregnant

A woman who has become pregnant should go to the city, town or village office where she lives and report her pregnancy.

Since the office (counter) to report a pregnancy differs according to the city, town or village, please inquire at your local municipal office for details. When a woman reports a pregnancy, she will receive a Maternal and Child Health Handbook (*Boshi Kenko Techo*).

Cities, towns and villages→ <http://www.pref.yamanashi.jp/link/ctv/ctv.html>



1-2 Maternal and Child Health Handbook (*Boshi Kenko Techo*)

(1) What is the Maternal and Child Health Handbook (*Boshi Kenko Techo*)?

This handbook is designed to record the results of both the mother and child's medical check-ups and to provide information on medical examinations, vaccinations and health services.

On the first page of the Maternal and Child Health Handbook, there is a form of Certificate of a Birth Notification (*Shussho Todokede-zumi Shomei*)

The main content of the Maternal and Child Health Handbook is as follows.

○ **The Mother's Health**

- How to get proper nourishment during pregnancy
- Record of health check-ups during pregnancy
- Record of delivery and the mother's health after childbirth
- Weight gain and loss during pregnancy and after childbirth
- Parenting class record, etc.

○ **The Child's Health**

- Parents' own record of the child's development, and record of health check-ups
- Record of height and weight up to age 1
 - Record of height and weight from age 1 to 6
- Immunization record
- Record of illnesses, etc.

(2) **Maternal and Child Health Handbook in Languages Other than Japanese (*Boshi Kenko Techo*)**

Some municipal offices have Maternal and Child Health Handbooks translated into languages other than Japanese. Please inquire when you report your pregnancy to your local municipal office. Also, translated Handbooks are sold at the Maternity and Child Health Research Association (*Boshi Eisei Kenkyu-kai*), Mother and Child Health Organization (*Boshi Kenko Jigyo-dan*) and Japan Family Planning Association, Inc. (*Nihon Kazoku-keikaku Kyokai*).

▪ **Mother and Child Health Organization (*Boshi Kenko Jigyo-dan*)**

Address: 2-18-7 Soto-kanda, Chiyoda-ku, Tokyo

Tel.: 03-4344-1188 URL: <http://www.mcfh.co.jp/>

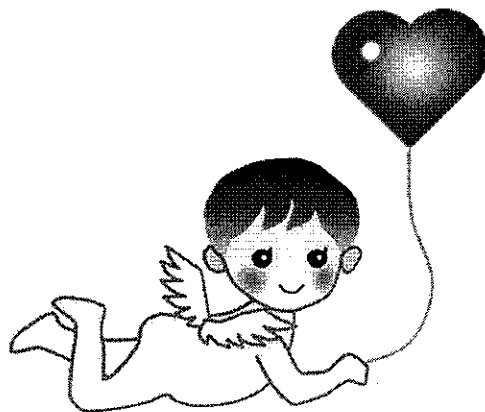
Issued Languages: English, Portuguese, Spanish, Korean, Chinese, Tagalog, Indonesian, Thai

▪ **Japan Family Planning Association, Inc. (*Nihon Kazoku-keikaku Kyokai*)**

Address: 1-10 Ichigaya-tamachi, Shinjuku-ku, Tokyo

Tel.: 03-3269-4727 URL: <http://www.jfpa.or.jp/>

Issued Languages: English, Portuguese, Tagalog



(3) **Additional information**

“From Pregnancy to Childcare ~ How to Prepare for Childcare in Japan” is published in seven languages: English, Chinese, Korean, Portuguese, Spanish, Thai and Vietnamese. For details, please inquire at the AMDA International Medical Information Center, an NPO.

-NPO, AMDA International Medical Information Center

Address: 160-0021 Shinjuku Kabuki-cho Yubinkyoku-dome,
Shinjuku-ku, Tokyo, Japan

Tel: 03-5285-8086

URL: <http://homepage3.nifty.com/amdack/>

1-3 Health Examinations and Health Advice for Pregnant Women

(1) **Health Examinations for pregnant women (*Ninpu no Kenko Shinsa*)**

Explanation

Two general pre-natal check-ups are free the pregnancy (once in the first term, once in the latter term), available at hospitals or clinics.

You should take enough nourishment and rest, and should not miss your regular check-ups.

You will be given vouchers for pre-natal checkups when you receive your Maternal and Child Health Handbook.

In general, there is no interpreter in hospitals and clinics, so please try to go with a Japanese speaker.

(2) **Home Visit Guidance by Maternity Nurses or Public Health Nurses**

Explanation

Public health nurses or maternity nurses can visit your home and give you medical consultations and advice for living and nutrition.

Please inquire at your local municipal office for details.

The service is free; you can apply personally, or sometimes your doctor can refer you.

Cities, towns and villages→ <http://www.pref.yamanashi.jp/link/ctv/ctv.html>

(3) **Examination for preventing mother-to-child transmission of hepatitis B**

Explanation

To prevent children from getting hepatitis or cirrhosis in the future, free blood tests are offered to pregnant women to examine the presence of the hepatitis B virus.



(4) **Ultrasonography**

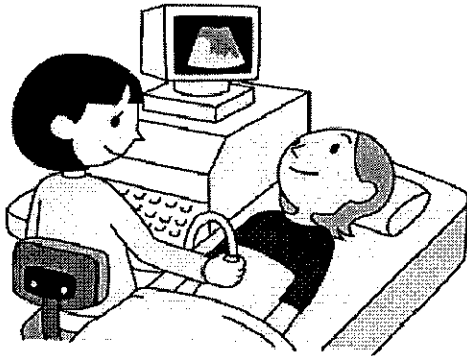
Explanation

This test is offered for free to pregnant women over 35 on the expected date of delivery. It is included in the voucher for the second general pre-natal check-up.

(5) **Mother Classes (Parenting Classes)**

Explanation

Mother classes (Parenting classes) offer some detailed knowledge about pregnancy or delivery, preparation for birth, and practical information and practice guidance for childcare. Doctors, midwives, public health nurses or dietitians guide you as needed. The classes are held at hospitals, maternity clinics, also local public health centers, local municipal health centers, or local municipal offices of your area. Please participate actively. Some classes, held as Parents classes, are open for fathers too. One advantage of these classes is to make friends. You can expect not only information exchange between pregnant women, but also the formation of friendships that last after childbirth.



After Giving Birth

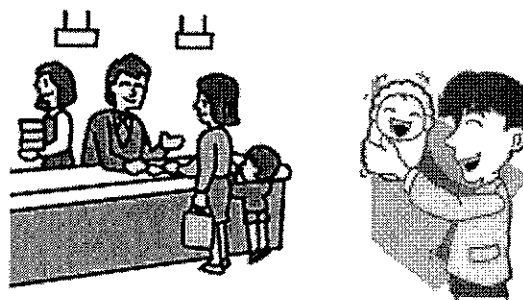
2 Birth Notification and Acquisition of Nationality

When a child is born, the parents or guardians need to have the doctor or midwife issue a Birth Certificate (*Shussho Shomei-sho*). Even if the parents are foreign nationals, when their child is born in Japan, a Birth Notification (*Shussho Todoke*) is required by the Family Registration Law. If your child does not have Japanese nationality, you need to apply for Initial Registration (ref. B Foreign registration 1-2) based on the Alien Registration Law, and Acquisition of Resident Status (ref. A Resident Status 2-8) based on the Immigration-Control and Refugee-Recognition Act.

2-1 Birth Notification

(1) Required Documents

- ① Birth Notification Form (*Shussho Todoke*) (available at local municipal offices and some hospitals or clinics)
- ② Birth Certificate (*Shussho Shomei-sho*) (the Birth Notification Form with a doctor or midwife's confirmation of the birth, received at the time of birth)
- ③ Seal (hanko) of the applicant (signature is also acceptable)
- ④ Maternal and Child Health Handbook
- ⑤ National Health Insurance Card (for policyholders only)



(2) Place of notification / Place for inquiries

Either the local municipal office where the child was born, or where the family lives

- ① Period of notification

Within 14 days including the day of birth

② Person who applies

Either the father or mother

You also need to notify your home country about the birth of your child in Japan. For the procedure of notification, please confirm with your embassy or consulate in Japan.

Also, if necessary, you will receive a Certificate of Receiving a Birth Notification (*Shussho Todoke Juri Shomei-sho*) (document certifying that the notification is accepted).

Brazilian Embassy in Japan → <http://www.brasemb.or.jp/portugues/index.html>

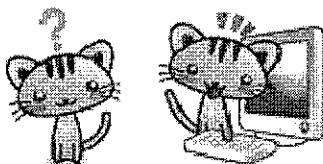
Chinese Embassy in Japan → <http://www.china-embassy.or.jp/chn/>

Korean Embassy in Japan → <http://jpn-tokyo.mofat.go.kr/eng/index.jsp>

Philippine Embassy in Japan → <http://tokyo.philembassy.net/>

Peruvian Embassy in Japan → 4-4-27 Higashi, Shibuya-ku, Tokyo 150-0011

Tel.: 03-3406-4243 / 4249 Fax: 03-3409-7589



2-2 Acquisition of Nationality of Newborn Baby

The acquisition of nationality is quite important for the child's future. If you intend to have your child acquire the Japanese nationality, you should consult thoroughly with your embassy, family registration division of your local municipal office, or the Legal Affairs Bureaus, and confirm required documents beforehand.

(1) When One of Parents is Japanese national

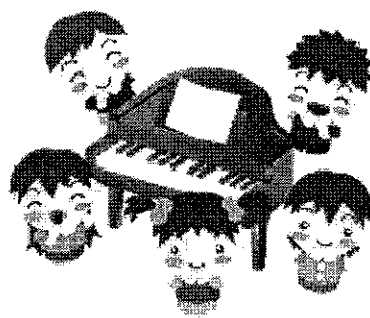
If either the father or mother is a Japanese national and the parents are legally married, their coming child can acquire a Japanese nationality. However, the child's nationality is decided at the same time as giving birth, and in the case of legally unmarried couple, the child cannot acquire Japanese nationality without the father's acknowledgment of embryo. To acquire a foreign nationality of the non-Japanese parent's country, the same procedure is required as in the case of both parents with foreign nationality. You should confirm with your embassy or consulate in Japan for details.

(2) Both Father and Mother are Foreign Nationals

If both the father and mother are foreign nationals, their child cannot acquire Japanese nationality, even he/she is born in Japan. A child acquires nationality in conformity to the law of each parent's

country. Since handling varies from country to country, you should confirm with your embassy or consulate in Japan for procedure and required documents.

Parents' nationality	Child's nationality	Procedure
One of parents with Japanese nationality, and married	Japanese nationality	1 Register the birth at the local municipal office. 2 Inquire at the embassy or consulate in Japan for acquisition of foreign nationality of non-Japanese parent.
Both parents with foreign nationality	Foreign nationality	Inquire at the embassy or consulate of each parent's country.



2-3 About Acknowledgment

Acknowledgment is to form a legal relationship between a child born of a legally unmarried couple and the father. The Family Registration Law requires one who intends acknowledging a child to report at the local municipal office. Please inquire at your local municipal office for details.

2-4 Choosing a Nationality

When a child acquires both Japanese and foreign nationalities, a report of Nationality Reservation (*Kokuseki Ryūho*) should be submitted at the time of the birth registration to Japan. Since Japanese law does not admit to have both Japanese and foreign nationalities (dual nationality), an individual holding dual nationality must choose one nationality before the age of twenty-two.

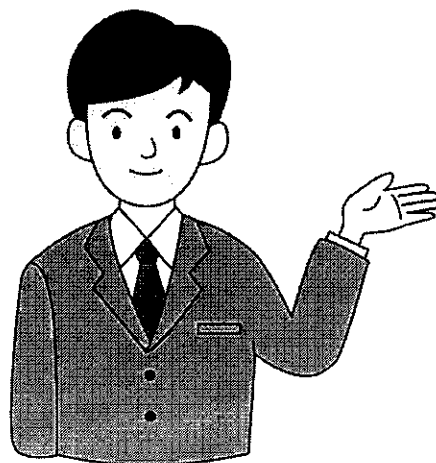
3 Birth Expenses

3-1 Health Insurance and Birth Expenses

Since pregnancy and childbirth are not a sickness, public medical insurance does not cover the expenses for usual delivery. You need to prepare all the expenses beforehand. The hospital stay for childbirth is about one week in Japan. A delivery without complications generally costs between ¥300,000 and ¥500,000. You are eligible for a lump-sum birth allowance. Apply once your child is born, at the counter of National Health Insurance (*Kokumin Kenko Hoken*) or Health Insurance (*Kenko Hoken*). Expect a delay of a month or two before payment.

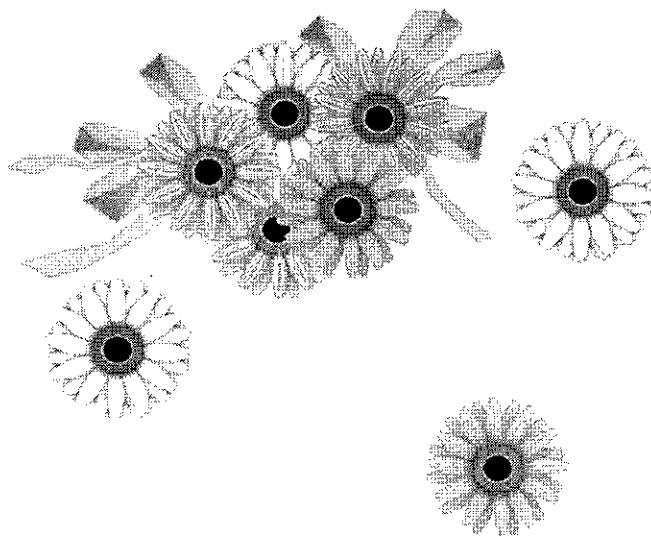
3-2 Lump-sum Birth Allowance

Explanation	<ul style="list-style-type: none">●Eligibility In case of delivery by an insurant or a nonworking dependent of Health Insurance, or an insurant of National Health Insurance (After fourth month of pregnancy, a lump-sum is provided for even miscarriage or stillbirth.)●Allowance: ¥350,000 However, in case of National Health Insurance, allowance is determined by the ordinance or the rule for each insurant. (In the case of twins or other fecund deliveries, the allowance is provided according to the number of children in a delivery.)
Place for inquiries	Social Insurance Office (<i>Shakai Hoken Jimusho</i>) http://www.sia.go.jp/~yamanashi/ Local municipal offices' counter http://www.pref.yamanashi.jp/link/ctv/ctv.html



3-3 Birth Expenses Loan System

Explanation	<p>To help pay for the birth expenses until the birth lump-sum is provided, a non-interest loan can be made for the childbirth of the insured or nonworking dependent.</p> <ul style="list-style-type: none">●Eligibility An insured or nonworking dependent of government- managed health insurance whose expected date of delivery is within a month or who is more than 4 months pregnant needing temporary payment to a medical institution●Loan limit: ¥280,000 (equivalent to 80% of birth lump-sum) <p>* The application for the loan should be made before childbirth. It should be adjusted when the birth lump-sum, which is applied after childbirth, is provided.</p>
Place for inquiries	<p>Yamanashi Social Insurance Society (Zaidan Hojin Yamanashi Shakaihoken Kyokai) 2-9-5 Chuo, Kofu-shi, 400-0032 Tel. 055-237-7609</p>



4 Motherhood Protection System

4-1 Maternity Leave

Explanation	<p>From the viewpoint of the maternity support, the female worker who is scheduling delivery can take maternity leave by making a request, from six weeks preceding the expected date of delivery. Also, employers are not allowed to make women work less than 8 weeks after childbirth.</p> <ul style="list-style-type: none">●Eligibility Female workers before and after childbirth●Admissible period of leave Before childbirth : 6 weeks (14 weeks for twins or more) This period is calculated based on the expected date of delivery, and the day of delivery is included in the period of pre-childbirth leave. After childbirth : 8 weeks However, after 6 weeks pass, it is permissible to start working if the person having given a birth requests it, and the doctor judges it fine.●Pay during maternity leave Whether maternity leave is paid or unpaid depends on the work office, so please confirm with your office. If it is unpaid, health insurance will provide the insurant with a maternity benefit.
Places for inquires	<p>Social Insurance Office (<i>Shakai-Hoken Jimusho</i>) http://www.sia.go.jp/~yamanashi/ Labor standards inspection office</p> <p>Kofu 2-5-51 Shimoiiida, Kofu-shi 〒400-8579 TEL: 055-224-5611</p> <p>Tsuru 23-2 Yokkaichiba, Tsuru-shi 〒402-0005 TEL: 0554-43-2195</p> <p>Kajikazawa 655-50 Kajikazawa-cho, Minamikoma-gun 〒400-0600 TEL: 0556-22-3181</p> <p>Yamanashi 739 Kamikanogawa, Yamanashi-shi 〒405-0018 TEL: 0553-22-2921</p>

4-2 Childcare Leave

Explanation	<p>An employer must give a worker childcare leave, when the worker requests it for raising a child less than one year old (or 18 months, if the necessary requirements are met).</p> <p>●Eligibility Male or female worker who is raising a child less than one year old (18 months with requirements). (However, it is possible that your employment or labor management agreement makes you ineligible for the leave. Also, it can differ according to offices.)</p> <p>●Livelihood security If the necessary conditions are met, Employment Insurance provides an insurant with a childcare leave benefit that corresponds 50% of pay before leave.</p>
	<p>Place for inquiries</p> <p>Hello Work http://www.job-getter.com/0job/work-19.htm</p>

Kofu	400-0851	1-17-5 Sumiyoshi, Kofu-shi	055-232-0606
Fujiyoshida	403-0014	2-4-3 Tatugaoka, Fujiyoshida-shi	0555-23-8609
Otsuki	401-0013	3-2-17 Otsuki, Otsuki-shi	0554-22-88609
Tsuru	402-0051	3-7-31 Shimoya, Tsuru-shi	0554-43-5141
Enzan	404-0042	1777-1 Kamiozo, Enzan, Koshu-shi	0553-33-8609
Nirasaki	407-0015	1-10-41 Wakamiya, Nirasaki-shi	0551-22-1331
Kajikazawa	400-0601	1215 Kajikazawa-cho, Minamikoma-gun	0556-22-8689
Minobu (Branch)	409-2411	426 Marutaki, Minobu-cho, Minamikoma-gun	0556-62-1065



Bureau of Labor of Yamanashi	400-8577	1-1-11 Marunouchi, Kofu-shi
Room of Equal Employment		(direct) 055-225-2859

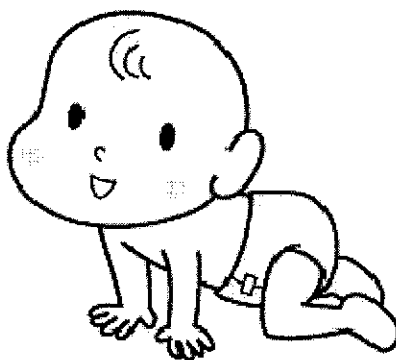
5 Medical Services

5-1 Health Check-Ups for Infants

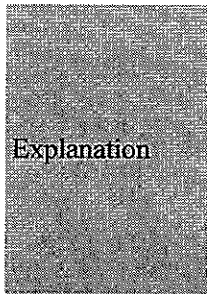
Health check-ups for infants are important for finding the baby's health problem at the early stage, confirming a baby's growth of mind and body, and consulting about the doubt or worries for child raising.

○Babyhood (less than one year old)

Explanation	<ul style="list-style-type: none">●Test for congenital abnormal metabolizing etc. Congenital abnormal metabolizing is one of the causes of mental deficiency. In 5 to 7 days after birth, a blood test is done in the hospital where a baby was born. (The fee to draw blood is charged, but the test fee is free.)
	<ul style="list-style-type: none">●Check-ups for babies Two free general check-ups (once in the first term, once in the latter term) during babyhood (before the first birthday) are available at hospitals or clinics. (The consultation fee is free.)



○Infancy (one year old or older)



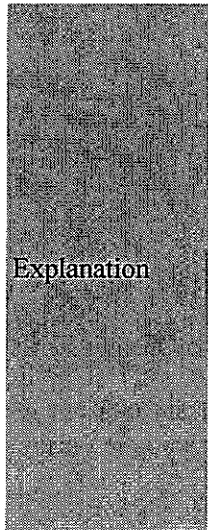
- Health check-up for 18 month-old infants
To check physical and mental development, local municipal offices offer health and dental check-ups for infants 18 months old. (The consultation fee is free.)
- Health check-up for 3 year-old children
Local municipal offices offer general check-ups (physical development, dental check-up, sight and hearing test, urine test). (The consultation fee is free.)

5-2 Preventive Vaccination

Because resistance to sickness is not complete in babies and children, they can get heavy symptoms when they get sick. Vaccinations are given to prevent specific sicknesses. Inquire at your local municipal office for method and procedure of vaccination.

◇Type of Vaccines and Prevented Sickness of Regular Vaccination

① Polio (Poliomyelitis)



Vaccination name:

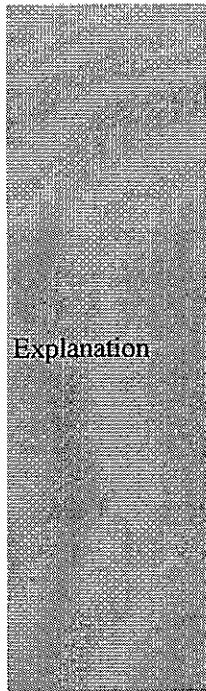
Polio

About the prevented sickness:

Polio is an infectious disease that is spread through the infected person's fecal matter and polluted food and drink. In some serious cases, muscle paralysis may occur, especially in the lower limbs.
In Japan, the natural occurrence of polio has disappeared thanks to the effects of the vaccination; however, there are some regions on the earth where Polio is still prevalent, and there is a possibility that people who traveled abroad take polio back into Japan.



② Diphtheria, Whooping cough, Tetanus



Vaccination name:

DPT

- Diphtheria
- Whooping cough
- Tetanus

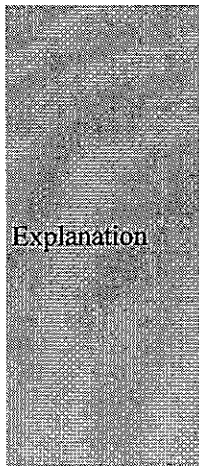
About the prevented sickness

Diphtheria is an infectious disease that is spread by the infection of a bacterium (*Corynebacterium diphtheriae*). It often infects the throat; and death by suffocation might occur in some very extreme cases.

Whooping cough occurs through the infection of the whooping cough bacterium. In cases of infants, they cannot breathe and have a cramp.

Tetanus is spread when a bacterium in soil enters into the body from a wound. When the number of bacteria increases in the body, a patient can have a cramp, and cannot open his/her mouth as symptoms.

③ Rubella



Vaccination name

Rubella

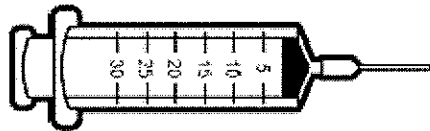
About the prevented sickness

Though rubella is not as highly contagious as measles, the infection is spread from saliva and a runny nose through sneezing and coughing.

There is a possibility of giving a heavy congenital trouble to the baby in the stomach when a woman gets rubella during pregnancy.

The vaccination is advisable to women who have never been infected with rubella, and who have never been vaccinated for rubella or who are uncertain about the vaccination.

*Since April 2006, the vaccination is done twice as a combined vaccine.

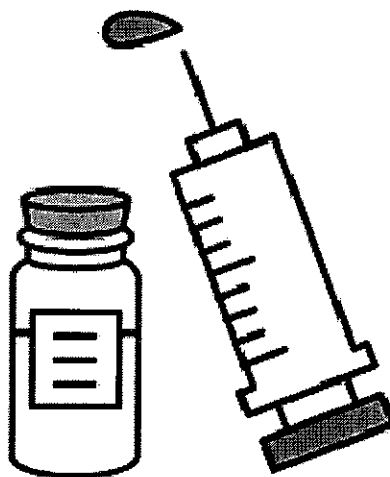


④ Measles

Explanation	Vaccination name ----- Measles -----
	About the prevented sickness -----
	Measles is extremely contagious, and people are surely infected if they have no immunity. The incidence of the coexisting illness, such as pneumonia, tympanitis, and encephalitis, exceeds 30%. At present, there is no medicine that works directly for measles, and the preventive vaccination is the best countermeasure. *Since April, 2006, the vaccination is done twice as a combined vaccine.

⑤ BCG

Explanation	Vaccination name ----- BCG (tuberculosis) -----
	About the prevented sickness -----
	Tuberculosis is spread by tubercle bacilli. When the symptom advances, air holes can be formed in the lungs, which may cause death by suffocation.



5-3 Routine Vaccination Schedule

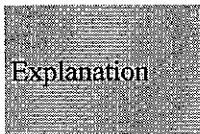
Name of vaccination:	Age of regular vaccination:
Polio	3 to 18 months after birth
DPT (Diphtheria, Whooping cough, Tetanus)	1 st term: 3 to 12 months, 18 to 30 months 2 nd term: 11 to 12 years old
Measles	12 to 15 months
Rubella	1 to 3 years old

6 Health Consultations

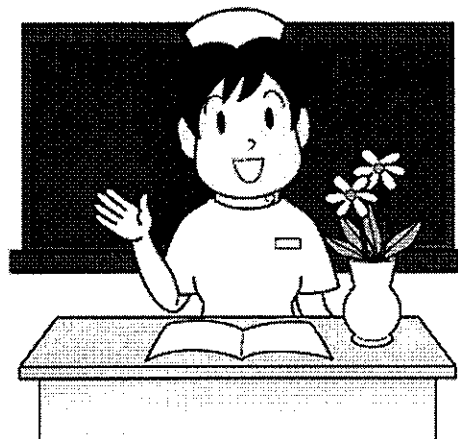
If you have concerns about your newborn baby or uneasiness about childcare, you can consult with public health nurses of your local municipal office or public health center. Please inquire at your local municipal office or the public health center of jurisdiction.

Local municipal offices→ <http://www.pref.yamanashi.jp/link/ctv/ctv.html>

6-1 Consultations for Childcare



Stress can build up by lack of sleep because of baby's crying at night and breastfeeding, and by absence of help in childcare. In such cases, please feel free to consult with a public health nurses etc.



6-2 Home Visit Guidance for Babies

Explanation

Public health nurses or maternity nurses requested by local municipal office can visit your home and give you consultations for baby's weight measurement and breastfeeding, etc.

6-3 Home Visit Guidance for Low Birth Weight Babies

Explanation

When birth weight is less than 2500 grams, babies tend to get sick easily, so great caution is necessary for their growth. Public health nurses can visit your home and give you advice for baby's nourishment and growth, how to straighten the environment, disease prevention, etc.

6-4 Secondary or Special Consultations

Explanation

During the health check-up for infants held by local municipal offices, pediatricians, public health nurses, dietitians, etc. can offer consultation and advice for quickening child's development to the family who has concerns about growth and development, or who has a child with a chronic ailment.



7 Economic Support from Babyhood

7-1 Medical Care Aid for Infants

Explanation

1. Prefectural Assistance

Aid is provided to by the local municipal offices to outpatients under 5 years old, and inpatients that are preschoolers/infants.

2. Supplied amount from the local municipal office

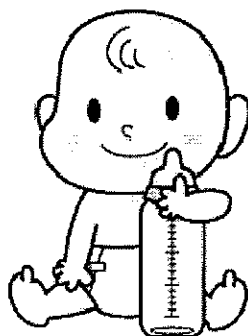
The total amount of the share that the infant's parent paid, to which the insurance is applied. However, high cost medical care and a fringe benefits provided by each social insurance union etc. are deducted.

3. Payment method

In principle, the parent or guardian initially pays a part as share in the medical institution. Next month, the parent or guardian applies at the counter in the local municipal office with certificates of the medical institution for one month. Then the payment of medical care aid can be disbursed. Since some methods differ according to cities, towns, and villages, please inquire at the counter in your local municipal office.

Local municipal offices

→ <http://www.pref.yamanashi.jp/link/ctv/ctv.html>



7-2 Child Allowance

Explanation	About the child allowance system		
	The objective of the Child Allowance System is to contribute toward stable family life and to invest in both the proper raising and character of children who will go on to support future generations, by making allowance payments to the parents and guardians of the children.		
	Payment targets		
	Parents and guardians raising children, until the first March 31 that occurs after the child's twelfth birthday (children who have not finished elementary school). However, the allowance is not paid to parents or guardians whose income in the previous year exceeded the income ceiling threshold (or income from two years previous for Child Allowance payments made between January and May).		
	Income ceiling threshold (since April 1 st , 2006)		
	Number of dependents etc.	Self-employed person (National Pension beneficiaries)	Office worker (employees' pension insurance etc. beneficiaries, public officials)
	0	4,600,000	5,320,000
	1	4,980,000	5,700,000
	2	5,360,000	6,080,000
	3	5,740,000	6,460,000
4	6,120,000	6,840,000	
5	6,500,000	7,220,000	
Note 1)	The income ceiling threshold (on an annual income basis) for parents and guardians with spouses or dependents who qualify for tax deductions for the aged as stipulated in the Income Law, shall be raised by 60,000 yen above the amounts mentioned above per qualifying spouse or dependent.		
Note 2)	In families of six dependents or more, the income ceiling threshold (on an annual income basis) will be the above-mentioned amount plus 380,000 yen per dependent (or 440,000 yen in the case of spouses or dependents eligible for tax deductions for the aged).		

Monthly amount of payment (since April 1st, 2007)

[Children of 0 to under 3 years old] 10,000yen

[Children of 3 years old and older]

First and Second children 5,000yen

Third and additional children 10,000yen

Payment method

The Child Allowance is provided from month after the month in which the recognition claim is made, until the month of the day when eligibility for disbursement disappears.

The Child Allowance is paid by a local municipal office in February, June, and October each year, for the 4 preceding months.

Application counter

The counter in your local municipal office (or your place of work, in case of public officials)

You must submit the Recognition Claim, and receive the recognition of local municipal office (your place of work, in case of public servants) in order to receive the Child Allowance.

English version

An English version of the outline of the system is available on the homepage of the Ministry of Health, Labor and Welfare.

Please see <http://www.mhlw.go.jp/english/index.html>

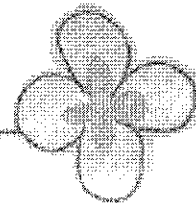
Place of inquiries

Your local municipal office : <http://www.pref.yamanashi.jp/link/ctv/ctv.html>

Link

Yamanashi Medical Network (Yamanashi Iryo Net)

<http://www.yamanashi-iryō.net/>



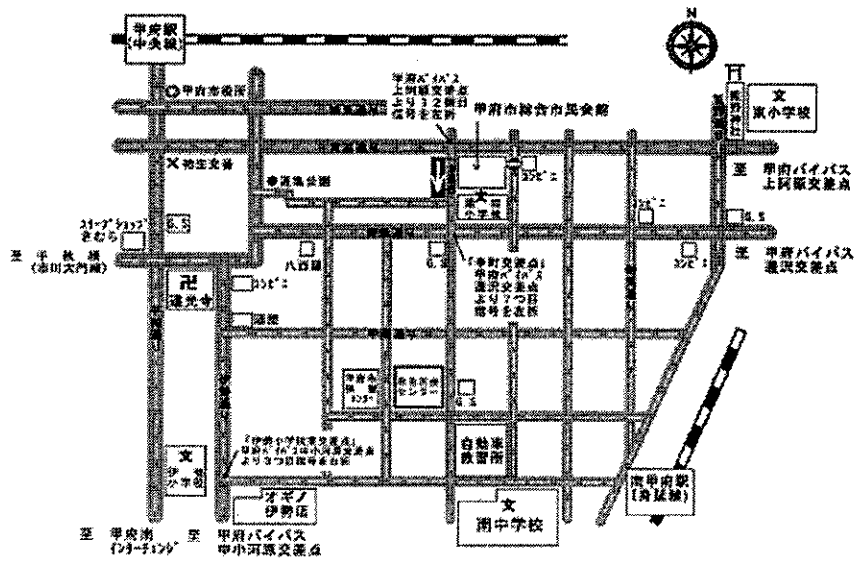
8 Handling Children's Sudden Illness (Infant Initial Emergency Medical Center)

Explanation

Location of the center
 Medical treatment Welfare Hall (*Kofushi Iryo Fukushi Kaikan*)
 (In Kofu Medical Association Emergency Medical Care Center)
 14-6 Saiwaicho, Kofu-shi TEL: 055-226-3399

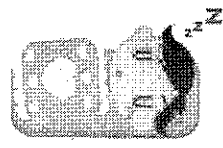
Hours
 Holidays: 9:00am to 7:00pm
 Saturdays: 3:00pm to 7:00pm
 Nighttime (every day): 7:00pm to 7:00am of the next day
 (Closed: Sundays, National Holidays, the end and the beginning of the year (December 29th to January 3rd))

Notes
 Though no reservation is needed for medical examinations at the Infant Initial Emergency Health Center, please confirm the availability etc. of examination beforehand by telephone.



Link

Yamanashi Medical Network (Yamanashi Iryo Net)
<http://www.yamanashi-iryonet.net/>

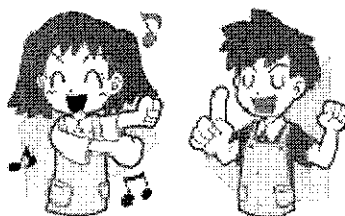


9 Day Nurseries and Kindergartens

9-1 Difference between Day Nurseries and Kindergartens

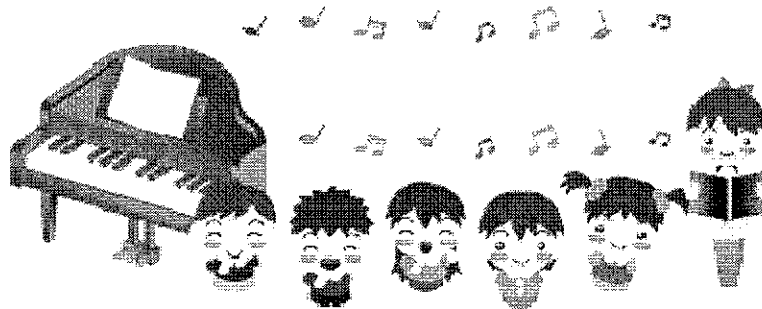
Day Nurseries	Kindergartens
What is the difference?	
Day nurseries are child welfare facilities operating in accordance with the Child Welfare Act (<i>Jido Fukushi Ho</i>) and under the administration of Ministry of Health, Labor and Welfare.	According to the School Education Law (<i>Gakko Kyoiku Ho</i>), kindergartens are considered schools and are under the jurisdiction of the Ministry for Education, Science and Technology.
What are the requirements for entrance?	
<p>Children can enter day nurseries when their guardians cannot nurse them because of the following reasons:</p> <ul style="list-style-type: none"> • The guardian works during the day. • The guardian is pregnant or has recently given birth. • The guardian has been injured or has a mental or physical disorder. • The guardian is nursing a cohabiting family member full-time. • The guardian has recently been victim of a natural disaster etc. • The guardian is in another state similar to the above. 	<p>There are no set requirements for entrance into kindergarten.</p> <p>Educational policies and entrance requirements vary by kindergarten, and you can choose a kindergarten which meets the demands of the child and guardian.</p>
When can the child enter?	
Babies (0 year old) and older, before entering elementary school.	3 year olds and older, before entering elementary school.
How can you apply?	
First, you should go to your local municipal office and ask some information about day nurseries, then choose a desirable day nursery and apply for it at your local municipal office. You might not be able to enter the day nursery of your choice when there are a lot of applicants.	<p>You need to apply directly to the kindergarten of your choice.</p> <p>Application for the next school year begins about 6 months in advance. Your child might not be able to enter the kindergarten when the number of applicants exceeds the capacity.</p>

How much does it cost?	
Nursery fees are calculated on the family's income and the child's age etc. and are different in each city, town or village. It generally costs 3,000 to 5,000 yen per month.	Though school fees are different in each kindergarten, the average is about 21,000 yen per month. Many cities, towns and villages have a Kindergarten Attendance Encouragement Program which reduces the school fee according to the income of the guardians.
How long are the hours?	
Though it on the establishment, day nursery hours are roughly from about 7:30 am to about 6 pm. Some day nurseries offer overtime childcare until about 8 pm. Please inquire at each nursery for hours.	The standard educational time is four hours per day. In addition to this, most kindergartens offer additional educational activities after the standard finishing time (<i>Azukari Hoiku</i>).
Is school lunch provided?	
Complete school lunch is provided to children less than three years of age. Children 3 years old and older only need to bring their staple food (rice), because side dishes are provided. Some day nurseries provide even 3 year olds and older children with complete school lunches.	Some kindergartens provide school lunch, and some do not. Please inquire at each kindergarten.
When are they closed?	
In principle, day nurseries are closed on Sundays, national holidays, and the end and beginning of the year. On other days, they are open.	Saturdays, Sundays, national holidays, the end and beginning of the year, and summer vacation or winter and spring breaks. (Some kindergartens offer after-hours childcare on holidays.)



9-2 Childcare Services in Day Nurseries

Explanation	◇Overtime Childcare Childcare time is extended to correspond to the guardian's work and long-distance commute hours
	◇Temporary Childcare Temporary childcare is offered for the guardian's refreshment or when the guardian is temporary unable to take care of a child because of sudden circumstances such as weddings or funerals.
	◇Holiday Childcare Childcare is offered when the guardian cannot take care of the child on holidays.
	◇Nighttime Childcare Childcare is offered until about 10:00 pm for those who work at night.
	◇Handicapped Children Childcare Childcare is offered to handicapped children who are able to be cared for in a group.



9-3 About Kindergartens

Kindergartens are the first educational facilities for children. Children aged 3 years and older, before entering elementary school, can receive this education based on a common curriculum anywhere in Japan. Kindergarten is the place where children develop their individuality and abilities in a group setting.

In kindergartens, unlike in elementary schools and junior high schools, textbooks are not used and “play” is the center of education. Through various types of play in kindergarten, children come to be able to relate to others, to be rich in language, and to notice the beauty and the mystery of nature, etc. This makes the foundation of elementary school study.

Though it is called "play," kindergarten teachers foresee the necessary experiences for each child's development, and plan their coursework accordingly. Continuous instructions are carried out based on this.

【School years】

There are 3 school years; a 3-year-old class, 4-year-old class, and 5-year-old class.

【Teachers】

One class has 35 children or less, with one homeroom teacher.

There is also a principal, a person in charge of clerical work, etc.

【School district】

Public kindergartens have school district specifications, but private kindergartens have none.

【Vacations】

There are summer vacation, winter vacation, and spring vacation.

Also, public kindergartens have no school on Saturdays.

【Childcare hours】

4 hours, in principle.



Difference between public and private

Both types of kindergarten carry out their daily activities according to guidelines established by the Ministry of Education, Culture, Sports, Science and Technology. However, since the kindergarten fees are more expensive in private kindergartens, they have services such as English study, longer time for extended childcare, etc.

●Main events during a year (differs by kindergarten)

April	First term opening ceremony, Entrance ceremony, Teacher visit
May	Children's Day, Beginning of box lunch, Mother's Day, Excursion*
June	Decayed tooth prevention day, Father's Day, Health check-up
July	Water play, Star Festival, Stayover childcare, First term closing ceremony
August	Summer vacation
September	Second term opening ceremony, Respect-for-the-Aged Day
October	Sports day, Potato digging, Excursion*
November	Seven-Five-Three Festival, Labor Thanksgiving Day
December	Symposium, Christmas party, Thorough cleaning, Second term closing ceremony

January Winter vacation, Third term opening ceremony
 February *Setsubun* Bean-throwing ceremony
 March Girls' Doll Festival (*Hinamatsuri*), Graduation ceremony,
 Third term closing ceremony, Spring vacation

* There are excursions in which parents come along, and excursions outside the kindergarten which only kindergarteners and teachers attend.

In addition, birthday parties are held every month to celebrate children's birthdays by month of birth.

9-4 Educational Services in Kindergartens

Explanation

◇After-hours childcare (*Azukari Hoiku*)

After-hours childcare (*Azukari Hoiku*) is voluntary, extra educational activity for kindergarteners, done at the request of the guardian etc. before and after the educational time of the curriculum, on Saturdays, and during summer vacation.

◇Opening to the local community

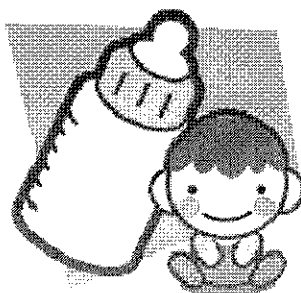
Some kindergartens open their facilities such as playground etc. to the public, and hold various courses or the educational counseling concerning infant education.

◇Team childcare

Team childcare is a method in which not only one homeroom teacher, but two or more teachers cooperate in guidance in order to perform more detailed infant education. There are various methods that differ by guidance style and the logistics of the kindergarten.

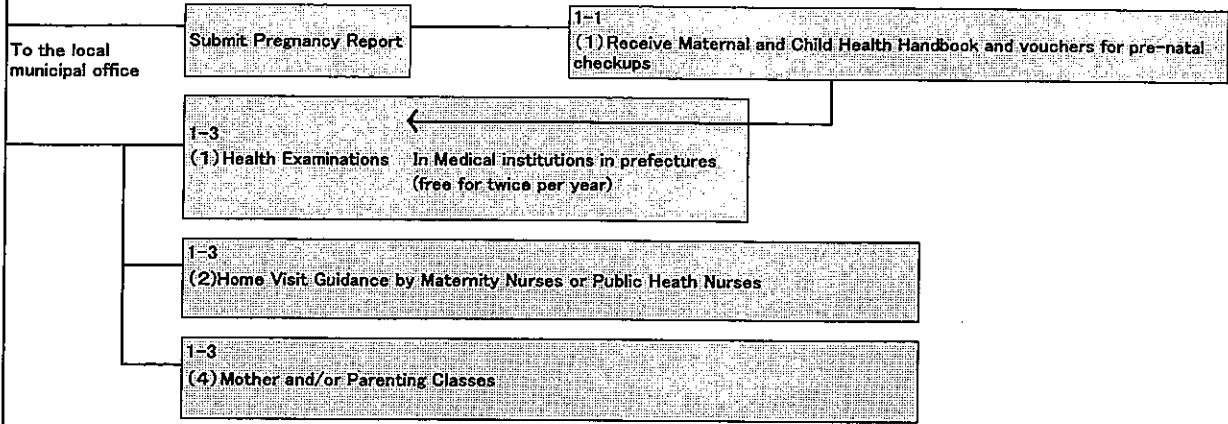
◇Handicapped children childcare

Kindergartens with handicapped children enhance their educational content, and work so that handicapped children can receive a sufficient education.



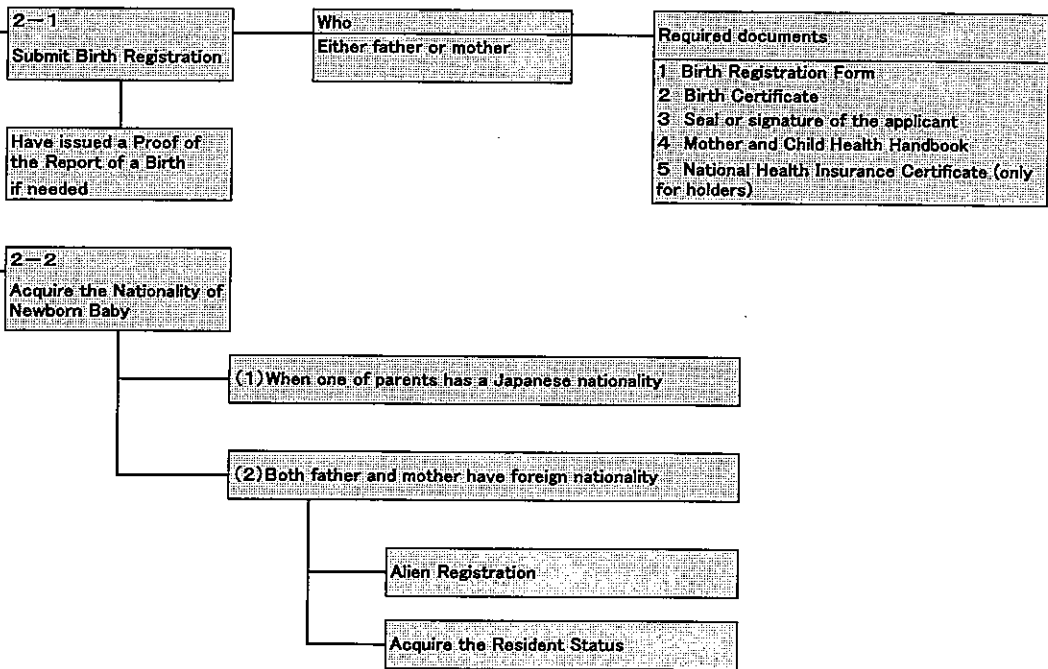
From Pregnancy to Delivery

1 Pregnancy



2 Delivery

To the local municipal office within 14 days



* Only the subscribers of the health insurance or national health insurance

- 3-2 3-2 Lump-Sum Birth Allowance
- 3-3 3-3 Birth Expense Lending System

Childcare

4 Motherhood Protection System

4-1
Maternity leave

4-2
Child-care leave

5 Medical Treatment

5-1
Health Check-up for Infants

5-2
Preventive Vaccination

6 Health Consultations

6-1
Consultations for Childcare

6-2
Home Visit Guidance for Babies

6-3
Home Visit Guidance for Low Birth
Weight Children

6-4
Secondary or Special Consultations

7 Economical Support from Babyhood

7-1
Medical Care Aid for Infants

7-3
Child Allowance

8 Treatment of Child's Sudden Illness

Infant Initial Emergency Medical Center
Yamanashi Medical Network

Nurseries and Kindergartens

9-1
Difference between Day Nurseries
and Kindergartens

9-2
Childcare Services in Nurseries

9-3
About Kindergartens

9-4
Education Services in Kindergartens

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Childcare Support Guidebook

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URL:<http://www.pref.yamanashi.jp/barrier/html/kokusai/index.html>

