

# 7 Childcare

## 7.1 Childbirth-related support

### (1) Maternal and child health handbook

Citizens Section	029-273-0111 (ext.) 1172、1173、1174、1175
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Health Promotion Section	Health Care Center 029-276-5222
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Once you are pregnant, inform the Health Care Center, Nakaminato Healthcare Consultation Center, and Citizens Section to receive your maternal and child health handbook. Bring your maternal and child health handbook when going to the hospital. Use your maternal and child health handbook to record the mother's health through the pregnancy, the baby's health, and all vaccination information. You will need documentation that proves your "My Number" (Individual Number).

### (2) Ibaraki Kids Club card

Children's Policy Section	029-273-0111 (ext.) 7223、7224
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Ibaraki Kids Club cards are issued to pregnant mothers and their husbands, as well as to guardians with children under 18 years of age. Show this card at participating stores to receive price discounts and other benefits. The benefits offered vary by store.

### (3) Pregnancy support

#### [ Pregnancy - and childbirth-related support ]

Health Promotion Section	Health Care Center 029-276-5222
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Pregnancy and Childcare Counseling Center hotline	Health Care Center 029-276-5222
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Call this hotline if you have any concerns while pregnant or after the baby is born to be connected with a maternal and child health coordinator or a public health nurse. You can talk with them over the phone or have them come to your home.

#### [ Pregnancy and childbirth counseling — Outside Hitachinaka City ]

Consult about a variety of pregnancy and childbirth issues. However, counseling is only available in Japanese.

#### ■ Ibaraki Nursing Association

Healthy Pregnancy Hotline Phone 029-301-1124

**Open** 10:00 am to 6:00 pm  
(Excl. Saturday, Sunday, national holidays, 8/13-15, New Year's holidays)

## [ Pre-Papa Pre-Mama Class ]

Health Promotion Section	Health Care Center 029-276-5222
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This class teaches expectant mothers how to spend their pregnancies and important information for raising children. Fathers are also welcome to participate.

Attending these classes also enables you to become friends with other people who will be having children at around the same time as you.

### (4) Childbirth Lump-Sum Allowance

National Health Insurance and National Pension Section, National Health Insurance Desk	029-273-0111 (ext.) 1181、1182
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There is support available to cover some of your childbirth-related expenses. If you are enrolled in National Health Insurance, contact the National Health Insurance and National Pension Section. If you are enrolled in health insurance for company employees and similar, ask about this matter at your workplace. For more information, refer to the [city's website \(Services under National Health Insurance : Childbirth Lump-Sum Allowance\)](#).

### (5) Postnatal care

Health Promotion Section	Health Care Center 029-276-5222
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Necessary childcare-related instruction and mental/physical postnatal care is provided at the hospital for mothers who do not have family support or who have concerns about raising their child for the first year. This care is provided in multiple ways, from the having the mother stay overnight at a facility to nurse visitation at the mother's home. For more information, refer to the [city's website \(Postnatal care\)](#).

### (6) Medical Benefits for Premature Infants

National Health Insurance and National Pension Section, Healthcare Desk	029-273-0111 (ext.) 1183、1184
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This system provides support for medical costs when babies born prematurely are hospitalized for medical care.

## 7.2 Childcare-related support

### (1) Childcare-related support

Childcare Hotline (Health Promotion Section)	Health Care Center 029-276-5222
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Call this hotline when you have childcare-related concerns.



### (2) Children's allowance

Children's Policy Section	029-273-0111 (ext.) 7223、7224
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Parents raising their children in Japan can receive a children's allowance until those children graduate from junior high school. For more information, refer to the [city's website \(Children's allowance\)](#).

**Eligible population** Guardians with children who live in Japan until the March 31 following the 15th birthday of those children

**Benefit payments** The amount paid out varies by the number of children you have and their ages. Payments are made three times per year (June, October, February).

### (3) Child support allowance

Children's Policy Section	029-273-0111 (ext.) 7223、7224
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Single-parent families resulting from the death of a parent or divorce are eligible to receive the child support allowance. High income earners are not eligible. For more information, refer to the [city's website \(Child support allowance\)](#).

**Eligible population** Father, mother, or caretaker (someone who is raising the child instead of the father or mother) who is caring for a child in a single-parent household prior to the March 31 following that child's 18th birthday  
For children with disabilities, eligibility extends up to their 20th birthday (but not past it).

**Benefit payments** The amount paid out varies by the number of children you have and your income. Payments are made once every two months.

#### (4) Child care support home visitation program (Home Start)

Tamariba POPO	080-4350-4150
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Children's Policy Section	029-273-0111 (ext.) 7227
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Home Start is a program for pregnant women or parents with children under six years old who have childcare-related concerns or do not have any acquaintances nearby with whom they can consult about childcare issues. A specialist with childcare experience will come to your house for two hours once per week and play with your child with you. They will also listen to the mother or father's concerns and help relieve their feelings of anxiety. You can generally make use of this service four times. It is free of charge.

#### (5) Child-related counseling

Municipal Consultation Room for Families and Children (in the Children's Policy Section)	029-273-0111 (ext.) 7221, 7222, 7228 029-273-0117 (Direct line)
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Ibaraki Prefecture Chuo Children Guidance Center, Children's Consultation and Planning Section	029-221-4150
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Counseling regarding abuse of children under the age of 18, childcare-related concerns, and other topics.

For more information, refer to the [city's website \(Consultation Room for Families and Children\)](#) or the prefectural [Ibaraki Prefecture Chuo Children Guidance Center \(external link\)](#).

If a child is being abused or something seems odd, dial "189" immediately to be connected with the Children Guidance Center Abuse Hotline.

## 7.3 Medical and Welfare Treatment System (Maru-Fuku)

National Health Insurance and  
National Pension Section,  
Healthcare Desk

029-273-0111 (ext.) 1183、1184

The Medical and Welfare Treatment System (Maru-Fuku) provides support to cover some medical expenses. High income earners are not eligible.

For more information, refer to the [city's website \(Medical and Welfare Treatment System <Maru-Fuku>\)](#).

### [ Expectant and nursing mothers ]

Medical expenses from the month you receive your maternal and child health handbook through the calendar month following childbirth

### [ Children ]

Medical expenses of children from birth to the March 31 after their 18th birthday (for senior high school students, this applies only to medical fees associated with hospitalization)

### [ Single-parent households ]

Medical expenses of parents raising a child under the age of 18 and that child

### [ People with severe intellectual or physical disabilities ]

Medical expenses of people with a physical disability certificate, rehabilitation certificate, or health and welfare certificate for the mentally disabled (limited to certain grades)

## 7.4 Childcare support facilities

### (1) Day-care nurseries

Infant Childcare Section 029-273-0111 (ext.) 7225、7226

These facilities care for children during the day on behalf of their guardians who are unable to do so due to work or illness. There are 5 public and 19 private day-care nurseries that operate as certified day-care nurseries in Hitachinaka City. For more information, refer to the [city's website \(Day-care nurseries\)](#).



### (2) Certified preschool

Certified preschools are combination kindergartens and day-care nurseries. However, there are no certified preschools in Hitachinaka City.

### (3) Child-rearing Support Center (Family-Collabo)

Family-Collabo is a safe place for children to play from birth until the day they enter primary school. Guardians must be present to accompany their children. Guardians can also talk with staff members and other guardians. For more information, refer to the [city's website \(Child-rearing Support Center <Family-Collabo>\)](#).