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Procedures Related to Pregnancy

1-1

Notification of pregnancy and issuance of a maternal and child health handbook (boshi kenko techo)

- Once you learn of your pregnancy, report it to your local municipal office as soon as possible.
- The office will provide the following to those who report their pregnancy:

- A maternal and child health book (boshi kenko techo)
- Tickets for receiving subsidized prenatal checkups
- Consultation with public health nurses and other professionals
- Information on parental classes (for mothers and fathers)

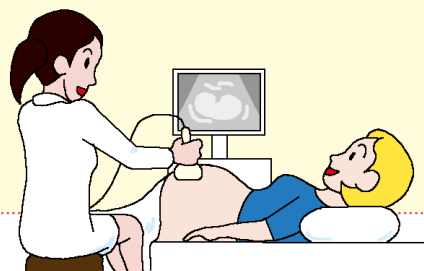
* The maternal and child health handbook records the entire health history of the mother from pregnancy to birth, and of the child from infancy to early childhood, while providing guidance for the parents or guardians on childrearing. It is designed to allow parents or guardians to make notes of and manage information, and to enable healthcare professionals to make notes of and view information.

1-2

Prenatal health checkups

- During pregnancy, you must take even greater care of your health than usual.
Please receive regular prenatal checkups and manage your health according to the advice of doctors, midwives, and other healthcare professionals.
- It is best to receive prenatal health checkups with the following frequency:

- Once every four weeks from early pregnancy until week 23;
- Once every two weeks from week 24 to week 35;
and
- Once a week from week 36 until childbirth.

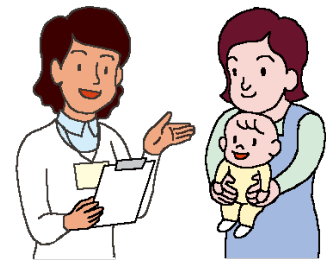


1-3**Home visits by a public health nurse, midwife, or other healthcare professional**

A public health nurse, midwife, or other healthcare professional will visit you at your home to provide you with help and guidance on the following matters;

- i. Guidance on home life or meals;
- ii. Consultations about uncertainties or concerns you may have about pregnancy and childbirth; and
- iii. Consultations concerning caring for an infant.

* There is no fee for these visits. For details, please contact your local municipal office.

**1-4****Parental classes (for mothers and fathers)**

The municipality holds parental classes on pregnancy, childbirth, parenting, nutrition, and other relevant topics. These classes are also an opportunity to meet and talk with other expecting parents.

