



To All Foreign Residents Raising Children In Kaga



Raising a child is never an easy task, let alone doing so in a foreign land far from home. In this pamphlet, we have compiled some useful information to assist you in all matters to do with raising your children. Please note that some details have been left out for clarity. If you would like more information, please contact the relevant departments listed under each section. Do also note that all information in this pamphlet applies only for **foreign residents whose Certificates of Residence (住民票) are registered with Kaga City**. For residents whose Certificates of Residence are not registered with Kaga City, please check with your registered city of residence for more information.

[CONSULTATION COUNTER] Kaga City Children Services Station "Kagakko Net" (same place as the Health Section)

A one-stop consultation counter for all matters to do with pregnancy, childbirth, raising children, and the like. Should you have any doubts or questions you would like clarified, please feel free to bring it to us. If you make a reservation ahead of time, we may be able to arrange for translation services in your preferred language for your consultation.

65 Hachikenmichi Daishoji, Kaga-shi, **Kaga Exchange Plaza Sakura, Level 1**

Hours: **Mon-Fri, 8:30~17:15** (closed Sat, Sun, & national holidays) ☎0761-72-2565



Pregnancy



✓ Submit your Pregnancy Registration Form, Receive your Maternity Health Handbook

After confirming your pregnancy with an OB-GYN, you will need to go to the City Hall's Health Section (健康課), submit your Pregnancy Registration Form (妊娠届出書), and get your Maternity Health Handbook (母子健康手帳). This Handbook will be used to track both you and your child's health. You will be required to present it during maternity health check-ups and when your child gets their vaccination shots.

▷ For More Details: **Kaga City Hall Health Section (健康課)** ☎0761-72-7866

✓ Go for your FREE Maternity Health Check-Ups (妊婦健診)

You will receive vouchers for free maternity health check-ups (14 times) together with your Maternity Health Handbook. These can be used at any hospital within Ishikawa Prefecture up until your 39th week of pregnancy (expected due date). Check-ups done outside Ishikawa Prefecture or from your 40th week of pregnancy onwards will be at your own expense. Please, however, keep the receipts. You will be able to get a portion of your check-up expenses refunded if you present the receipts at the City Hall's Health Section.

▷ For More Details: **Kaga City Hall Health Section (健康課)** ☎0761-72-7866



✓ Getting your Childbirth Expense Assistance (出産準備手当給付金)

You will qualify for receiving Childbirth Expense Assistance (10,000 yen per child) once you are past your 16th week of pregnancy. You will be required to submit an application at the City Hall's Health Section to receive this. Please note, however, that your eligibility for this scheme will expire once you are past your 14th day post-childbirth.

Required: Maternity Health Handbook (母子健康手帳), Bank passbook in recipient's name

▷ For More Details: **Kaga City Hall Health Section (健康課)** ☎0761-72-7866

✓ Attend Kaga City's Mum & Dad Maternity Classes

FREE | Reservations Required

Learn tips about how to ensure a healthy delivery and raising a child together with your partner at these classes. The City Hall will send you a notice on with the class schedule in due time. Please make reservations for classes on your preferred dates accordingly.

① Body & Nutrition (Topics: About The Pregnancy Body, On Eating Well And Nutrition For Mothers)

Kaga City Health Center, Kaga Exchange Plaza Sakura, 2nd Floor
65 Hachikenmichi Daishoji, Kaga-shi (加賀市大聖寺八間道 65 番地)

② Childbirth & Infant Care (Topics: Bathing, Changing Diapers and Clothes, Carrying A Child, sit-down discussions and sharing session with midwife)

Oyako Hotto Station (親子ほっとステーション)
79-2 Shimokawasaki-machi, Kaga-shi (加賀市下河崎町 79-2)

▷ For More Details: **Kaga City Hall Health Section (健康課)** ☎0761-72-7866



✓ What If I Need A Child Seat?

The City Hall provides free second-hand child seats for parents who need it. Please register with the City Hall to qualify. Should you wish to purchase a new child seat instead, the City Hall can also subsidize 50% of the cost, up to a limit of 10,000 yen (the subsidized portion of the cost will be refunded to you after purchase).

▷ For More Details: **Kaga City Childcare Support Section Children & Family Section**
(子育て支援課 児童家庭係) ☎0761-72-7856



Birth



Congratulations On Your Child's Birth!

～Administrative Things & Check-Up Schedules～

Please do these as soon as your child is born!

Birth



～14 Days



✓ **Submit your Birth Registration Form (出生届)**

Please do this within 14 days of your child's birth.

▷ For More Details: **Citizen Affairs Section** ☎0761-72-7880

✓ **Apply For Child Benefits (児童手当)**

Please do this between 1 and 15 days post-birth.

You will be eligible to receive child benefits of 5,000 to 15,000 yen per child every month up until they graduate middle school. Benefits will be split into three parts and transferred into your bank account in February, June, and October respectively. The amount of benefits you will receive will vary depending on your total household income and child's age. Please apply for your benefits at the Kaga City Hall.

▷ For More Details:

Kaga City Childcare Support Section Family and Children Services Subsection ☎0761-72-7856

✓ **Apply for National Health Insurance (NHI) for your child**

Please do this as soon as possible after your child's birth.

In Japan, medical bills will be subsidized as long as you are covered under the National Health Insurance system (国民健康保険). Please get your child registered for this as soon as possible, and make sure to obtain their health insurance card (健康保険証).

▷ For More Details:

① Registering for NHI – **National Insurance And Pension Section** ☎0761-72-7860

② Registering for company insurance – **Inquire with your employer**

✓ **Apply for Children Medical Fee Subsidy (こども医療費助成)**

Please do this as soon as you have received your child's National Insurance Card (健康保険証)

In Kaga, all children aged 0 to 18 years old registered under the national insurance system can go to hospitals for free*. To be eligible for this, please apply for a **こども医療費受給者証 (Proof of Eligibility for Children Medical Fee Subsidy)** at the City Hall. Please make sure to bring this proof with you whenever you go to a hospital.

Please note that subsidies will **NOT apply for a portion of medical expenses (meals during hospitalization, advanced medical treatment, etc.)*

Required: Your child's National Health Insurance Card (健康保険証)

▷ For More Details:

Kaga City Childcare Support Section Family and Children Services Subsection ☎0761-72-7856

✓ **Apply for Lump-sum Childbirth And Childcare Allowance**

Giving birth is costs money. All mothers registered under National Health Insurance will be able to receive a **Lump-sum Childbirth And Childcare Allowance** of about 420,000 yen per child. You will be eligible to receive this once you are past your 4th month (85th day) of pregnancy, even in cases of miscarriage and stillbirth. Please inquire at your hospital for more details.

▷ For More Details: **Hospital where you will be giving birth.** You may also inquire at the respective counters of the insurance you are covered under. (e.g. City Hall if under National Health Insurance; your employer if under company insurance)

To Check With Your Employer!

✓ **Childbirth Assistance Benefits**

Mothers ONLY

If you are employed, and will continue working at the same company after giving birth, you will be eligible to receive money (benefits, 手当金) from your employer. Do note, however, that you will **NOT** be able to receive benefits from your employer if you are **NOT** covered under your company's insurance (i.e. you are under National Health Insurance).

▷ For More Details: **Information counter of the insurance you are covered under.** (Can usually be found at the affiliated Insurance Association)

✓ **Childcare Leave Benefits**

Both Parents

Parents covered under a company's employment insurance will be eligible to receive money from their respective employers should they decide to take leave from work to take care of their children.

▷ For More Details: **Hello Work counter** at your place of employment

1 Month



First Month Infant Check-Up (for the Postpartum Mother and Newborn Child)

Check-up to see the health condition of the mother and newborn post-childbirth. Please book a slot at a relevant medical facility within the prefecture, and bring along your check-up voucher (subsidy voucher) when you go for your check-up. *If you have returned to your hometown prefecture to give birth, and will be receiving the check-up at a non-Ishikawa medical facility, a portion of your check-up expenses will be eligible for subsidy. For more details, please contact the City Hall's Health

Home Visit for the Postpartum Mother and Newborn Child (Premature birth) ★

A midwife or public health nurse from the City Hall will be making a home visit to check on the condition of the mother postpartum and baby. The midwife/public health nurse will take weight measurements, and provide advice and counselling on topics such as postpartum lifestyle management, breastfeeding, and infant care as required.

4½ Months

4½ Month Infant Health Check-Up ★

Venue: Health Center (Kaga Exchange Plaza Sakura, Level 2)
保健センター
(かが交流プラザさくら 2 階)

Content: Physical Examination, Height- and Weight-taking, Instruction on Puberty and Nutrition Matters (in groups), individual counselling



Postpartum Care Services (Up until <1 year postpartum)

For mothers unsure of how to care for their infant properly, or mothers and children with physical or psychological conditions that require extra attention, additional assistance by midwives and other specialists are also available at a fee.
E.g. Home visits – 2,000 yen per session (up to 4 hours)

Pre-childbirth & Postpartum Household Helper Dispatch (Up until <1 year postpartum)

Household helper dispatch services are available for mothers who find themselves physically unable to do household chores and take care of their children properly postpartum.
1,000 yen per session (up to 2 hours)

▷ For More Details: **Kaga City Hall Health Section (健康課)**
☎0761-72-7866



7 Months

7th Month Baby Weaning Class ★

Venue: Health Center (Kaga Exchange Plaza Sakura, Level 2)
保健センター (かが交流プラザさくら 2 階)

Content: Height- and Weight-taking, Weaning food making demonstration, individual counselling (*Registration required)



1 Year

1 Year Old Infant Health Check-Up (11 to 13 months old)

Check-up to see the health condition of your child. Please book a slot at any relevant medical facility within the prefecture, and bring along your check-up voucher (also your subsidy voucher) when you bring your child for their check-up.

1½ Years

1 Year 6 Month Health Check-Up ★

Venue: Health Center (Kaga Exchange Plaza Sakura, Level 2)
保健センター (かが交流プラザさくら 2 階)

Content: Physical examination, Dental check-up, Height- and Weight-taking, individual counselling, nutrition counselling, dental health counselling



3 Years

3rd Year Health Check-Up (3 years and 6 months old) ★

Venue: Health Center (Kaga Exchange Plaza Sakura, Level 2)
保健センター (かが交流プラザさくら 2 階)

Content: Physical examination, Dental check-up, Height- and Weight-taking, individual counselling, nutrition counselling, dental health counselling, hearing and vision check, urine test, speech ability check



★ You will receive a check-up reminder from the City Hall near the date either by post or via phone call.

▷ For More Details: **Kaga City Hall Health Section (健康課)** ☎0761-72-7866

Vaccination information on the next page!



About Vaccinations

When your child reaches the eligible age for vaccinations, you may use the city's vaccination vouchers to get **free** vaccinations for your child at any relevant medical facility. Households with children of eligible age will receive these vaccination vouchers from the City Hall **via post**. Please bring these **vaccination vouchers** and your **Maternity Health Handbook** along when getting your child vaccinated.

**Please plan out a vaccination schedule for your child with your doctor.*



▷ For More Details:
Kaga City Hall Health Section (健康課) ☎0761-72-7866

Type	Vaccine		Recommended Age	No. of Vaccinations
Routine Vaccinations	Rotavirus	Monovalent	2 to 6 months	2
		Pentavalent	2 to 8 months	3
	Hepatitis B		2 to under 12 months	3
	Hib (Haemophilis influenza type B)		2 to 12 months	4
	Pneumococcal Conjugate Vaccine (PCV13)		2 to 12 months	4
	DPT-IPV		3 to 12 months	4
	BCG		5 to under 12 months	1
	Measles & Rubella (1 st dose)		1 year old onwards	1
	Chickenpox		1 year old onwards	2
Voluntary Vaccinations	Japanese Encephalitis (JE)		3 years old onwards	3
	Mumps		1 year old	1
	Influenza		Yearly	2

Childcare

Nursery School (保育園) & Certified Childcare Centers (認定こども園)

These facilities provide daytime childcare services for parents who are unable to take care of their children full-time due to work. Nursery schools usually operate from 8:30 to 16:30, and take children of ages 0 to 5 years old. Fees will vary according to household income. Some nursery schools also provide additional services, such as extended hours (past 16:30), as well as weekend and nighttime childcare as and when needed. If you would like your child to be enrolled, please submit an application, either directly to your preferred nursery school, or to the City Hall's Childcare Support Section.

You can also temporarily leave your child at nursery schools, even if they are not enrolled in one, in the event where parents are unable to take care of the child due to either illness or other urgent matters. Fees are 1,500~1,800 yen for a full day's care (meals included), and half of that for half days (no meals). Please inquire at your preferred nursery for more details.

Between the period of your pregnancy up until around your child's birth, you may also register for the My Nursery School Registration Scheme (マイ保育園登録制度). Registration is free, and once registered, you will be able to have childcare consultations and nursery school visits at your preferred nursery school, until your child turns 3. Under the scheme, you will also be entitled to **free** use of temporary childcare services **up to 3 times (limited to weekday morning sessions)**. For registration, please inquire directly at your preferred nursery school.

▷ For More Details: Kaga City Childcare Support Section Nursery Care Subsection ☎0761-72-7855

After School Children's Club (放課後児童クラブ)

These facilities provide childcare services for elementary school children during after school hours and school vacations for working parents. Fees range around 8,000~15,000 yen.

▷ For More Details: **Your preferred After School Children's Club**, and/or
Kaga City Childcare Support Section Family and Children Services Subsection ☎0761-72-7856



Short-term Childcare Assistance Services

In the event where parents are unable to take care of children (2 to 18 years old) due to sudden illness, emergencies, or work outside of usual childcare facility operating hours (at night, weekends, etc.), they can be temporarily left in the care of children's homes. For more information on facilities and usage, please inquire at the Kaga City Children Services Station.

▷ For More Details: Kaga City Children Services Station ☎0761-72-2565

Kaga Family Support Center

We provide a host of miscellaneous childcare support services, ranging from postpartum infant care assistance, to after-hours childcare, transport to and from childcare facilities, and ad-hoc childcare in cases of hospitalization, familial rites, ceremonies, events (including for mum and dad's couple outings). **Registration is required for access to services.**

Eligibility: Children ages **0 to 9 years old**

Fees: **700~900 yen per hour per child**

▷ For More Details: Kaga Family Support Center ☎0761-75-7933

79-2 Shimokawasaki-machi, Kaga-shi, inside Oyako Hotto Station, Hours: **Weekdays, 9:00~17:00**

Childcare For When Your Child Is Sick

Temporary Childcare For Sick Or Just-Recovered Children

These facilities provide childcare for sick or just-recovered children of ages 0 to 6th grade of elementary school when parents are unable to take care of them due to work or other matters.

Hours: Weekdays, 8:30~17:30

Fees: 1,500 yen for 1 Full Day (additional 500 yen if meals are included)

Required: **Registration form***, **Doctor's contact form** (*Please register beforehand if you require this service. You may also be allowed to register and leave your child in our care on the day of in the event of emergencies.)

▷ For More Details: **Kaga Medical Center, "Kamokko" (かもっこ)** ☎0761-76-5179

Ri-36 Sakumi-machi, Kaga-shi (加賀市作見町リ36番地)



If You Have A Child With Disabilities

Assistance Schemes For Children With Disabilities

Kaga City has schemes under which families can obtain additional child benefits and subsidies on medical expenses and the like if they have children with disabilities (physical or otherwise). If you suspect that your child may have a disability, please approach the Nursing Care and Welfare Section for assistance as soon as possible.

▷ For More Details: **Kaga City Nursing Care and Welfare Section** ☎0761-72-7852

Healthy And Gentle Nursery Care

Disabled children who are able to attend group childcare facilities can be enrolled in regular nursery schools.

▷ For More Details: **Kaga City Childcare Support Section Nursery Care Subsection** ☎0761-72-7855

If You Are A Single Parent

Assistance Schemes For Single Parent Families

• Medical Expenses Subsidies*

For single parents covered under National Health Insurance receiving general medical consultations, the portion of fees incurred **after** the first 1,000 yen will be eligible for subsidy.

• Child Support Benefits*

Single parents, or guardians looking after the child on behalf of the parents will be eligible for child support benefits.

***A household income check will be conducted to confirm eligibility.**

▷ For More Details: **Kaga City Childcare Support Section** ☎0761-72-7856

I Would Like To Make Friends With Fellow Parents...

Childcare Support Center (子育て支援センター)

The Center provides childcare support to families living in Kaga City through providing childcare counselling services, as well as spaces and events to encourage family bonding. Its main scope of activities include providing play spaces for children not enrolled in nursery school, and organizing parent-child bonding events, such as baby massage, yoga, and snack-making classes. The Center also releases a newsletter once every 2 months with schedule information on nursery school open house days, childcare interest group activities, and more.

▷ For More Details: **Kaga City Childcare Support Center** ☎0761-74-2820

So-1-2 Shiozu-machi, Kaga-shi (inside Suwaton Nursery School)

Hours: **Weekdays, 9:00~16:00 & Saturdays, 9:00~11:30**

(Closed on national, year-end, and New Year holidays)



Nursery School Open House Days

These are days when nursery schools are opened up to families with children **not enrolled** in nursery schools as play spaces. Open house days will vary by school. Please check with each nursery school for more information.

▷ For More Details: **Your preferred nursery school OR**

Kaga City Childcare Support Section Nursery Care Subsection ☎0761-72-7855

Childcare Interest Groups

These are local community groups where parents can interact, share tips and information, and have a space to play with their children. Their activities are usually held at local community halls/centers and children services centers.

▷ For More Details: **Your preferred childcare interest group OR Kaga City Childcare Support Center** ☎0761-74-2820

In Case Of Emergencies (when your child suddenly falls ill at night or on weekends)

① Nighttime Pediatric Emergency Hotline: ☎#8000 OR 076-238-0099
Hours: **18:00~8:00 of the next day**, (available 365 days a year, no off days)

② Weekend and Nighttime Emergency Center:
Minami Kaga Emergency Medical Care Center (Pediatric & Internal Medicine) ☎0761-23-0099
Hours: **Mon-Sat, 19:00~22:30 | Sun & National Holidays, 9:00~12:00 & 13:00~22:30**

Should you require an ambulance, please dial ☎119*

*Ambulance services are **free** in Japan. **Consultations and treatments received at hospitals and emergency facilities, however, will be charged.** Please remember to bring along your **insurance card (健康保険証)** and money for consultation and treatment to the emergency facilities.



Access Map

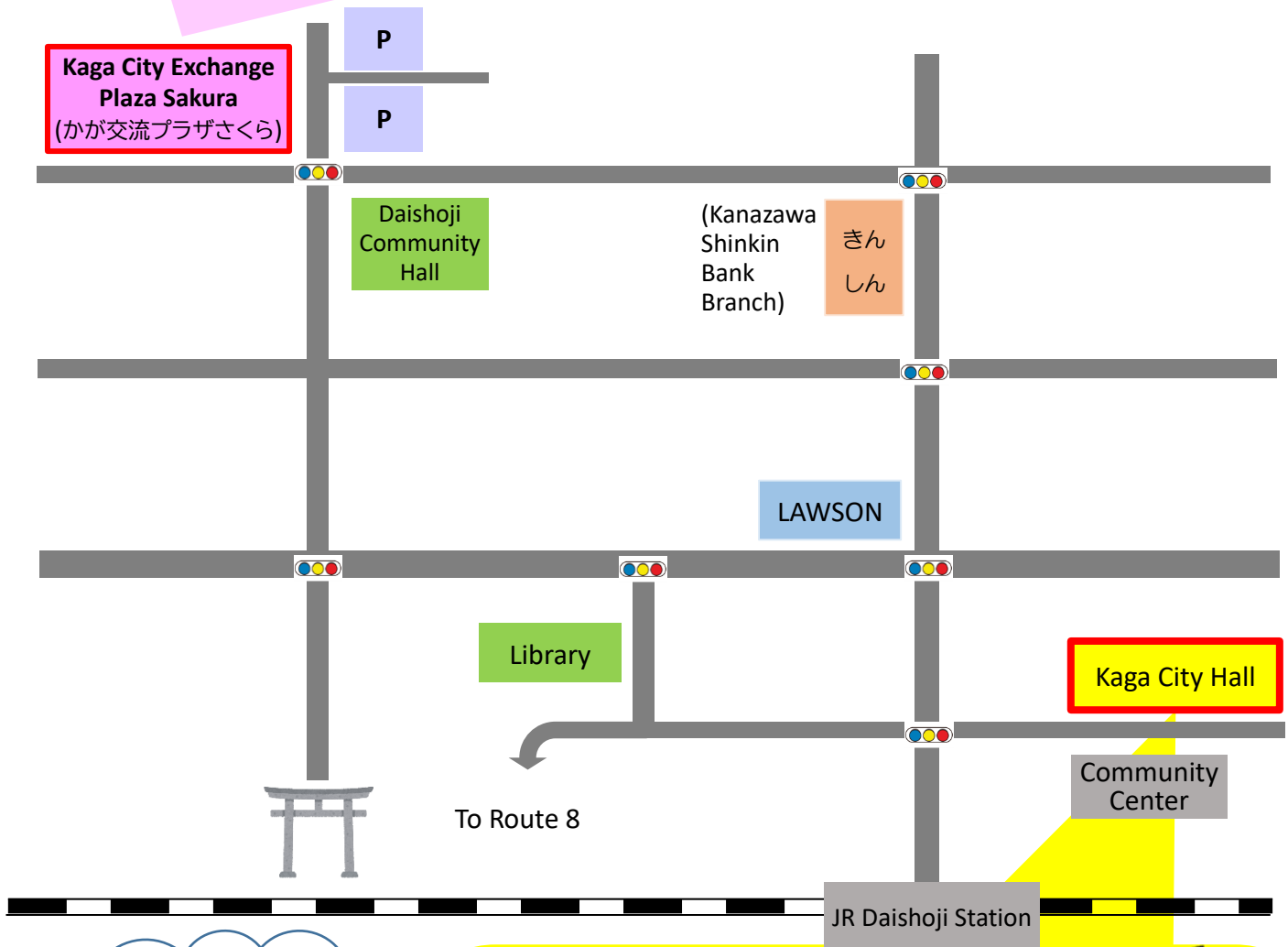
Kaga City Children Services Station “Kagakko Net” (加賀市子育て応援ステーション かがっこネット)

65 Hachikenmichi Daishoji, Kaga-shi, **Kaga City Exchange Plaza Sakura, Level 1**

Mon – Fri, 8:30～17:15 (closed on Sat, Sun, & national holidays)

☎0761-72-2565

The Kaga City Health Section is here too! ☎0761-72-7866



Feel free to come to us
for consultations if you
have any worries or
concerns! We will do
our best to support you
in raising your child!!



Kaga City Hall

Ni-41 Minami-cho Daishoji, Kaga-shi, Ishikawa, Japan 922-8622

Mon – Fri, 8:30～17:15 (closed on Sat, Sun, & national holidays)

- Kaga City Childcare Support Section (子育て支援課) ☎0761-72-7856
- Kaga City Citizen Affairs Section (窓口課) ☎0761-72-7880
- Nursing Care and Welfare Section (介護福祉課) ☎0761-72-7852
- Taxation Section (税料金課) ☎0761-72-7815
- National Insurance and Pension Section (保険年金課) ☎0761-72-7860 and more...



***The Health Section is located inside Kaga Exchange Plaza Sakura.**