

Obstetrics and gynecology in Kamakura

Shonan Kamakura General Hospital 0467-46-1717

ENG CHN

Yanaihar Clinic for Women 0467-44-1188

Pregnancy

BE SURE TO GO Go to hospital (Obstetrics & Gynecology) When you find out you're pregnant, choose a hospital to have regular checkups and deliver the baby (partially covered by the local government). Receive "hojoken"(coupon) with your "Boshi-kenko techo"(a record of pregnancy and your baby).

Hand in "Ninshin-todoke" (妊娠届 a pregnancy notification) and receive "Boshi-kenko techo" (母子健康手帳 pregnancy record and "hojoken" (補助券 coupon).

IMPOR TANT "Boshi-kenko techo" is an important record of your journey throughout pregnancy and of your baby. Health status as well as vaccinations are recorded. Foreign language Boshi-kenko techo is available (babies born overseas will receive them too). Do not lose or throw away your Boshi-kenko techo.

Call your hospital when you are in labor If you plan to use taxi when in labor, register for labor taxi when you become pregnant.

Enoshima taxi 0466-27-0806 ENG
 Wakou-Koutsu (Koshigoe, western Kamakura area) 0466-23-5170
 ZushiKikuchi taxi (Highland area) 046-871-2117
 Royal-Koutsu (Around Ofuna station) 0120-43-1245

Birth of baby

BE SURE TO GO Hand in Birth Registration (出生届 Shussho-todoke) Important things to do at city hall for your baby (Kanagawa International Foundation)

Childbirth and childcare lump sum allowance (出産育児一時金 shussan ikuji ichijikin) Health insurance does not cover pregnancy and delivery. You will receive this allowance instead.

Public health nurse visits your home Public health nurse visits your home to assess you and your baby.

Baby health checks/Mom classes available Details written in Boshi-kenko techo.

Infertility treatment

Yanaihar Women's Clinic 0467-50-0112 Subsidy available for some infertility treatments.

Unwanted pregnancy

Consult for help Ninshin (pregnancy) SOS Kanagawa 045-212-1051 Consultation also available via LINE

Helpful information

Kamakura child rearing information "Kira-Kira" Information on hospitals, parks, nurseries and support centers.

NPO Marmar Support group for parenting of diverse families. There are events/gatherings. Speaks plain Japanese, English, and Portuguese.

Kanagawa International Foundation Resources in many languages available on pregnancy, labor, and raising children

