When you don't know what to do /where to ask

こども家庭相談課 (Kodomo katei sodan ka) 0467-61-3944

Obstetrics and gynecology in Kamakura

Shonan Kamakura General Hospital

0467-46-1717



Yanaihara Clinic for Women

0467-44-1188



IND やさ日

Pregnancy

BE SURE

TO GO

IMPOR

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

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).

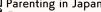
"Boshi-kenko techo" is an important record of your journey throughout pregnancy and of your baby. Health status as well as vaccinations are recorded.

Foreign language Boshi-kenko techo is available (babies born overseas will receive them too).

Do not lose or throw away your Boshi-kenko techo.

kodomo katei sodan ka こども家庭相談課





Parenting in Japan
From pregnancy to elementary school (Kanagawa International Foundation) ENG





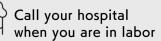


Information by ages of your child (NPO MarMar)



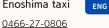








Enoshima taxi





Wakou-Koutsu (Koshigoe, western Kamakura area) 0466-23-5170





Royal-Koutsu 0120-43-1245

Birth of baby

BE SURE TO

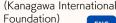
Hand in Birth Registration

(出生届 Shussho-todoke)

Childbirth and childcare lump sum allowance



Important things to do at city hall for your baby





Health insurance does not cover pregnancy and delivery. You will receive this allowance instead.

Public health nurse visits your home

(出産育児一時金 shussan ikuji ichijikin)

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

Yanaihara Women's Clinic 0467-50-0112



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Subsidy available for some infertility treatments.



Unwanted pregnancy



Consult for help

Ninshin (pregnancy) SOS Kanagawa 045-212-1051



Helpful information

Kamakura child rearing information"Kira-Kira"

Information on hospitals, parks, nurseries and support centers.



Troubles with breastfeeding

Want to order meals

You can also ask your birthing hospital for advice.

Need help shopping and cleaning

Need a place to look after your child

Sick child nursery (病児保育)

Nursery when child is sick. Registration

Register before falling ill (while healthy)

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





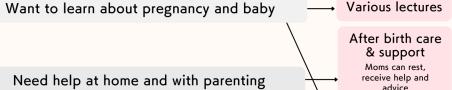


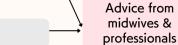
kodomo katei sodan ka

こども家庭相談課

0467-61-3944







Food delivery

Available within 30 days post delivery. Apply to receive 30 tickets worth

service

Temporary

nursery at

nursery/

Consult a

professional

kosodate shien center

子育て支援センター (child-rearing

support center)

Indoor play areas (4 in Kamakura) for babies and toddlers

Childcare

support groups

Expert

advice





Kamakura Josanshi-

kai (Midwives group)

kodomo katei sodan ka

こども家庭相談課

0467-61-3944





Public hoikuen: register at city hall hoiku ka

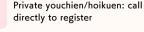
hattatsu shien shitsu

発達支援室

0467-23-5130

保育課 0467-61-3892

kindergarten (only when necessary)





Worried about growth and development

to be able to use the system.



Looking for places to play with your child

Language to choose in raising your child



Want to make friends



Single parent

Support and subsidies

kodomo katei soudan ka

Contact groups directly









Consultation also available via LINE