

10. Children

Contact information : Hida City Hall Citizen Health Section, Citizen Welfare Department (Public Health Center)

Address: 2-1-60 Wakamiya, Furukawa-cho, Hida City

☎: +81 577-73-2947

When you are pregnant, when your baby is born, or if you have any questions or problems when raising your child, you can ask various questions at the health center.

There are two health centers, one in Furukawa-cho and the other in Kamioka-cho.

Facility Name	Address	Phone
Furukawa Town Health Center	2-1-60 Wakamiya, Furukawa-cho	+81-577-73-2948
Kamioka Town Health Center	2212-4 Funatsu, Kamioka-cho	+81-578-82-2233

【When you got pregnant】

◆Pregnancy notification

If you think you may be pregnant, go to an OB/GYN hospital.

If you are pregnant, you will receive a pregnancy notification (informing city hall that you have a baby in your belly).

◆Maternal and Child Health Handbook

The Maternal and Child Health Handbook is a notebook that describes the mother's body during pregnancy, the mother's body when she gave birth to the baby, and the baby's growth.

If you are pregnant, you must report the pregnancy to the public health center and receive a Maternal and Child Health Handbook. The Maternal and Child Health Handbook can be picked up on a certain day. For the date, please refer to the leaflet you receive at the hospital or the city's website. If you cannot go on the appointed day, call Furukawa-cho Health Center (Tel: +81-577-73-2948). You will receive a ticket that can be used for the Pregnancy Health Examination together with the Maternal and Child Health Handbook.

◆Pregnancy Health Examination

If you are pregnant, go to the hospital to examine your body and the baby in your tummy.

When you go to the hospital, take the ticket with you for the maternity health checkup that you received from the public health center and your maternal and child health handbook.

◆Pregnancy Visits

Interview with health center staff during pregnancy. You will talk about your pregnancy and after the birth of your child. You will also receive a voucher to be used for your child's* vaccinations.

*Vaccinations: injections to prevent illness

【After the child is born】

◆Baby Visits

Health center staff will visit all homes with babies from birth to four months. They will check on the baby's growth and introduce services available at the home with child.

◆Health checkups and consultations for children

A doctor will examine the newborn baby to see if it is healthy (health checkup only). Mothers (fathers) can consult with the doctor about any concerns or questions they may have about their baby. There is no charge for this service.

Name of Inspection	Year of the child	What you need to know
Infant health examination and consultation	3 months	<ul style="list-style-type: none"> • you will receive the service at the Furukawa-cho Health Center. If your address is in Kamioka-cho, you can receive the service at the Kamioka-cho Health Center. • Please bring your Maternal and Child Health Handbook (MCH Handbook) each time. Other things to bring will be explained at the baby visit. • At 4 months, 1 year and 6 months, and 3 years of age, a physician will examine the health of the child. • At the ages of 16months and 3 years, the dentist will examine the child's teeth to see if they are bad.
	4 months	
	7 months	
	12 months	
	1 year and 6 months	
	2 years old	
	3 years old	

◆Vaccinations

Vaccinations Injection to prevent illness. The shots are administered from 2 months after the child is born. You can get it at a hospital that has a pediatrics department. Bring the ticket for vaccinations and the Maternal and Child Health Handbook that you received from the public health center. The city will pay for a portion of the cost of the vaccinations recommended by the city.

【Services available during pregnancy and after delivery】

Business name	Contents	Money required	Point (of a speech)
Prenatal care (home-visit type)	A midwife can visit your home and provide prenatal and postpartum consultations.	No money required.	Furukawa Town Health Center 0577-73-2948

Business name	Contents	Money required	Point (of a speech)
Postpartum care (home-visit, day service, overnight stay)	After the birth of the baby, the mother and baby can ask for support in mental and physical care and childcare after birth until the baby turns one year old.	When you use it, you need to pay for it. However, city assistance is available.	Furukawa Town Health Center 0577-73-2948
Childcare support helper	You can ask for help with house cleaning and shopping.	when you use it, you need to pay for it. However, city assistance is available.	Furukawa Town Health Center 0577-73-2948
Infant care	Midwives take care of children from 1 to 6 months of age.		Child Rearing Support Section 0577-73-2458

【About the nursery school】

Nursery schools are facilities that take care of children before they reach elementary school age in place of parents who are unable to take care of their children at home due to their employment or other reasons.

◆Care for sick children and children after illness

When a child is ill or otherwise unable to leave the child at a daycare center, the child can be left at a dedicated facility so that the parent/guardian can work without worry. (6 months old to elementary school age)

(fever, abdominal pain, flu and other infections, broken bones, etc.)

◆Family Support Center

The child can be temporarily left in family support center when the parent or guardian is unable to take care of the child due to some reasons.