

## 1 When you become pregnant

### (1) Notice of Pregnancy

**[Inquiries] Health Care Management Division ☎ 03-5744-1661**

When you have confirmed you are pregnant, please notify one of the municipality desks listed below, and you will be issued with a Maternal and Child Health Handbook and Mother & Child Health Package.

**[Where to register your pregnancy]**

- **Area Health Divisions** (P.16)
- **Health Care Management Division ☎ 03-5744-1661**
- **Branch offices** (P.17)

Maternal & Child Health Handbook Application (Evenings/Sundays) Service Counter, 1st floor, Ota City Office Main Building (P.15)



### (2) Pregnancy Interview

**[Inquiries] Area Health Divisions** (P.16)

Available to all who submit a Notice of Pregnancy. Interviews with midwives or health professionals are performed to help women give birth with peace of mind by lessening various worries that arise during pregnancy. Those who complete the interview will receive a “childrearing support ticket.”

### (3) Health Checkups & Dental Examinations for Expectant Mothers and Hearing Tests for Newborns

**[Inquiries] Health Care Management Division ☎ 03-5744-1661**

It is advised to receive health checkups and dental checkups to have a pleasant pregnancy and an easy delivery.

- ① Subsidized health checkups: Subsidies provided for up to 14 checkups, 4 ultrasound checkups, and cervical cancer screening during your pregnancy.
- ② Pregnancy dental checkup: During pregnancy it is easy to get cavities or periodontal disease. You can receive one free checkup during your pregnancy.

③ Hearing tests for newborns: Subsidies are provided to cover part of the cost of a hearing test for a newborn.

\* The checkup cards for ①~③ are contained in the Mother & Child Health Package.

《Useful information》

If you decide to give birth in Japan, we suggest you immediately make an appointment at the medical facility where you wish to give birth.

#### (4) Subsidy Program for Medical Care Expenses

**[Inquiries] Area Health Divisions** (P.16)

Financial assistance is available for expectant mothers who develop high blood pressure, diabetes, bleeding during pregnancy, heart disease or anemia and need to be hospitalized for treatment. Health insurance co-payments relating to the above conditions may be subsidized for those who meet certain requirements based on the subsidy criteria.

#### (5) Subsidized Midwife Facilities

**[Inquiries] Social Welfare Divisions** (P.16)

Expectant mothers who find it difficult to pay hospitalization and delivery fees will be referred to designated midwife facilities (income restrictions apply). For more information on eligibility and other related matters, please inquire at one of the Social Welfare Divisions.

## 2

### Upon delivery

#### (1) Various Notification Procedures after Childbirth

##### ① Birth Registration

When your child is born, please obtain a birth certificate from your physician and file a birth registration within 14 days of birth.

【Notification submission】

Household Residents Registry Division (1F of Ota City Office main building)

Branch Offices (P.17)

##### ② Passport application.

Please contact your embassy for details.

##### ③ (1) If neither of the parents are special permanent residents

Please apply for acquisition of a status of residence and permission for a period of stay.

These applications must be made to the Tokyo Regional Immigration Services Bureau within 30 days of the date of birth.

##### (2) If either or both parents are special permanent residents

Special Permanent Resident Application

**[Inquiries] Household Residents Registry Division ☎ 03-5744-1187**

When either of or both parents are special permanent residents, an application for special permanent residence can be filed within 60 days of the birth with the Household Residents Registry Division (1F of main building of City Office).

**Required documents:** Certificate of Acceptance of Birth Report, a copy of either parent’s resident certificate or special permanent resident certificate, a copy of the child’s resident certificate, and child’s passport (not needed if not available)

**(2) Birth Reporting Form/Home Visit Request Form [Inquiries] Area Health Divisions (P.16)**

\* Please contact the Area Health Division for where you live.

Please fill in and submit the birth notice enclosed in the Mother & Child Health Package you were given when submitting the notice of pregnancy to the Area Health Division as soon as possible.



**(3) Other child-related benefit programs**

Benefit programs	Eligibility	Where to inquire
Child Allowance	Children yet to graduate junior high school * Apply within 15 days following the day of registration (date of birth or that of planned change of address), and allowance will be granted starting from the month following this date. * The Child Allowance System is scheduled to be revised from October 2024 onwards.	Medical Care for Children Section, Childcare Support Division ☎03-5744-1275
Medical Expense Subsidy for Children	Children up to age 18 (until the first March 31 that follows the child’s 18th birthday)	

Benefit programs	Eligibility	Where to inquire
Medical Subsidy for Single-Parent Families, etc.	Households with a single parent raising a child up to age 18 (up to age 20 if the child has a disability)	Child-rearing Section, Childcare Support Division ☎03-5744-1274
Child Support Allowance	Children up to age 18 (disabled children up to age 20) without a mother or a father	
Child Rearing Allowance	Children up to age 18 whose father or mother has died or whose parents are divorced	
Allowance for Disabled Children	Children with disabilities up to age 20	

#### (4) Health Checkups for Infants and Toddlers [Inquiries] Area Health Divisions (P.16)

Ota City conducts health examinations for infants and toddlers as follows:

Checkup program	Location	Eligibility, how to receive examination
Checkups for 4-month-old infants	Area Health Divisions	Notifications are mailed to eligible families. Schedules are announced in Ota City's monthly bulletin.
Checkups for 6-to 7-month-old infants	Designated medical facilities in the Tokyo Metropolitan area	Health checkup cards are distributed with checkup notifications for 4-month-old infants
Checkups for 9-to 10-month-old infants		
Checkups for 18-month-old infants	Area Health Divisions	Notifications are mailed to eligible families. Schedules are announced in Ota City's monthly bulletin. Dental checkups are performed at the same time.
Checkups for 3 year-old infants		
Dental consultation for infants		
Dental health checkups & fluoride treatment for infants	Designated dental facilities	One checkup for children aged from 2 to under 3 years old. Three checkups for 3-year old children up until starting school. Sent together with checkups notifications for 18-month and 3-year-old infants.

## (5) Regular immunizations

### [Inquiries] Infectious Disease Countermeasures Division and Area Health Divisions (P.16)

Eligibility	Immunization type	Locations	Immunization Slips
Infants	Infantile pneumococcus	Medial facilities conducting immunizations in Ota City	Sent by the Infectious Disease Countermeasures Division within two months from the date of birth
	Hepatitis B		
	DPT-IPV-Hib (Diphtheria, Pertussis, Tetanus, Inactivated polio, Hib quintuple)		
	BCG		
	MR (Measles and Rubella double)*		
	Chicken Pox		
	Japanese encephalitis I		
Elementary school children	Japanese encephalitis II		Sent to each third-grade child
	DT (Diphtheria and Tetanus double)		Sent to each fifth-grade child
Junior high school children	Human papillomavirus (vaccine against cervical cancer)		Sent to each sixth-grade child

For procedures required when moving into Ota City and exceptional cases eligible for Japanese Encephalitis immunization, please contact the above-mentioned Division.

\* An immunization slip for the second MR vaccination will be sent to each child when they reach vaccination age. It will be sent together with an immunization slip for the second MR vaccination to children born before February 28, 2018.

## 3 Child-rearing

### (1) Nursery schools

#### ① Nursery schools

Daycare centers provide childcare for parents unable to take care of their children

during the daytime due to work, illness, childbirth, and other reasons. In Ota City, there are a total of 192 public and private daycare centers (37 public and 155 private centers\* as of March 1, 2024).

Nursery school fees vary depending on the parent's income from the previous year.

Inquiries	Contact
Enrollment and application	Nursery Services Division ☎03-5744-1280
Nursery school management	Nursery Services Division ☎03-5744-1279
Nursery school fees	Nursery Services Division ☎03-5744-1280

### ② Temporary child care (fees applicable)

This childcare system is for limited periods regardless of reason. For children aged 5 months until starting school.

### ③ Regular child care (fees applicable)

Regular ongoing child care for children needing it when guardians engage in part time work or the nursing of elderly parents. For children aged one or two (some facilities accept children under the age of one).

### ④ Emergency temporary child care (fees applicable)

**[Inquiries] Nursery Services Division ☎ 03-5744-1617**

For children who cannot receive child care from their guardian due to sickness or childbirth. Children can be looked after as needed in an emergency.

### ⑤ Childcare for sick children or after sickness (fees applicable)

**[Inquiries] Nursery Services Division ☎ 03-5744-1277**

When unable to attend a child care facility due to sickness and their guardians' employment, children can be looked after by a facility. There are conditions for use. Some children are ineligible depending on the sickness.

### ⑥ Child care for public holidays

Children can be looked after when they cannot be cared for at home during public holidays due to their guardians' employment. This is for children who are at least one year old and who have been weaned, who are attending a licensed daycare center, small-scale daycare center, or workplace daycare center (community-based enrollment) in Ota City.

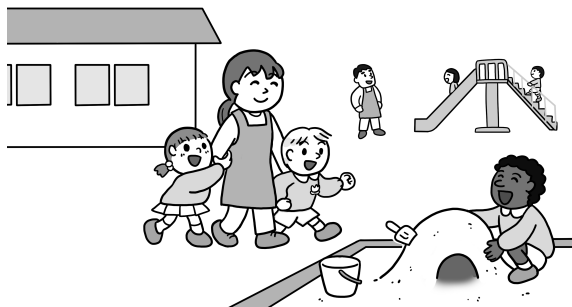
### ⑦ Family daycare provider (Hoiku Mama) (fees applicable)

**[Inquiries] Nursery Services Division ☎ 03-5744-1643**

This is a system in which a daycare provider ("Hoiku Mama") provides daytime daycare for children (43 days old to under 2 years old) who cannot be cared for by a guardian due to work, job-hunting, or childbirth, at the daycare provider's home or in a group daycare room. The guardian must provide their child's own meals.

## (2) Kindergartens

See the page on education. (P.86)



## (3) Children's Centers

**[Inquiries] Childcare Support Division**

Children's Centers provide places for infants and their parents as well as elementary and junior high school children, to play and make new friends. They are closed on Sundays, public holidays (except the Children's Day on May 5), and from December 29 to January 3.

## (4) After-School Care Program (fees applicable)

**[Inquiries] Educational Affairs Division ☎ 03-5744-1273**

Children who cannot be supervised at home after school due to their parents' employment or other reasons are eligible to receive care at After-School Care facilities located in Children's Centers, Hokago Hiroba, etc. This program must be paid for. For details, contact the above Division.

## (5) Child and Family Support Center

The Center provides consultation on and other services for childcare.

### ① Consultation for children and families

Counselors provide counseling services (by phone or in person) for issues related to children aged between 0 and 18 and their families, including parenting, schools, friends, and lifestyle. Children can also access counseling services (anonymous and confidential counseling available). Prior appointment is required for counseling in person.

### ② Kosodate Hiroba

Counseling for parents of children aged 0 to 3 living in Ota City about worries or fears related to parenting.

### ③ Family Support Ota (fees applicable)

This is a childcare support network program where parents looking for childcare support (user members) and those willing to provide childcare (support members) sign up to help each other.

#### ④ Temporary child care (fees applicable)

Temporary child care and regular use child care available.

Facility names and locations	Services			
	① Comprehensive consultation for families and children	② Child-Rearing Information Plaza	③ Family Support Ota	④ Nursing room for temporary childcare
Kids-na Omori: Omori-Kita 4-16-5	Mon - Fri 9:00-18:00 Sat 9:30-18:00 ☎03-5753-7830	Mon - Fri 10:00-17:00 ☎03-5753-7830	Mon - Sat 9:00-18:00 ☎03-5753-1152 (Office)	Temporary Childcare Mon - Sat 9:00-18:00 Regular childcare Mon - Sat 8:30-18:00 ☎03-5753-0805
Kids-na Senzokuike: Kamiikedai 2-35-18	Mon - Sat 10:00-18:00 ☎03-5754-7830	Mon - Fri 10:00-17:00 ☎03-5754-7830	—	—
Kids-na Kamata: Shakai Fukushi Center 2nd Floor, 7-49-2 Nishi-Kamata	Mon - Sat 10:00-18:00 ☎03-5714-1152	Mon - Fri 10:00-17:00 ☎03-5714-1152	—	—
Kids-na Rokugo: 3rd Floor, Rokugo Community Activities Promotion Center: Naka-Rokugo 2-44-11	Mon - Sat 10:00-18:00 ☎03-6715-7830	Mon - Sat 10:00-17:00 Till 14:00 on 3rd Sat Not available on some Saturdays ☎03-6715-7830	—	Temporary Childcare Mon - Sat 9:00-18:00 Regular childcare Mon - Sat 8:30-18:00 ☎03-3733-1152

\* “Kids-na” is a nickname for Child and Family Support Centers.



**(1) Medical expense subsidy for infantile diseases****[Inquiries] Area Health Divisions (P.16)**

Types of subsidy program	Eligibility: children under 18 years of age
Chronic infantile diseases	Congenital disorder, cardiac disease, pediatric cancer, kidney failure, diabetes, nephrosis and others.
Medical care benefits for infantile hospitalization	Children who have contracted tuberculosis in their bone joints or other areas, and are certified to be in need of hospitalization.
Medical care (childrearing medical care) for self-support	Children with orthopedic impairments, sight, hearing, equilibrium, vocal, speech or eating impediments, or children who have heart, kidney, small intestine, liver, immunity malfunctions, or other internal organ disorders, and have a chance of improvement if they have a surgical operation at a designated medical institution for self-support.
Infantile mental disorder	Children who are hospitalized at psychiatric wards for mental disorder treatments.

**(2) Medical expense subsidy for children****[Inquiries] Childcare Support Division ☎ 03-5744-1275**

A Medical Care Certificate is issued upon guardian's application. By submitting this certificate to medical institutions in the Tokyo Metropolitan area, you can receive subsidization for the personally borne portion of expenses incurred for medical care given to the child under the insurance program.

Type	乳 Infant Medical Care Certificate	子 Child Medical Care Certificate	青 Medical Certificate
Eligibility	Preschool children from 0 years of age until the first March 31 after their 6th birthday.	Children from the first April 1 after their 6th birthday until completing junior high school or the first March 31 after their 15th birthday.	Children aged between 15 and 18 years old, starting the first April 1 after turning 15 until the first March 31 after turning 18
Issuance date of Medical Care Certificate	When the application is filed within 6 months after childbirth or moving into Ota City → Medical expenses incurred on and after the day of childbirth or moving into Ota City are subsidized. When the application is filed more than 6 months after childbirth or moving into Ota City → Medical expenses incurred on or after the 1st day of the month of application are subsidized.		
Scope of subsidy	Copayments for medical expenses covered by health insurance and standard copayments for meals while hospitalized		

### (3) Child related benefit programs

File an application to receive the following benefits. As a basic rule, payment starts from the month following your application. Please inquire for information on eligibility and the amount of subsidy you are eligible for.

Child benefit program		Eligibility	Inquiries
Child Allowance		Children who have not yet completed junior high school (until the first March 31 after turning 15)	Medical Care for Children Section, Childcare Support Division ☎03-5744-1275
Child-rearing Allowance	Child-rearing Allowance	Children until the first March 31 after they turn 18 and single-parent families (this includes families with a severely disabled parent)	Child-rearing Section, Childcare Support Division ☎03-5744-1274
	Allowance for Disabled Children	Families with a child under 20 with disabilities	
Child Support Allowance		Children until the first March 31 after they turn 18 (including children with a moderate or more serious disability under 20) without a father or mother (this includes families with a severely disabled parent)	
Special Child Support Allowance		Families with a child under 20 with physical or mental disabilities	
Welfare Allowance for Disabled Children		Those who are under 20 and need constant care at home due to a severe disability	Disabled Residents Welfare Division ☎03-5744-1251 Area Welfare Divisions (P. 16)

\* File an application for child allowance within 15 days after childbirth or the planned date of moving from the previous address, and child allowance will be paid, starting from the following month.

\* The Child Allowance System is scheduled to be revised from October 2024 onwards. Details will be posted on the website as soon they are finalized.

### (4) Medical care for premature babies

**[Inquiries] Area Health Divisions** (P.16)

If your child is born prematurely and meets the requisite conditions, you may be exempted from paying all or part of their medical expenses.

### (1) Education System of Japan

The Japanese school system has a 6-3-3-4 structure, and is composed of 6 years of elementary school, 3 years of junior high school, 3 years of high school and 4 years of university education. Japan's school year begins in April and ends in March of the following year.

### (2) Kindergarten

**[Inquiries] Private School Management Section, Educational Affairs Division ☎ 03-5744-1619**

Kindergartens are educational institutions for preschool children aged 3 to 5 before they start elementary school.

#### ① Grants and subsidies for private kindergarten fees

Subsidies and other support are provided to parents (registered with the Ota City Office) who have their children enrolled in a private kindergarten. Further information on the procedure is provided through the kindergartens.

**[The available subsidy programs are as follows]**

- Subsidy to cover admission fee (a one-time subsidy per child enrolled in a private kindergarten.)
- Child Care Facility Usage Grant (Early Childhood Education Grant Scheme)
- Parenting Support Subsidy (provided in addition to the Child Care Facility Usage Grant)

### (3) Elementary school and junior high school

**[Inquiries] School Entrance and Guidance Section, School Affairs Division ☎ 03-5744-1429**

There are 59 municipal elementary schools and 28 municipal junior high schools in Ota City. School education is not compulsory for the children of foreign nationals.

However, municipal elementary and junior high schools accept foreign national children who hold resident registration in Ota City.

#### ① Enrolling in or transferring to a local elementary or junior high school

**Required documents:**

Child's Residence Card or Special Permanent Resident Certificate and Passport

Submit the required documents to the School Entrance and Guidance Section of the School Affairs Division (Nissei Aroma Square 5th Floor). The Board of Education will assign the child to a school based on this application.

\* If you would like to enroll your child in a national, private, or metropolitan school, please contact the school directly.

#### ② School expenses

Municipal elementary and junior high schools in Ota City do not require admission,

tuition or textbook fees. However, parents or guardians are responsible for their child's school supplies, sub-learning materials, outing and school excursion fees, etc.

### ③ School attendance support system

Those residing in Ota City with difficulties paying for elementary or junior high school lunches or school supplies can have these costs partially subsidized. (Limited based on income)

### ④ Ota Children's Japanese Language Class

Japanese language classes are held for school-age children and preschool children six months younger than school age who are residing in Ota City and who are not fluent in Japanese.

There are classes in Omori and Kamata. For more information, please see the website or inquire with them.



### ⑤ New Elementary Student Orientation

The New Elementary Student Orientation is held for parents of children with international roots to help them learn about Japanese school life and first-day prep, boost their knowledge on Japanese elementary schools, and alleviate any concerns. For more information, please see the website or inquire with them.



### ⑥ "Let's Read School Handouts!" Japanese Language Seminar

This seminar is held for parents of children with international roots to help them learn the ins-and-outs of reading handouts distributed at school, as well as school-specific vocabulary.

### ⑦ Children's Study Support Class

This class helps children learning Japanese do their homework.

### ⑧ Summer Study Class

This class helps children learning Japanese do their summer homework.

Application dates for ⑥ to ⑧ vary depending on their respective event dates. For more information, please see the website or inquire with them.



In Japan, elementary school children generally walk to school on their own. It is therefore helpful for them to know where to ask for help in case of emergency.

Tell your child in advance that they can ask for help from neighborhood stores, homes, and convenience stores with a "Kodomo SOS" sticker, in addition to police boxes.



Kodomo SOS Home Sticker

#### (4) High school and university

In Japan, most students go to high school (for 3 years at a regular high school and 4 years at a part-time high school) after they finish compulsory education (elementary and junior high school).

Many students also go to university or technical college after finishing high school education.

#### (5) Ota City Scholarship Program

**[Inquiries] Public Assistance Section, Welfare Management Division**

**☎ 03-5744-1245**

Student loans are offered to select students who are enrolled on or planning to enroll on a specialized course at an advanced vocational school or university and who are facing financial difficulty.

Moreover, a grant of 80,000 yen is provided to select students who plan to go on to high school and meet the specified requirements.

Another grant of 150,000 yen will be awarded to select students who plan to go on to college or university who meet certain requirements.

#### (6) Other scholarship programs

Scholarship program	Inquiries	
Metropolitan Scholarship	Tokyo Metropolitan Ikuei Scholarship Section, Metropolitan Foundation for Private Schools	☎03-5206-7929
Japan Student Services Organization Scholarship	Scholarship Consultation Center	☎0570-666-301
Metropolitan Mother & Child and Father & Child Welfare Fund	Your local Area Welfare Division (P.16)	
Educational Support Fund	Ota City Social Welfare Association	☎03-3736-2026
National educational loans	Micro Business and Individual Unit, Omori Branch, Japan Finance Corporation	☎0570-026894

#### Subsidy programs to subsidize private high school expenses

Subsidy program	Inquiries	
Private High School Tuition Subsidy Program	Tuition subsidy section, Tokyo Metropolitan Private School Enrollment Support Fund Center	☎03-5206-7925
Enrollment Fee Loan Program	Enrollment fee subsidy section, Metropolitan Foundation for Private Schools	Contact your school.

