

Basics / IV. Children / 1. Pregnancy, childbirth and babies

● If you are pregnant ●

Submit a Notification of Pregnancy to your ward's Public Health and Welfare Center or the Public Health and Welfare Section of any general branch.

① You will receive a Maternal and Child Health Handbook (J, E, C, K, V, N, and 5 other languages)

- A booklet in which you record the progress of your pregnancy, the growth of your baby, and other information.

② You will also receive a supplementary booklet (for expecting and nursing mothers) which includes items such as vouchers for health check-ups for pregnant persons.

- You can use subsidized vouchers to receive up to 16 pregnancy check-ups at registered medical institutions.
- One dental health check at a registered dental medical institution is available.
- After giving birth, you can have up to two postpartum check-ups at registered medical institutions.

③ Health classes are available

- Parenting classes for pregnant persons and their families are held at Public Health and Welfare Centers.

● (1st) Maternity Support Benefit ●

When you are given your Maternal and Child Health Handbook, you will be guided through the application process for the first Maternity Support Benefit, where you can receive 50,000 yen.

● Lump-sum allowance for childbirth ●

If you are a recipient of National Health Insurance, you can apply for this allowance at the National Health Insurance and Pension Section of each ward's Public Health and Welfare Center, the National Health Insurance and Pension Section of Miyagi General Branch, or the Public Health and Welfare Section of Akiu General Branch.

If you are a recipient of Employee (Social) Insurance, you apply through your workplace.

● Childbirth Assistance Program ●

This system helps low-income individuals who cannot afford fees associated with giving birth, by offering affordable options that matches their income. Eligibility depends on a household's tax exemption status. Consultation with the ward office of the area in which you reside is available.

For more details, visit the City of Sendai website

● When your baby is born ●

Submit a Notification of Delivery to your ward office within 14 days.

Please also submit the Delivery Contact Information Form via the 2-D code in your Maternal and Child Health Handbook supplementary booklet (for expectant and nursing mothers) as soon as possible. (Your ward office will contact you about newborn home visits. You will also be sent vouchers for health check-ups for your child, and a supplementary booklet (for infants) with vaccination tickets for your child).

Additionally, foreign national couples (excluding couples where one of the spouse is a Japanese national) must apply for acquiring status of residence for their newborn child.

The application must be filed at the immigration bureau that has jurisdiction over your domicile within 30 days from the date of birth.

If you intend to leave Japan within 60 days from the date of birth, it is not necessary to submit an application for a status of residence for your child.

Childbirth and Child-rearing Guide

Provides explanations regarding pregnancy, child birth, and child-rearing.

International Relations Department section of SenTIA's website:

<https://int.sentia-sendai.jp/child/guide/e/> (J, E, C, K)



● (2nd) Maternity Support Benefit • Childbirth and Child-rearing Support Benefit ●

During your newborn home visit, you will be guided through the application process for a second Maternity Support Benefit of 50,000 yen and a Childbirth and Child-rearing allowance of 90,000 yen.

● What to do when your child is sick ●

***In an emergency, see page 3.**

International Relations Department section of SenTIA's website

● Health check-ups for babies ●

You can receive up to three free health check-ups for your baby at registered medical institutions using the forms found in the Maternal and Child Health Handbook supplementary booklet (for infants).

● Preventing tooth decay in children ●

Included in your supplementary booklet of your Maternal and Child Handbook is one free fluoride treatment at a registered clinic. For more details, visit the City of Sendai website

Basics / IV. Children / 2. Toddlers

● Vaccinations for children ●

A vaccination is an injection you get your child to avoid becoming ill. Because they protect your body from illnesses, vaccinations are free under Japanese law, there are set ages and numbers of times that they can receive vaccinations. If you would like to get your child vaccinated, please consult with your ward office ahead of time.

For more details, visit the City of Sendai website.

● Child allowance ●

This is money that those raising children can receive from the City.

Those eligible for the allowance are those living in Sendai who are raising children, until the end of the fiscal year in which the child turns 18. Please apply within 15 days following your child's birth or the date you moved to Sendai.

If you apply late, you may not receive the allowance for that month, so apply as soon as you can.

For more details, visit the City of Sendai website.

● Sending your child to nursery school ●

If you are unable to take care of your child due to work, school, sickness, or pregnancy, you can have your child cared for at a nursery school.

This service is available for children ranging from approximately four months old to until they enter elementary school.

There are two kinds of nursery schools available: **those that are licensed by the City of Sendai**, and **those that are not**. Applications for authorized nursery schools should be made to the Childcare Benefit Section of the ward office in the ward where your first-choice nursery is located, or the Public Health and Welfare Section of the Miyagi General Branch. For unlicensed nursery schools, applications should be made directly to the facility.

● Licensed nursery schools ●

【Hours】 ※ Vary depending on the school

Usually from 7:00 or 7:30 a.m. to 6:00 or 6:30 p.m. ※ Extended hours also available.

※ Lunch is served in the afternoon (children ages three and over may be required to bring their own rice or bread).

You must drop off and pick up your child at the school.

Childcare fees are determined based on factors such as each household's inhabitant tax

(childcare fees are free of charge for 3-year-old classes to 5-year-old classes.)

Nursery School Enrollment Information is available on the International Relations Department section of SenTIA's website.

For more information, visit the City of Sendai website.

Other services offered by nursery schools ※ Apply directly to the nursery school

① Temporary childcare	A temporary childcare service for guardians who are working or ill.
② Childcare services on holidays	A childcare service for guardians who must work or are otherwise unable to take care of their children on Sundays or holidays.

● **Unlicensed childcare facilities** ●

For information on the services provided by unlicensed childcare facilities, please contact the facility directly. As long as certain conditions are fulfilled, families can receive a partial to full refund from the City of Sendai.

For a list of unlicensed childcare facilities, visit the City of Sendai website*.

※ Unlicensed childcare facilities may also offer childcare at night or on holidays. Contact the childcare facility directly to apply.

● **Sending your child to kindergarten** ●

Children from three years of age until they enter elementary school are eligible to enroll in kindergarten. Apply directly to the kindergarten you wish to enroll your child in. Many kindergartens accept applications for April enrollment beginning in November of the previous year. Childcare fees within the upper limit are free of charge.

● **Sending your child to authorized centers for early childhood education and care** ●

These facilities serve the functions of both a nursery school and a kindergarten. They provide childcare for children under three years old, and education and childcare for children from age three until they enter elementary school. They also provide child-rearing support for households raising children in the neighborhood. Childcare fees are determined based on each household's inhabitant tax and other circumstances. (Childcare fees are free-of-charge for 3-year-old classes to 5-year-old classes).

※ Age of enrollment varies by the facility, so please inquire directly at the facility where you wish to enroll your child. For more details, visit the City of Sendai website.

● Sending your children to regional child daycare services ●

These are comparatively small childcare facilities aimed at children aged three and under. Applications must be completed in the same way as those for authorized nursery schools.

● Daycare for All Children System ●

Facilities for children between the ages of 6 months and 3 years. Can be used regardless of reason, such as parents not being able to use daycare services at their place of work. This system enables everyone who needs daycare services for children to use childcare facilities for a certain period of time each month.

For more details, visit the City of Sendai website

● Places where parents and child can play together (Nobisuku) ●

Child-rearing Fureai Plazas (Nobisuku) are facilities that aim to provide child-rearing support for infants, toddlers and their families. Parents and their children can play for free in the “plaza” and consult the staff about child-rearing. Parents can also make use of the paid service “temporary childcare” if their child is within the age range of 6 months old and pre-elementary school age. The days and hours of operation differ across facilities. To use the service, one must register as a member and submit an application beforehand.

For more details, visit the City of Sendai website.

● Visiting a children’s center ●

These are facilities with the goal of promoting children’s health and happiness through play. They are generally managed by their respective elementary school districts. Anyone from 0 to 18-years old can use them. For more details, visit the City of Sendai website.

※ When you are unsure of how to apply for nursery schools or other childcare facilities...

- You can consult the Sendai Multicultural Center.
- You use the free “tsukibo” volunteer service provided by the foreigner support association, **OASIS** (see page 40 for details).

Sendai Multicultural Center Interpretation Support Hotline (TEL: 022-224-1919)

Basics / IV. Children / 3. School

● Sendai Municipal Elementary and Junior High Schools ●

In order to have your child attend elementary or junior high school, you must apply at the School Affairs Section of the Sendai City Board of Education.

- The school your child will attend is determined by where you live.
- There is no tuition fee. But school lunch fees, education material fees and other fees apply.
- Classes are conducted in Japanese.

※ If your period of stay is short (less than two months) you can apply for temporary enrollment.

For more details, contact: School Affairs Section, Sendai City Board of Education

TEL: 022-214-8860

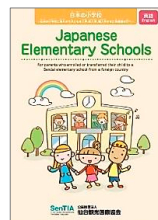
Simple explanation about Japanese elementary schools, junior high schools, and school life in Japan

● Japanese Elementary Schools

International Relations Department section of SenTIA's website:

https://int.sentia-sendai.jp/child/school/e/pdf/English_JES.pdf

(J, E, C, K, V, N, Tagalog)

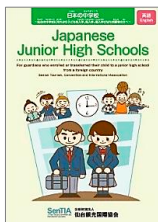


● Japanese Junior High Schools

International Relations Department section of SenTIA's website:

https://int.sentia-sendai.jp/e/download/information/japanese_jhs_e.pdf

(J, E, C, K, V, N, Tagalog)



※ These materials are distributed for free at the Sendai Multicultural Center

● High Schools and other further education ●

To attend a high school in Japanese, one must take and pass a high school entrance exam.

There are two types of high schools in Japan: “public high schools” and “private high schools”.

High school entrance exams are taken in Japanese and there are several requirements you must meet before you can take one.

For more details, please inquire at the High School Education Section, Sendai City Board of Education (TEL: 022-214-8422)

For easy-to-understand explanations about Japanese high schools and taking high school entrance exams etc.

● **SenTIA's website for children with roots to foreign countries who are advancing to high school**

Information for junior high students and people who are taking high school entrance exams about topics such as Japanese high schools and tuition fees.

SenTIA International Relations Department Website

<https://int.sentia-sendai.jp/child/advance/e/> (J・E・C・N)



● **Miyagi Career Guidance for Children and Parents who are Non-native Japanese Speakers**

Information sessions for elementary/junior high school students and parents who hope to advance to high school.

You can download the information booklet --- from the website

HP : <https://shinro-miyagi.jimdofree.com/>

(J・E・C・K・V・N・Tagalog・Spanish)

※Free copies of the booklet are distributed at the Sendai Multicultural Center



● **SenTIA's Children with Roots Abroad Support Sendai Consultation Desk** ●

The consultation counter offers support to guardians of children with roots abroad, schools, teachers, etc. Consultations are offered in foreign languages.

We offer support for various aspects, such as school enrollment/transfer procedures, adjusting to Japanese school life, children's Japanese, consultations on advancing to the next stage of education/taking exams.

For more details, contact SenTIA (TEL : 022-268-6260) or the Sendai Multicultural Center (TEL : 022-224-1919).

SenTIA International Relations Department Website:

<https://int.sentia-sendai.jp/child/support/e/>

(J・E・C・K・V・N・Tagalog・Russian)



● Support for returnee/foreign elementary to high school students and parents ●

Service/Organization	Description of activities	Inquiries
Language support for returnees and foreign children in Japanese schools Rental Translation Devices	Dispatching aides to support students during classes at Sendai municipal elementary and junior high schools. In addition, we also rent out automatic translation devices and tools.	International Education Promotion Section, Board of Education TEL: 022-214-8961
Foreign Residents' Child Support Group	Support for children's Japanese studies, school studies, and volunteer training	Office TEL: 090-2793-8899
SAT Nihongo Club	Support for children with roots abroad in their Japanese language studies every Saturday from 10 a.m. to 12 p.m.	Aoba Ward Chuo Shimin (Civic) Center TEL: 022-263-5010

● International schools in Sendai ●

Tohoku International School

TEL: 022-348-2468

Horizon Academy Sendai Campus

TEL: 022-739-9622

Tohoku Korean Primary and Junior High School

TEL: 022-229-2131