

緊急情報ガイドブック
Emergency Guidebook for

にんしん しゅっさん 妊娠・出産ガイド

Pregnancy and Childbirth

にほん しゅっさん かんが がいこくじん まま
～日本で出産を考える外国人ママたちへ

Guidebook for the non-Japanese who are pregnant and planning to deliver a baby in Japan



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にほん しゅっさん 日本のお産 Delivery in Japan

自分の生まれ育った国と違う国で出産を迎えるということは、とても不安だと思います。その不安を無くすためには、まず、自分の国と出産しようと思っている国との違いを知ることです。大丈夫、赤ちゃんは万国共通の宝です。赤ちゃんを大切に作る姿勢は世界共通。まずは、安心して生むために、妊娠から出産について必要な事を知りましょう。

Are you planning to deliver a baby in a foreign country and feeling insecure about it? Don't worry. You are not the only one. By knowing the difference between how delivery is carried out in your country and in Japan, you may be able to feel more comfortable about it. Babies are cherished all over the world. We will take care of your baby with love and care. Here is some information to help you. I hope you'll find it helpful.

しゅっさんほうほう 出産方法

How is a baby usually delivered in Japan?

原則、自然分娩です。自然分娩というのは、陣痛がくるのを待って、産道を通して赤ちゃんが産まれてくる（経膈分娩）ことをさします。帝王切開は、個人の希望では実施されず、病院の判断で必要とされた時にのみ実施されます。（P3）

Natural delivery is the most popular way. Mothers wait for labor pain to naturally start and babies are born vaginally. Usually, C-section (caesarean section) will be carried out only when doctors think it is necessary. (P3)

にんぶけんしん 妊婦健診

Periodic health check-ups for pregnant mothers

赤ちゃんが生まれてくるまで、定期的に健診が行われます。赤ちゃんとママの体を守る為に必要な事です。（P5）

Please take periodic health check-ups for pregnant mothers. They are important for your health and your baby's. (P5)

しゅっさん ばしょ 出産の場所

Where is the best place to deliver your baby?

病院や個人医院、助産院などがあります。病院によって、設備や産後の指導方法、サービス内容、母子同室・異室等、が異なります。（P6）

You can give birth at a hospital, a clinic, or a maternity home. Each place has different facilities and kinds of services available, including whether or not you can stay in the same room with your baby, and even postpartum instructions may vary from place to place. (P6)

にゅういんちゅう ひつよう 入院中に必要なもの

Things you need when staying at the hospital

入院セットとして、院内で販売しているものと、自分でそろえるものがあります。必要なものが病院によって異なります。

You can buy some of the necessary things at the hospital. They are usually sold in an all-in-one set. However, you need to prepare some things and bring them to the hospital. What you need is different depending on the hospital. Please ask beforehand and prepare them for yourself.

にゅういんにっすう 入院日数

How long do I stay at the hospital?

通常5～7日間です。産後のママや赤ちゃんの体調によっては、長引く事もあります。ママと赤ちゃんの入院日数が違うこともあります。（P3）

You usually stay at the hospital for five to seven days, but sometimes longer depending on the condition of you and your baby after the delivery. Sometimes either one stays longer. (P3)

あか 赤ちゃんの予防接種

Necessary vaccinations for babies

入院中はしません。誕生してから2～3カ月後から始まります。接種は、小児科・保健所等で行います。（P4）

Babies will not get vaccinated while they are in the hospital. They need to get them in two to three months after the delivery. You need to go and see a pediatrician or go to the local health center to have your baby vaccinated. (P4)

しゅっさんひよう 出産費用

How much do you need to deliver a baby in Japan?

無料ではなく、妊婦健診を含めて自費ですが、健診や出産費用を一部補助する制度があります（P5、P7）

Delivery is not free. You need to pay by yourself for both the delivery and the periodic health check-ups. (P5, P7)

あか 赤ちゃんの健診

Periodic health check-ups for Babies

出産後、約1カ月後に1ヶ月健診を行います。ママと赤ちゃん両方の体調をチェックします。それ以後の健診は、保健所・小児科などで実施します。（P9）

Around one month after birth, the health condition of your baby needs to be checked at the place you deliver your baby. At the same time, doctors will see mother's health condition too. From the second check-up, you can visit a pediatrician or the local health center. (P9)

きんきゆうていおうせつかい おこな おも 緊急帝王切開が行われる主なケース

赤ちゃんの心拍が異常に早くなったり遅くなったする状態が続く、早めに赤ちゃんを出さなければならぬと判断された場合や、赤ちゃんが出る前に胎盤が剥離し、子宮内に大量の出血が起こり、危険な状態になった場合など。赤ちゃんもしくはママのどちらか、または両方に危険がある時は、緊急に帝王切開を行うことがあります。

When will an emergency C-section be performed?

An emergency C-section is carried out only at the special occasions when either you or your baby or both are in danger: For example, when the baby's heartbeat is extraordinarily rapid or slow for a certain period of time and the baby needs to be taken out soon; and when placental abruption happens before the baby comes out, which leads to massive bleeding in the uterine.

せんたくてき よてい ていおうせつかい おこな
選択的（予定）帝王切開が行われる
 おも
主なケース

双子や三つ子など、赤ちゃんが同時に2人以上おなかにいる場合や、胎盤が子宮の出口を塞いでいて、陣痛がくる前に胎盤がずれて大出血を起こす恐れがある場合や、逆子（さかご）と呼ばれる、赤ちゃんのおしりや足が下になっている場合など。また、妊娠中からママの血圧が高いと、胎盤を通じて酸素や栄養が届きにくくなり、母子共に深刻な状態に陥る恐れがある場合にも、選択的（予定）帝王切開が行われます。

帝王切開の手術の際、手術室での夫の立ち会い、撮影などが希望で行える国もありますが、日本では認められないケースがほとんどです。

Elective or planned C-section: Followings are the cases in which the doctor schedules a C-section.

- You are carrying more than one baby (multiple pregnancy).
- The low-lying placenta that covers part or all of the opening of the cervix can cause severe bleeding when the placenta peels away from the uterine wall, partially or almost completely, before delivery.
- The baby is not in a head-down position close to your due date.
- Mother's high blood pressure may cause both the mother and her baby a great risk because the fetus will not be provided with enough oxygen and nutrients through the placenta.

For most C-section cases in Japan, doctors will not allow your husband to be in the operation room or to video-tape the operation, though in some countries they may comply with such a request.

2

妊娠・出産 Q & A ~各国の出産事情を踏まえて~

Q&A Regarding Pregnancy & Childbirth : How is the Japanese system different from your country's?

Q 女医さんに診てもらいんだけど ...

A 日本にも女医さんはいます。しかし、数が少ないので、病院に確認をしてください。大きい病院の場合は、担当曜日がいつなのか、合わせて確認すると良いでしょう。また、経過が順調な場合で出産リスクが低い方の場合は、女性の助産師さんのもとの出産するという選択肢もあります。

Q I would like a woman obstetrician to take care of me.

A There are some woman obstetricians in Japan too, but not very many. So please check the hospital if there is any and when she is available. Also, if your pregnancy is normal and the risk at delivery is low, you can deliver your baby with the help of midwife.

Q 帝王切開や出産希望日等は、自分で選べないの？

A 帝王切開は、術後合併症などのリスクが自然分娩より高いため、日本では、原則として自然分娩です。帝王切開・手術日は自分で選択できません。また無痛分娩やソフロロジーを取り入れた出産など様々な方法がありますが、実施できる病院が限られていますので、良く調べた上で決めましょう。

Q Can I choose my delivery date? What about C-section?

A C-section is a major surgery, so it carries a greater risk of postoperative complications than a natural vaginal delivery. That is why a natural vaginal delivery is preferred in Japan. Usually, your doctor makes up the delivery schedule and decides how you will deliver your baby. You may be able to choose a delivery method or style, such as a painless delivery, a sophrology-applied delivery and so on, but not all the hospitals can carry those out. You should check which hospital offers your favorite style of delivery and decide where you are going to deliver your baby in.

Q 入院期間が母国と違うけど、なぜ？

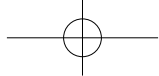
A 日本では、入院中に、出産だけでなく子供の先天性の異常の有無の検査を実施、また、ママが帰宅後に戸惑わないように、赤ちゃんへのミルクのあげ方や、入浴方法・退院後の過ごし方の指導などをするため、入院期間が長くなります。詳しい内容は、病院によって異なるので、確認すると良いでしょう。

中国や韓国などでは、産後しばらくの間、家事・入浴を一切しない、水を触らないという習慣が一部あるそうですが、病院の指導に従ってください。日本では入院中、ママもシャワーを浴びる事ができます。

Q Why dot we stay longer at the hospital after the delivery than we do in our country?

A In Japan, whether your baby has congenital abnormalities or not is examined while you are in the hospital. Also, you are given some instructions on how to feed your baby, how to give your baby a bath, and how to take care of your baby at home. So you will know what to do in the new life with your baby! This is why they ask you to stay longer at the hospital. Each hospital has a different schedule, so please ask your doctor about it. In China and Korea, there are some customs for the mothers who just delivered a baby not to do any housework, not to take a bath or shower and not to touch any water at all. In Japan, it's ok for the mothers right after the delivery to take a shower in the hospital. Please ask your doctor if you have any questions and follow the instructions.





Q. 母乳で育てる？それとも粉ミルク？

A. 日本では、母乳育児を推奨する病院がほとんどです。そのために、出産直後から母子同室とする施設も多いです。授乳のために夜中に何度も起こされるケースもあります。産後、ママがゆっくりとしたい場合は母子異室の施設もありますので、事前によく調べましょう。また、ママや赤ちゃんの状態によって、粉ミルクを使用する事もあります。粉ミルクの使用の方法については、入院中に指導してくれる施設もあります。退院後、不安が残らないように、わからないことがあったら入院中に遠慮せずに質問しましょう。

Q. Which should I choose, breast-feeding or formula?

A. Most doctors encourage mothers to breast-feed rather than to use formula. In order for mothers to breast-feed their babies, they are often in the same room with their babies from right after the delivery in Japan. Then mothers need to wake up often during the night in order to feed the baby. If you don't want that and rest well after the delivery, you can choose a hospital which offers separate rooms for a mother and her baby. They may teach you how to use formulas while in the hospital, but if they don't, please make sure you will receive the instruction. If you have any questions, please ask the hospital staff while in the hospital. Please try to think of what you will face after going home and make sure you know what to do with it.



Q. 妊娠中のサプリメント・食品の摂取については、大丈夫？

A. 国によっては、習慣上、妊娠中にとると良いとされているもの、避けたほうが良いとされているものが異なります。妊娠中のママの状態によっては摂取しないほうが良いケースもありますので、摂る前に、医師などに相談してください。

Q. Can I take supplements during the pregnancy? Is there anything I should not eat?

A. Depending on the country and its customs, what is good for pregnant mothers to eat and what is not good differ. Also mothers in certain conditions should not take certain kinds of supplements or foods, so before you take any of them, please ask your doctor and make sure what you can do with them.

Q. 妊娠中の体重・塩分管理や健診は、なぜ行うの？

A. 日本では、赤ちゃん&ママを守る為に、定期健診を行います。又、妊娠高血圧症候群を防ぐ目的で、健診ごとにママの体重・血圧測定、尿検査を行います。赤ちゃんの様子はエコーで確認します。ママの血圧・体重コントロールのために、塩分摂取の制限を指示されたり、食事指導を受けたりすることもあります。安全に赤ちゃんを出産する為に、血圧管理・体重コントロールは医師の指示のもとに行いましょう。

Q. Why do I have to take health check-ups, watch my weight, and manage salinity during pregnancy?

A. Health check-ups are to protect mothers and babies. Weight and blood pressure checks and urinary tests are done at each check-up in order to prevent mother's high blood pressure in pregnancy. Doctors will check the babies with ultrasound too. In order to keep a mother's blood pressure and weight within the normal level, doctors might advise you not to take too much salt and have healthy meals. All of these are very important in delivering a baby safely, so please follow doctor's instructions on controlling blood pressure and weight.

Q. 予防接種はどうなっているの？

A. 入院中に赤ちゃんのBCG等の予防接種を実施する国もありますが、日本では、入院中に予防接種は行いません。退院後、様々な予防接種があります。接種スケジュールや内容などについては、市役所に問い合わせ、定められた期間内に接種してください。対象年齢時に接種しなければ自費になります。

Q. What about vaccinations for my babies?

A. In some countries, babies are vaccinated with BCG and others while in the hospital. However, in Japan we do them later on. There is a series of vaccinations which need to be done after you go home. Municipal offices have their vaccination schedules, so please contact them and have your child vaccinated during the set period. If your child fails to get them then, you have to pay for them. So please don't forget.

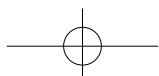
各国により、出産を取り巻く環境や、考え方、指導の違いがあります。とまどった時は、担当の先生やスタッフに聞いてみましょう。 Each country has its own way, surroundings, values and instructions regarding pregnancy and childbirth. Please don't hesitate to ask your doctor or health care professionals, if you have any questions.

Q. 出産前に赤ちゃんに先天的な異常があるかどうか調べる事はできるの？

A. 羊水検査によって、染色体異常の有無を調べる事はできます。心配な方は医師に相談してください。

Q. Can I check if my baby has a birth defect before delivery?

A. You can check chromosomal abnormalities by examining amniotic fluid. Please talk to your doctor if you have any concerns.



3

にんしん ちえっくほうほう
妊娠のチェック方法について

How to check if you are pregnant

しはんやく
市販薬：Over-the-counter pregnancy test kit

ドラッグストア・薬局で、妊娠チェックの為にキットが、販売されています。生理がこなくておかしいな？と思ったら検査してみてください。陽性なら早めに受診をしてください。また、陰性でも生理がこなくて心配なときは受診をすすめます。陰性でも妊娠している事が、まれにあります。

You can buy a home pregnancy test kit at most pharmacies. It does not require a doctor's prescription. If you have menstrual delay, it would be a good idea to use the kit and check. When the result is positive, we recommend you to see the doctor soon. Even though the test result is negative, you should see the doctor when you don't have menstruation. The test kit is not enough for you to confirm your pregnancy.

かくていしんだん
確定診断：Please see the doctor to make sure you are in normal pregnancy

市販薬で陽性になっただけでは、正常妊娠の確定診断にはなりません。子宮外妊娠の可能性もあるので、早めに受診をしましょう。

Having a positive result with a home pregnancy test kit does not mean you are in normal pregnancy. Please see the doctor as soon as possible in case you should have ectopic pregnancy.

も も の
持ち物 Things to bring

●健康保険証 Health Insurance Card

正常な妊娠・出産には保険は適用されませんが、トラブルや手術には適用されます。

Health insurance does not cover normal pregnancy and delivery, but related troubles and operations are covered.

●基礎体温表（つけている人）

Basal body temperature graph (if you are keeping one)

●メモ帳・スケジュール帳、筆記用具

Your notebook or planner and pens

●現金 Money

4

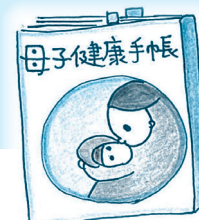
にんしん
妊娠したら

When you find out you are pregnant

にんぶけんしん
A: 妊婦健診 Health check-ups for pregnant mothers

通常の健診は自費扱いとなり、病気がある場合を除いて保険の適用になりませんが、各市町村から1~4回程度、健診費用の補助がでる用紙が母子健康手帳とともに交付されます。母子健康手帳交付後に転居した場合は、再度、市町村に問合せましょう。

Usually, medical check-ups are done at your own expense and will not be covered by health insurance unless you have other illnesses. However, your municipal office offers you some support for health check-ups for pregnant mothers up to 14 times. When you receive a Maternal and Child Health Handbook, you will also receive health check-up tickets. If you move after you receive a Maternal and Child Health Handbook, please contact the municipal office at your new address again and ask for the supports.



かんせんしょうけんさ いち から に かい
「感染症検査」 1~2回

梅毒、B型肝炎、C型肝炎、HIV感染の有無を調べる検査で、必ず行う必要があります。費用は自己負担です。(約10,000円)

Tests for infectious diseases : Once or twice

You have to take tests for infectious diseases such as syphilis, hepatitis B, hepatitis C, and HIV at your own expense (about 10,000 yen).

しゅっさん ひょう
B: 出産にかかる費用 Expenses for Delivery

各産院によって、診察料、健診や分娩の費用は異なります。一般的に出産費用（入院費含む）40~50万円はかかるので、少しずつ貯金して貯めておきましょう。

The amount of expenses for the delivery including medical consultations and health check-ups depends on each medical institution. Usually the total cost amounts to about 400,000 to 500,000 yen. So please try to save for the payment beforehand.

妊娠と診断されたら、市町村役場や保健センターなどで母子健康手帳を受け取ってください。

母子健康手帳にはさまざまな情報が記載されています。健診の時に持参するほか、子どもの予防接種の記録やかかった病気など、出産後も大切な健康記録になります。各市町村によって、交付の日や対応時間帯が異なりますので、事前に問合せて確認したほうがいいでしょう。市町村により多言語で用意されている場合もあります。併せて確認しましょう。

*** 持ち物・・・印鑑**

母子健康手帳と同時に交付される、「妊婦一般健康診査受診票」（健診への補助がでる用紙）を受け取る時に印鑑が必要です。忘れずに持って行きましょう。

When your doctor tells you that you are pregnant, please visit the municipal office or the municipal health center to receive a Maternal & Child Health Handbook, which provides you with various useful information. Please bring it with you when you have a health check-up. All the health care information on your baby including the records of vaccinations and illnesses will be recorded in this handbook. The day and time you can receive your handbook differ according to each office or center, so please contact them beforehand. Sometimes you can have one in your own language. Please ask at the municipal office if they have one.

*** Please bring your name seal with you.**

Remember to bring your name seal "Hanko" when you receive the "health check-up tickets for pregnant mothers." (P5 ④ -A)

5

さんいんえら
産院選び

Where is the best place for you to deliver your baby?

自分が望む妊娠・出産スタイル（女医さんに担当してほしい、赤ちゃんと一緒に部屋・母子同室で過ごしたい、母乳で育てたい、出産時に夫に付き添って欲しい、入院中は上の子どもと一緒に宿泊したい等）が選べるかどうかは、病院によって対応が異なります。また、出産に関わる費用も異なります。事前に調べて、いくつか比較して検討してみると良いでしょう。ただし、どんなに良い病院でも、自宅から通える距離である事も大切です。また、合併症等がある場合、大きい病院へ移るように言われる場合もありますので、その場合は、医師の指示に従ってください。

It's really up to how you want to deliver your baby. For example, would you like female doctor to take care of you? Stay in the same room with your baby after the delivery? Breast-feed your baby? Your husband to accompany you when you deliver your baby? Your other children to stay with you at the hospital while you are in the hospital? You need to ask the hospital if you can choose the way you want to deliver your baby.

Expenses for delivery are different according to each place as well. You should check and compare the hospitals in advance.

Please find the most suitable place for you. However, remember the hospital must be within a commutable distance. Also, remember, when you have pregnancy complications, you might be asked to go to a larger hospitals. If so, please follow your doctor's instruction.

6

きんきゅうじゆしん ひつようせい
緊急受診の必要性

Emergency Cases

順調に赤ちゃんが育っていれば、何の問題もありませんが、出産予定日前にお腹に強い痛みがあったり、不正出血している場合は、早めに病院を受診してください。陣痛がくる前に破水してしまった場合も、すぐに病院へ連絡し、受診してください。

If your fetus is growing without any problems, you don't have to worry about anything. However, if you have intense acute pain in your belly or abnormal bleeding before the due date, please visit your doctor as soon as possible.

Also if the waters break before your labor starts, please go to the hospital immediately.

7

にんしん しゅっさん きぼーと せいど
妊娠・出産をサポートする制度

Supports Given during Pregnancy and Childbirth

健診や検査など、医療費の負担は大きく、分娩・入院にかかる費用も気になる場所です（40～50万円が一般的）。しかし、自治体や健康保険などからもらえるお金もいろいろあります。もらい忘れのないよう、しっかりチェックしましょう。手続きにより前払いしてもらえる制度もあるので確認してください。

Medical expenses for pregnancy and childbirth are fairly high including all the check-ups and tests. You might be worried how much the delivery and hospitalization cost. (Usually about 400,000 to 500,000 yen) Various monetary supports can be available in the municipal office or the health insurance system. You should check the following supports and apply for some by yourself. Please don't forget! Some of the monetary supports can be offered in advance.



しゅっさんいくじいちじきん
出産育児一時金

①～⑤ Lump-Sum Benefit for Childbirth /Child-Rearing

Who can receive it?

① 専業主婦ママ
Yes!

You are a homemaker and not working. Yes!

パパの会社の健康保険へ申請します。国民健康保険の場合は、出産後、出生届けとともに市町村窓口で申請しましょう。

You can apply to your husband's company's health insurance. If you are covered by national health insurance, you can apply to the municipal office after the delivery when you submit with your baby's birth certificate.

②③④ 出産退職ママ Yes!

You resigned from your job because of your pregnancy. Yes!

② 退職～出産
の期間が6か月以上

More than 6 months had already passed after your resignation at the time of delivery.

国民健康保険に加入する人は市町村窓口へ、パパの扶養になる人はパパの会社の健康保険へ申請します。

If you are covered by national health insurance, please go to the municipal office. If you are your husband's dependant, you will apply to your husband's company's health insurance.

③ 退職～出産
の期間が6か月以内

It is within 6 months after your resignation at the time of delivery.

ママの会社の健康保険へ申請できます。退職の際、会社から用紙をもらうか、健康保険組合から郵送してもらい、直接申請します。

You can still apply to the company you used to work for. Before resigning from your company, please ask the company for the application form or you can also ask the company (cooperate health insurance association) to send it for you and you can apply by yourself.

④ 任意継続

If you decided to be still covered by the company insurance after you left the company.

退職しても勤務先の健康保険を任意継続したママは、退職の際、会社から用紙をもらうか、健康保険組合から郵送してもらい、直接申請します。

If you decided to be covered by the company insurance after your resignation, you can ask the company for the application form before you leave the company or you can also ask the company (cooperate health insurance association) to send it for you and you can apply by yourself.

⑤ 仕事復帰ママ
Yes!

You are going back to your previous work. Yes!

産休に入るとき、担当部署から用紙をもらい、会社を通して健康保険へ申請します。

Before you take maternity leave, please ask the department in charge of insurance for the application form. Later, you can ask the company to apply for you to the health insurance.

健保からもらえるお金で、金額は子ども一人につき42万円、双子の場合は二人分。ただし、産院により40万円以下になることもあるので確認しましょう。もし、死産や流産の場合でも、妊娠4ヵ月(12週)以上であれば支給されます。健康保険組合から医療機関へ支給される方法と、出産後に申請先に請求する方法があります。事前に支給を希望する場合は、出産予定の産院に確認してください。

The amount of support you can receive is 420,000 yen per a baby (doubled in case of twin). However, sometimes depending on which hospital you choose, the amount is reduced down to less than 400,000 yen. So please make sure beforehand. Even in case of still birth and miscarriage, if you were pregnant over four months (12 weeks), same supports will be provided. There are two ways for how the support is provided. Either provided from cooperate health insurance society to your hospital or it is provided upon your request to where you are applying after the delivery. If you would like to receive it beforehand, please ask if you can do so at the hospital you will deliver your baby.

いりようひこうじょ
医療費控除 (確定申告)

①～⑤ Deduction for Medical Expenses (Final Income Tax Return) Who can receive it?

① 専業主婦ママ
Yes!

You are a homemaker and not working. Yes!

家族全員の医療費が1年間(1月1日～12月31日)に10万円を超えた人。または所得が200万円未満の人で、1年間の医療費が所得の5%を超えた人は、確定申告をすると税金が戻ってきます。妊娠・出産にかかった医療費以外もOK。ただし、出産育児一時金、生命保険からの給付金などは差し引かれ、さらに10万円を引いた額が医療費控除の対象になります。家族全員分の領収書を1年分まとめておき、確定申告の時期(通常2月～3月)に税務署で申告用紙をもらって手続きします。

Those whose medical bills for whole family were more than 100,000 yen in one year (from January 1st to December 31st in that year) or those whose income was less than 2,000,000 yen and whose medical bills in one year were more than 5% of the total income can get tax return if you apply. Medical bills other than pregnancy and child delivery costs can be included in those too. However, total amount of lump-sum allowance for childbirth and nursing, benefits from insurance and 100,000 yen will be subtracted from the total medical bills first and the deducted amount can be claimed for medical expense deduction. Please don't throw away or lose any of your medical bill receipts and apply for the tax return during the period for the income tax return application (usually sometime between February and March). The local tax office has an application form, so please visit there during that period and apply.

②③④ 出産退職ママ Yes!

You resigned from your job because of your pregnancy. Yes!

⑤ 仕事復帰ママ
Yes!

You are going back to your previous work. Yes!

じどうてあてきん
児童手当金

①～⑤ Child Allowance

Who can receive it?

① 専業主婦ママ
Yes!

You are a homemaker and not working. Yes!

②③④ 出産退職ママ Yes!

You resigned from your job because of your pregnancy. Yes!

⑤ 仕事復帰ママ
Yes!

You are going back to your previous work. Yes!

小学校6年生の年度末(3月)まで支給されます。0～3歳未満の子には月額1万円、3歳以上の子の場合、2人目までは月額5,000円、3人目以降は月額1万円ずつもらえます。ただし、全員もらえるわけではなく、扶養家族数と加入している年金によって所得限度額が違うので確認し、健康保険証、印鑑、申請者の預金通帳、外国人登録証明書を持って、赤ちゃんが生まれたらなるべくすぐに市町村窓口へ行きましょう。

Child allowance will be provided until the end of the 6th grade (March) of that child. The amount per month is: 10,000 yen beginning from the time child is born till the child becomes three years old; 5,000 yen for the child who is 3 years old or older if the child has only another child in the family; 10,000 yen if the child has more than 2 children besides that child. However, it won't be provided for all the children. There are income limitations to receive it and the limitation is different according to how many dependent family the one who has income has and what kind of pension that person is enrolled in. So, please check how much you can receive it. To receive it, please visit the municipal office as soon as after the delivery. Please don't forget to bring the health insurance card, name seal, applicant's bankbook and foreign resident' registration card.

にゅうようじいりょうひじよせい
乳幼児医療費助成 ①～⑤

Subsidy for Medical Expenses for Infants and Toddlers (under the age of five)

せんぎょうしゅふま
① 専業主婦ママ
Yes!

You are a homemaker and not working. Yes!

しゅっさんたいしょくま
②③④ 出産退職ママ Yes!

You resigned from your job because of your pregnancy. Yes!

しごとふっき
⑤ 仕事復帰ママ Yes

You are going back to your previous work. Yes!

赤ちゃんが病気にかかったとき、「乳幼児（こども）医療費助成金受給資格者証」を病院の窓口で見せると、保険診療の自己負担分（窓口負担分）が無料または一部負担になる制度。後日、医療費が還付されるシステムの自治体もあります。また、自治体によって、「乳幼児（こども）医療費助成金受給資格者証」が交付される年齢と所得制限の条件も違います。出生届とともに赤ちゃんの健康保険の加入手続きをし、乳幼児の医療費助成の申請をしてください。

You can receive infant's and child's (under five years old) medical care for free or with support, if you show "Certificate to receive subsidy for infant's and child's (under five years old) medical expense" at the hospital. In some cities, you will be reimbursed for those costs later. Age and income limits to receive "Certificate to receive subsidy for infant's and child's (under five years old) medical expense" differ in each city. Please apply for the baby's health insurance when you submit birth certificate in order to apply for the subsidy for infant's and child's (under five years old) medical expense.

しゅっさんておてきん
出産手当金 ⑤

Maternity Allowance

せんぎょうしゅふま
① 専業主婦ママ
No...

You are a homemaker and not working. No...

しゅっさんたいしょくま
②③④ 出産退職ママ No...

You resigned from your job because of your pregnancy. No...

しごとふっき
⑤ 仕事復帰ママ Yes

You are going back to your previous work. Yes!

働くママの産休（産前42日、産後56日）期間のお給料を補償してくれるのがこのお金。標準報酬日額の3分の2がもらえます。もし、予定日より早く生まれたら、その日数分減ってしまいますが、反対に、予定日より遅れると、42日分より増えることに。請求用紙には、出産した病院の証明が必要なので、入院時に持って行くのを忘れずに。産休に入るとき、会社から用紙がもらえるので、会社を通して健康保険へ申請します。

For those who will go back to the same work after the maternity leave, the salary during the maternity leave (42 days before the delivery and 56 days after the delivery) will be provided. Two third of the indexed monthly earnings divided by 30 will be provided for those period. If the actual delivery date is earlier than the due date, the allowance amount will be less than the salary for 42 days, but, on the other hand, if it's later than the due date, the amount provided to you will be more than for 42 days. In order to apply, you need a certificate from the hospital you delivered your baby, so please don't forget to bring the application form with you when you go to stay at the hospital so they can fill in the designated area for you. The application form will be provided by the company when you actually go into maternity leave and you can ask the company to apply this for you to the health insurance association.

いくじきゅうぎょうきゅうふきん
育児休業給付金 ⑤

Benefits for Childcare Leave

せんぎょうしゅふま
① 専業主婦ママ
No...

You are a homemaker and not working. No...

しゅっさんたいしょくま
②③④ 出産退職ママ No...

You resigned from your job because of your pregnancy. No...

しごとふっき
⑤ 仕事復帰ママ Yes

You are going back to your previous work. Yes!

子どもが1歳になる誕生日の前々日（事情により最長1歳6ヵ月）まで認められている育児休業。この期間、生活費を補助するために支払われるのがこのお金で、お給料の5割が育児休業中に支給されます。（平成22年3月31日以前に育児休業を開始した人については、育児休業中に3割、職場復帰6ヵ月後に2割と、2回に分けて給付されます。）ただし、このお金は雇用保険から支払われるので、雇用保険を支払っていて、育休前の2年間に1ヵ月に11日以上働いていた月が12ヵ月以上あることが条件となり、自営業の人などはもらえません。また、産休だけで育休をとらない人ももらえません。産休に入るときに会社を通して手続きします。

You are allowed to take childcare leave up until two days before your baby's one year old birthday. (On special occasions, you are allowed to take it up to when the baby becomes one year and six months old.) During this leave, 50% of your salary is provided to support you. (If your childcare leave started before March 31, 2010, 30% of your salary is provided during childcare leave and rest of the 20% will be provided when six months have passed after you go back to work and worked for six months. So you'll receive them divided into two times.) However, this support is provided from Social Health Insurance, Shakai-hoken, so you need to have been paying employment insurance and had worked more than 11 days in one month for more than 12 months in two years before you take a childcare leave. So if you have your own business, this will not be provided. Also, if you only take a maternity leave and will not take a childcare leave, this won't be provided either. You can ask the company to apply this for you before you go into the maternity leave.

しつぎょうきゅうふきん じゆきゅうきかん えんちよう
失業給付金の受給期間の延長 ②③④

Extension of the Unemployment Benefit Period

せんぎようしゆふまま
① 専業主婦ママ

No...

You are a homemaker and not working. No...

しゆつさんたいしよくま
②③④ 出産退職ママ

Yes!

You resigned from your job because of your pregnancy. Yes!

しごとふっき
⑤ 仕事復帰ママ No...

You are going back to your previous work.

No...

就職する意思があって、求職中の人、再就職が決まるまで安心して生活できるよう支払われるお金ですが、妊娠中に失業給付を受けようと思っても、働くことができないとみなされるためもらえません。通常1年間の受給期間を、最長4年まで延長する手続きをしておきます。金額は、退職した日の直前6ヵ月間の月給(諸手当を含めた総支給額)の平均額÷30(賃金日額)の5～8割です。この額が何日分もらえるかは、年齢と勤続年数(雇用保険の加入期間)、退職理由によって違ってきます。申請期間は、退職日の約1ヵ月後から1ヵ月間(退職日の翌日から30日目の、さらに翌日から1ヵ月間)。退職の際、会社から「雇用保険被保険者離職票(離職票)」を受け取り、母子健康手帳と印鑑を持って、住んでいる地域のハローワークへ行きましょう。

This is provided for those who want to work and is looking for a job to secure their living until they can find a job. During the pregnancy, you cannot work, so this will not be provided. Usually this will be provided only for a year for the longest, but, for pregnant mothers who resigned from the job, you can prolong the unemployment period up to four years, which is the longest period for this. So please don't forget to apply to do so. The amount of this benefit is about 50% to 80% of the average amount of the salary (all the salary including various benefits) for six months just before you resigned divided by 30. (This will be the average daily wage). The amount of this benefit, for how many days you can receive the support for, depends on your age and how long you have worked (The length you have paid employment insurance) and depends on the reason you resigned from the previous job. The period you can apply benefit is in one month after about one month from the date of your resignation. (You must apply in one month after 30 days from one day after the resignation date.) Usually before you leave your company, the company will provide you with "Separation notice (Separation notice for the insured of employment insurance)". In order to apply to prolong the unemployment benefit period, please bring "Separation notice (Separation notice for the insured of employment insurance)", Maternal and Child Health Handbook and your name seal and visit the Hello Work office nearby.

じどうふようてあてきん
児童扶養手当金

Child-Rearing Allowance

シングルママ Single parent? **Yes!**
Yes!

シングルママとは、夫が死亡、未婚のママ、または正式に離婚が成立している場合で、離婚証明書または独身証明書の日本語訳の提出が必要です。離婚してもパートナーと住所や住まいが同じ場合は支給されません。

If your husband is dead; you are not married; or you are officially divorced, you will be a "single parent". You need a divorce certificate or a singleness certificate translated into Japanese in order to receive this allowance. Though you might be divorced, you might be still living together with your partner or have the same address with him. In such cases, you cannot receive this support.

子どもが18歳以後の最初の3月31日まで支給されます。月額9,850円～4万1,720円(全部支給)まで申請する人の所得額に応じて、こまかく支給額が決められています。2人目には5,000円追加(全部支給の場合、2人分で4万6,720円)、3人目以上になるとさらに3,000円追加になります。母子家庭の場合はさまざまな援助が受けられるので、確認してください。

This will be provided until the next May 31st comes after the child's 18 years old birthday. The amount may vary from 9,850 yen to 41,720 yen according to the applicant's income. They have a precise income standard for the amount they provide. For your second child, you can receive additional 5,000 yen. (So the full amount you will receive for your two children would be 46,720 yen.) For third children and more, additional 3,000 yen will be added accordingly. If you are a single parent, you have various supports like this. Please ask for what you are eligible to receive.

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あか
赤ちゃんが生まれたら
When the baby is born

かくしゅとどけて
A: 各種届出: Things you need to submit

① **出生届け:**

生まれてから14日以内に届けなければなりません。用紙は、産院でもらえます。忘れずに届けましょう。市町村と出身国領事館にも届け出が必要です。

① **Birth certificate:**

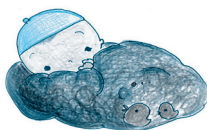
You need to submit the birth certificate within 14 days after birth. You can get this form at the hospital you deliver your baby. Please don't forget to submit it. You need to submit this to your municipal office and you also need to inform the consulate of your country on the birth.

② **児童手当等:**

出生届けを出すと、児童福祉手当や、子育て支援、予防接種などの担当課に行くように言われると思います。大切な手続きなので、必ず役所の指示に従って寄ってください。

② **Child-care allowances, etc.**

If you submit the birth certificate to the municipal office, they may ask you to go to another section. They will arrange for you the child-care allowances, child-supports, vaccinations and so on. Those are all very important procedures, so please follow the instructions.



B: 入院中にする検査、指導 Tests and instructions given while in hospital

出産直後母子ともに入院します。その際、赤ちゃんは先天性の異常がないかどうか、あるいは聴力が正常に機能しているかどうか等の検査が希望で受けられます。1万円前後の費用がかかりますが、早期に異常を発見するのに必要な検査です。赤ちゃんの健やかな成長の為に、ぜひ受けてください。

ママには、赤ちゃんのお風呂の入れ方や、ケアの仕方を入院中に指導があります。指導内容は産院によって少し差がありますが、不安な点や分からない事は遠慮せず、どんどん質問してください。

After the delivery, both mother and baby will stay in the hospital for a while. In the hospital, your baby can take tests to see if he/she has any congenital or hearing abnormalities. They cost about 10,000 yen. These tests are not obligatory, but inevitable for the baby's healthy growth. They are very important in finding abnormalities at the early stage. Please do take them. You will learn how to take care of the baby, including how to give a baby a bath and so on, while you are in the hospital. What and how they teach may differ according to the doctors. Please make sure you have all your questions answered, before you leave the hospital. It's important you have no worries. Please don't hesitate to ask questions

「先天性代謝異常等検査」

山梨県では、赤ちゃんの病気の早期発見のための検査を行っています。生後5～7日目頃
検査費用は山梨県が負担しますが、採血にかかる費用は自己負担です。(採血 2,800円)

Tests for inborn errors of metabolism and others

In Yamanashi prefecture, we encourage the newborns to take these tests in about 5 to 7 days after the birth for early detection and treatment.

The costs for the tests will be covered by the local government, but please pay for the blood sampling (2,800 yen).

「赤ちゃんの耳のきこえ（聴覚）の検査」

生まれた時に耳のきこえの状態を調べる「きこえの検査」をお受けください。

生後3日目頃
費用は自己負担です。(3,000円程度)

Hearing Tests for the newborns

Please let your newborn baby take hearing tests. They will be given in about 3 days after the birth. Please pay for the tests (about 3,000 yen).

C: 予防接種 Vaccinations

接種対象年齢が、予防接種の種類によって決まっています。その対象年齢のうちに接種しなければ、公費扱いとならず、自費で受けなければなりません。1歳になるまでの接種は、種類も多く大変です。市の広報等で、接種場所や日時のお知らせがあるので、こまめにチェックしてください。

Depending on the types of the vaccinations, the appropriate age the child needs to take each vaccination is different. Please don't forget to take it at the designated age. Otherwise, you have to take it on your own expense. (Usually it is at the public expense.) Especially, there are many vaccinations to take before the baby turns one year old. It might be troublesome, but please check when and where your baby can get those vaccinations. They are usually written in periodic municipal office newsletters, or if not, they announce them somewhere else. Please check by yourself and don't miss the chances to get your baby vaccinated.

D: 育児に悩んだら If you want to consult with someone about child-rearing

子育て相談総合窓口「かるがも」

子供の発達や子育てに関する悩み事、保健所・幼稚園、学校関係、友達関係、親の関わり・学校環境 に関してなど

■相談時間：◆月～金（第2・4月曜日・年末年始を除く）
9:00～16:30
*木曜日は助産師による相談を行っています。
◆土・日 9:00～15:30

■TEL：055-228-4152、055-228-4153
■場 所：県立男女共同参画推進センター ぴゅあ総合1階
(甲府市朝気 1-2-2)

★通訳が必要なときは
こちらへ連絡してください (有料)
(財)山梨県国際交流協会
Tel. 055-228-5419
甲府市飯田 2-2-3
県立国際交流センター内



The child-rearing center "Karugamo" offers consultation services for raising of children

Experienced staff will help you with child-rearing. You can consult about any of your concerns over your children including developmental, educational, and social issues.

Open: Monday to Friday (except the second and fourth Mondays and the New Year holidays) 9:00～16:30

* On Thursdays, a midwife will be there to help you.

Place: Yamanashi Prefectural Gender Equality Promotion Center
First floor in Yamanashi Prefectural Comprehensive Women's Center
(1-2-2 Asake, Kofu-city)

★ If you need an interpreter, please contact us. (You will be charged.)
Yamanashi International Association Tel. 055-228-5419
2-2-3 Iida, Kofu City (Located in Yamanashi International Center)

Medical Questionnaire 問診票 --- Obstetrics 産科

Name 名前: _____ Date of Birth 生年月日: _____ year 年 _____ month 月 _____ day 日

Current Address 現住所: _____ Phone #電話: _____ - _____ - _____

Name of your Nearest Relative 近親者: _____ Relationship 関係: _____

His/Her Address 近親者の住所: _____ Phone 電話 #: _____ - _____ - _____

Do you have health insurance? 健康保険の有無 Yes. はい (National 国保, Social 社保, Private 民間) No. いいえ

Nationality 国籍: _____ Language(s)言語: _____ Religion 宗教: _____

People you live with 同居者: Husband 夫 Children 子ども Others その他: _____

Menstruation 月経・生理:

When did your last period start? 最後の生理 Month 月 _____ Day 日 _____ から

When did you start menstruating? 初潮の年齢 At the age of _____ 歳

Are your periods regular? 生理は規則的ですか Yes No (Irregular) いいえ、不規則です

Menstrual Cycle 生理の周期: 28 days 30 days _____ days

How long does your period usually last? 通常、生理は何日間ありますか _____ days 日

Menstrual flow 出血量: Very heavy 非常に多い Heavy 多い Normal 普通 Light 少ない Very light 非常に少ない

Menstrual pain 生理痛: Very intense 非常に強い Intense 強い Mild 軽い None 無い

Pregnancy & Delivery 妊娠出産:

Have you ever been pregnant? 妊娠経験の有無 Yes. 有 Never 無

Past pregnancies 妊娠回数: _____ time(s)回

Live births 出産: _____ time(s)回

Year / Month / Weight at birth	Weeks of pregnancy	Types of delivery (See the following. *)	Is he or she healthy at present?
1 st child: _____ / _____ / _____ g	At _____ weeks	1 2 3 4	<input type="checkbox"/> Yes はい <input type="checkbox"/> No いいえ
2 nd child: _____ / _____ / _____ g	At _____ weeks	1 2 3 4	<input type="checkbox"/> Yes はい <input type="checkbox"/> No いいえ
3 rd child: _____ / _____ / _____ g	At _____ weeks	1 2 3 4	<input type="checkbox"/> Yes はい <input type="checkbox"/> No いいえ

* Types of Delivery 分娩方法 : 1. Natural birth 自然分娩 2. C-section 帝王切開 3. Forceps delivery 鉗子分娩 4. Vacuum extraction 吸引分娩

Miscarriage (Spontaneous abortion) 自然流産: _____ time(s)回

year 年/month 月 _____ / _____ At _____ weeks of pregnancy 妊娠週数

Induced abortion 人工妊娠中絶: _____ time(s)回

year 年/month 月 _____ / _____ At _____ weeks of pregnancy 妊娠週数

Problems: Ectopic pregnancy 子宮外妊娠 Pregnancy-Induced Hypertension (Preeclampsia) 妊娠高血圧症候群 Gestational Diabetes 妊娠糖尿病

Would you like to give birth at this hospital? この病院で出産を希望しますか。 Yes はい No いいえ

Others その他:

Are you currently taking any medication or/and supplement? If yes, write all of them. 現在服用中の薬、サプリメントがありますか。あれば、すべて記入して下さい。(Some medications and supplements are dangerous to your baby, so please make sure to write all.)

No. 無 Yes. 有: _____

Allergies アレルギー: Medication 薬: _____

Food 食物: _____ Others その他: _____

Are you a vegetarian? 菜食主義者か No いいえ Yes はい: I can eat eggs 卵, dairy products 乳製品.

Do you have anything you must not eat because of your religion? 宗教上、食べないものはありますか

No いいえ Yes はい: _____

Do you smoke? タバコを吸いますか: No いいえ Yes はい: _____ cigarettes a day 本/日

Have you ever had any serious illnesses? 重篤な病気にかかったことがありますか?

- Heart disease 心臓病 Liver disease 肝臓病 Kidney disease 腎臓病 Tuberculosis 結核
- Thyroid problem 甲状腺異常 High blood pressure 高血圧 Hepatitis A / B / C / D / E 肝炎 Asthma 喘息
- Diabetes 糖尿病 Sexual transmitted disease 性感染症 STD Others その他: _____

Have you ever had a surgery? 手術を受けたことはありますか? No いいえ Yes はい

When? いつ? year 年/month 月 _____ / _____ What surgery? 何の手術 _____

Have you ever had a blood transfusion? 輸血をしたことはありますか? No いいえ Yes はい: year 年/month 月 _____ / _____

緊急情報ガイドブック Emergency Guide for

にんしん しゅっさん
妊娠・出産ガイド

Pregnancy and Childbirth



<監修 Edited by >

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<参考文献 Reference >

たまごクラブ 最新妊娠大百科

"Tamago club: Saishin Ninshin Daihyakka (everything about pregnancy: latest issue)".

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This guide book is prepared based on the rules and regulations as of December 2009. Costs, benefits and systems may be altered when you read this. Please follow the latest rules and regulations

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