

Goal: Receive financial support

- Childbirth allowance
 - Pay the hospitals and maternity fees with a childbirth allowance discount. Please contact your health insurance society or workplace for more information.
- Medical expense allowance for babies and children
 - All medical expenses are covered for your child until they finish junior high school.
- Premature infant medical care
 - An allowance is offered during the period of hospitalization.
- Child allowance
 - Offered to people raising children until the child finishes junior high school.
- Child allowance for single parents (income restrictions apply)
 - This aid is for single-parent families until the child turns 18 years old.
- Allowance for children with special needs (income restrictions apply)
 - Offered to people raising children under 20 who have physical, intellectual, or mental disorders.
- Subsidy for single parents (income restrictions apply)
 - For single parents with children under 18 years old to receive a partial refund of medical expenses.
- Maternity leave benefits

Goal: Receive parenting support

- Nursery school
 - For children whose guardians cannot take care of them because of work or illness, guardians can receive nursing services
- Temporary nursery school (e.g. for one day or a few hours)
 - For parents dealing with disease, physical or mental tiredness from parenting, or parents that need to participate in an event or ceremony, etc.
- Family support
 - For people who wish to receiving child nursing support and people wishing to provide nursing care, this service provides drop-off and pick-up of children at nursery schools, etc. (prior registration required)

Oda City

Sukusuku Plan for Pregnancy, Childbirth, and Parenting

Parenting Support App "Odakko"

Get new information about parenting wherever you are! The app is an online Mother and Child Health Notebook, where you can record and manage data, such as your baby's health and vaccinations. You can also share your child's growth information your family. Please feel free to download and use this app.



App Store



Google Play



Web



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Oda City Hall
Integral Parenting Support Center - Odakko

0854-83-8152

(October 2019)

_____ 's Sukesuku Plan

We support your child's healthy growth.

Explanation Date: _____ (Notification of Pregnancy)

Confirmation Date: _____ (Notification of Birth)

Pregnancy Period – Goal: Receive health care while pregnant

- Receive Mother and Child Health Notebook
- General health check-ups during pregnancy
 - Until the 23rd week: once every 4 weeks
 - Between 24 and 35 weeks: once every 2 weeks
 - After the 36th week: once a week(If you receive a check-up outside of Shimane, you can request a partial refund)
- Dental exam
 - 1 free consultation during pregnancy
- Parent preparatory course at the hospital or maternity hospital (reservation required)
- Visits during pregnancy
 - If you request it, a public health nurse can visit you.
- Consultations with Maternal and Child Health Promotion staff
- Cost subsidy for the rubella vaccine
 - Available for pregnant women and their family, or women planning to become pregnant and their family.
- Maternal health management communication card
 - If the doctor has asked you to rest or change your working time, please take necessary measures such as talking Human Resources at your workplace.
- COCCOLO Card for Parenting Support
 - It is possible to get special services with the COCCOLO Card at certain establishments

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Your nurse is:



Birth and Parenting – Providing health care for babies and mothers after birth — Goal: Have access to a family doctor

- After-birth care program
 - This benefit is for mothers with babies up to 4 months old. You can receive care such as consultation with a midwife about breast-feeding, etc.
- Receive medical examinations using consultation cards in a separate volume of the Mother and Child Health Notebook
 - Maternal health check-up 2 weeks after birth
 - 1 month check-up · Child examination between 9-11 months
- Newborn visits
 - Nurses/midwives will visit you and the baby, to measure your baby's weight and talk about parenting.
- "Hello Baby" Visits
 - Maternal and Child Health Promotion Staff will visit houses with a newborn.
- Health check-up for your baby
 - 4 months old · 1.5 years old · 3 years 3 months old
- Preventive Vaccines
- Make sure to have a family doctor available to help you

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Goal: Learn and receive consultation about parenting

- Baby visits
 - Nurses/midwives will visit to measure your baby's weight and answer your questions.
- Infant consultation (no reservation required) & "Gokugoku" Breast-Feeding Salon (reservation required)
 - Once a month you can measure weight, receive consultation, etc.
- Parenting Support Center
 - The center offers appointments for stay-at-home parents about parenting, and provides play time for parents and children.
- Weaning classes (reservation required)
 - Practical classes on how to make baby food and other important tips.
- Parenting Club & Salon
- Parenting Consultation
 - You can ask questions to nurses, midwives, and nutritionists by visiting City Hall or by phone.
- Library events
 - Participate in read-aloud events, etc. at the library.

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