

妊娠・出産

妊娠届と母子健康手帳などの交付

妊娠の診断を受けたら、妊娠届を提出してください。マイナンバー（個人番号）確認、本人確認を行っています。その時に、健康診査や予防接種を受けるときに必要な母子健康手帳と「母と子の保健バッグ」を交付します。妊婦の方が日本語を読めない場合は、英語・中国語・ハングル・タイ語・タガログ語・ポルトガル語・インドネシア語・スペイン語・ベトナム語の母子健康手帳もあります。

問い合わせ：世田谷保健所健康推進課

電話：03-5432-2446 FAX：03-5432-3102

配付窓口（日本語・英語）：

総合支所保健福祉センター健康づくり課、総合支所区民課、出張所、まちづくりセンター

受付窓口（日本語・英語・中国語・ハングル・タイ語・タガログ語・ポルトガル語・インドネシア語・スペイン語・ベトナム語）：世田谷保健所健康推進課

ネウボラ面接（妊娠期面接・産後面接）

世田谷版ネウボラ（妊娠期からの切れ目のない支援）として、各総合支所保健福祉センター健康づくり課に保健師など専門職によるネウボラチームを配置し、妊娠から2歳までのお子さんをお持ちの全ての方を対象に面接を行います。妊娠・出産・育児などの不安や悩みを気軽に相談してください。面接の申し込みは電話とHP上に掲載している妊

娠期面接予約システムで受付しています。また、ネウボラ面接の際にせたがや子育て利用券を配付しています。

※子育て利用券についてはP.62参照

問い合わせ：総合支所保健福祉センター健康づくり課

P.22参照

妊婦健康診査・新生児聴覚検査

■健康診査を都内の医療機関で受診できる14回分の受診票と超音波検査及び子宮頸がん検診・新生児聴覚検査各1回分の受診票を交付します。（受診票に記載されている検査項目を実施した場合に、一定金額を上限として助成するものであり、医療機関での指導内容や検査項目により自己負担が発生します。）

■また、里帰りなどにより都外や国外の医療機関で受診した場合や、助産所で受診した場合には

受診票は利用できませんが、後日申請することで妊婦健康診査等に要した費用を助成する制度があります。

※妊婦健康診査受診票、超音波検査受診票、子宮頸がん検診受診票・新生児聴覚検査受診票は「母と子の保健バッグ」に入っています。

問い合わせ：世田谷保健所健康推進課

電話：03-5432-2446 FAX：03-5432-3102

産前・産後歯科健康診査

指定歯科医療機関で妊娠中と出産後各1回ずつ、無料で歯科健康診査を受診できる受診券を交付します。受診券は「母と子の保健バッグ」に入っています。

問い合わせ：世田谷保健所健康推進課

電話：03-5432-2442 FAX：03-5432-3102

Pregnancy and Childbirth

Pregnancy Notification and Maternal and Child Health Handbook

Please notify the municipal office that you are pregnant after you have confirmed your condition with a doctor. You will be required to show your Individual Number to confirm your personal identification. You will be issued a “Maternal and Child Health Kit” containing a Maternal and Child Health Handbook (necessary for check-ups and vaccinations). Maternal and Child Health Handbooks are available in English, Chinese, Korean, Thai, Tagalog, Portuguese, Indonesian, Spanish and Vietnamese for pregnant women who cannot read Japanese.

Inquiries:

Public-Health Promotion Division (*Kenko Suishin-ka*), Setagaya Public Health Center

Tel: 03-5432-2446, Fax: 03-5432-3102

Distribution Counters (Japanese and English):

Public-Health Promotion Division (*Kenko Zukuri-ka*) of Public Health and Welfare Center, District Administration Offices, Civic Affairs Division (*Kumin-ka*) of District Administration Offices, Community Branch Offices, and Community Development Branch Offices

Reception Counters (Japanese, English, Chinese, Korean, Thai, Tagalog, Portuguese, Indonesian, Spanish and Vietnamese):

Public Health Promotion Division (*Kenko Suishin-ka*) of the Setagaya Public Health Center

Setagaya Neuvola Interviews (Pregnancy interview and Post-childbirth interview)

Setagaya Neuvola (a continuous support program from pregnancy) establishes a Neuvola team made up of experts such as public health nurses at each Public Health Promotion Division of Public Health and Welfare Centers, District Administration Offices to conduct consultations for everyone with children from pregnancy until the child is 2 years old. Please feel free to ask for advice for any problems or concerns with pregnancy, childbirth, or child-raising. You can make reservations for consultation by telephone or via the Pregnancy In-

terview Reservation System written on the website. In addition, you will receive a Setagaya Childrearing Ticket at your Neuvola consultation.

Refer to p. 63 about Setagaya Childrearing Tickets.

Inquiries:

Public Health Promotion Division (*Kenko Zukuri-ka*), Public Health and Welfare Center, District Administration Offices

Refer to p. 23.

Checkups for Pregnant Women/Hearing Checkups for Newborns

■Pregnant women will receive vouchers for 14 health exams, one ultrasound exam and one cervical cancer checkup, and one hearing checkup for newborns at medical institutions in Tokyo. The cost is partly covered by public funds. (When the type of exam noted on the voucher is performed, a portion of the cost, up to a maximum limit, will be subsidized. Patients may be responsible for some costs depending on the advice and exam types suggested by their medical institution.)

returning to her parents' home, or when being examined at a birthing center, cannot use these vouchers. However, you can file an application at a later date to receive a subsidy for expenses incurred during checkups for pregnant women, etc.

* The prenatal health exam coupons, ultrasound exam vouchers, cervical cancer checkup vouchers, and hearing checkup coupons for newborns are provided in the “Maternal and Child Health Kit”.

Inquiries:

Public Health Promotion Division (*Kenko Suishin-ka*) of the Setagaya Public Health Center

Tel: 03-5432-2446 Fax: 03-5432-3102

■A patient examined at a medical institution outside of Tokyo—including outside of Japan—such as while

Dental Checkups before and after birth

A voucher for dental examinations once during pregnancy and once after giving birth is distributed for use at dental clinics within Setagaya. The voucher is included in the “Maternal and Child Health Kit.”

Inquiries:

Public Health Promotion Division (*Kenko Suishin-ka*), Setagaya Public Health Center

Tel: 03-5432-2442 Fax: 03-5432-3102

特定不妊治療費助成制度

東京都特定不妊治療費助成の認定を受けた方で、治療期間中に区内に住所を有している方に対し、治療費の一部を助成します。なお、治療開始時の年齢別に助成回数の制限があります。

問い合わせ：世田谷保健所健康推進課
電話：03-5432-2446 FAX：03-5432-3102
総合支所保健福祉センター健康づくり課
P.22 参照

妊娠高血圧症候群など医療費助成

妊娠高血圧症候群などにかかっている妊婦で、医療機関に入院した場合、医療費を助成します。ただし、入院日数など資格条件があります。

問い合わせ：総合支所保健福祉センター健康づくり課
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保健指導票

生活保護を受けている方や住民税非課税世帯の方等を対象に、妊婦健診と産後の母と子の健診（各1回）の費用を助成します。指定病院への受診等いくつかの条件がありますのでご相談ください。

問い合わせ：総合支所保健福祉センター健康づくり課
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出産費用の援助

入院などの費用を支払うことが困難な妊産婦（住民税が非課税の世帯、または前年の所得税額が年間8,400円以下の世帯。ただし、一部除外あり）が、入院して分べんする場合は、指定病院への入院・分べん費用を援助します。在留カードをもって相

談にお越しく下さい。
問い合わせ：総合支所保健福祉センター子ども家庭支援課 子ども家庭支援センター
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第3子出産費助成

第3子以降を出産（妊娠85日以上の出産・死産、死別などを含む。以下同じ）した場合の出産費の一部を助成します。

対象：次のすべてに該当する場合

1. 出産した母の住所が出産前から申請日時点まで引き続き世田谷区にある
2. 出産児の住所が出生日から申請日時点まで引き続き世田谷区にある（流産・死産の場合は不問）
3. 出産児を含み18歳到達後最初の年度末を迎えるまでの児童を3人以上養育している（「3人以上」には、過去の流産・死産、死別なども含まれる場合がありますので、ご相談ください。）

4. 加入健康保険などから当該出産について出産育児一時金などの給付を受けている
 5. 児童福祉法による入院助産を受けていない
- 助成額：出産費用から出産育児一時金などを差し引いた金額（出産費用が48万円以上の場合は区の基準額48万円から出産育児一時金などを差し引いた金額）
- 申請期限：当該出産の日から1年以内（災害その他やむをえない場合を除く）
- 問い合わせ：子ども育成推進課
電話：03-5432-2309 FAX：03-5432-3016

Designated Pregnancy Treatment Support System

Persons recognized for Metropolitan Designated Pregnancy Treatment Benefits with a residence within Setagaya can receive partial support for treatment costs while undergoing pregnancy treatment. Please note that there are limits to the number of times the benefit can be received depending on age when treatment started.

Inquiries:

Public-Health Promotion Division (*Kenko Suishin-ka*), Setagaya Public Health Center
Tel: 03-5432-2446, Fax: 03-5432-3102
Public-Health Promotion Division (*Kenko Zukuri-ka*), Public Health and Welfare Center, District Administration Offices
Refer to p. 23.

Financial Assistance for Pregnancy-Induced Hypertension, etc.

For those who develop pregnancy hypertension, there are medical benefits to assist with the costs of hospitalization. However, there are certain conditions involved regarding this assistance, such as the number of days of hospitalization.

Inquiries:

Public-Health Promotion Division (*Kenko Zukuri-ka*), Public Health and Welfare Center, District Administration Offices
Refer to p. 23.

Health Instruction Sheets

The fees pregnancy health checkups and post-childbirth mother and child health checkups (once for each checkup) are subsidized for those who receive public financial assistance for everyday living and those who belong to households that are exempt from resident's tax. There are several requirements, such as undergoing the checkup at designated medical institutions, so please call for

more information.

Inquiries:

Public-Health Promotion Division (*Kenko Zukuri-ka*), Public Health and Welfare Center, District Administration Offices
Refer to p. 23.

Subsidies for Childbirth Expenses

Subsidies are available for hospitalization and delivery at designated hospitals for expectant mothers with financial difficulty in hospitalization expenses (households that are tax-exempt for Resident's Tax, or households with an income tax for the previous year of ¥8,400 or less; however, there are some exceptions). Please bring your Residence Card and come for consultation.

Inquiries:

Children and Family Support Center, Children and Family Support Division (*Kodomo Katei Shien-ka*), Public Health and Welfare Center, District Administration Offices
Refer to p. 23

Childbirth Subsidy for Third Child

Part of the expenses for the birth (including miscarriages after 85 days of pregnancy or stillbirths and bereavements. The same applies below) of your third child and any subsequent children will be covered by Setagaya City.

To be eligible, you must meet all of the following criteria:

1. The mother of the child must have lived in Setagaya City from before the birth of the child until the date of the application
2. Your newly born baby must have lived in Setagaya City from the day of his/her birth until the date of application (not necessary for cases of miscarriage or stillbirth)
3. Including the newly born baby and any children up through the end of the first fiscal year after their 18th birthday, if you are raising three or more children ("Three or more" may include past miscarriages, stillbirths and bereavements. Please ask for further information.)

4. You are eligible for benefits such as the Lump-Sum Childbirth Allowance with the health insurance program you are enrolled in.
5. You did not receive in-hospital midwifery care as stipulated in the Child Welfare Act

The amount of subsidy will be calculated by deducting the Lump-Sum Childbirth Allowance etc. from the childbirth expenses. (If the expenses exceeded ¥480,000, the Lump-Sum Childbirth Allowance etc. will be deducted from the municipal standard of ¥480,000)

The application period is within one year of the birth of your child. (Excluding disasters or any other uncontrollable circumstances.)

Inquiries:

Child-Rearing Promotion Division (*Kodomo Ikusei Suishin-ka*),
Tel: 03-5432-2309
Fax: 03-5432-3016

両親学級

妊娠された方を対象に、妊娠中の健康管理や出産に必要な知識を学べる「両親学級」を開催しています。

問い合わせ：総合支所保健福祉センター健康づくり課
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乳児期家庭訪問（赤ちゃん訪問）

生後4か月までの赤ちゃんのいるご家庭を、保健師、助産師が訪問し、育児やお母さんの健康についての相談などを行います。母子健康手帳に添付している「出生通知票（赤ちゃん訪問連絡票）」を電子申請もしくは郵送にて提出をお願いします。

問い合わせ：総合支所保健福祉センター健康づくり課
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せたがや子育て利用券

2歳までのお子様がいるご家庭に、産前・産後のサービスが利用できる「子育て利用券」（額面1万円分）を配付しています。
配付場所：総合支所保健福祉センター健康づくり課

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問い合わせ：世田谷保健所健康推進課
電話：03-5432-2446 FAX：03-5432-3102

産後ケア事業

出産後から生後4か月未満で育児疲れや育児不安があり、ご家族の援助が受けられない母子が利用できます。宿泊（ショートステイ）や日帰り（デイケア）で授乳方法や育児について助産師に相談できます。（事前登録が必要）

問い合わせ：総合支所保健福祉センター子ども家庭支援課 子ども家庭支援センター
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Parenting Class

We will be hosting Parenting Class where pregnant people can learn things they should know about maintaining their health during pregnancy and childbirth.

Inquiries:
Public-Health Promotion Division (*Kenko Zukuri-ka*),
Public Health and Welfare Center, District Administration Offices
Refer to p. 23.

Infant home visit (Baby visit)

A public health nurse or midwife visits homes with babies by the fourth month after birth to consult about the health of the child and mother. Please submit the Birth Notification (Baby Visit Card), inserted in the Maternal and Child Health Handbook either electronically or by postal service.

Inquiries:
Public-Health Promotion Division (*Kenko Zukuri-ka*),
Public Health and Welfare Center, District Administration Offices
Refer to p. 23.

Setagaya Childrearing Tickets

Families with children up to two years of age will be given childrearing tickets worth a total of ¥10,000 that can be used for services during and after pregnancy.
Distribution location:
Public-Health Promotion Division (*Kenko Zukuri-ka*),
Public Health and Welfare Center, District Administration Offices
Refer to p.23.

Inquiries:
Public Health Promotion Division (*Kenko Suishin-ka*),
Setagaya Public Health Center
Tel: 03-5432-2446
Fax: 03-5432-3102

Postnatal Care Programs

Mothers of infants up to four months of age who are not receiving assistance from their families but have concerns or are experiencing fatigue as a result of childrearing, can take advantage of these services. You can ask for advice concerning accommodations (short-stay), daycare (commuting during the day), and child-raising. (Advance reservations are required.)

Inquiries:
Children and Family Support Center, Children and Family Support Division (*Kodomo Katei Shien-ka*),
Public Health and Welfare Center, District Administration Offices
Refer to p. 23.