

Guide to Child Health Checkups etc. (FY2021)

April 1, 2021

1. Checkup

Name of checkup	Period when checkup is carried out	Period when you will receive the notice	How to undergo the checkup
Health checkup at 3 to 4 months	In Setagaya City, this checkup is carried out during the month when your child reaches 4 months of age; it is carried out to check your child's development (such as the ability to support his/her own head).	The notice is posted to you by the end of the month when your child reaches 3 months of age	※1
Health checkups at 6 to 7 months and 9 to 10 months	Each checkup is carried out once between the month when your child reaches 6-7 months and the month when your child reaches 9-10 months of age	The checkup card is handed over to you at the time when your child undergoes the 3-4 month checkup	※2
Health checkup at 18 months (internal checkup)	1 year 6 months - 1 year 11 months of age	The notice is posted to you by the end of the month when your child reaches 1 year 5 months of age	※3
Health checkup at 18 months (dental checkup)	During the month when your child reaches 1 year 7 months of age (however, your child can undergo this checkup up until he/she reaches 1 year 11 months of age)	The notice is posted to you by the end of the month when your child reaches 1 year 6 months of age	※1
Dental checkup at 30 months	2 years 6 months - 2 years 8 months of age	The notice is posted to you by the end of the month when your child reaches 2 years 5 months of age	※3
Health checkup at 3 years (internal and dental checkup)	During the month when your child reaches the 3 years 1 month of age (however, your child can undergo this checkup up until he/she reaches 3 years 11 months of age)	The notice is posted to you by the end of the month when your child reaches 3 years of age	※1
Distribution of fluoride application cards (4 years/6 years)	From June - March of the following year ※This checkup is for children who reach 4 years/6 years of age between 1 April 2021 and 31 March 2022. Eligible 4-year-olds are those born between 1 April 2017 and 31 March 2018. Eligible 6-year-olds are those born between 1 April 2015 and 31 March 2016.	The notice is posted to you at the end of May	※3

※1: Carried out on a group basis at a stipulated date and time at the Public-Health Promotion Division of your local District Administration Office.


※2: Carried out on an individual basis at a designated medical institution **in Tokyo** within the stipulated period.

※3: Carried out on an individual basis at a designated medical institution **in Setagaya City** within the stipulated period.

Note: COVID countermeasures are taken during child health checkups to prevent the spread of contagious diseases. For more information, please visit the Setagaya City website.

2. Setagaya Childrearing Tickets

We will hand out "Setagaya Childrearing Tickets", worth of a total of ¥10,000 that can be used for services during pregnancy and after birth, parent-child interaction, making friends. Please use it.

Distribution target	Distribution method	Expiration dates
<p>•For pregnant</p> <p>•For parents with children up to 2 years (Example: Born on April 20, 2018 → distributed until April 20, 2020)</p> <p>※If the above applies, those who having moved to Setagaya after submitting a pregnancy notification form and giving birth also target of distribution.</p>	<p>●For pregnant women You will receive the tickets when you have a neuvola interview (interview during pregnancy) with a public health nurse, midwife or other health provider. Note: You can book neuvola interviews through the reservation system (scan the QR code at right or search for neuvola interview [interview during pregnancy and postpartum interview] from the Setagaya City website) or contact the Public-Health Promotion Division of your local District Administration Office (check "3. Inquiries" below).</p>  <p>● For nursing mothers You will receive the tickets at the time of your neuvola interview (postpartum interview) from a public health nurse, midwife or other health provider. Notes: 1. Please confirm "3. Inquiries" below and contact the Public- Health Promotion Division of your local District Administration Office. 2. You may receive postpartum advice in conjunction with child health checkups, etc.</p>	Until 2 years of age.

※One set of "Setagaya Childrearing Tickets" is distributed to each baby only once, at the opportunity corresponding to the above "Distribution target".

3. Enquiries

content	affiliation	Jurisdiction	TEL	FAX	
•Vaccination	Infectious Diseases Control Division, Setagaya Public Health Center	—	03-5432-2437	03-5432-3022	
①About checkup form, checkup schedule •If you do not receive a consultation form, if you move in after the notification time, if you lose, etc. •date of Health checkups at 3 to 4 months, 18 months (dental checkup) or 3 years ②About pregnancy consultations / postpartum consultations, consultation such as child care by public health nurse and nutritionist of Neubora team, distribution of use Setagaya Childrearing Tickets	Public-Health Promotion Division, Setagaya District Administration Office	池尻1~3丁目、池尻4丁目(1~32番)、上馬、経堂、駒沢1~2丁目、桜、桜丘、三軒茶屋、下馬、世田谷、太子堂、弦巻、野沢、三宿、宮坂、若林	03-5432-2893(check①) 03-5432-2896(check②)	03-5432-3074	
	Public-Health Promotion Division, Kitazawa District Administration Office	赤堤、池尻4丁目(33~39番)、梅丘、大原、北沢、豪徳寺、桜上水、代沢、代田、羽根木、松原	03-6804-9355(check①) 03-6804-9667(check②)	03-6804-9044	
	Public-Health Promotion Division, Tamagawa District Administration Office	奥沢、尾山台、上野毛、上用賀、駒沢3~5丁目、駒沢公園、桜新町、新町、瀬田、玉川、玉川台、玉川田園調布、玉堤、等々力、中町、野毛、東玉川、深沢、用賀	03-3702-1948(check①) 03-3702-1982(check②)	03-3705-9203	
	Public-Health Promotion Division, Kinuta District Administration Office	宇奈根、大蔵、岡本、鎌田、喜多見、砧、砧公園、成城、祖師谷、千歳台、船橋	03-3483-3161 (check①) 03-3483-3166(check②)	03-3483-3167	
	Public-Health Promotion Division, Karasuyama District Administration Office		粕谷、上北沢、上祖師谷、北鳥山、給田、八幡山、南鳥山	03-3308-8228 (check①) 03-3308-8246(check②)	03-3308-3036

If you have any questions in English, please contact to Foreign Residents' Advisory Desk.

TEL:03-5432-2892