

●Health insurance, Myra health insurance card or eligibility certificates●

Residents of Japan must enroll in one of the following two insurance programs. Once you have enrolled in insurance and registered your health insurance information with your Individual Number (My Number) Card, you can use your Individual Number Card as a health insurance card. If you do not link your health insurance information with your Individual Number Card, then you can receive an “Eligibility certificate” instead. If you do not enroll in an insurance, you will be charged the full amount for any visits to the doctor. (If you have health insurance, you pay 30%.)

- ① **Social Insurance (Employee Insurance)**... If you are employed, your employer will complete the procedure for enrollment. Insurance fees will be deducted from your pay.
- ② **National Health Insurance**... If you do not have social insurance, you will enroll in this program. Enroll at your ward office. (Bring your residence card, passport, and bank cash card).

For details, please see the International Relations Department section of SenTIA's website:
[Top>Information in Foreign Languages>Daily Life>Taxes • Pension • Payment>National Health Insurance Guidebook](#) (J, E, C, K)

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 these subsidized vouchers to receive up to 16 pregnancy check-ups at registered medical institutions.
 - 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.

●Lump-sum allowance for childbirth●

If you have 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 details, see the City of Sendai website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Support/Subsidies/Benefits>Support Related to Pregnancy/Giving Birth>Childbirth Assistance Program](#) (J)

●When your baby is born●

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

Please also fill out the Delivery Contact Information Form in your Maternal and Child Health Handbook supplementary booklet (for expectant and nursing mothers) and send it to your Public Health and Welfare Center as soon as possible. (You will 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/e/> (J, E, C, K)



●What to do when your child is sick●

*In case of emergency, please visit a hospital listed on page 3.

International Relations Department section of SenTIA's website: [Top>Information in Foreign Languages>Child, Families>What to Do When Your Child is Sick](#) (J, E, C, K)

●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).

For details, please see the Sendai City website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Health>Health of Your Child>Health Check-ups for Infants \(two-month olds, four to five-month olds, eight to nine-month olds\)](#) (J)

Basics / IV. Children / 2. Toddlers

●Immunization for children●

Immunization is necessary to protect your child's health. The age when children can receive vaccines for free is determined based on the timing best suited for immunity-building. If you would like your child to receive vaccinations, please consult with your ward office or general branch, etc. early.

For more details, see the City of Sendai website: [Top>Life Information>Health and Welfare>Health and Medical Care>Information on Infectious Diseases/Vaccinations>Vaccinations>Regular Vaccinations \(Post-infant\)>Vaccination Ages and Schedule for Children](#)(J)

●Child allowance●

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

Those eligible for the allowance are those living in Sendai and are raising children that are any age from newborns to the end of the fiscal year in which they turn 18. Please apply within 15 days from the day following your child's birth or the date you moved into Sendai.

If you apply late, you may not receive the allowance for that month, so please apply in good time.

For more details, see the City of Sendai website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Support/Subsidies/Benefits>Support for Child-rearing Individuals>Child Allowance](#) (J・E・C・K)

●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 authorized by Sendai City**, 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.

●Authorized nursery schools

【Hours】 ※ Vary according to 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. Nursery school fees are determined based on factors such as each household's inhabitant tax. (Nursery school 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: [Top>Information in Foreign Languages>](#)

[Child, Family>Enrollment Procedure for Childcare Facilities and Services](#) (J, E, C, K)

For more information, see the Sendai City website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Drop Off>Regular Education/Child Care Services>Applying to Nurseries and Kindergartens>To Those who Wish to Use Childcare Facilities](#) (J)

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, you can receive payment from the City of Sendai equal to the amount of childcare fees under the maximum amount limit.

For a list of unlicensed childcare facilities, see the Sendai City website*: [Top>Life Information>Child-rearing/Youth>Child-rearing Policies>Drop Off>Regular Education/Childcare Services>Unlicensed Childcare Facilities>List of Unlicensed Childcare Facilities](#) (J)

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

●Sending your child to kindergartens●

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. Nursery school 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. Nursery school fees are determined based on each household's inhabitant tax and other circumstances. (Nursery school 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 details, see the Sendai City website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Drop Off>Regular Education/Childcare Services>Applications for Kindergartens and Nursery Facilities>For Those Who Would Like to Use Children's Facilities](#) (J)

●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.

●Places where parent 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 details, see the City of Sendai website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Learning and Outings>Parent and Child Friendly Spaces>Nobisuku \(Child-rearing Fureai Plazas, etc.\)](#) (J)

●Visiting a children's center●

These are facilities that provide children with toys and a place to play.

All children ages 0 to 17 are welcome.

For details, see the City of Sendai website: [Top>Life Information>Health and Welfare>Child-rearing/Youth>Child-rearing Policies>Learning and Outing>Parent and Child Friendly Spaces>Children's Halls>Children's Halls/Centers](#) (J)

※ 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 39 for details).

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

Basics / IV. Children / 3. School

●Sending your child to Sendai municipal elementary and junior high schools●

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

TEL: 022-214-8860

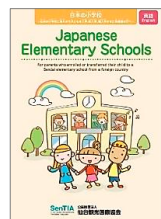
Simple explanation about Japanese elementary schools, junior high schools, and school life in Japan

●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)

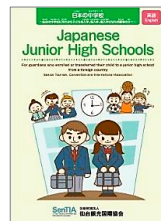


●Japanese Junior High Schools

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

●Support and activities for students and parents whose first language is not Japanese●

Service/Organization	Description of activities	Inquiries
Language support for returnees and foreign children in Japanese schools	Dispatching aides to support students during classes at Sendai municipal elementary and junior high schools	Educational Supervision Section, Board of Education TEL: 022-214-8875
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
Children with Roots Abroad Support Consultation Desk	Dispatching of volunteer interpreters and coordinators to schools, hosting training seminars for citizens and people who provide support, etc.	SenTIA TEL: 022-268-6260 Sendai Multicultural Center, Sendai International Center TEL: 022-265-2471
Summer school	A program where children can enjoy studying with volunteers during summer vacation	SenTIA TEL: 022-268-6260
Career guidance	An information session for elementary and junior high school students who wish to enroll in high school in Japan and their parents	SenTIA TEL: 022-268-6260

●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

Miyagi Career Guidebook for Children and Parents who are Non-Native Japanese Speakers

Provides detailed explanations on the Japanese education system, high school, and high school entrance exams

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

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

※ You can get this booklet for free at the Sendai Multicultural Center.

