

Sendai Multicultural Center News



From Pregnancy to Childbirth

Q: I discovered that I am pregnant. What do I need to do?

A: There are various procedures that you need to complete from when you are pregnant to after you gave birth. Here is a general rundown.



① Receiving the "Maternal and Child Health Handbook" and the "Supplementary Booklet"

After you receive a pregnancy diagnosis from a medical institution, bring the notice of pregnancy that you received from your doctor to the Home Health Section of your ward office or the Public Health and Welfare Section of your general branch.

You must make an appointment to receive your "Maternal and Child Health Handbook" and the "Supplementary Booklet", so please fill in the necessary items on the online reservation form ahead of time. Receive Your "Maternal and Child Health Handbook" and "Supplementary Booklet".

The "Maternal and Child Health Handbook"...The "Maternal and Child Health Handbook" is used to record the health condition of you and your baby. It is available in foreign languages as well as Japanese.

You will continue to use the handbook after the birth of your child, so please do not lose it.



② Pregnancy General Health Check-ups

During your pregnancy, you will receive regular health check-ups at medical institutions.

During the health check-ups, you will receive physical examinations and blood tests.

The first 16 pregnancy health check-ups are subsidized by the government.

When receiving your health check-up, use the subsidized vouchers included in the supplementary booklet of your Maternal and Child Health Handbook. Make sure to attend your health check-ups even if you are feeling fine.

③ Pregnancy Dental Health Check-ups

Pregnant individuals are more likely to have cavities and periodontal disease because of morning sickness and changes in female hormones. Once you feel physically fine, you can attend the dental health check-up.

The check-up is free if you use the voucher included in the supplementary booklet.

You can make an appointment by calling a registered medical institution.

④ Consultation with Public Health Nurses

At approximately 8 months into their pregnancy, those who wish to consult a public health nurse will have the opportunity to do so. See "Sendai Nobisuku Navi" for more details.

"Sendai Nobisuku Navi"...This website is for people who are raising children in Sendai.

You can find information for various child-rearing services. ※ Available in Japanese only



⑤ Parenting Classes

First time parents can attend classes to learn about child-rearing. They can also exchange information with other participants. Dates and times of classes differ according to the ward you live in, and a reservation is necessary.

Check the official website of your ward office for information on how to apply.

⑥ Giving birth

Q: What do I need to do after the birth of my child?

A: There are several important procedures to complete after giving birth. Some of these have deadlines, so beware of that.

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Publications in Seven Languages

In addition to English, we also have publications in Japanese / にほんご, Chinese (Simplified) / 简体中文, Chinese (Traditional) / 繁體中文, Korean / 한국어, Vietnamese / Tiếng Việt, and Nepali / नेपाली.

They can also be viewed on our website, or found at the Sendai Multicultural Center.



Notice of Delivery

Notify your ward office about the birth of your child
[Deadline] Within 14 days after giving birth
[Where to submit] The municipality where your child is born, or the ward office/ general branch that has jurisdiction over the parents' residence
[Necessary items] "Maternal and Child Health Handbook", Birth certificate (issued by the hospital)

Child Allowance

Subsidy for individuals raising children under 18 years old
[Deadline] 15 days starting from the day after the day on which you gave birth
[Where to submit] Your ward office or general branch, directly or by post
[Necessary items] Copy of the bank account information of the applicant ※Those enrolled in employee's insurance should include a copy of their health insurance card

Birth Notice Form

Necessary when public health nurses and midwife visit your home for consultations
[Deadline] As soon as possible after giving birth
[Where to submit] Your ward office, general branch, or from the official website of the City of Sendai
[Necessary items] Post card included in the supplementary booklet of the Maternal and Child Health Handbook (Not needed if you applied from the website)



Child Medical Expenses Subsidy Aid

When your child is ill or injured and received treatment at a medical institution using health insurance, co-payment of your child's medical expense will be partially subsidized
[Deadline] As soon as possible after giving birth
[Where to submit] Your ward office or general branch, directly or by post
[Necessary items] Copy of your child's health insurance information, Copy of the guardian's bank account information, Copy of the individual number card

Lump-sum Allowance for Childbirth

A subsidy that you can receive after giving birth

※There is a direct payment system that allows you to request for the lump-sum allowance to be paid directly to the hospital so that the resulting medical fees that you have to pay is reduced. The application for using this system must be completed prior to giving birth. Please consult the hospital that you are giving birth at.

[Deadline] Two years starting from the day after the day on which you gave birth
[Where to submit]

Individuals enrolled in Sendai City's National Health Insurance scheme: →Your ward office or general branch

Individuals enrolled in the employee's insurance of their workplace: →Your workplace or the organization in charge of providing your health insurance

[Necessary items] The items you need depend on which health insurance you are enrolled in.

Those who are enrolled in Sendai City's National Health Insurance should refer to the official website of the city.



※Foreign residents must also complete the following procedures.

- ① The necessary procedures for your child's status of residence at the immigration bureau.
This procedure must be completed within 30 days of birth.
- ② The procedures at your home country's embassy for your child's citizenship.

Maternity Support Benefit

This is a subsidy that you can receive while you are pregnant and after you give birth.

Eligibility: Individuals who gave birth on or after April 1, 2025, and have a resident record in Sendai City at the time of application.

First benefit (50,000 yen)

[Deadline] 2 years from the day when you received a pregnancy diagnosis at a medical institution

※Your municipality will inform you about the application procedure when you submit your notice of pregnancy. Please apply as soon as you can.

Second benefit (50,000 yen per child)

[Deadline] 2 years starting from 8 weeks before the estimated date of birth

※Your municipality will inform you about the application procedure during the newborn home visit. Please apply as soon as you can.



Other than the systems introduced here, there are also various support and services available during your pregnancy and after you give birth. If you have any questions or concerns, please consult the Public Health Center and Home Health Section of your ward and your hospital.

If you need support in foreign languages, please consult the Sendai Multicultural Center.

Notice: Multilingual Information Available

【Childbirth and Child-rearing Guide for Foreign Residents living in Sendai】

This website is operated by SenTIA.

Useful information for foreign residents who will be giving birth or are raising children in Sendai can be found on the website.

Multilingual information on systems to support those who are about to give birth, childcare support, and places that you can consult are available.

<https://int.sentia-sendai.jp/child/guide/e/index.html>



【Parenting in Japan - From pregnancy to enrolling in elementary school -】

This website is operated by the Kanagawa International Foundation.

Tools such as the "parenting chart for foreign residents", which shows the timeline for raising a child starting from pregnancy up to a child's entrance into elementary school can be found, Information regarding important procedures that have to be completed at the immigration bureau and at your country's embassy are also available in multiple languages.

<https://www.kifjp.org/child/chart>



【The Support Guide for Moms and Babies】

This website is operated by the Researching and Supporting Multi-Cultural Healthcare Service (RASC).

Multilingual information that is necessary for giving birth and raising children in Japan, medical information, common Japanese words that are used in relation to giving birth, and advices from foreign residents who have given birth in Japan before can be found in this publication.

<https://rasc.jp/momandbaby/english/>



Advisor Corner "Child-rearing in Japan - Pregnancy and Childbirth - "

Thoughts and experiences from advisors on this issue's theme

In Japan, as pregnancy and childbirth is not covered by the insurance, people who are pregnant must pay the fees that incurred during child delivery. However, after their child is born, parents are entitled to receiving a lump-sum allowance, which will help cover the expenses of giving birth. In comparison, the Canadian government covers all childbirth related expenses for Canadian citizens and permanent residents, so even though Canadians do not get a lump-sum allowance, they do not have to pay any money to give birth in public hospitals.

Furthermore, in Japan, if one wishes to opt for epidural birth or Caesarean section, they have to pay extra money to access those options. Whereas in Canada, both epidural birth and Caesarean section are covered by universal free health care, so no extra payments are required.

Lastly, as Japan is a country that bases its citizenship eligibility on the principle of *jus sanguinis* (by blood), children of foreigners who are born in Japan are not eligible for Japanese citizenship, and must acquire a status of residency in order to be able to stay in Japan. In contrast, as Canada operates based on the principle of *jus soli* (by birth), all children born on Canadian soil automatically receives Canadian citizenship, even if neither of their parents are Canadian citizens.

(Consultant Z)

Each advisor writes in the "Advisor Corner" each issue in all language versions.

The Japanese translation for each is on our blog. Please have a look.

Sendai Multicultural Center

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仙台多文化共生センター



Opening Hours Daily 9:00 a.m. to 5:00 p.m. (closed during the New Year's holidays and 1 to 2 days per month for maintenance)

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TEL (022) 265 - 2471

FAX (022) 265 - 2472

Email tabunka@sentia-sendai.jp

URL <https://int.sentia-sendai.jp/e/exchange/>



■ Advice in foreign languages

We provide multilingual consultation on worries and problems about daily life. Please call the Interpretation Support Hotline at (022) 224-1919.

Languages available: English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, Russian, Indonesian, Italian, French, German, Malay, Khmer, Burmese, Mongolian, Sinhala, Hindi, Bengali, and Urdu.

Specialist Consultations for Foreign Residents

We periodically hold specialist consultations with lawyers, administrative scriveners and so on. If there are any matters that are affecting your life in Sendai, please schedule a consultation. Consultations are confidential and are limited to 30 minutes per person. Consultations are held from 1:00 p.m. to 4:00 p.m.

You can check the consultation dates on our website.

<https://int.sentia-sendai.jp/e/exchange/consultation.html>



Administrative
Scrivener



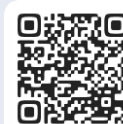
Lawyer



Labour
Bureau



Immigration
Bureau



Tax
Accountant



Sendai City
Entrepreneurship Support Center
ASSISTA



Editing and Publishing: Sendai Tourism, Convention and International Association (SenTIA), International Relations Department

The Sendai Multicultural Center is commissioned by the City of Sendai and managed by SenTIA

Published August 2025