

妊娠・出産

妊娠届と母子健康手帳（親子健康手帳）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（親子健康手帳）と「母と子の保健バッグ」を交付します。外国籍の妊婦の方が日本語を読めない場合は、英語・中国語・ハンガル・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。

お問い合わせ：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・ハンガル・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・妊娠 8 ヶ月面談・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ホームページ上に掲載し

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

お問い合わせ：総合支所保健福祉センター健康づくり課

P.22 参照

出産応援ギフト

妊娠届出を提出し、妊娠期面接を受けた方には出産応援ギフト（妊婦 1 人あたり 5 万円相当のギフトカードなど）を支給しています。

お問い合わせ：世田谷区出産・子育て応援事務局（世田谷保健所健康推進課）

電話：03-6705-0258 FAX：045-683-1718

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および子宮頸がん検診・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など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。

お問い合わせ：世田谷保健所健康推進課

電話：03-5432-2446 FAX：03-5432-3102

Pregnancy and Childbirth

Pregnancy Notification and Maternal and Child Health Handbook (Parent 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 (Parent 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 are not of Japanese nationality.

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, 8-month gestation interview, and postnatal 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. You can make reservations for consultation by telephone or via the Pregnancy Interview Reservation System written on the website. In ad-

dition, 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.

Childbirth Support Gifts

Expectant mothers who submit a pregnancy notification and go through a pregnancy interview are eligible to receive childbirth support gifts (gift cards, etc. worth approximately 50,000 yen per expectant mother).

Inquiries: Childbirth and Parenting Support Office (*Shussan Kosodate Oen Jimukyoku*) (Public Health Promotion Division (*Kenko Suishin-ka*), Setagaya Public Health Center)

Tel: 03-6705-0258, **Fax:** 045-683-1718

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.)

■ A patient examined at a medical institution outside of Tokyo or outside of Japan, such as while returning to her parents' home, 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*)
Setagaya Public Health Center

Tel: 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。

お問い合わせ：世田谷保健所健康推進課
電話：03-5432-2442 FAX：03-5432-3102

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。

お問い合わせ：総合支所保健福祉センター健康づくり課 P.22 参照

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などを対象に、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。指定病院への受診などいくつかの条件がありますのでご相談ください。

お問い合わせ：総合支所保健福祉センター健康づくり課 P.22 参照

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、または前年度の区民税の所得割額が年間19,000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、指定病院での出産費用を援助します。在留カードをもって相談にお越しください。

※援助を受けるためには、事前申請が必要です。
お問い合わせ：総合支所保健福祉センター子ども家庭支援課 P.22 参照

世田谷区出産費助成制度

令和5年4月1日以降の出産について、出産費用の一部を助成します。（流産・死産、死別などの一部も対象）

対象：以下のいずれかにあてはまること

1. 出産児の住所が、出生日時時点で区内にあること
2. 妊娠85日以上流産・死産の場合は、
出産日時時点で母の住所が区内にあること
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こと

助成額：出産児1人につき5万円

申請期限：当該出産の日から1年以内（災害などやむを得ない事由のある場合を除く）

その他：令和5年3月31日までに第3子以降を出産した方について、第3子出産費助成制度の対象となる場合があります。詳しくは、お問い合わせください。

お問い合わせ：子ども家庭課
電話：03-5432-2309 FAX：03-5432-3081



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

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 check-up) are subsidized for or 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 check-up 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

Pregnant women who have difficulty paying for hospitalization (households exempt from residence tax, or households with an annual income percent of 19,000 yen or less in the previous fiscal year's inhabitant tax.

*Prior application is required to receive assistance.

Inquiries:

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

Refer to p. 23

Setagaya’s Childbirth Expenses Subsidy System

Setagaya City provides subsidies to help cover some childbirth expenses for children born after April 1, 2023 (including some miscarriages, stillbirths, and bereavements).

Eligibility: Those who meet one or more of the following criteria

1. The child’s address must be within Setagaya City as of the date of birth
2. In the case of a miscarriage or stillbirth after 85 days or more of pregnancy, the mother’s address must be within Setagaya City as of the child’s date of birth

Amount of subsidy: 50,000 yen per child

Application deadline: Within one year from the child’s date of birth (excluding cases where there are unavoidable circumstances, such as a disaster)

Other: Those who have given birth to their third child or later by March 31, 2023, may be eligible for the childbirth subsidy for the third child. Please inquire for details.

Inquiries:

Children and Family Division (*Kodomo Katei-ka*)

Tel: 03-5432-2309

Fax: 03-5432-3081



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（予約制）。

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

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（親子健康手帳）に添付している「出生通知票（赤ちゃん訪問連絡票）」を郵送もしくはオンライン手続きにて提出をお願いします。

お問い合わせ：総合支所保健福祉センター健康づくり課 P.22 参照

子育て応援ギフト

乳児期家庭訪問（赤ちゃん訪問）を受けたご家庭に子育て応援ギフト（出生した子ども1人あたり10万円相当のギフトカードなど）を支給しています。

お問い合わせ：世田谷区出産・子育て応援事務局（世田谷保健所健康推進課）
電話：03-6705-0258 FAX：045-683-1718

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」（お子様1人につき1セット、額面1万円分）をネウボラ面接（妊娠期面接・産後面接）の際に配付しています。
配付場所：総合支所保健福祉センター健康づくり課 P.22 参照

お問い合わせ：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

お母さんと赤ちゃんとの生活リズムづくりの施設。産後4か月未満で、育児疲れや育児不安があり、家族などからの支援を受けられない母子を対象に、ショートステイ（宿泊）やデイケア（日帰り）でケアを受けたり、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）

お問い合わせ：総合支所保健福祉センター子ども家庭支援課 P.22 参照

Parenting Class

We will be hosting a Parenting Class where expectant parents can learn things that they should know about maintaining their health during pregnancy and childbirth (reservation required).

Inquiries:

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

Tel: 03-5432-2446

Fax: 03-5432-3102

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 (Parent and Child Health Handbook) either by mail or online procedure.

Inquiries:

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

Refer to p. 23.

Parenting Support gifts

Families that have completed the infant home visit (baby visit) are eligible to receive parenting support gifts (gift cards, etc. worth approximately 100,000 yen per newborn child).

Inquiries:

Childbirth and Parenting Support Office (*Shussan Kosodate Oen Jimukyoku*) (Public Health Promotion Division (*Kenko Suishin-ka*), Setagaya Public Health Center)

Tel: 03-6705-0258

Fax: 045-683-1718

Setagaya Childrearing Tickets

For families with children up to 2 years old, we distribute a "child-rearing ticket" (one set for per child, 10,000 yen face value) that allows you to use prenatal and postnatal services during the Neuvola interview (pregnancy interview and postnatal interview).

Distribution Counters: 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

A facility for helping mothers and babies attain a daily rhythm of life

Mothers who have babies, 4 months old or younger, and are tired of or worried about childcare without any support from their families can receive care for a short stay (overnight) or daycare (daytime) services, and consult with midwives on breastfeeding and childcare assistances. (Advanced registration is required.)

Inquiries:

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

Refer to p. 23.