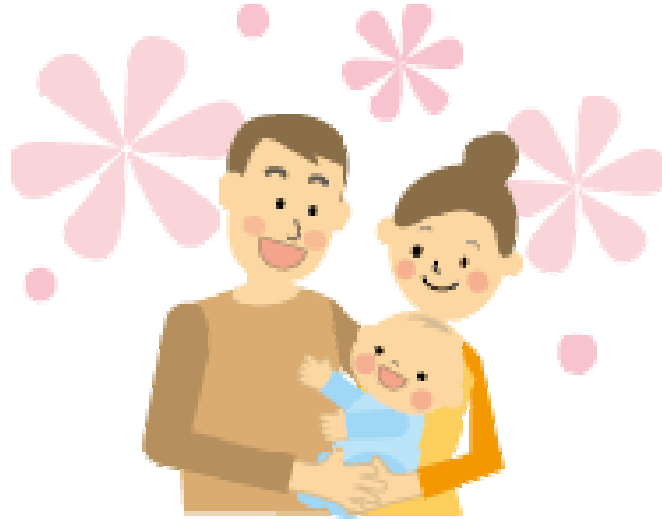


Points about pregnancy and childcare the parents would want to know
and notification of low-birth-weight baby



We understand the feeling of anxiety during the pregnancy and after childbirth, especially shortly after birth. We are doing childcare consultation and home visits at your municipality healthcare center. Please feel free to contact us if you have a concern.

For a healthy pregnancy and childbirth

Make sure to take a health checkup for pregnant women

During the pregnancy, mind and body change with the process. Please come into childbirth with the professional advice from doctors and midwives etc.

<We are also guiding in following link for health examination of pregnant women.>

<http://www.mhlw.go.jp/bunya/kodomo/boshi-hoken10/index.html>

<You can download a maternity mark from following link.>

<http://www.mhlw.go.jp/houdou/2006/03/h0301-1.html>

Eating three meals a day, a well balanced diet is important

<We provide a “meal balance guide” in following link.>

<http://www.mhlw.go.jp/bunya/kenkou/eiyou-syokuji.html>

Let's protect babies from dangers of tobacco and alcohol

Smoking during pregnancy and breast-feeding, second hand smoke and alcohol drinking will affect the growth of the fetus and breast milk secretion. Refrain smoking and drinking, and ask the same from people around you.

Woman's health consultation

This is the consultation service regarding mind and body anxieties during pregnancy, childbirth, childcare and women's health.

Dedicated phone number : 090-1412-1138

Business hours : 1:30 p.m. to 4:30 p.m.

Monday to Saturday (Except Holidays, Bon holiday and New Year)

(The Japanese Midwife's Association of Aichi)

To prevent inborn error of metabolism etc.

*About the examination for inborn error of metabolism etc. *

Inborn error of metabolism etc. is a sickness that causes physical or mental disabilities because of faulty activity of the enzymes in the body. By receiving early treatment, it is possible to prevent psychosomatic disorders so don't forget to take the examination.

Method of testing

Applied at the facility at which the child is born, we will take a minute blood sample from the babies ankle when aged 5 to 7 days and examine.

*Type of testing for Inborn error of metabolism etc. *

- Phenylketonuria
- Maple syrup urine disease
- Galactosemia
- Homocystinuria
- Congenital Hypothyroidism (cretinism)
- Congenital adrenal hyperplasia syndrome

For examination fees in case of a home childbirth

Please contact the medical institution of your choice or home municipality (prefectural and city governments and government-decreed city).

Childcare moshi moshi catch

★Overtime telephone counseling★

~This is an inquiry counter regarding the health of mother and child~

Dedicated phone number : 0562-43-0555

Business hours : 5 p.m. to 9 p.m.
Wednesday to Saturday (Except holidays and New Year)
(Aichi child health medical center)

For early detection of newborn liver disease like biliary atresia

*About Biliary Atresia (BA)

Biliary atresia is a sickness caused by the blockage of the passage way for bile. This is a disease where bile's flow, which is produced in the kidneys, gets obstructed. If left unattended, it develops into hepatic cirrhosis and can become life threatening for the baby.

Early detection and fast treatment is very important.

Check the stool of the baby for 4 months after birth, using the feces color card of the mother & child health handbook.

Also, if you ever notice the symptoms as below, take a picture of the stool, and get the medical examination done by a pediatrician or pediatric surgeon without delay.

<Check list>

- ① The stool matches colors 1 to 3 stated on the feces color card of the mother & child health handbook.
Or, the color became lighter gradually.
- ② Dark colored urine
Yellow, brown, bark color on diapers
- ③ Milky eyes or yellow skin

<Total information sites useful for childcare>

☆ [Ai · Kodomo Net](http://www.ai-kodomo.net/aichi-kodomo/)

You can search much information on child raising support.

<http://www.ai-kodomo.net/aichi-kodomo/>

☆ [Baby & information](https://www.mcfh.or.jp/)

(Foundation) Mother's and children's health and welfare association is providing pregnancy, childbirth and childcare information

<https://www.mcfh.or.jp/>

Let's Protect the baby from accidents

*Do a safety check before the child is born! *

Confirm the safety by checking the baby's sleeping spot and surroundings.

☆ These are dangerous !

Suffocation, accidental ingestion: neglected cigarettes and drugs

Burns: stove, pots and iron

Falling, : table, bed, stairs, stroller and bath

*Please use a child seat while you are driving! *

Let's prevent shaken baby syndrome

When the baby is crying for a long time, childcare is very trying but please do not shake the baby. There is a danger of causing critical brain damage. Eventually the baby will stop crying.

To protect the baby from SIDS

*What is SIDS(sudden infant death syndrome)? *

This is a syndrome in which the baby, who was healthy, suddenly dies with no apparent reason, like an accident or suffocation.

*3 points to prevent SIDS! *

1. Avoid lying the baby face down
2. Breast-feed as much as possible
3. Stop smoking

<Total information site useful for child-raising>

☆ Information for accident prevention for the baby

It posts emergency treatments and accidents that tend to occur to infants.

<http://www.pref.aichi.jp/0000011026.html>

☆ "Protect the child from accidents!" Project

It is posting the information for preventing accidents by mobile phone website, PC site and mail delivery service.

<http://www.caa.go.jp/kodomo/index.php>

If the baby weighs less than 2,500 grams is born

Please report to the nearest municipal governments.

If you have any questions, please ask the health nurse.

(This report is set as compulsory by the Maternal and Child Health Act.)

<Reporting method>

- Fill in the accompanying low-weight baby report form and send it to a municipal government in an enclosed envelope.
- Call the municipal government or report directly to the window.
- Report by Aichi Prefecture's electronic submission and reporting system.