

Naha City Parent-Child Health Promotion Information



Children and Family Center Naha
Children's Smile Consultation Division
(Address 1-1-1 Izumizaki Naha City Hall 2F)
Naha Health Center, Community Health Division
(Address 1-3-21 Yogi Health Center 2F)

☎(098)- 863-0777

☎(098)- 853-7962

Please feel free to consult us about pregnancy, childbirth, child rearing /parenting, and health. Consultations are available by telephone, by home-visit or by coming to our Office.

Pregnancy

Childbirth

Baby (under 1 year old)

Baby to Toddler (1 year to preschool)

Health Checkup

Prenatal Health Checkup (Children and Family Center Naha)

Most all Pregnancy Checkups are free up to 14 times.

Prenatal Oral Health Checkup (Children and Family Center Naha)

Oral Health Checkup is free for one time During pregnancy

Maternal Health Checkup (Children and Family Center Naha)

Most all medical costs for Maternal Health Checkups are free of charge for 2 times.

Baby Health Checkup (First) (Community Health Div.)

3 to 5 months

Baby Health Checkup (Second) (Community Health Div.)

9 to 10 months

Health Checkup for 18-months old baby (Community Health Div.)

Around 18 months old

Oral Health Checkup for 2y.o. (Community Health Div.)

Around 2.5 years old

Health Checkup for 3 years old (Community Health Div.)

Around 3.5 years old

*Medical form needed.
*Items listed in "Maternal Health Checkup Form" are free.



*Place: Naha City Tomokaze Promotion Center(Address 3-5-3 Kanagusuku)

*Please check the Naha City website for the latest information.

Booking

Parent and Child Health Handbook (Children and Family Center Naha)

Support from a midwife or public health nurse is available. "Maternal Health Checkup" and "Oral Health Checkup" Forms will be provided. Please make a reservation and answer a questionnaire from "Boshi-mo" app.

Lump Sum

Birth Allowance
Individuals, who are enrolled in Medical Insurance System will be given ¥480,000 to cover delivery expenses.
*Approximately ¥500,000 will be paid when you give birth at a delivery institution that is a member of the Obstetric Medical Security System.

Birth Report

After a baby is born, please fill in a "Birth Report Form" and submit it to the place in brackets within 14 days.
(Place: Naha City Hall 1F)

Child Allowance

To claim it, apply at the City Hall within 15 days, starting from the next day the baby was born. (Naha City Hall 3F, Child-Rearing Division)

Mother and Baby Visiting

Eligibility: Expecting mothers and families with under 3 months old babies

*A midwife can visit your home and provide free consultation regarding childcare such as breastfeeding and babies' development.

"Hello Baby" Visiting (Children and Family Center Naha)

Eligibility: All families with under 4 months old babies

* Advisors (volunteers or public health nurses) will visit your home for consultation about parenting and provide necessary information.

* The visit takes place at the same time as the ③Comprehensive Consultation Support Project for Pregnant Women, etc.

Nobi-Nobi class Community Health Division

Booking

Personal Consultation

Eligibility: preschool children and their parents
If you are worried about your child's development (language or behaviors), you can consult individually and receive advice according to the development of your child. Development counselors (psychologists) and public health nurses will attend.

Suku-Suku class

Booking

Community Health Division

Small Group Classroom

Eligibility: parents and babies around 2 years old
When parents are worried about the relationship with their children and childcare, we watch and support children's growth with parents through plays in a small group class.

NEW Immunization

Starting April 2026, routine immunization for RSV infection prevention with a maternal immunization vaccine will begin.

Medical Costs Payment Support System

Advanced infertility treatment (*1) • Designated intractable diseases(*1)
Recurrent pregnancy loss examination costs (*1)
Prematurely born baby nurture medical support (*1)
Medical care support for children with Chronic Diseases (*1)
Public health care for the disabled children under the age of 18 (*1)
(*1=Naha Public Health Center 1F: Community Health Division)
Medical care support for children (Naha City Hall 3F: Child-Rearing Division)

*Please send the postcard (Maternity Nurse Visit Request Form) included with the "Parent and Child (Mother and Child) Health Handbook" to Community Health Division or call its Office directly.

Postpartum Care Project (Children and Family Center Naha)

Provide postpartum mental and physical care, support for childcare.
Eligibility: Women and babies within 1year of giving birth.

Postpartum care services: home visits, day care and overnight stays are available.

Application is required to use this support.

For more information, please check the Naha City website.

"Support Benefits"- "Comprehensive Consultation Support" projects for Pregnant Women. (Children and Family Center Naha)

*Former: Childbirth and Child-rearing Support Project

Naha City has launched "Comprehensive Consultation Support for Pregnant Women, etc." and "Support Benefits for Pregnant Women." to help mothers to give birth and to support families raising children with peace of mind.

① When getting the "Parent and Child Health Handbook"

Answer the questionnaire and take a consultation.
*First application procedure for "Support Benefits for Pregnant Women"
(Subsidy: ¥50,000 per mother)

② Around 8 months of pregnancy

Questionnaires are being sent to the target audience from Naha City.
Consultation available
※No gift

③ After giving birth

Answer questionnaires and take a consultation.
*Second application procedure for "Support Benefits for Pregnant Women".
(Subsidy: ¥50,000 per new baby)
*Consultation at the same time as the "Hello Baby" Visiting

Office Consultation, etc.

Nutrition Consultation

Nutrition counseling for expecting mothers, mothers with infants (Children and Family Center Naha)

Target: Parents with infants
Place: Childcare Support Center Tsudoi-no-Hiroba
Contents:
Individual counseling about meals and nutrition balance

Baby food Class (Children and Family Center Naha)

Target: Parents with infants (4-11months old)
Place: Naha Health Center
Contents:
Lecture of how to start baby food and tasting baby food.
※No day care room

Baby Food Consultation Session.

Target: Parents with babies who have been weaning food for 2 months or more (babies aged 7 months to 1 year and 6 months).
Place: Naha Health Center
Contents: Lecture, tasting of finger foods, consultation on weaning food. ※No day care room

Dental Consultation

Oral health consultation

Target: Pregnant women, parents with infants
Contents:
Consultation by dental hygienist
Ex) What to do for oral care for infants? What to do for oral care after childbirth?
Dental professional will respond.

Oral function development lecture

Target: Pregnant women, Parents with infants or toddler
Place: Naha Health Center
Contents:Lecture on oral function development by dental professional ※No day care room

Dental caries prevention lecture

Target: Pregnant women, Parents with kids up to around 10 years old.
Place: Naha Health Center
Contents: Lecture on dental caries prevention by a dental professional. ※No day care room

Vaccination

Vaccination

* We are sending vaccination notices and pre-screening forms to Infants who will be 2 months old.
* Get vaccinated at associated medical institution (Kids Can be vaccinated without a ticket)
Contact: Health Promotion Division ☎098-853-7961



Booking

Neighborhood Health Checkup

You can receive a basic health check-up, and also add screenings for colorectal cancer, lung cancer, and breast cancer.
Place: Naha City Hall

Group Health Checkup Night Health Checkup

You can receive a basic health check-up, and also add screenings for five types of cancer (colorectal, lung, stomach, breast, and cervical).
Place: Naha City public facilities

Booking

Health Checkup

Health Checkup for Residents aged 20s-30s (Without National Health Insurance)

If you are not covered by National Health Insurance and do not have an opportunity for a health check-up at your workplace, you can receive a check-up slip and undergo the same health examination as the "Specified Health Check-up" free of charge.



* Health checkup vary depending on the type of health insurance and your age.
For details, please check the QR code on the right.
Contact: Health Promotion Division ☎098-853-7961

Please check the website for details such as booking method, schedules, and places. **Contact: Oral Health Support Center ☎098-917-5066**

Website of Naha City

◆Community Health Division

- Maternal and child health
- Subsidy for medical costs
- Mental health



◆Health Promotion Division

- Various vaccinations
- Specified Health Check-ups, cancer screenings, periodontal disease screenings etc.



◆Child Education and Childcare (Nursery) Division

- Information on application for nursery schools
- Website for childcare facility information (Koko De Search)



APP of Parent and Child Health Handbook

“Parent and Child Health Handbook” APP Naha -de- Kosodate by “Boshi-mo”

- Use for recording of pregnancy and child growth, adjusting vaccination schedule, reserving Baby Health Checkup, digital checkup forms
- Give local child rearing information



Children and Family Center Naha

- Consultations regarding physical condition and nutrition from pregnancy to child rearing are available.
(Meeting at the Office and telephone consultations).
- You can consult with a nursery teacher about childcare before school. (Visit consultations, telephone consultations, LINE consultations)
La-La-La Station Group
☎ 098-863-0777

LINE consult



★Naha Health Center

Community Health Division also provides support for pregnancy and childbirth.

Consultations provided regarding infant and child development.

☎ 098-853-7962

We accept general consultations on how to discipline and interact with children up to the age of 18.

Intake Childcare Support Group: ☎ 098-861-5026

Inquiries about consultations and reporting of child abuse

☎ 098-862-0593 (Direct line for abuse consultations)

Guidance for Childcare (Nursery)

- Childcare (Nursery) or certified childcare center admission
Children's Future Division ☎ 861-6903
- Childcare (Nursery) or certified childcare center
Childcare (Nursery) & Education Division ☎ 861-2113
- Child allowance/parenting allowance/medical financial assistance
Child-Rearing Division ☎ 861-6951

Information about childcare (consultation etc.)

◆Space for Gathering (Tsudoi-no-Hiroba)

It is a place for parents with preschool children to gather and communicate friendly. A parenting (child rearing) advisor is always available to offer professional advice and lectures.

◆Cheering Childcare (Nursery) “DAY”

At childcare center (nursery school), we offer communication opportunities for children of different ages, parenting experiences, childcare lectures, and consultation.

◆Children's House • Playground

It is a place for parents with small babies to experience nature and communicate with other parents and babies.

◆Temporary Childcare (Nursery)

When parents cannot take care of children temporarily due to sickness, nursing and babyslag - temporarily childcare is available.

◆Childcare (Nursery) for Sick Child and Child after Sickness

Temporary childcare service is available for sick children (infant~early primary grades) who are unable to commute to Childcare Center (nursery school) or are unable to adjust to care in a group, as well as for parents, that are unable to take care of the child due to work, illness, accidents, giving birth or family ceremonies.

◆Family Support Center

(Membership registration is required.)

It's a mutual support organization. If you are thinking: “I really need help with childcare/nursery/child pick up and drop off / babysitting!” or “I could help with childcare !”, you can join this organization. Activity participation fee applies.

Naha City Family Support Center ☎ 857-8991

(In Naha City General Welfare Center)

◆All Children Can Attend Nursery School Systems

This system supports children who are not attending nursery schools enabling them to interact with children of the same age and grow through various experiences different from those at home.

Emergency situation

Please check how to confirm night hospitals / emergency hospitals.

◆Morning Newspaper

On duty emergency hospitals of that day will be listed.

◆Japan Poison Information Center

“Osaka Poison 110” dial : ☎ 072-727-2499

24 hours service ※ Call charge applies

You can ask questions such as, how to handle when your baby accidentally swallowed detergent or cigarette

◆Child Emergency Handbook (The Okinawa Society of Child Health)

<http://www.osh.or.jp/> Japanese • Espanol • English

Child Medical Hotline #8000

Consultation : 「Weeknight : 7pm - 8am」, 「Weekend / Public Holiday : 8am - 8am (next day)」

By making a speed dial of #8000, you can receive advice from nurses / doctors in Japan and consult them about the symptoms, ask whether your child needs to go to hospital or a prescribed medicine is required.

Other Consultation Service

◆Naha Welfare Consultation Office Consultations for women (Divorce/ Violence/Debts)

- Multi service for women

☎ 098-862-0515

◆Okinawa Prefectural Women Consultation Center

「Spousal Violence Support Center」

☎ 098-854-1172

◆Inquiries about Child and Family Service

- Parenting matters

Specialist staff visits families who are unsettled or annoyed by housework, childcare, etc., listens to their problems and concerns, offers advice, and guides them to necessary services. (Childcare Support Visit Project)

Children and Family Center Naha

☎ 098-861-5026

◆Okinawa Prefectural Sex & Health Support Center (Okinawa Prefectural Midwifery Association Future Center) Pregnancy SOS • Consultations for women

- Unexpected pregnancy, contraception, family planning, etc ☎ 098-989-1181
- Consultation regarding physical and mental health during adolescence and menopause.

◆Infertility Specialist Consultation Center

• Inquiries about infertility (Wed / Thu / Fri 13:30~16:30) ☎ 098-888-1176

Phycological Development

When you are concerned about the development of your child, such as language or behavior (unsettled, no response when the name is called, fussy, cannot behave in a group), parenting, and parent-child relationship, please consult Community Health Division.

☎ 098-853-7962

You can also consult at Naha Child Development Support Center.

◆Naha Child Development Support Center

☎ 098-858-5206