

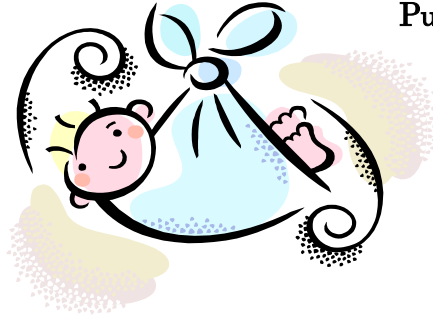
# What's New?

Niihama City

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## A Foreigner's Guide to Having a Baby in Japan

Emmy Cho

So you're far from home and you've decided to make a go for this having a baby abroad business. Here are some practical tips and resources that I've uncovered during my pregnancy.

### Confirmation

Home pregnancy tests can be purchased at any drug store. They're called 妊娠検査薬 (にんしんけんさやく) ninshin kensa yaku. They cost around 600-1000¥ and work like the tests found in the Western countries and only require a full bladder. Two pink lines, it's confirmed, what next?

### Finding a Clinic

The city of Niihama has a published a maternity guide for expecting mothers written unsurprisingly in Japanese, at the time of my inquiry, an English version was in the works. The guidebook includes a list of maternity clinics and hospitals with brief summaries of the services, location, and hours. Or you can do what I did and ask around and talk to other mothers and compare their experiences to decide what's best for you.

### First Clinic Visit

After choosing a clinic, call to make an appointment and bring with you your alien registration card and your health insurance card. If your Japanese is limited, it's also a good idea to bring along someone that can help to translate. The purpose of this appointment is to confirm your home pregnancy test with a sonogram or ultrasound. From my understanding it's typical practice in Japan to receive an ultrasound and photo with every doctor's visit.

### Pregnancy Registration and Payment

Depending on how far along you are, the doctor will have you return to the clinic at around 8 weeks. At that time the clinic or hospital will issue you a document confirming your pregnancy which then can be registered at the Niihama City

Health Center 新居浜市保健センター (にいほま ほけん せんたあ) Niihama hokensentaa. Once the pregnancy is registered you will be given a Maternal and Child Health Handbook 母子健康手帳 (ぼしけんこうてちょう) boshi kenkou techou (copies in English are available) where you and your baby's medical history will be recorded, bring this with you to every doctor's visit. You will also receive a coupon book 妊娠健康診査受診表 (にんしんけんこうしんさじゅしんひょう) ninshin kenkou shinsa jushin hyou that will reduce your out of pocket expenses for your appointments. Just fill out the personal information at the top of each voucher and the clinic staff will tear out the appropriate one. Delivery and post-delivery hospital stay expenses are reimbursed to you by the City of Niihama.

### **What to Expect During a Doctor's Visit**

My clinic has a semi-automated check-in system. When you arrive you insert your appointment card into a card reader that confirms your arrival and issues you a patient number. The receptionist will ask take your Maternal and Child Health Handbook and coupon book if necessary. Next you wait in the waiting area for your number to be called, followed by routine urine test, blood pressure, and weight. Most visits will be 2 to 3 weeks apart until the final month of your pregnancy where you will go once a week.

### **Delivery and Post-delivery**

In your third trimester you will discuss your birth plan with a midwife. The plan will include your wishes for the delivery and the 4-7 day hospital stay to follow. This is the time to asked questions, so come prepared. It's also important to note the majority of births in Japan are natural, i.e. if you would like an epidural for pain management that needs to be discussed with your doctor as some do not provide them.

All in all, I was very happy with my birthing experience in Japan. I received excellent care with competent staff in a clinic that felt more hotel than hospital. And despite my limited Japanese, my doctor and staff did their best to keep me well informed. Having said that, having baby in a foreign country takes some trust but I can't think of a better place to put my faith than in Japan.

### **List of Resources**

#### **Niihama Health Center**

新居浜市保健センター (にいほま ほけん せんたあ) Niihama hoken sentaa  
(0897) 35-1070

#### **Konishi Clinic**

(0897) 33-1135

#### **SGG - Niihama Volunteer Society of Goodwill Guides**

(0897) 34-8914

Emmy Cho is an American living in Niihama for nearly two years. She is also a mama.

## August Events

### ★August 5/August 12

#### Sunday Flea Market

7:30-12:00

Location: Chuo Park, north of City Hall

### ★August 19

#### Summer festival in Minetopia Besshi

10:00-15:30

Location: Minetopia Besshi

Phone: 32-4028

Character shows for children, dances will be performed for free and there will also be food and drink stands.

### ★August 19

#### The 8<sup>th</sup> Shimin Ongakusai (Music Festival)

13:00

Location: Shimin Bunka Center

Fee: ¥500

Phone:33-2180

You can read on the Web.

**\*What's New?**

**\*Garbage and trash Collection Calendar**

**\*Information living in Niihama**

Click  <http://www.city.niihama.lg.jp/english/>

**Clair: \*Multilingual Living Information**

<http://www.clair.or.jp/tagengorev/en/index.html>

## Start of the new residency management system

(from Shisei Dayori, the monthly City Letter of July)

A partial amendment of the Basic Resident Registration Act was issued on July 15, 2009. Then on July 9, 2012, the new Basic Resident Registration Act concerning foreign residents was put into effect.

### ○ **Foreign residents listed in Resident Record (juminhyo).**

Like Japanese citizens, you can get a copy of your Resident Record. When your household consists of foreign nationals and Japanese, all members of the household are listed in the Resident Record. However, short term visitors (e.g. tourists, some temporary workers) will not be listed in the Resident Record.

### ○ **Residence Card or Special Permanent Resident Certificate for foreign residents.**

The Alien Registration Act has been abolished, so a Residence Card or Special Permanent Resident Certificate will be issued in place of the Alien Registration Certificate. The Alien Registration Certificate must be changed to a Residence Card or Special Permanent Resident Certificate within a certain period. Until the exchange, please carry your Alien Registration Certificate with you, as it works as a Residence Card or Special Permanent Resident Certificate. Please ask at the Shimin-ka 市民課 (Citizens' Section) of the City Office to find out how long your Alien Registration Certificate can be used.

### ○ **New Procedures at the City Office and the Immigration Bureau**

When you change your address within Niihama, you should report it to the Shimin-ka. If you move out of Niihama, you must apply for a "notification of moving out" at the Shimin-ka and submit this to your new local government when you arrive there.

When you leave Japan, you must notify the Shimin-ka.

You must apply for any change of visa status or extension of period of stay at the Immigration Bureau. You do not need to notify the Shimin-ka.

Note: Special Permanent Residents must apply to the local government to change the items listed on the Special Permanent Resident Certificate. Shimin-ka  
TEL:65-1232

You can get information from the website of the Immigration Bureau of Japan in 26 languages about the New Residency Management System

## MOVIES

### TOHO CINEMAS Niihama (AEON Shopping Center)

June 30 ~	THE AMAZING SPIDERMAN		English/Dubbed
July 7 ~	MAN ON A LEDGE		English
July 21 ~	BRAVE	2D,3D	Dubbed
July 28 ~	The Dark Knight Rises		English
August 1 ~	MADAGASCAR 3	2D, 3D	
	EUROPE'S MOST WANTED		Dubbed
August 10 ~	TOTAL RECALL		English
August 17 ~	THE AVENGERS	3D	English
August 24 ~	PROMETHEUS		English

#### Information Service

Internet: <http://niihama-aeonmall.com>

Tape (24 hrs): 0897-35-3322 (in Japanese)

Movies might be changed without notice, so please check beforehand.



<Contributed by **Adam Schartup**>

SGG would welcome any suggestions, questions or ideas for monthly articles.

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\*The editors for this month are A. AKIYAMA & K. KUMATA

# ONE POINT JAPANESE

## いろいろな“悪い”その2

(ハイキング中) (While hiking)

A : どうしたんですか。Dōshitan desu ka. (What's wrong?)

B : ちょっと気分が 悪いんです。

Chotto kibun ga waruin desu.  
(I feel a little sick.)

A : じゃ、そこで少し休みましょうか。

Ja, sokode sukoshi yasumimashō ka.  
(OK, shall we take a short rest here?)

B : 大丈夫です。皆さんに 悪いですから。

Daijōbu desu. Minasan ni warui desu kara.  
(That's OK. I feel sorry for everyone.)

A : 無理しないで。Muri shinaide.

(Don't overdo it.)

熱中症になると大変だから。

Netchūshō ni naru to, taihen dakara.

(If you got heat stroke, it would be terrible.)

B : すみません。ありがとうございます。

Sumimasen. Arigatō gozaimasu.

(I'm sorry. Thank you.)

A : ちょっと買い物に行ってきます。

Chotto kaimono ni ittekimasu.

(I'm going out for a bit to buy something.)

B : 悪いけど、ついでに宝くじ買ってきて。

Warui kedo, tsuide ni takarakuji kattekite.

(If you don't mind, would you buy a lottery ticket on the way?)

A : いいけど、どうせ当たりませんよ。

Ii kedo, dōse atarimasen yo.

(Sure, but you won't win anyway.)

A : この桃、すごく安いですね。

Kono momo, sugoku yasui desu ne.

(This peach is very cheap, isn't it?)

“わけあり”って書いてありますよ。

“Wakeari” tte kaite arimasu yo.

(It says there's a reason for the discount.)

B : 見かけは 悪いけど、味は いっしょだから。

Mikake wa warui kedo aji wa issho dakara.

(It looks bad, but the taste is as good as the others.)

A : じゃ、これにします。Ja, kore ni shimasu.

(OK, I'll take it.)

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.

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