

Once you find out you're pregnant, you must go to the hospital for a checkup and apply for a "Pregnancy Notification Form." Submit the "Pregnancy Notification Form" to the City Hall Health Department in the Nagano City Public Health Center, or any other public health center to notify your pregnancy. When submitting the notification, you will need to bring your residence card, My Number card, or photo



ID to verify your identity, as well as hospital receipts. When you submit the notification, you will also receive a Maternal and Child Health Handbook and a Prenatal Checkup Card. Foreign language versions are also available.

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長野市ウェブサイト

People who have health insurance can receive a lump-sum birth and childcare allowance when they give birth. Please apply at hospital before you are due to give birth.



In addition, pregnant women can receive benefits. In Nagano City, there is a guide for receiving 50,000 yen if you meet with a public health nurse when you submit your pregnancy notification, and 50,000 yen if you receive a wellbaby visit after giving birth. For more details, please see the Nagano City website.

When your baby is born, you will receive a "birth certificate" and "birth notification form" from the hospital. Within 14 days of the baby's birth, please submit the birth notification form to the Citizens' Affairs Division of your city hall or branch office with the birth notification form, Maternal and Child Health Handbook, and your personal seal (if you have one)

If both parents are foreigners, please submit both passports and a marriage certificate with a Japanese translation.

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出入国在留管理局ウェブサイト



If both parents are foreign nationals, please apply for the baby's status of residence at the Immigration Bureau within 30 days of the baby's birth. Before applying, please check the documents you will need to bring with you. For more information about status of residence, please see the Immigration Bureau's website.

If one of the parents is a foreigner and wants to obtain foreign nationality, you may need to go through procedures at an embassy or consulate, so be sure to check with your respective embassy or consulate.