

## About Postpartum Care

This is a system to help you raise your baby peacefully after birth, which includes overnight, daytime, or in-home postpartum care, as well as consultations on breastfeeding and childrearing.

### Infection Control Measures:

- Staff may don gowns etc. when services are being provided; your understanding and cooperation is appreciated.
- We ask that you wear a mask when receiving care. You may not be eligible for care services depending on your physical condition on the day.

### Who is Eligible?

People with an Oshu city address who have given birth in the last 5 months (as a rule) and their babies, who do not require medical care from a hospital.

### Service Details

Overnight or daytime care is offered at Mizusawa General Hospital, and in-home care is done by a midwife. It includes:

- Physical and emotional care for the parent (lactation support/rest/childrearing consultations)
- Care for the baby (observing their health, etc.)
- Childrearing support (breastfeeding/bathing practice)

Please see the “Ohisama” leaflet for details on care at Mizusawa General (Japanese-language only.)

<https://www.city.oshu.iwate.jp/material/files/group/66/40621.pdf>

### Service Types and Timeframes

○ Overnight care: Every Thursday 9:00AM – Friday 4:00PM (1 night and 2 days, 1 parent-child pair at a time. Up to 3 uses)

○ Daytime care: Weekdays from 9:00AM – 4:00PM (Maximum 2 parent-child pairs per day. Up to 7 uses)

○ In-home care: Weekdays from 9:00AM – 4:30PM (Usually around 2 hours. Up to 7 uses. Location must be at an Oshu city address.)

\* Services are unavailable during New Year’s holiday (December 29<sup>th</sup> – January 3<sup>rd</sup>).

\* Older children may not be brought along.

\* Leaving the hospital while using care is not permitted.

\* You can spend the night with your child while using overnight care.

### Location (overnight/daytime services)

Oshu City Mizusawa General Hospital, 3-1 Otemachi Mizusawa, TEL: 0197-25-3833

## Fees

- Overnight care (including meal fee) for 1 night and 2 days: 7,560 yen → now free
- Daytime care (including meal fee): 1,240 yen → now free

Fees have been eliminated through subsidies.

- In-home care: free

## How to Apply

### 1. Applying

- To apply, submit the Application to Use Care Services to either the Oshu City Health Promotion Division or the health department of a branch office, one week before the date you wish to use care services.
  - ※ As of January 2024, you can also apply online. URL: (Japanese-language only):  
<https://logoform.jp/f/cXDgh>
- Applications are accepted starting 3 months prior to the due date.

### 2. Determination of Care

- After birth, let Oshu City Health Promotion Division, Parent-Child Future Office (TEL: 0197-34-2171) know your child's name and date of birth.
- The application will be reviewed and a Care Approval Notice will arrive.

### 3. Appointment

- Call the relevant point of contact by 3PM on the nearest business day before your appointment, so staff availability can be confirmed.
- See the table below for who to contact in case you want to change or cancel your appointment:

#### Points of Contact

Overnight or daytime care	Oshu City Mizusawa General Hospital (Appointment hours: weekdays 8:30AM – 4:30PM)	0197-25-3833
In-home care	Oshu City Health Promotion Division, Parent-Child Future Office	0197-34-2171

\* In the case of in-home care, the midwife will confirm the appointment by phone.

### 4. Usage Details

- For overnight and daytime care, check in at the front desk of Mizusawa General on the 1<sup>st</sup> floor.
- Bring your Care Approval Notice to the appointment.

#### **If you use the following items, please bring them:**

For the parent: your Health Handbook, any prescribed medication, 3 face towels (if breastfeeding support is desired)

For the child: baby bottles, formula, any prescribed medication, a change of clothes, enough diapers of the kind you use at home, any other necessities

#### **Mizusawa General will provide the following:**

For the parent: room clothes, body wash, shampoo, conditioner, face wash, towels

For the child: baby clothes, diaper set (Pampers), bottle disinfectant set, baby lotion

## About Subsidies for Usage Fees for Postpartum Care in Facilities Outside of Oshu

Starting April 2024, usage fees for postpartum care in facilities outside of Oshu will be partially subsidized. After paying the amount out-of-pocket, please go to city hall after a few days and complete the procedures.

### Subsidized amounts

Overnight care	Upper limit: 77,560 yen for one night
Daytime care	Upper limit: 24,640 yen for one day
In-home care	Upper limit: 12,000 yen for one day

### What to bring

The receipt for the usage fee, applicant's official ID (driver's license etc.), bankbook/something that shows your bank account number in the applicant's name, Postpartum Care Approval Notice, and your Mother (Parent)-Child Health Handbook.

### Application deadline

Within one year of usage of care.

### Important points

Postpartum care may be used 7 times for in-home and daytime care, and 3 times for overnight care (2 days and 1 night.) Please ensure that any care you use, whether within Oshu or not, fits into this limit. Even if you only use facilities outside of Oshu, you must apply with Oshu in advance. Make sure to complete the application procedures for postpartum care with Oshu city.