

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.

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

The following services can be received at Mizusawa General Hospital for overnight or daytime care, at a hotel for daytime care, and by a midwife for in-home care.

- 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)

Service Types and Number of Uses

Service Types and Number of Uses	Facility	Hours	Days (weekdays only)	Fees (including meals)
Overnight care: up to 3 uses	Mizusawa Gen. Hospital	9AM – 4PM the next day	Weekly every Thursday-Friday	1 night and 2 days, 7,560 yen → now free
Daytime care: up to 7 uses	Mizusawa Gen. Hospital	9AM – 4PM	Monday-Friday	1,240 yen per use → now free
	Mizusawa Grand Hotel	11AM – 4PM	Every Wednesday	1,240 yen per use → now free
	Plaza Inn Mizusawa	11AM – 4PM	Twice a month (depending on hotel room availability)	1,240 yen per use → now free
In-home care: up to 7 uses	In the home (within Oshu only)	9:00AM – 4:30PM (for around 2 hours)	Monday-Friday	Free

Fees have been eliminated through subsidies.

Important Notes:

- * Services are unavailable during New Year's holiday (December 29th – January 3rd) and holidays.
- * Older children may not be brought along. Please make childcare arrangements.
- * Leaving the hospital while using care is not permitted.
- * You can spend the night with your child while using overnight care.
- * Bathing is not part of daytime care at hotels.

Usage Outline

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 be issued.

3. Appointments

Oshu City Mizusawa General Hospital	Oshu City Mizusawa General Hospital Call 0197-25-3833 for appointments
Mizusawa Grand Hotel Plaza Inn Mizusawa	Make an appointment online (available as of May 13 th , 2024) https://logoform.jp/form/cAjx/555299 * Appointments here do not specify a date, as it depends on the hotel's availability. Usage is decided based on who applied first. The city will contact applicants regarding decisions about usage by 10 days before the usage month. For details on the hotel system, please click below (Postpartum Care in Hotels: Ohisama Raito, Japanese-language only): https://www.city.oshu.iwate.jp/kosodate/ninshin_shussan/2/12916.html
In-home care	Oshu City Health Promotion Division, Parent-Child Future Office Call 0197-34-2171 for appointments * At a later date, the midwife will confirm the date/time by phone.

Important Notes:

- The deadline to cancel is 3PM on the day before.
- Please do not cancel your appointment without notice.

4. Usage Details

- At Mizusawa General Hospital, please check in at the front desk of on the 1st floor.
- At one of the hotels, please check in at the reception desk.
- Bring your Care Approval Notice with you.

Things to Bring If You Need Them

Health Handbook, Oshu Postpartum Care System Usage Application, any prescribed medication

For the parent: 3 face towels (if breastfeeding support is desired), something to drink

For the child: baby bottles, formula, a change of clothes, diapers, wipes

Things the Facility Will Provide

At Mizusawa Gen. Hospital: room clothes, baby lotion, body wash, shampoo, conditioner, face wash, towels, baby clothes, diapers (Pampers) and wipes, bottle disinfectant set

At hotels: Amenities are available; please see the hotel's website for details.

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, and in private facilities within 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 procedures around the Oshu Postpartum Care System Usage Application.