

Pregnancy Matters

Dear Expecting Mother and Family



Congratulations on your pregnancy. Your baby is growing inside your belly every day. You may be feeling happy and joyful, but at the same time, you may also be feeling anxious.

Each of us has different physical conditions and feelings during pregnancy. Whenever you feel uncomfortable or anxious, please ask your family, friends, and others around you for help.

Enjoy your unique lifestyle as a mom-to-be. We are here to support you.

Have Problems? Need Consultations?

If you have any concerns about childbirth, parenting, or the health and development of your baby, please feel free to consult with a public health nurse. We will continue to support you.



Health and Welfare Division, Ward Office 2F ☎06-6977-9968

Various Support
for Pregnancy



Parenting Support!
Service Guide



Prenatal
Health Checkups



When You Want to Learn About Pregnancy

Waku Waku Maternity School

Prepare for childbirth from talks by public health nurses, midwives, nutritionists, and dental hygienists!



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Lectures for Mom and Dad-to-be

Hands-on experience of bathing, changing diapers, and more!

Midwives will also give talks about breastfeeding using a breastfeeding simulation set.



Kodomo Kosodate Plaza (Child-Raising Plaza)

☎ 06-6976-0300

We will support you too!

Higashinari Midwives Association

Midwives are available near you.

We also accept consultation from your family!



Child Welfare Volunteer・Welfare Commissioner・

Commissioned Child Welfare Volunteer

Community-based advisors are close to you!

(Volunteers commissioned by the Minister of Health, Labor and Welfare)

