



# Higashihiroshima City Postnatal Care Service

2026-27

## 1. About the postnatal care service

Higashihiroshima City provides a postnatal care service to help mothers feel secure and supported after childbirth. Mothers can receive breastfeeding guidance and childcare consultations from public health nurses and midwives, and can also take time to rest.

The service supports mothers and their families so they can raise their children in a healthy and positive environment.

## 2. Eligibility to use the service

Mothers with babies within one year after childbirth who meet all of the following conditions:

- Have a resident registration in Higashihiroshima City
- Are unable to receive sufficient support with housework or childcare from family members or others
- Have concerns about their physical condition or about childcare

*Please note:* The service cannot be used if either the mother or baby requires hospitalization or medical treatment, or if there is a suspected infectious disease.



## 3. Using the service

Mothers may use this service if, after a discussion at the service counter or during a home visit about their physical condition and support situation, it is determined that the program is necessary.

## 4. Contents of the care service

- Mental and physical health support for the mother, and consultation on daily life matters
- Rest time for the mother
- Monitoring of the baby's growth and development
- Guidance on breastfeeding and other childcare practices
- Childcare consultations and provision of childcare information, etc.

## 5. Costs and usage times

Type	Usage cost	Usage time	Number of uses allowed	Location
<b>Overnight</b>	3,750 yen per day	From 10:00 a.m. onward until 5:00 p.m. ※ One day is defined as from 12:00 a.m. to 12:00 a.m. (24 hours).	Up to 7 days 	At a contracted medical institution or a contracted midwifery clinic (see the QR Code to the left)
<b>One day</b>	1,000 yen per day	From 10:00 a.m. to 4:00 p.m. ※ For accommodation (hotels, etc.) within the city, from 11:00 a.m. to 4:00 p.m.	Up to 5 days 	At a contracted medical institution, a contracted midwifery clinic, or accommodation (hotel, etc.) within the city (see the QR Code to the left)
<b>Visit</b>	500 yen per time	In principle, between 10:00 a.m. and 4:00 p.m. (approximately 2 hours per session)	Up to 3 times	A midwife will visit your home.

Please note: Depending on the venue, additional fees may apply. (You will be informed in advance.)  
Households exempt from municipal resident tax and households receiving public assistance are exempt from the usage fee.  
(Those who did not have an address in Higashihiroshima City on January 1 of the previous year must submit a municipal resident tax certificate or a public assistance certificate at the time of application.)

## 6. Points to note when using the service

- Applications must be submitted at least one week before the desired date of use. (If this falls on a weekend or public holiday, the application must be submitted by the preceding business day.)
- Depending on facility availability, you may not be able to use the service on your preferred date and time.
- The facility will be arranged according to the details of your consultation.
- Transportation to and from the venue is not provided.
- (For home-visit postnatal care only) Please provide a parking space for the visitor. If there is no parking space at your home, parking fees may be charged separately from the usage fee.
- If you need to cancel due to unforeseen circumstances, please contact us as soon as possible.

## 7. How to use the service

### Steps

#### (1) Application

- Please contact the Children and Family Division.
- A public health nurse, midwife, or other professional will meet with you at the service counter, during a home visit, or at a medical institution to ask about your (the mother's) physical condition and support situation.

#### (2) Review and Approval

If it is determined that support under this scheme is necessary, the Children and Family Division will contact you. Higashihiroshima City will then coordinate with the service facility and send a notice of approval for use.

- (3) Once you receive the notice of approval, please contact the facility you will use at least two days before your scheduled date.

Contact information for each facility can be found on the city website.

## 8. Other Matters — Please let us know in the following situations:

- When you move out of the city
- When your household begins receiving public assistance, or when it stops receiving it
- When your household becomes subject to municipal resident tax, or when it is no longer subject to it



## 9. Enquiries and applications

Higashihiroshima City Children and Family Support Division (Higashihiroshima City Child and Family Center)

Birth and Childcare Support Center 'Sukusuku Support'

Hours: Monday–Friday (excluding public holidays), 8:30 a.m.–5:15 p.m.

Tel.: 082-420-0407

Fax: 082-424-1678