

~To expectant mothers in their 8th month~



How are you doing? Your belly is probably becoming more prominent, and you are probably feeling your child's movements more keenly.

The day you get to meet your child is approaching.

We would thus like to provide some guidance on lifestyle tips for safe pregnancy and delivery, as well as the necessary preparation for hospitalization and post-pregnancy that you should start in your 8th month.

Do read through with your family, and look forward to your child's birth together.

We deeply apologize if this notice has been sent to those no longer in their pregnancy.

And if you are having emotional troubles, do contact the support hotline below.

★Take note of the estimated pregnancy weight gain, and manage your weight well

◎If your weight increases too much

→The risk of pregnancy-induced hypertension, diabetes, difficult delivery etc. increases.

◎If you diet during pregnancy or your weight doesn't increase sufficiently

→There will be a high probability of low birth weight, and your child will be at higher risk of lifestyle diseases in adulthood.

Your expected weight gain depends on your BMI before pregnancy.

$\text{BMI (kg/m}^2\text{)} = \text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}$

Guiding numbers for pregnancy weight gain

BMI Pre-pregnancy	Weight Gain Guideline
Underweight: Less than BMI 18.5	12~15kg
Normal: BMI 18.5 to less than 25.0	10~13kg
Overweight (class 1): BMI 25.0 to less than 30.0	7~10kg
Overweight (class 2): Above BMI 30.0	Individual guidance (generally up to 5kg)

Lifestyle Tips for Healthy
Pregnancy & Delivery

★Stay mobile to a manageable extent.

★Protect your child from tobacco and alcohol.

Smoking (including secondhand) and alcohol consumption during pregnancy and breastfeeding will impact your child's development and your milk secretion.

It not just the mother that should be abstaining from smoking and alcohol, but everyone around too.

Preparation for Hospitalization

☆It may have been hard to make time before due to work etc., but now that you have entered the latter stage of pregnancy, it should be easier to take time off to prepare yourself.

Do use the following checklist for reference!

- ☐ Hospitalization preparation
 - Follow the instructions from the hospital
 - Pack your belongings, and place them where your family members know too
 - It is safest to have these prepared about a month before expected delivery date.
 - ※Don't forget your Maternal and Child Health Handbook (母子手帳) and Mother and Child Healthcare Guide (母子保健のしおり)!
- ☐ Baby items
 - Refer to the leaflet given together with your Maternal and Child Health Handbook
 - Wash baby clothes once without detergent.
- ☐ Check in advance how to get to the hospital, when the time for delivery comes
- ☐ If you have other children, arrange for someone to care for them during delivery and post-pregnancy hospitalization.



Preparing the Room for Mother & Child

☆Think about where to put the bed or futon.

◎Tips for setting up the space:

- Good ventilation, away from direct sunlight
- Quiet, without noise from television etc.
- Avoid direct wind from the air conditioner
- No risk of objects falling on the bed/futon



It will be good to place baby supplies such as diapers where it is easy for the mother to reach.



~To going back to their hometown for pregnancy and delivery ~

Prioritize the mother and child's safety in choosing the easiest means of transportation with the least impact. Get as much support from the family as possible.

After the Child Is Born

☆Necessary paperwork

- **Birth Registration** (can be submitted at your hometown's local government office too)

☆Medical examinations required for your child

- Post-birth checkups for 2 weeks (some hospitals may not administer this)
- **One-month Exam** *The mother is also required to undergo examination.
Don't forget your Mother and Child Healthcare Guide (母子保健のしおり!)
- **Baby Home Visit** (You will receive a call to your mobile phone from the visiting staff, about 2 months after birth)
*The middle 4 numbers will be "7715". We seek your cooperation in taking the call.
We will be asking about the mother and child's health condition, and provide childcare consultation.
We will also inform you about the Cash Handout for Newborn Children.

☆Services you can use:

- Family Support Center Program Contact: Kabukkyland (0761-58-1212)
Who is eligible: Those within 2 months after childbirth *Prior membership registration is required
Support provided: Meal preparation and cleanup, cleaning, laundry, shopping, bathing
- Diaper Delivery Service Contact: Komatsu City Childcare Support Div. (0761-24-8073)
Who is eligible: Children from 3 months up until 1 years old
Free delivery of desired diaper products, once a month



Worried about post-pregnancy while pregnant...
Body not recovering after delivery...
Insecure about caring for your baby...

**Don't keep your troubles to yourself,
make sure to seek help!**

◆Support Hotline◆

Komatsu Sukoyaka Health Center

TEL (0761) 21-8118

* 8:30~17:00 (excl. weekends and holidays)