

# Postpartum Care Service

## Guidance Information

**This is a project where midwives and other specialists provide specific consultation and guidance (such as breastfeeding care, learning childcare techniques and alleviating anxiety) to support parents so that they can raise their children with peace of mind.**

### Eligible Group

**Mothers with babies that are less than 1 year old who hold an Onna Village Residency Card and who meet all the following criteria in ① to ③ below:**

- ① Mothers that are having difficulty finding postpartum childcare support from family members etc.
- ② Mothers with physical or mental health problems or have strong anxiety regarding childcare.
- ③ Mothers that do not require medical care through hospitalization at a hospital, etc.

### Content

- Consultation regarding breastfeeding
- Breast care
- Health care
- Childcare consultation and childcare support (How to take care of your baby and see how it is doing) etc.

Any combination is possible!



### How to use this service

★ We will evaluate once every 2 times.

Classification	How to use	Hours	Meal	Fee	Times
Home Visiting (3 hours)	A midwife will visit you at home.	9:00 ~ 17:00 ※3 hours per session	None	Zero cost	This service can be used up to 7 times as is necessary.
Attending outside service (3 hours)	Going out to receive support at a facility.	10:00 ~ 16:00	None		
Attending outside service (6 hours)	Going out to receive support at a facility.	10:00 ~ 16:00	Provided		

### Please Note

- Since home-visit workers are not helpers, they do not do housework such as shopping or cleaning.
- If you have an infectious disease or require treatment, you will not be eligible.
- If you receive additional services, you will have to pay for them separately.
- The number of times a service is required, will be based on the evaluation.

### Information/Application

Onna Village Hall Health Insurance Department Health Promotion Staff

TEL : 098 - 966 - 1217

Time: 08:30-17:00 (excluding Saturdays, Sundays, and public holidays)

# Procedure Flow

## 1.Contact/Consult

Please Contact Onna Village Hall Health Insurance Department Health Promotion Staff for Information and Application to Use the "Postpartum Care Service".

## 2.Interview

A public nurse and a midwife will visit you to ask about your concerns, requirements, and the date/time you wish to utilize this service.

※Depending on each situation other services could be more appropriate.

Apply 7 days in advance from the date you wish to use this service.

▼ Procedure after receiving the permission to utilize the Postpartum Care service.

## 3.Application

Please come to Onna Village Hall, Public Health Division, Health Promotion Section for application. Please bring: ①The Postpartum Care Service Application/Agreement Form  
② Inkan (Name seal)

## 4.Permission to Use

Onna Village will send to you the "Notification of Qualification for Onna Village Postpartum Care Service (Voucher for use of services)". Please check the contents on the notification.

## 5.Appointment

Please directly contact the facility you wish to utilize and make an appointment. Please also ask for the details regarding what items you need to bring with you for the appointment.

## 6.Postpartum Care Day

Please hand in to the facility staff the "Notification of Qualification for Onna Village Postpartum Care Service (Voucher for use of services)"

※If you need to cancel, please contact the facility directly 2 days in advance before 5pm.

※If you make last-minute changes or cancellations, a cancellation fee will be charged.

## Facilities available

Facility	Visiting Type	Day care Type	Phone #	Address
Midwifery Association Mother and Child Future Center	●	●	098-938-1103	4-15-12 Chuo, Okinawa
Yui Clinic	●	●	098-989-3801	2444-3 Noborikawa, Okinawa
Mineta Midwifery Clinic	●		080-3469-5476	
Maya Terrace Midwifery Clinic	●		090-8768-5473	※Available in English
Tokkuri Kiwata Midwifery Clinic	●	● (Maeda 2655)	090-8292-6519	※Day care type one room for rent /once a month
Akari Midwifery Clinic	●	●	090-8293-2996	3-9-7 Akebono Ishikawa
Nanami Midwifery Clinic	●		090-6764-9473	