

# A Baby is on the Way!



This brochure is used as the textbook for classes for expectant mothers and parents offered by the City of Sapporo.

**Please take this brochure along when you attend these classes.**

The brochure includes useful information on pregnancy and taking care of a baby up to one year. It is also used during the Home Visit Service for Newborns and Mothers provided by the City of Sapporo.

Please keep it on hand until your baby is about 1 year old.

**Sapporo City**







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# **I Message to the Mother and Father**

Congratulations on your pregnancy. Despite the joy and excitement of bringing a new life into the world, you probably have various concerns.

If you hold your unborn baby's life dear, and you and your husband cooperate as much as possible, you will be able to enjoy pregnancy, childbirth and parenting.

Parenting is not just about raising a child; parents also grow and their lives are enhanced. This textbook is intended to help expectant mothers enjoy their pregnancy and take care of their baby with peace of mind.





## II

# How to Use the Maternal and Child Health Handbook

The Maternal and Child Health Handbook is intended for keeping a record of the pregnancy, birth, the baby's development and other related matters. In other words, it is an important record of both the mother's and the child's health. It is a good idea to give this handbook to the child at a responsible age.

Take the Handbook along whenever you visit the hospital or have a health checkup.

Please read the Handbook carefully.

Please fill out the information concerning the pregnant mother in the relevant columns of the Handbook before visiting the hospital or undergoing a health checkup.

The results of health checkups are recorded in the Handbook.

Along with the Handbook, you also receive a booklet with 14 prenatal examination coupons. Please use the coupons when you undergo prenatal examinations.

Be sure to make notes of your concerns and questions.

## 札幌市 母子健康手帳

平成 年 月 日交付 交付番号  
保護者の氏名: (第 姓別)  
子の氏名  
生年月日: 平成 年 月 日

出産連絡票	
氏名	男・女
出生年月日	年 月 日
妊娠期間	週 (月) 日
入院中の状況	順調 既死・産前・けいれん・その他
出産施設名	
父 氏 名	( 姓 ) 職業
母 氏 名	( 姓 ) 職業
妊娠中の経過: 陣痛 乳頭異常出血 胎動 胎位 胎心 胎動 胎動 胎動	分娩中の経過: 陣痛 胎位 胎心 胎動 胎動 胎動 胎動
産後の経過: 経過 経過 経過 経過 経過 経過 経過	経過 経過 経過 経過 経過 経過 経過
乳児の 区	
母の電話番号	携帯電話番号 (父) 携帯電話番号 (母)
父親の氏名	母の氏名 (産前) 月 日 月 日
(赤ちゃんのこと)	体重増加: 授乳・リズム・睡眠・発熱・便秘・上の子とのかわり
(お母さんのこと)	母乳分泌: 乳房トラブル・体調が悪い・眠れない・食事が無い
その他	

※記載される際には、「プライバシー保護シール」を貼付してください。

### Birth slip (Shussan Renrakuhyo; to be used for home visits and health checkups of your baby)

Once your baby is born, submit the completed birth slip to your local ward office when you submit your baby's birth notification, or to your local health center. You can also mail the birth slip to the health center as soon as possible. This applies if your baby is born in your parents' hometown.




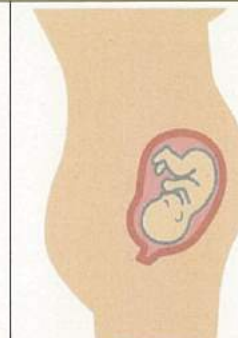
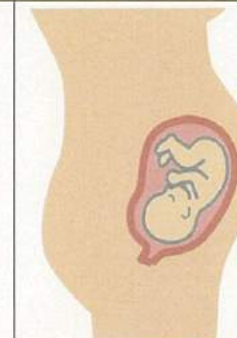








# III

# From Conception to Birth










## 1

## Pregnancy calendar

Pregnancy period	First trimester												Second trimester															
By month	2nd month				3rd month				4th month				5th month				6th month											
By week	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23								
Health checkup	Once every four weeks																											
Uterus size																												
	Slightly larger than an egg				About the size of a woman's fist				About the size of a newborn baby's head				About the size of an adult's head				The top of the uterus is near the navel											
Fetal length	2 – 3 cm				8 – 9 cm				Approx. 15 cm				Approx. 24 cm				Approx. 30 cm											
Fetal weight	Approx. 4 g				Approx. 30 g				Approx. 120 g				Approx. 250 g				Approx. 600 g											
Fetal development					<ul style="list-style-type: none"><li>The baby's eyes, ears, mouth, etc. have been formed, and the face looks human now.</li><li>The heart starts beating and the liver becomes active.</li></ul>				<ul style="list-style-type: none"><li>Blood starts circulating throughout the body.</li><li>The basic structure of the placenta is formed.</li><li>The body looks human and the baby starts moving its hands and feet.</li></ul>				<ul style="list-style-type: none"><li>Hair and nails begin to grow.</li><li>The baby drinks the amniotic fluid and urinates.</li></ul>				<ul style="list-style-type: none"><li>The baby is covered with lanugo (fine hair).</li><li>The baby moves in the amniotic fluid.</li></ul>											
Changes in the mother's body	<ul style="list-style-type: none"><li>No menstruation</li><li>Nausea and vomiting (morning sickness) a feeling of heaviness or fullness in the breasts</li></ul> 				<ul style="list-style-type: none"><li>Peak of morning sickness</li><li>Vulnerable to miscarriage</li></ul>				<ul style="list-style-type: none"><li>Morning sickness subsides.</li></ul>				<ul style="list-style-type: none"><li>Weight starts increasing, and the abdomen becomes noticeable.</li></ul>				<ul style="list-style-type: none"><li>Many women start feeling their baby move.</li></ul> 											
Points to note	<ul style="list-style-type: none"><li>Try to relax and enjoy pregnancy. Your baby picks up on your emotions and feelings.</li></ul> 				<ul style="list-style-type: none"><li>You may often feel depressed during pregnancy. If you have nobody to confide in or need someone to discuss your problems, please feel free to contact the local health center or consulting institution.</li></ul> 				<ul style="list-style-type: none"><li>Exercises are important for you. When you feel your abdomen, please rest.</li></ul>																			
Preparation	Seeing a doctor, submitting a pregnancy notification, picking up a Maternal and Child Health Handbook												Attending classes for mothers and for parents participating in childcare salons*															
Notes to the father	<ul style="list-style-type: none"><li>Be considerate to and take special care of your wife. Women have many concerns during pregnancy, so please listen to your wife. Your kind words will reassure her.</li><li>Do not smoke near your wife. Quit smoking if possible.</li><li>Please help with household chores as far as possible to reduce her stress.</li></ul> 												<ul style="list-style-type: none"><li>Deepen your knowledge of pregnancy and childbearing by participating in classes for parents and reading childcare books, and be available when your wife needs advice.</li><li>Put your ear or hands on your wife's tummy, and you can actually feel the baby move.</li><li>Your wife is about to enter a stable period of pregnancy, so why not have some fun together, such as taking light exercise and traveling together?</li></ul> 															

\*A childcare salon is a place where preschool children, their parents and prospective parents get together to interact with each other.



Third trimester																Postterm pregnancy			
7th month				8th month				9th month				10th month							
24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
Every other week												Weekly							
																			
The top of the uterus is now above the navel.				The top of the uterus is now just below the chest				The top of the uterus is now above the stomach.				The uterus drops.							
Approx. 35 cm				Approx. 40 cm				Approx. 45 cm				Approx. 50 cm							
Approx. 1,000 g				Approx. 1,600 g				Approx. 2,400 g				Approx. 3,000 g							
<ul style="list-style-type: none"><li>● The facial skin of the baby is wrinkled.</li><li>● The brain develops rapidly.</li><li>● The baby sucks its thumb.</li></ul>				<ul style="list-style-type: none"><li>● Nervous and auditory systems develop, and the baby reacts to loud sounds from outside the womb.</li></ul>				<ul style="list-style-type: none"><li>● A layer of fat is formed beneath the skin, and the baby's body becomes rounded.</li></ul>				<ul style="list-style-type: none"><li>● Completion of development</li><li>● Fewer fetal movements</li></ul>							
<ul style="list-style-type: none"><li>● Vulnerable to anemia, swelling, varicose veins, etc.</li></ul> 				<ul style="list-style-type: none"><li>● Appearance of stretch marks</li></ul>				<ul style="list-style-type: none"><li>● Increased pressure on the stomach</li></ul>											
but don't push fullness of your bed. 				<ul style="list-style-type: none"><li>● To ensure your health during pregnancy, make a daily schedule and keep regular hours. Get enough sleep; staying up too late is harmful for your baby.</li></ul>															
Preparation of baby items				Completion of preparations															
<ul style="list-style-type: none"><li>● Pay attention to your wife's condition for possible anemia, pregnancy-induced hypertension, obesity and other health issues.</li></ul> 				<ul style="list-style-type: none"><li>● See to it that the baby items are in order.</li><li>● Learn how to assist your wife during delivery and join your wife to practice breathing techniques (See p. 25 – p. 26).</li><li>● Prepare items necessary for hospitalization, including those for the baby, so that you are ready to to the hospital any time.</li></ul> 								<ul style="list-style-type: none"><li>● Coordinate your work schedule in preparation of a sudden need for your wife's hospitalizati</li></ul> 							



## (1) Body changes

You will undergo various changes as your baby develops. If you have any concerns, consult with your doctor or the local health center staff.

### Common discomforts during pregnancy



### Nausea and vomiting (morning sickness)

Morning sickness varies for each woman, but usually occurs during early pregnancy. However, it is temporary, so do not panic, even if you cannot eat. However, consult with your doctor if you vomit repeatedly or have morning sickness for an extended time.

### Obesity and undernutrition

You will become obese if you do not move around or eat excessively because you think it is good for your baby. Obese mothers tend to have pregnancy-induced hypertension and/or weak labor. On the other hand, if you do not eat properly because you do not wish to gain too much weight, your baby cannot get enough nutrients for optimal growth and may be born small for gestational age. Check how much weight you should gain during pregnancy (See p. 17).

### Anemia

During pregnancy, the baby requires large amounts of iron for growth. Most cases of anemia during pregnancy are caused by iron deficiency, but anemia, left untreated, may cause adverse effects on the baby's growth or results in major bleeding at the time of delivery. Therefore, you should eat iron-rich foods from an early stage of pregnancy. If you develop anemia, you should improve the condition by taking iron pills, for example, in accordance with your doctor's instructions.

### Pregnancy-induced hypertension

The major symptoms are **high blood pressure, protein in the urine and edema**. Most patients recover after delivery, but caution is required if you have these symptoms in an early stage of pregnancy, because you may get seriously ill. Women with serious pregnancy-induced hypertension may suffer convulsions and/or premature separation of the placenta. The baby's growth may be delayed due to placental malfunction, with the risk of a low-birth-weight baby or fetal death.

#### How to prevent pregnancy-induced hypertension

- Undergo regular health checkups.
- Avoid becoming overweight.
- Watch your diet (See p. 10 – p. 17).





## Miscarriage and premature birth

A **miscarriage** is defined as loss of pregnancy before the week 22 of pregnancy, and **premature birth** is defined as delivery between the weeks 22 and 36 of pregnancy.

### How to avoid miscarriage and premature birth

- Do not lift heavy things.
- Do not put pressure on the abdomen.
- Avoid stress and overwork.
- Keep your body warm.
- If you have sexual intercourse, hygiene is important. Avoid a physical burden on your body.

### See the doctor if you have any of these symptoms.

- Often feeling fullness in your abdomen.
- Abdominal pain.
- Vaginal bleeding that is heavier than normal menstruation
- Excessive swelling
- Rapid weight gain, etc.



## (2) Everyday living

### Posture and movement

During pregnancy, the center of gravity changes because you gain weight and your abdomen enlarges. Maintain a good posture to keep your body in balance. This will also help prevent backache and foot fatigue. Particularly, avoid taking a half-standing posture or applying pressure on the abdomen by leaning forward.

★ Sit on the floor cross-legged or with a cushion placed behind you.

★ Lower yourself on your knees to pick up things from the floor.

★ Do not stretch to pick things on high shelves. Use a footstool.

★ Get up slowly after you have lied down. Push yourself up with your arms to a sitting position.



### Clothes

Since you perspire much during pregnancy, choose comfortable clothes that are easy to put on and take off. They should also be moisture absorbent and have breathability. Choose low-heel shoes to ensure stability, and attach an anti-skid device to your shoes during winter. Maternity belts and girdles are not always necessary, but they may help to reduce backache and give you a sense of stability.





## Skin care

Use familiar cosmetics because skin sensitivity may develop during pregnancy. Caution should be exercised when you have your hair permed or colored because the chemicals that are used may cause inflammation of the skin.

## Nonessential foods

Limit your intake of coffee, tea, green tea and oolong tea to one or two cups a day because the caffeine they contain causes poor blood flow.

## Sickness and medicine

If you have pre-existing conditions or already take medicine when you become pregnant, please consult with your doctor. If you get a cold or become sick during pregnancy, please consult with your doctor, and tell the doctor that you are pregnant. Do not take over-the-counter drugs by your own judgment.

## Driving

Drive more cautiously than usual. Take a break as necessary and do not drive continuously for a long time.



## Traveling

If you go on a trip, choose a time during the second trimester when your pregnancy is stable as judged by your doctor. Give yourself ample time to travel, and it would be reassuring to check out medical institutions at the destinations beforehand. If you travel by air, inquire with the airline company in advance. Be sure to take your Maternal and Child Health Handbook and Health Insurance Card with you.



## Sexual activity

You may have sexual intercourse during pregnancy, but avoid it during the first and third trimesters and when you feel fullness of your abdomen. Do not have intercourse too often or take sex postures that put pressure on the abdomen. When you have sexual intercourse, hygiene is important, so please use condoms to avoid premature birth. The introduction of bacteria into the uterus may trigger miscarriage or premature birth.

**Memo**



### (3) Impact of smoking and drinking.

There are some things you should avoid during pregnancy. Particularly, smoking and drinking should be avoided at all costs. However, Sapporo has higher rates of pregnant women who smoke and who drink alcohol than the national averages.

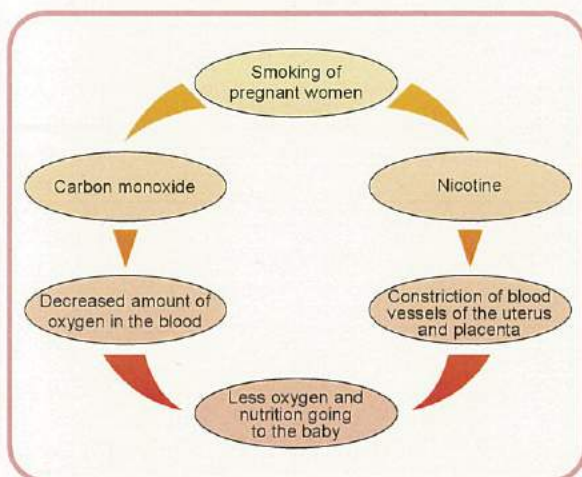
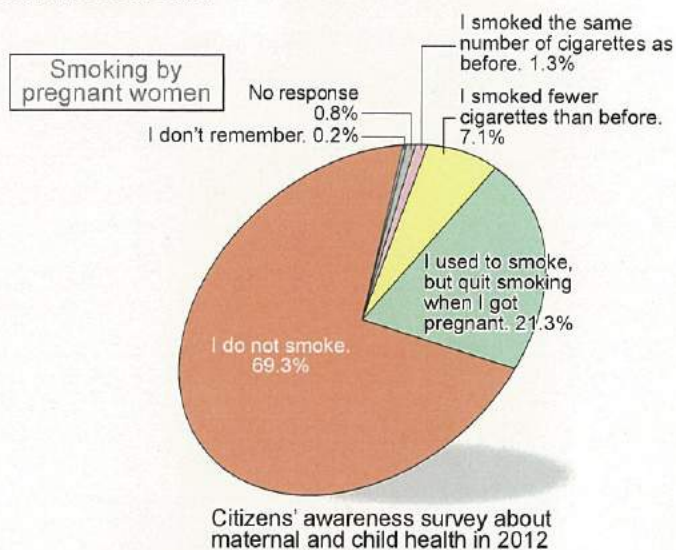


#### Smoking

It is well known that pregnant women who smoke are more vulnerable to miscarriage and premature birth than those who don't smoke, and they also have a higher probability of a low-birth-weight baby.

Key toxic substances of cigarette smoke that are known to affect fetal growth are **carbon monoxide** and **nicotine**. Pregnant non-smokers who breathe in second-hand smoke (known as passive smoking) are also similarly affected.

The toxic substances contained in cigarette smoke are emitted at higher levels in side-stream smoke (the smoke that wafts off the end of a lit cigarette) than mainstream smoke (the smoke that a smoker inhales). The chemicals are also left on the smoker's hair and clothes, and are contained in residues of cigarette smoke lingering in rooms.



Amounts of toxic substances contained in cigarette smoke

Category	Mainstream smoke	Side-stream smoke
Nicotine	1	2.8 times more
Tar	1	3.4 times more
Carbon monoxide	1	4.7 times more

#### Smoking cessation experiences

##### A mother's experience

My husband and I used to smoke, but quit smoking because (1) I became unable to smoke due to morning sickness and (2) it became just the natural thing for us to do as we gradually realized that we were becoming parents.



##### A father's experience

I had smoked for 10 years. Although I tried to quit smoking several times, I couldn't. I managed to quit smoking this time because I thought it would be the only thing I could do for our child. I can resist the urge to smoke by imagining my child's face. I will continue to do all I can for my child.

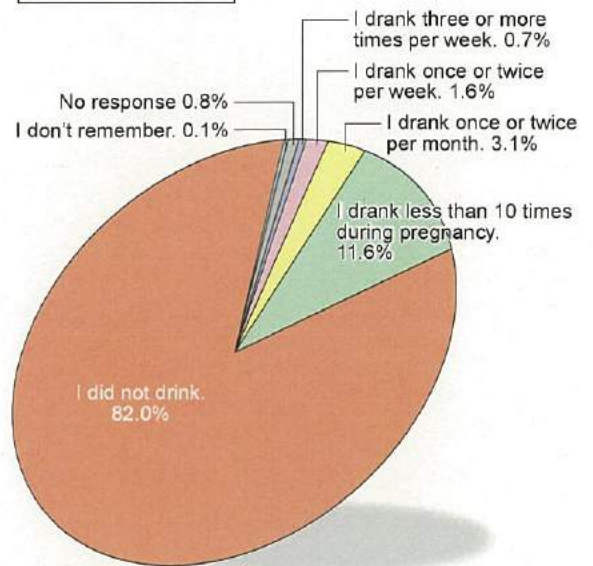


## Drinking

It is well known that alcohol crosses the placenta to the baby and therefore affects fetal growth and development. In particular, it is said that high alcohol consumption during pregnancy seriously affects the developing baby and therefore must be avoided at all costs. Since there is no minimum level of alcohol that does not affect your baby, stop drinking from the day you learn that you are pregnant.



Drinking by pregnant women



Citizens' awareness survey about maternal and child health in 2012

Memo



During pregnancy, healthy eating is essential for you and your baby. The best way to have a healthy baby is to be a healthy mother. Make a conscious effort to eat a balanced diet because it will also speed your recovery after delivery and help you maintain your breast milk supply.

### (1) Eat a staple food, a main dish and a side dish at each meal.

It is important to eat appropriate amounts of nutritionally balanced meals every day. Eating various kinds of foods is important. It is also important to use different cooking methods – not just deep-frying and stir-frying, which involve large amounts of oil, but also simmering, broiling and steaming – to help you eat nutritionally balanced meals.

Eat these three types of dishes at each meal.

One main dish  
(meat, fish, eggs, soybeans)

One staple  
food dish  
(rice, bread, noodles)

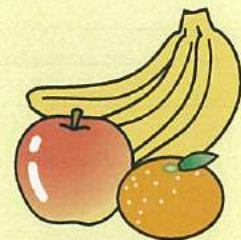
One or two  
side dishes  
(vegetables,  
mushrooms,  
seaweed,  
potatoes)



Eat these every day.



And



Milk  
(one or two glasses)

Fruit  
(one medium-sized piece)

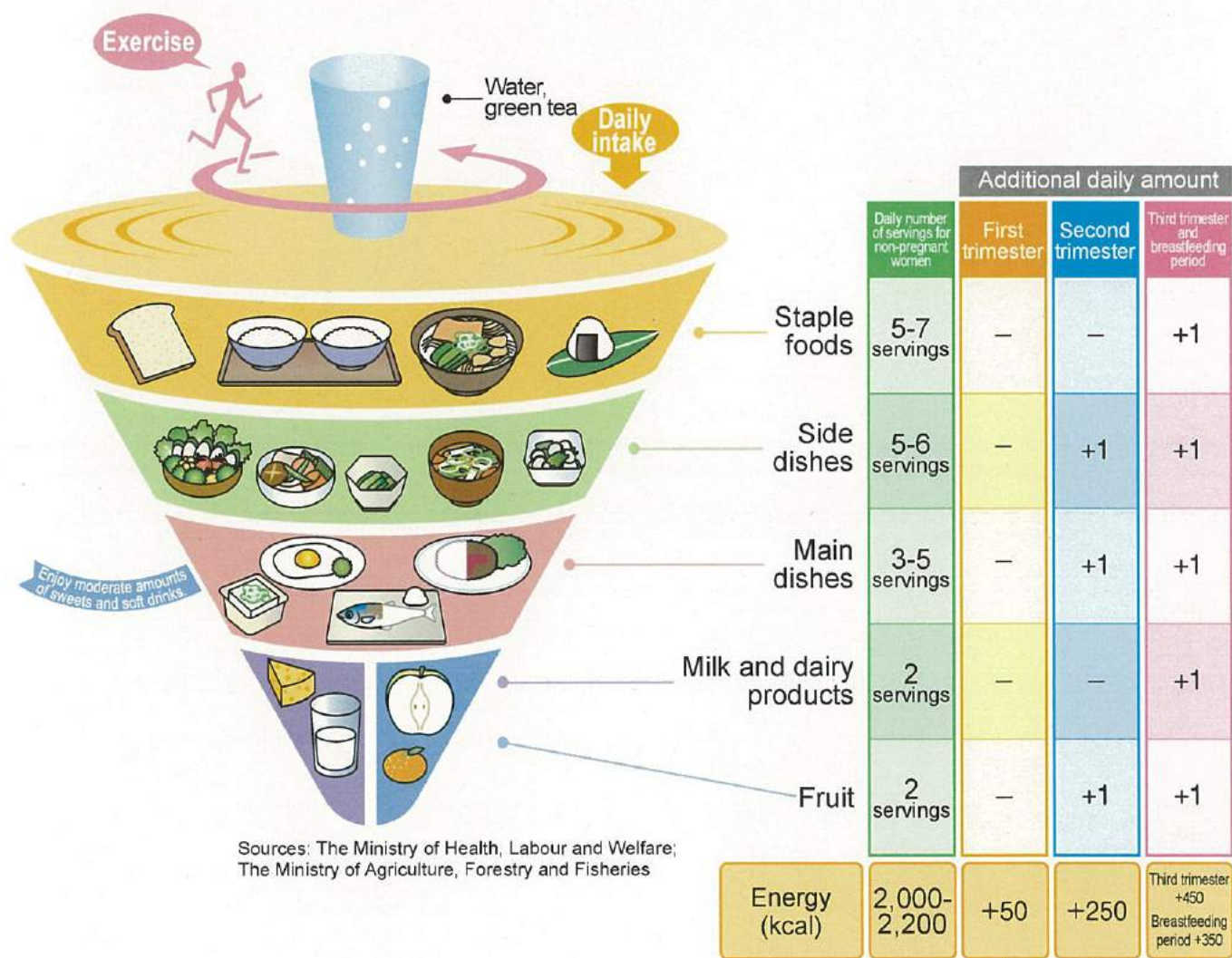
One cup of soup  
(lightly seasoned  
with many different  
ingredients)



# Guide to a balanced diet for pregnant women and nursing mothers: Is your diet nutritionally balanced?

## What is the Guide to a Balanced Diet?

The Guide to a Balanced Diet provides an easy-to-understand overview of the types and amounts of foods we should be eating every day for a healthy balanced diet. The foods are divided into five groups (staple foods, main dishes, side dishes, milk and dairy products, and fruit), and illustrations indicate the appropriate daily intake. The overall picture is that of a spinning top to emphasize the importance of a balanced diet.



Sources: The Ministry of Health, Labour and Welfare;  
The Ministry of Agriculture, Forestry and Fisheries

When the dishes shown in the figure above are combined, the total is 2,000 to 2,200 kcal. This is an appropriate daily amount for non-pregnant women and those in the early stage of pregnancy (age: 18-49) taking moderate (II) or higher levels of physical activity.









The daily number of servings from each food group is based on that for non-pregnant women, and an additional daily amount is indicated for the first, second and third trimesters, as well as the breastfeeding period.

\*\*"Serving" is the unit amount of food.













## Examples of dishes








### Staple foods (rice, bread, noodles)

1 serving	 1 small cup of multigrain rice =  1 rice ball =  1 slice of rye bread =  2 bread rolls
5-7 servings	1.5 servings  1 mid-sized cup of multigrain rice = 2 servings =  1 bowl of udon noodles =  1 plate of soba noodles =  Spaghetti






### Side dishes (vegetables, mushrooms, potatoes, seaweed dishes)

1 serving =	 Vegetable salad =  Vinegared cucumber and wakame seaweed =  Miso soup with many ingredients =  Boiled spinach seasoned with soy sauce =  Simmered dried daikon radish slices =  Simmered beans =  Sautéed mushrooms
5-6 servings	2 servings =  Simmered vegetables =  Stir-fried vegetables =  Simmered potatoes







### Main dishes (meat, fish, eggs, soybean dishes)

1 serving =		=		=		1 fried egg	2 servings =		=		=		Assorted sashimi
3 servings =		Hamburger steak	=		Ginger pork	=		Deep-fried chicken					

### Milk and dairy products

1 serving =	 1/2 glass of milk =  1 piece of cheese =  1 slice of cheese =  1 pack of yogurt	2 servings =	 1 bottle of milk
2 servings			

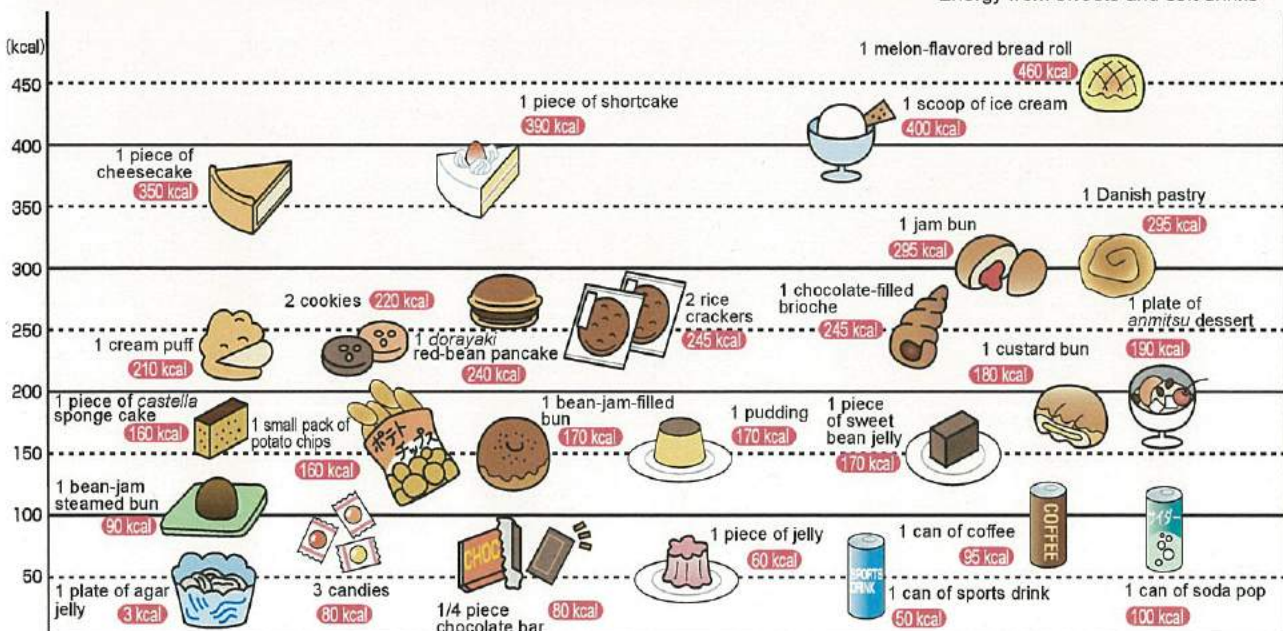
### Fruit

Fruit	1 serving =		=		=		=		=		=	
2 servings		1 tangerine		1/2 apple		1 persimmon		1/2 pear		1/2 bunch of grapes		1 peach

\*Some examples are changed to suit pregnant women.

## Enjoy moderate amounts of sweets and soft drinks. Choose them carefully.

Energy from sweets and soft drinks

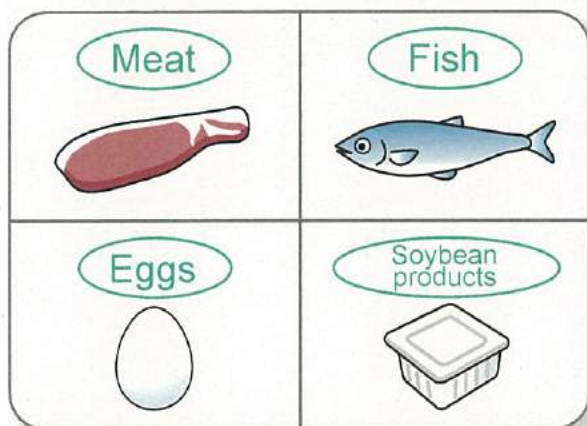


\*Based on "Learning Materials for Health Guidance: C-12" published by the Ministry of Health, Labour and Welfare



## (2) Consume high-quality protein.


High-quality protein is essential for the growth of your baby and to maintain your health. It is important to balance your diet by eating both foods from animal sources (e.g., meat, fish, eggs, milk and dairy products) and those from plant sources (e.g., soybean products).



## (3) Consume appropriate amounts of lipids (fats and oils).

The amount and energy value of lipids vary depending on the cooking methods (e.g., grilling, deep-frying, stir-frying, dressing) and the parts of the meat. Do not eat too much sweets and snacks because they are high in lipids.

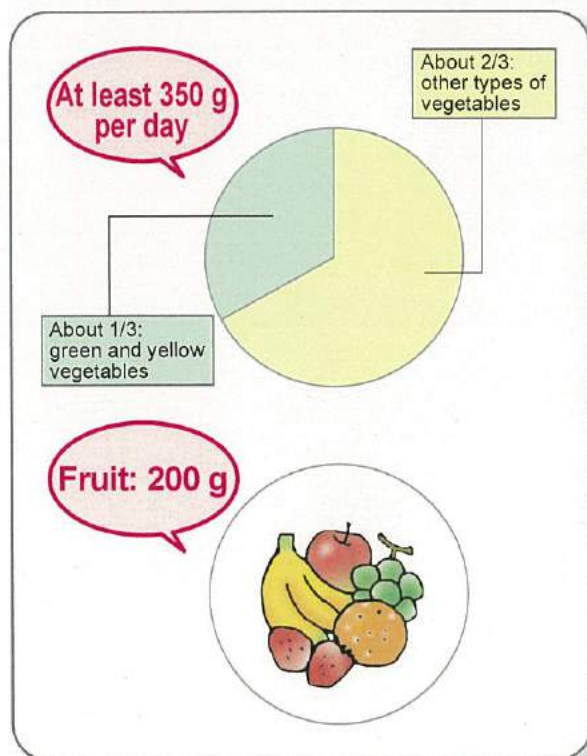
	Per 100 g	Energy	Lipids
Ribs	395 kcal	35.4 g	
Loin	263 kcal	19.2 g	
Leg	183 kcal	10.2 g	
Ground meat	236 kcal	17.2 g	



	Per 100 g	Energy	Lipids
Thigh (with skin)	204 kcal	14.2 g	
Thigh (skinned)	127 kcal	5.0 g	
Breast	105 kcal	0.8 g	
Ground meat	186 kcal	12.0 g	

## (4) Consume enough vitamins and minerals.

Vitamins and minerals are essential nutrients your body needs to work properly. Fresh vegetables and fruits are high in vitamins and minerals. Consume at least about 350 grams of vegetables (green and yellow vegetables: 120 g; other types of vegetables: 230 g) and eat approximately 200 grams of fruit per day.



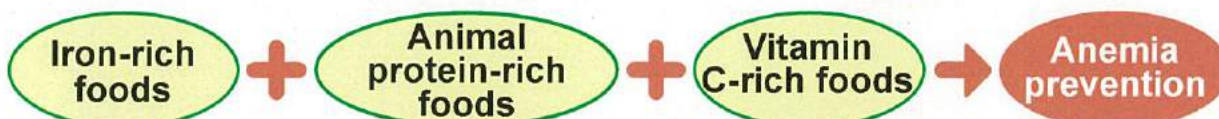
Daily intake of vegetables	
Green and yellow vegetables	Other types of vegetables
1 carrot 150 g	1 green onion 100 g
1 bundle of garlic chives (nira) 100 g	1 cabbage leaf 50 g
1 bell pepper 30 g	1 piece (4 cm) of daikon radish 100 g
1 bundle of spinach 200 g	1/2 onion 100 g



## (5) Get enough iron to prevent anemia.

- ① Keep a balanced diet.
- ② Have three meals every day.
- ③ Eat enough iron-rich foods.
- ④ Eat enough protein-rich foods.
- ⑤ Eat enough vitamin C-rich foods.

A balanced diet...



Enhancing iron absorption

Enhancing iron absorption

Saury 80 g (1.0 mg)	Canned boiled short-neck clams 30 g (8.9 mg)	Meat	Mustard spinach	Broccoli	Bell peppers
Egg 50 g (0.9 mg)	Fermented soybeans 50 g (1.7 mg)	Fish	Cabbage	Spinach	
Coarse-grained tofu 100 g (0.9 mg)		Eggs	Potatoes	Sweet potatoes	Persimmons
Soybean milk 200 g (2.5 mg)	Prunes 50 g (0.5 mg)	Milk and dairy products	Tangerines	Kiwifruit	Strawberries
Mustard spinach 70 g (2.0 mg)					
Beef (chuck eye roll, lean) 100 g (2.4 mg)	Sesame 1 teaspoon (0.5 mg)				
Mackerel 70 g (0.8 mg)					

\*Iron content is shown in parentheses.

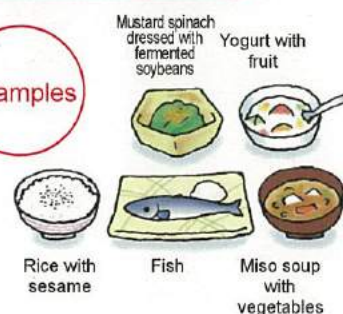
Daily iron needs of women

Non-pregnant women	10.5 mg
Women in the first trimester	8.5-9 mg
Women in the second and last trimesters	21-21.5 mg
Breastfeeding women	8.5-9 mg

About twice the amount required before pregnancy

\*Values vary with age.

Examples



## (6) Get enough calcium.

Calcium builds strong bones and teeth of your baby. Make a conscious effort to include calcium-rich foods in your meals because calcium is often lacking from the diet.

\*Ideal daily calcium intake for women: 650 mg

Milk 200 ml (226 mg)	Cheese 20 g (126 mg)	Yogurt 100 g (120 mg)	Dried small sardines 10 g (220 mg)	Coarse-grained tofu 100 g (86 mg)	Wakame seaweed 10 g (78 mg)	Mustard spinach 70 g (119 mg)
-------------------------	-------------------------	--------------------------	---------------------------------------	--------------------------------------	--------------------------------	----------------------------------

\*Calcium content is shown in parentheses.



## (7) Be careful not to eat too much salt. To prevent pregnancy-induced hypertension.

Maintain a low-salt diet to prevent lifestyle-related diseases in the future.

### Easy ways to reduce salt intake (under 7 g/day)

- Prepare dishes with different levels of seasoning.



- Make a habit of adding seasonings in small amounts, not "pouring" them.



- Replace salt with vinegar, lemon juice, pot herbs, spices, etc.

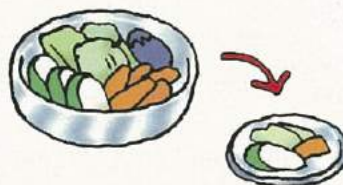


ie. Perilla, ginger, herbs, curry powder, pepper, etc.

- Eat seasonal foods.



- Pick out some pickles and place them on a small plate before eating.



- Salty processed foods should be eaten sparingly. (Also consume sports drinks sparingly.)

- Eat dishes at an appropriate temperature.



- Prepare richly flavored, lightly seasoned soup stock.























- Include many ingredients in soup.



- When you eat a bowl of noodles with soup, do not drink all the soup.

## Do you know the salt content of foods?

Seasonings	Pickles	Processed foods	Dishes (1 serving)
 Salt 1 teaspoon [6 g]  Soy sauce 1 teaspoon [0.9 g]  Low-salt soy sauce 1 teaspoon [0.5 g]  Ketchup 1 tablespoon [0.5 g]  Spicy miso 1 tablespoon [2.2 g]  Worcestershire sauce 1 tablespoon [1.4 g]  Mayonnaise 1 tablespoon [0.2 g]	 Pickled plum 1 large plum [1.5 g]  Pickled cucumber 10 g [0.5 g]  Pickled daikon radish 10 g [0.3 g]	 Sandwich bread (6 slices per loaf) 2 slices (120 g) [1.6 g]  Cheese 1 slice (18 g) [0.5 g]  Pork loin ham 1 slice (20 g) [0.5 g]  Tubular roll of grilled fish paste (in a pack of five pieces) 1 piece (35 g) [0.7 g]  Salted salmon 1 piece (80 g) [1.4 g]  Salted cod roe 1/2 small package (50 g) [2.3 g]	 Sushi (with soy sauce) [3.1 g]  Soy-sauce ramen [8.6 g] If 2/3 of the soup is left [4.9 g]  Curry and rice [4.0 g]  Udon noodles topped with deep-fried tofu [7.7 g] If 2/3 of the soup is left [4.3 g]



## (8) Other points to note

### Increase the number of meals.

When you have morning sickness or increased pressure on your stomach in the third trimester and are unable to eat enough at a time, try to consume the necessary daily amounts by increasing the number of meals.

### Prevent constipation.

To prevent constipation, you should eat vegetables, grains and beans (which are rich in dietary fiber) and foods containing lactobacillus (which help to regulate the functions of the intestines) and drink enough water. It is also important to review your lifestyle and try to have regular bowel movements. Breakfast and moderate exercise help to activate stomach and intestinal activity.

### Check the types and amounts of fish and shellfish to ensure a balanced diet.

The Advice for Pregnant Women on Fish Consumption and Mercury was issued by the Ministry of Health, Labour and Welfare (Subcommittee on Animal Origin Foods of the Food Sanitation Council, the Pharmaceutical Affairs and Food Sanitation Council). For more information, ask a dietitian or other professionals.

### Eat green and yellow vegetables for folic acid.

Women who wish to become pregnant and those in the first trimester are advised to consume folic acid to reduce the risk of neural tube defects. Foods with a high folic acid content include green and yellow vegetables, beans and fruit. Please make a conscious effort to eat these foods.

### Do not take too much vitamin A in the first trimester.

Vitamin A is essential for fetal growth. However, it has been reported that excessive intake of vitamin A causes congenital malformations. Accordingly, women planning pregnancy and those in the first three months of pregnancy are advised to avoid continuous excessive intake of vitamin A-rich foods (e.g., liver), dietary supplements and the like. No congenital malformations caused by excessive intake of plant-derived vitamin A (beta-carotene) have been found.

\*Dietary supplements should be used in accordance with the instructions of your doctor, pharmacist or dietitian. Try to get the necessary nutrients from food rather than supplements.

## Prevention of food poisoning during pregnancy

During pregnancy, you are vulnerable to foodborne illnesses, such as food poisoning, due to weakening of the immune system. Even if you develop no symptoms, your baby may be affected by pathogens contained in food. The majority of these cases are caused by foods contaminated with bacteria or viruses that are responsible for food poisoning. Accordingly, always handle foods with care by thoroughly rinsing or heating them, for example.

### Foods to be avoided during pregnancy



Natural cheese  
(that has not been  
heat sterilized)



Meat and fish pâté



Prosciutto



Smoked salmon

More information about pregnancy and diet

- Information for expectant mothers (in Japanese) on the website of the Ministry of Health, Labour and Welfare: [www.mhlw.go.jp/topics/syokuchu/06.html](http://www.mhlw.go.jp/topics/syokuchu/06.html)
- Information about meals and dietary supplements during pregnancy (in Japanese) on the website of the National Institute of Health and Nutrition Information Center: [hfnet.nih.go.jp/contents/detail1550.html](http://hfnet.nih.go.jp/contents/detail1550.html)



## (9) Ideal pregnancy weight gain for the mother and the baby

Are you gaining weight the right way? Optimal weight gain depends on your pre-pregnancy height and weight.

### Do you know your BMI before pregnancy?

**BMI = weight** \_\_\_\_\_ (kg) ÷ **height** \_\_\_\_\_ (m) ÷ **height** \_\_\_\_\_ (m)

- Body Mass Index (BMI) is used to measure obesity. BMI of 22 is considered the standard value.

Ex.) What is the BMI of a 158-cm tall woman with a weight of 50 kg?

$$50 \text{ (kg)} \div 1.58 \text{ (m)} \div 1.58 \text{ (m)} = 20.0$$

Weight category (age: 18 – 49)	
Under 18.5	Underweight
18.5 – under 25.0	Normal
25.0 or over	Overweight/Obese

Table 1. Recommended weight gain by weight category

Weight category (age: 18 – 45)	Recommended range of total weight gain during pregnancy	Recommended range of weekly weight gain in the second and third trimesters
Underweight (BMI: under 18.5)	9-12 kg	0.3-0.5 kg
Normal (BMI: 18.5 – under 25.0)	7-12 kg <sup>*1</sup>	0.3-0.5 kg
Overweight/obese (BMI: 25.0 or over)	Depends on individuals <sup>*2</sup>	Depends on individuals

\*The weight categories are based on pre-pregnancy weight.

\*Recommended range of weekly weight gain in the first trimester is not shown due to a lack of relevant data. Consider your ideal weight gain during the period in consideration of the severity of morning sickness and other circumstances.

\*1 If your weight is normal and your BMI is close to underweight, your ideal weight gain is at the top of the weight gain range. If your BMI is close to overweight, your ideal weight gain is at the bottom of the weight gain range.

\*2 If your BMI is over 25.0, consult your doctor.

## ● Impact of underweight and excessive dieting on pregnancy and delivery

It has been reported that women who are underweight or normal weight before pregnancy and gain less than 7 kg during pregnancy have a significantly higher risk of a low-birth-weight baby. (omitted)  
It has also been reported that low-birth-weight babies are more prone to develop lifestyle-related diseases, such as diabetes and high blood pressure, in adulthood.

\*Source: Excerpt of *Contents of and Commentary about the Nutritional Guidelines for Pregnant Women and Nursing Mothers* (in Japanese), published by the Ministry of Health, Labour and Welfare

## City of Sapporo Initiatives

### Initiative to promote the use of nutrition fact labels



This sticker is displayed at restaurants posting nutrition facts.



Lunch box nutrition facts (per serving)
○○○
○○○
○○○



### Initiative to promote healthy eating habits

#### Sapporo Dietary Style



The City of Sapporo promotes a nutritionally balanced, eco-friendly diet based on local foods as the Sapporo Dietary Style.

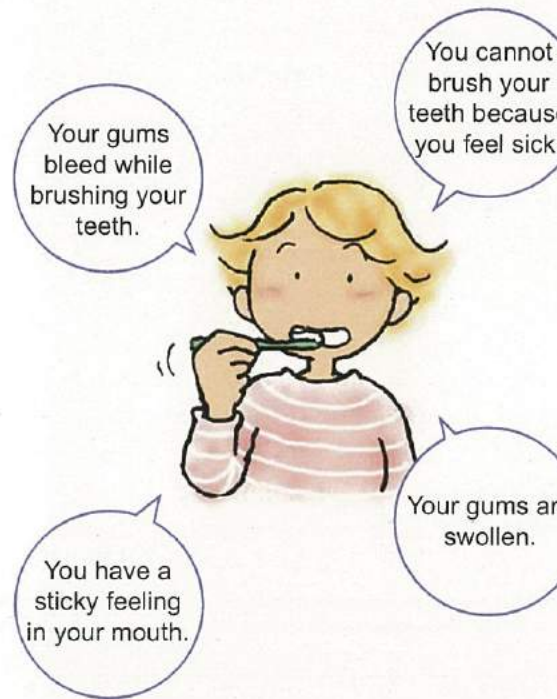
For more information, visit the website of Sapporo City Public Health Office.

Sapporo "nutrition education" information [Search](#)



Pregnancy increases the risk of tooth and gum diseases due to changes in the oral environment. You should protect your own dental and oral health first to ensure that your baby will have healthy teeth.

### (1) Have you experienced any of these symptoms since becoming pregnant?



Your gums bleed while brushing your teeth.


You cannot brush your teeth because you feel sick.

You have a sticky feeling in your mouth.

Your gums are swollen.


**Changes in your oral health have already begun.**

It is generally believed that oral health deteriorates during pregnancy with an increase in dental cavities and periodontal disease.



**What are the causes?**

- 1 Inadequate tooth brushing due to morning sickness
- 2 Irregular meals due to eating smaller amounts more often and snacks between meals
- 3 Acidic saliva and/or hormonal influences



### (2) Common oral health problems during pregnancy

Healthy gums



Can you see any differences?



Gums with gingivitis

### (3) A cause of cavities and periodontal disease

The buildup of **dental plaque** causes cavities and periodontal disease.



#### What is plaque?

- 1 It consists mostly of bacteria.
- 2 It feeds on sugar from food and drinks.
- 3 It is a sticky deposit.



## (4) How to prevent cavities and periodontal disease

### ① Keep your mouth clean.

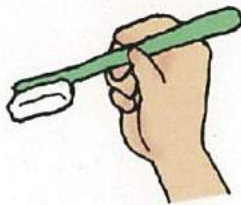
Brush your teeth thoroughly to remove plaque. This will help you prevent cavities and periodontal disease.

### ② Eat healthy between meals.

Avoid sweet foods and sugary drinks; choose milk, dairy products, fruit and other wholesome food.

## (5) Proper techniques for brushing your teeth

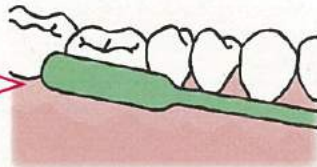
Hold your toothbrush like a pencil.



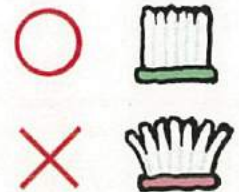
Brush the back of the front teeth using the tip of the brush.



Place the toothbrush bristles against the teeth and move the toothbrush back and forth in small motions.



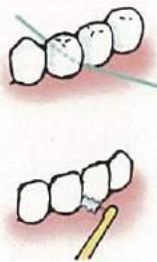
Change your toothbrush as soon as the bristles start to splay out.



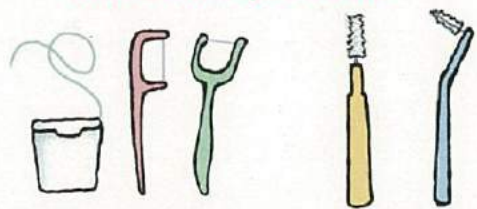
### Interdental care

- Dental floss and an interdental brush can clean the hard-to-reach spots that regular or electric toothbrushes cannot reach.
- These interdental tools enhance cleaning effects by approximately 40%.\*

\*Source: Yamamoto, et al., *The Journal of Japanese Society of Periodontology*, 1975



### Interdental products



Dental floss and floss picks

Interdental brushes

Pregnant women are encouraged to undergo dental checkups and learn to brush their teeth properly when they feel well.





## (6) Frequently asked questions

**Q** What should I know about dental treatments during pregnancy?

**A** If dental work is done during pregnancy, the relatively stable period between the 16th and 27th week of pregnancy is ideal, but first consult with your doctor and dentist.



**Q** Are a baby's teeth formed during pregnancy?

**A** Primary teeth start to form in the sixth or seventh week of pregnancy, and permanent teeth begin to form in the second trimester.

**Q** I feel too sick to brush my teeth. What should I do?

**A** Brush your teeth whenever you feel well. Try using a toothbrush with a smaller head. If the flavor of toothpaste makes you feel sick, brush your teeth without toothpaste.





Exercise during pregnancy is beneficial because it helps to prevent weight gain and relieves fatigue due to your body's shifting center of gravity. It also helps to keep your muscles and joints flexible, and prepares you for labor. Daily exercise, even if only for a short while at a time, from around the 20th week of pregnancy will be effective.

However, if you have a feeling of fullness in the abdomen, swelling, high blood pressure or any concerns about your health, first consult with your doctor.

Great exercises for pregnant women include swimming, aerobics and yoga. Moderate exercise is a good way to relax both body and mind, so have fun but don't push yourself too hard.

### Neck exercises

Sit cross-legged and relax your shoulders.

- ① Turn your head right, left, forward, and backward.
- ② Turn your head clockwise and then counterclockwise.



### Exercise to strengthen the inner-thigh muscles and the muscles around the birth canal.

Bring your soles together.

- ① Breathe deeply.
- ② Push your knees out as wide as possible.



### Exercises to strengthen the abdominal muscles and the muscles around the birth canal

Lie on your back with your arms away from your body.

Bend your knees and lower them to the right. Return to the starting position and then lower your knees to the left.



### Shoulder, arm, hand and finger exercises

Cross your arms in front of you. While exhaling, reach for your knees and lean forward. Return to the starting position while inhaling.



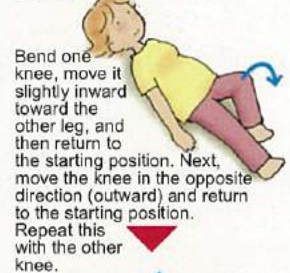
Bring your arms up and place your palms together above your head. Stretch up while inhaling, and then release the stretch while exhaling. (Be sure to stretch your sides.)



Place your hands on your shoulders, and roll your shoulders in both directions.



Bend one knee, move it slightly inward toward the other leg, and then return to the starting position. Next, move the knee in the opposite direction (outward) and return to the starting position. Repeat this with the other knee.



### Exercise to strengthen the abdominal muscles

This exercise helps you to support the weight of your baby and to exert greater abdominal pressure during delivery.



Lie on your side and support your head with your elbow. Slowly raise your leg (approx. 50 cm) and then lower it. Lie on the other side and repeat with the other leg.

### Cat exercise

This exercise helps to strengthen your abdominal muscles and increase the flexibility of the pelvis.



Begin by standing on hands and knees.

- ① Inhale as you lower your head and round your back. Then, exhale as you raise your head and straighten your back.
- ② Slowly sway your body back and forth.

Inhale as you arch your back away from the floor. Exhale as you return to the starting position. (Do not raise your shoulders and butt off the floor.)



Inhale as you raise your lower back while tightening your abdominal muscles, and count to five. Exhale as you lower your back, and count to five.

### Squats

Squats help strengthen your lower back and legs and increase the flexibility of the pelvis.

Stand with your feet as wide apart as your shoulders and cross your arms. Slowly bend your legs to squat down. Return to the starting position with a thrust.



### Pelvic exercise

This exercise prevents lower back pain.

Stand with your feet as wide apart as your shoulders, and place your hands on your hips. Slowly rotate your hips – first clockwise and then counter-clockwise.



### Toe and ankle exercise

This exercise helps to prevent foot fatigue and calf pain.

Sit on a chair.

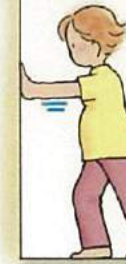
- ① Move your toes upward and downward. Cross your legs.
- ② Move your ankle upward and downward.
- ③ Circle your ankle clockwise and then counter-clockwise.



### Foot and arm exercise

This exercise prevents foot fatigue.

Stand facing a wall. ① Stand with your feet as wide apart as your shoulders. Place your palms against the wall, and push. ② Place your right foot forward and stretch your left calf. Move your left heel up and down rhythmically. (Repeat the exercise on the other side.)





Take care of your breasts during pregnancy in preparation for breastfeeding.

## (1) Purpose of caring for your breasts

You can practice how to take care of your nipples and areola, which will in turn prepare you to become a mother.

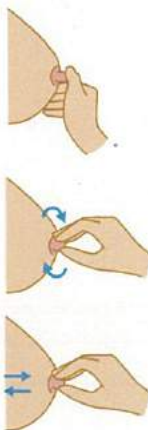
## (2) When and how to take care of your breasts

- 1 Keep your nipples clean by removing the crust formed on the tips of your nipples. Start this procedure from around the 24th week of pregnancy.
- 2 Soften your nipples and areola in preparation for breastfeeding. Start this procedure from around the 36th week of pregnancy.

\*If you are concerned about miscarriage or premature birth, consult with your doctor before starting the care.

## (3) How to take care of your breasts





- 1 Remove any crusts forming on the tips of your nipples. Gently touch your nipple and remove the crust after your nipples get soft while having a bath. You do not have to use soap.
- 2 Soften your nipples and areola. There are several ways to do this, including the following:
  - 1) Take care of the nipple for a couple of minutes once to several times a day.
  - 2) Use your thumb, forefinger and middle finger to pinch your nipple and areola, and apply pressure until the tips of the fingers turn white.
  - 3) Similarly, pinch your nipple and areola and move them horizontally. Change the location where you pinch them several times.
  - 4) Similarly, pinch your nipple and areola and move them vertically. Change the location where you pinch them several times.



\*If you are concerned about your breasts, such as the shape of your nipples, or if you want to know more about how to take care of them, seek advice from a medical professional, such as a doctor who provides health checkups or a midwife at the medical institution where you plan to give birth.

### Forms of nipples

If you have somewhat flat or inverted nipples, try to rearrange the shape so that your baby can nurse effectively by following the instructions of a medical professional (e.g., midwife).

Nipple shapes	Normal nipples	Flat nipples	Inverted nipples	Extra-large nipples
	 8 mm or more			
Possible problems		Difficulty with direct nursing, nipple fissures, mastitis	Difficulty with direct nursing, mastitis	Only shape distortion

## (4) Suspension of breast care

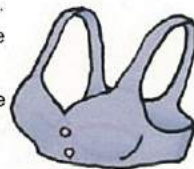
You must suspend breast care when:

- 1 you have been diagnosed with threatened miscarriage or threatened premature labor;
- 2 you bleed;
- 3 you feel fullness of the abdomen;
- 4 you feel tired;
- 5 you do not feel well, etc.

### Brassieres

Wear a bra that properly fits your breasts and also makes them feel comfortable.

Choose a wireless type made of soft material. A front-open bra is recommended because it can also be used during breastfeeding.



### Points to note

Even if you are unable to take proper care of your breasts during pregnancy, you do not have to worry that you may not be able to provide enough breast milk for your baby. There is no correlation between breast care during pregnancy and the amount of discharged breast milk. Start proper breast care after delivery and enjoy breastfeeding your baby.

## Tips for delivery in the mother's hometown

It is reassuring to give birth in your hometown because you can ask your parents to do household chores and take care of your baby if necessary. However, think about your husband, who will stay alone while you are away, and make your decision after discussing it with your husband.

### Timing of returning to your hometown

Consult with your doctor at an early date, and return to your parents' home by around the 35th week of pregnancy (i.e., 9th month).

### Hospital in your hometown

You are advised to see a doctor at the hospital beforehand or at least contact the hospital in advance.

### When to return to your home

Make a decision after the 1-month health checkup taking your physical recovery and your baby's health into consideration.



# IV Childbirth

1

## Preparation for childbirth

You will soon be able to see the baby your body has nurtured to the best of your ability. Childbirth is a natural process, so trust your instincts as a mother. Childbirth is also an "act of labor" for you and your husband; please cooperate to get the work done.



### (1) Emotional and physical preparation

- 1 Practice relaxation and breathing techniques so that you can give birth at ease.
- 2 Post the telephone number of the hospital where you will give birth.
- 3 Discuss in advance how to contact your husband and other family members / relatives in case of an emergency.



### (2) Packing for the hospital

Check with the hospital in advance what to pack because essential items differ at different hospitals. Pack a bag by the 25th to 30th week of pregnancy and have it ready so that your husband or other family members/relatives can pick it up at any time.



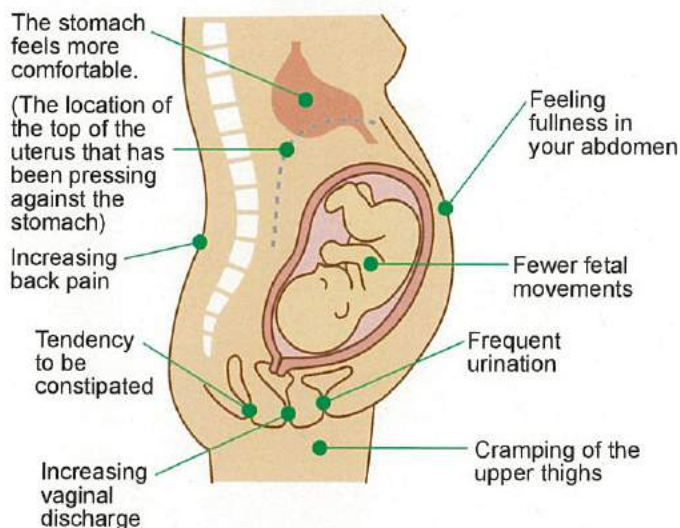
### Notes to the father

No one knows when labor will start. Check in advance where the necessary items are so that you will not panic when your wife has to be hospitalized, no matter when. You should also decide how your wife will get to the hospital when labor begins. It also helps if you participate in household chores so that everything will go smoothly while your wife is in the hospital. You can increase household chores when it gets closer to the expected delivery date to reduce your wife's workload.





### (3) Signs that labor is near



### (4) Signs that labor has started

You are in labor when **your contractions are 10 minutes apart.**

- During labor, your uterus contracts regularly. Different women feel labor differently – some women say that their tummy feels hard and they have pain while others say that they have back pain or their back feels heavy.
- A blood-tinged vaginal discharge may be observed before labor starts.

### (5) When to call the hospital immediately

- 1 When you have vaginal bleeding that is heavier than normal menstruation or thinly flowing vaginal bleeding of thinly flowing blood.
- 2 When your waters have broken (You will feel a warm liquid gush from between your legs, which may feel as if you have wetted yourself.)
- 3 When you have continuous pain of the abdomen



### (6) The information you should have ready when you call the hospital:

- 1 Your name, address and age
- 2 Your expected delivery date
- 3 Whether you are expecting your first child (primipara) or have had one or more children (multipara)
- 4 The date and time of a blood-tinged vaginal discharge
- 5 The date and time when contractions become regular
- 6 The date and time when your waters have broken

Specify the date and time of these events.

### Notes to the father

Don't panic when your wife is in labor. She will be fine. Call the hospital when she has contractions every 10 minutes or so.



During labor, your wife will be anxious whether she can give birth properly, whether she can endure the pain or whether the baby will be all right. This is where you play an important role. If you are allowed in the delivery room, encourage her while massaging her lower back or touching her.





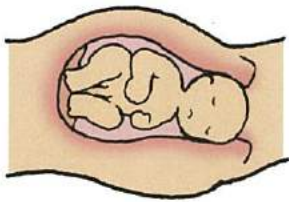
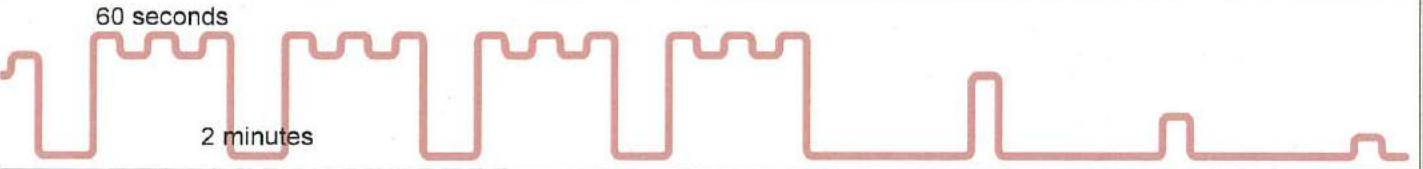
This chart helps you understand the stages of labor and what to expect during labor and delivery.

Time required	Stage 1 (dilating stage) The period of regular contractions until the cervix is completely dilated				The pe
	Primipara (you are expecting your first child) 10-12 hours				
	Multipara (you have had one or more children) 4-6 hours				
Contraction intervals	<p>30 seconds 10 minutes 40 seconds 5 minutes 50 seconds 2-3 minutes</p>				
Cervical dilation size	<p>Undilated 2-3 cm 7-8 cm Fully dilated (10 cm)</p>				
Fetal movements	<p>Blood-tinged vaginal discharge The baby is in a sideways position. The baby's head pushes against the cervix. Your water break</p>				
Breathing technique	<p>Contraction "Hoo, Hoo" Contraction "Haa, Haa" Contraction "Huh, Huh" "Hoo"</p> <p>Deep breaths (abdominal or chest breathing) Take deep breaths ("Hoo, Hoo") and relax.</p> <p>Quick and shallow breaths Rhythmically inhale and exhale through your mouth.</p> <p>Deep breath Deep breath Take a deep breath, let out shallow breaths ("Huh, Huh"), and then exhale deeply ("Hoo").</p>				
Labor-supporting techniques	<p>★ Employ these labor-supporting techniques during contractions etc.</p> <p>Relaxation Massaging Applying pressure</p> <p>Slightly bend your knees and elbows and release all tension (relaxing both body and mind). Elevate your feet with a pillow to help your abdomen relax.</p> <p>Using your palms, massage your abdomen, either in straight or circular movements, upward while inhaling and downward while exhaling.</p> <p>If your back hurts, place a fist under your back or apply pressure inside of the ilium. If you have leg cramps, apply pressure at the base of the leg.</p> <p>★ You may bear down inadvertently. Avoid it as much as possible.</p>				

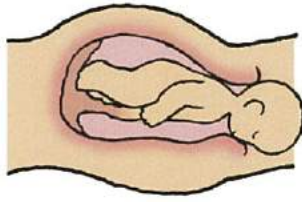


so that you can give birth at ease. Practice breathing and labor support techniques for an easy

Stage 2 (expulsive stage) from the time when the cervix has dilated to 10 cm until the baby is delivered		Stage 3 (postpartum period) The time after the baby has been born until the placenta is delivered		
Primipara	2-3.0 hours	Primipara	15-30 minutes	Total
Multipara	1-1.5 hours	Multipara	10-20 minutes	
				Primipara 12.5-15.5 hours
				Multipara 5.0-8.0 hours



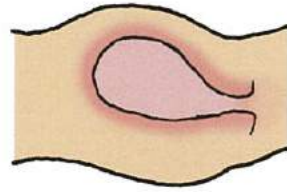
The top of the baby's head appears outside your vagina.



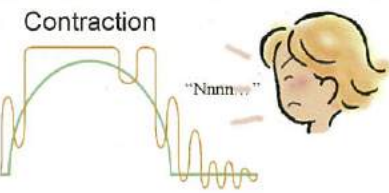
Once the head appears, delivery is usually quickly completed.



Birth of your baby

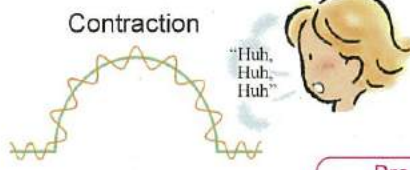


Delivery of the placenta



Pushing

When you are cued, take a deep breath and then push as hard and as long as you can.



Contraction

Short, quick breaths

Interlock your fingers over your chest, relax and lift your chin away for your chest and keep panting.

**Breathing technique at the time of delivery**

- Stay relaxed and breathe at your own pace even if you have pain.
- Try to exhale for longer than you inhale.

**Practice breathing techniques**

- Start the practice from around the 25th to 32nd week of pregnancy.
- Practice once a day for about 10 minutes.

**Preparation before practice**

- Lie down on a mattress or carpet.
- Wear comfortable clothes. Take off your bra and maternity belt.
- Don't practice immediately after you have been eating or drinking anything. Relieve yourself beforehand.

★ You are finally near the final stage of labor. Follow the cues from your doctor (midwife). Relax between pushing efforts.

Pushing



Short, quick breaths



★ "Wah Wah!" "Congratulations!" – Labor is over, and you will be filled with many emotions. It is time to see your baby.



**Tips for pushing**

- Put your chin to your chest.
- Open your thighs as wide as you can.
- Do not arch your back.

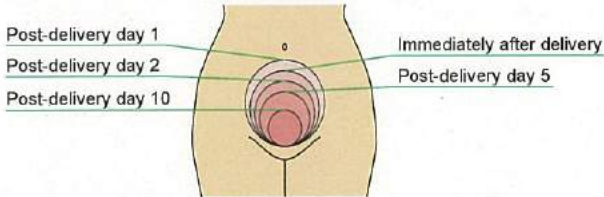



When the baby's head comes out, gradually relax your abdomen.

Since major bleeding can occur after delivery of the placenta, you will be asked to rest in the delivery room for about two hours. You will return to your hospital room after it has been confirmed that you are in a stable condition.



The postpartum period begins after the delivery of the baby and ends when the mother's body period, you will get used to parenting and adapt to this new life with the cooperation of your

## (1) Postnatal recovery

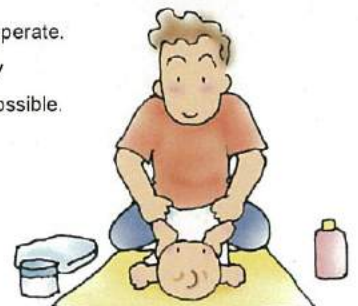
	1st week	2nd week
Uterine recovery	 <ul style="list-style-type: none"> <li>● Your uterus starts shrinking, which may give you some lower abdominal pain for about three days. (This is called "afterpains.")</li> <li>● You may have swelling or itching of the vulva for two or three days.</li> </ul>	<ul style="list-style-type: none"> <li>● After delivery, your uterus shrinks rapidly. By post-delivery day 10, you will not be able to feel your uterus from the outside.</li> <li>● The swelling or itching of the vulva subsides.</li> <li>● Take postpartum exercises. (See "Postnatal workout" on p. 31.)</li> </ul>
Changes in the vaginal discharge	<p>Red </p> <ul style="list-style-type: none"> <li>● The vaginal discharge after birth, called lochia, contains blood from inside the uterus and secretions from the cervix and vagina.</li> </ul>	<p>Brownish  Yellow</p>
Advice for everyday life	<ul style="list-style-type: none"> <li>● On the day you give birth, try to sleep well, and also take care to rest well on the following days.</li> <li>● You can start walking at four to eight hours after giving birth.</li> <li>● After receiving permission, you can take a shower.</li> <li>● While you are in the hospital, ask for advice about your new way of life. You will be discharged from the hospital in four to six days.</li> </ul>	<ul style="list-style-type: none"> <li>● Take much rest and relieve yourself of any other responsibilities than feeding your baby and taking care of yourself.</li> <li>● Avoid any work that increases abdominal pressure (e.g., carrying heavy objects).</li> </ul> 
Emotional changes	<ul style="list-style-type: none"> <li>● Labor is hard work that exhausts you both physically and emotionally.</li> <li>● After giving birth, take care of your body and mind.</li> </ul>	<ul style="list-style-type: none"> <li>● You may have transient anxiety and/or insomnia around 10 days after delivery. If you have such issues for an extended time or if you have a hard time, consult with a medical specialist. (See "Postnatal mental health" on p. 30.)</li> </ul>

## Notes to the father

- Relish the joy of your baby's birth with your wife.
- Be considerate of your wife and say kind words to her, telling her that she did a great job and that you are proud of her, for example.


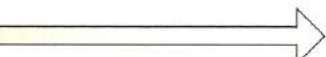





- Your wife needs to recuperate.
- Continue to do as many household chores as possible.





has returned to its pre-pregnancy state. This period lasts six to eight weeks. During this husband and other family members/relatives.

3rd week	4th week	5th-6th week
<ul style="list-style-type: none"> <li>Continue postpartum exercises.</li> </ul>	<ul style="list-style-type: none"> <li>Your vagina and vulva return to their pre-pregnancy states.</li> </ul>	<ul style="list-style-type: none"> <li>Your uterus returns to its pre-pregnancy size.</li> <li>Your abdominal muscles that have become lax return to their pre-pregnancy state.</li> <li>Stretch marks gradually become less noticeable.</li> </ul>
	Whitish 	Mostly stops.
<ul style="list-style-type: none"> <li>Gradually resume cooking and cleaning chores.</li> <li>You are still adapting to your new life, so do not push yourself. Whenever you feel tired, take a break.</li> </ul> 	<ul style="list-style-type: none"> <li>You can return to your daily routine, but rest whenever possible, because you will easily get exhausted by caring for your newborn.</li> <li>You can go grocery shopping in the neighborhood.</li> </ul> 	<ul style="list-style-type: none"> <li>Be sure to undergo a postnatal health checkup.</li> <li>If no abnormalities are found during the examination, you can resume sex. However, be sure to use contraception.</li> <li>You can have your hair permed.</li> <li>Decide when to return to your home (after delivery in your hometown), or go on a trip, after the postnatal health checkup.</li> </ul> 

- Your wife will feel stressed if parenting does not go according to her expectations.
- Support your wife with kind words so that she can feel relaxed.



- It is truly a hard work for your wife to care for your newborn and also do all household chores. Say kind words to her and listen to her.





## (2) Common postnatal problems – symptoms and preventive measures

Women feel relieved after giving birth, but that may last only a short while, because they often undergo various physical and emotional changes. If you develop one or some of the following symptoms or the symptoms continue for an extended time, consult with your doctor.

Symptoms	Possible illnesses	Preventive measures
<ul style="list-style-type: none"> <li>● Bleeding or bloody vaginal discharge for an extended period of time</li> <li>● Abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>● Lack of involution of the uterus (subinvolution of uterus)</li> </ul>	<ul style="list-style-type: none"> <li>● Take postpartum exercises.</li> </ul>
<ul style="list-style-type: none"> <li>● Smelly vaginal discharge, fever, abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>● Uterine infection</li> </ul>	<ul style="list-style-type: none"> <li>● Keep your vulva clean.</li> </ul>
<ul style="list-style-type: none"> <li>● Frequent urination, pain on urination, fever</li> </ul>	<ul style="list-style-type: none"> <li>● Bladder infection, inflammation of the renal pelvis</li> </ul>	<ul style="list-style-type: none"> <li>● Drink more water and urinate frequently.</li> </ul>
<ul style="list-style-type: none"> <li>● Breast lumps and pain, fever</li> <li>● Breaches of the skin of the nipples</li> </ul>	<ul style="list-style-type: none"> <li>● Mastitis</li> <li>● Nipple fissures</li> </ul>	<ul style="list-style-type: none"> <li>● See "Breastfeeding tips" (p. 41).</li> </ul>
<ul style="list-style-type: none"> <li>● Headache, dizziness, breathlessness</li> <li>● Heart palpitations, swelling</li> </ul>	<ul style="list-style-type: none"> <li>● Abnormal blood pressure, anemia</li> <li>● Pregnancy-induced hypertension</li> </ul>	<ul style="list-style-type: none"> <li>● Take plenty of rest and watch what you eat.</li> </ul>
<ul style="list-style-type: none"> <li>● Constipation, anal pain, bleeding</li> </ul>	<ul style="list-style-type: none"> <li>● Hemorrhoids, rectal prolapse</li> </ul>	<ul style="list-style-type: none"> <li>● Do not resist the urge to have a bowel movement.</li> <li>● Keep your anus clean (e.g., with a shower) and improve blood circulation.</li> </ul>





### (3) Postnatal mental health

Substantial hormonal changes that take place from pregnancy to the postpartum period may exhaust you emotionally. The birth of a child is a great joy, but you may sometimes feel it challenging to have to care for a newborn while you have not fully recovered from the physical and emotional exhaustion of labor and delivery. Do not hesitate to ask for support from your husband, friends and others.

#### Maternity blues

**Maternity blues** is a condition that many mothers experience **around three to 10 days after childbirth**, and has a variety of symptoms that commonly include **extreme anxiety over trifles, depressing feelings and tearfulness**.

You may feel stressed when things do not go as well as you have hoped despite your hard work, but please try not to let such things bother you. When you feel upset, please **rest well** and **consciously stop trying to do everything perfectly**. It is also important to find a vent for your emotions. **Don't keep your feelings bottled up, but share your problems with your husband, friends and others.**

Maternity blues is a common condition experienced by nearly half of all mothers. The condition is transient and usually needs no medical treatment. However, **if it continues for longer than two weeks or if you feel deeply depressed**, do not hesitate to consult with your doctor or contact the local health center. You may also ask your doctor to refer you to a psychiatrist.

#### Postpartum depression

Postpartum depression is a type of depression that affects some women **within one to two months of giving birth**. **With the right medical treatment, they will make a full recovery.**

Symptoms include **depressive, negative feelings, lack of energy, trouble thinking clearly or making decisions about your daily routine (e.g., what to buy and what to cook for meals), feeling tired all the time, and lack of appetite**. You may also blame yourself for things that go wrong, and even experience suicidal thoughts. Some mothers have difficulty bonding with their baby.

If you have some of these symptoms, do not keep your feelings to yourself. Tell your husband and other family members/relatives that you feel depressed and ask for help with the baby and household chores. It is **important to consult with a psychiatrist early to receive the right treatment.**

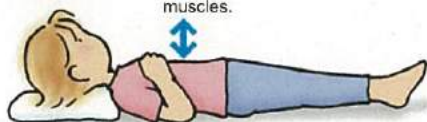




Postpartum exercises are intended to tighten lax abdominal and pelvic muscles to return to their pre-pregnancy state. They primarily focus on promoting the recovery of your uterus, vagina and perineum as well as strengthening your pelvic floor muscles. If you had a cesarean section or abnormal labor, consult with your doctor first.

### Day 1

- **Abdominal breathing:** Deeply inhale and exhale using the abdominal muscles.

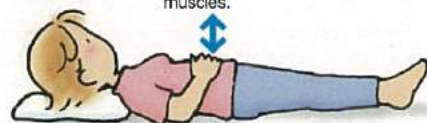


- **Foot exercise:** Slowly move your toes toward your body and then away from your body, and repeat this several times.



### Day 2

- **Abdominal breathing:** Inhale and exhale deeply using the abdominal muscles.



- **Head-lifting exercise:** Slowly lift your head toward your knees while straining your abdominal muscles.



### Day 3

- **Knee bending and stretching:** Bend one knee and raise your lower leg off the floor.



- **Foot muscle tightening:** Cross and stretch your legs.



### Day 5

- **Lower back extension exercise:** Bend your knees, arch your back and breathe deeply.



- **Foot-lifting exercise:** Slowly lift and lower your leg without bending the knee. Repeat with the other foot.



### Day 10

- **Sit-ups:** Place your ankles or toes on the tip of a sofa, and raise the top part of your body to a sitting position.



### 1 month later

- **Full body exercise:** Stand on tiptoes, lower your heels and then bend over without bending your knees.



\*It is recommended to return to your pre-pregnancy weight within five to six months after childbirth.



Family planning is the practice of controlling the number of children one has and the intervals between their births to raise a happy and healthy family. Couples should discuss their family planning needs based on accurate information so that they can rejoice at every pregnancy.



### (1) Maternal health

Maternal health is one of the key factors that contributes to the survival and good health of the baby. Women need up to a year to fully recover from childbirth. Therefore, if you have any health issues or had a cesarean section and want to have another child, consult with an obstetrician-gynecologist first.

### (2) Ready for another child?

Based on maternal health and the psychological development of children, it is considered easier to adapt to life changes if women wait two or three years before having another child. Couples are advised to decide when to have another child in consideration of their readiness, including their age, financial situation and various other circumstances.

I still want to drink Mom's milk – and lots of it! I also want Mom to hold me much more. I do not wish to have a brother or sister yet, but when I am a little bigger.



### (3) Return of menstruation and contraception

You need contraception from the first time you have sex after childbirth to prevent an unplanned pregnancy. Menstruation usually resumes around three to six months after giving birth for breastfeeding mothers, and after two to three months for bottle-feeding mothers. Since it is hard to tell when ovulation, which precedes menstruation, will occur, please use contraception from the first time you have sexual intercourse after giving birth. **It is not true that women will not get pregnant before menstruation has returned or while breastfeeding.**

### (4) Points to note concerning postnatal contraception

- ① Wait to resume sexual intercourse until after the one-month postnatal health checkup.
- ② Use contraception from the first time you have sexual intercourse after giving birth to prevent an unplanned pregnancy, because it is difficult to tell when ovulation and menstruation will return.
- ③ Avoid taking low-dose oral contraceptive pills while breastfeeding, because they can reduce breast milk production.
- ④ If you wish to use an intrauterine device (IUD), discuss the matter with an obstetrician-gynecologist to decide when to insert the device and also learn about the possibility of its dislocation from the uterus, inflammation, bleeding and other complications.
- ⑤ Postpartum sex can be more painful than pleasurable due to reduced mucosal secretions. If you find sex painful, try using a lubricating jelly.

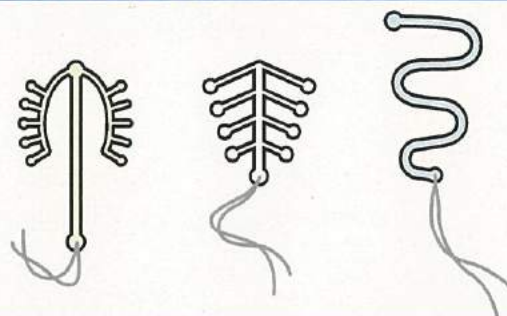


## (5) Contraceptive methods

### Intrauterine device (IUD)

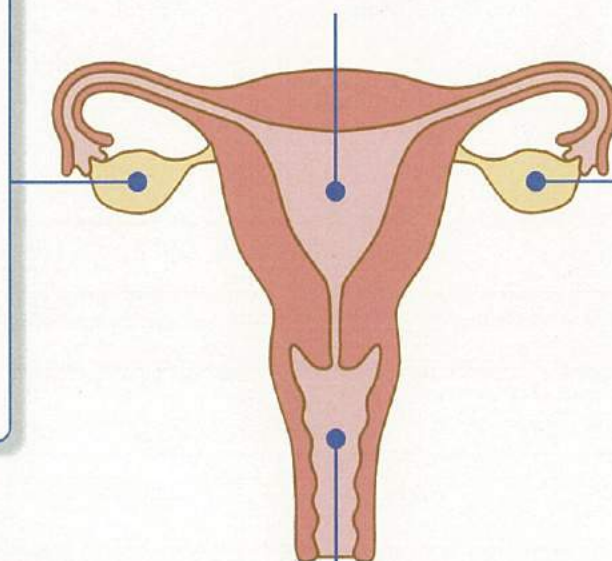
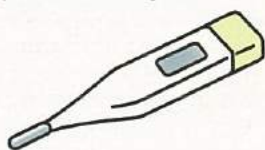
The intrauterine device (IUD) is a contraceptive device that is inserted into the uterus and physically prevents implantation of a fertilized egg. It is an effective means of contraception, and IUDs made of different materials and of several different shapes are available. The device can be used from about two months after giving birth, when the uterus has returned to its pre-pregnancy state. It requires regular checkups and replacement every two to three years.

- An IUD does not prevent sexually transmitted diseases.



### Basal body temperature method

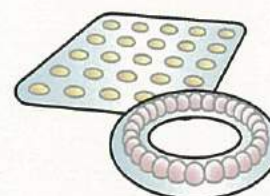
You have to take your basal body temperature each day to know when ovulation will occur and therefore when to use contraception. This is a simple way to prevent an unwanted pregnancy, but is not 100% effective. This method is not suited if your periods are irregular.



### Pills

Pills are combined hormonal contraceptives that prevent ovulation. They are effective if you take them properly. However, you cannot take these while breastfeeding because they reduce breast milk production. You need a prescription from an obstetrician-gynecologist for these pills.

- Pills do not prevent sexually transmitted diseases.
- You must stop smoking while taking pills.



### Condoms

Choose condoms marked with the Japanese Industrial Standards (JIS) logo. Put the condom on before having sex. Roll it down over the length of the erect penis. After ejaculation, withdraw the penis from your wife's body and remove the condom from the penis.

- Condoms prevent sexually transmitted diseases.

Male  
condom



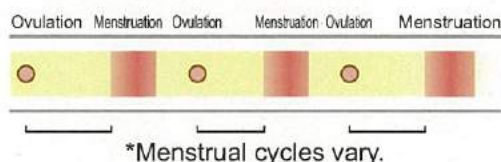


## (6) Useful information

### ① Ogino Method

This contraceptive method is based on the Ogino theory (developed by a Japanese obstetrician-gynecologist, Kyusaku Ogino) that ovulation occurs 12 to 16 days prior to the onset of menstruation. However, since menstrual cycles vary in length, you need to keep an accurate record of the length of previous menstrual cycles for at least six months. Please note that this method does not apply when menstrual cycles are irregular, and while breastfeeding or during puberty and menopause, which predispose to menstrual irregularities.

Since unintended pregnancies often occur when only the Ogino method is used, you are advised to use it in combination with other contraceptive methods.



### ② Coitus interruptus (withdrawal method)

The withdrawal method has the highest failure rate. It is not recommended for contraception for the following two reasons: (1) your husband may fail to withdraw his penis from the vagina before ejaculation occurs and (2) pre-ejaculate (also known as Cowper's fluid) emitted from the urethra of the penis during sexual arousal contains sperm and may therefore cause pregnancy. (Pre-ejaculate functions as a lubricant and also creates a favorable environment for the passage of sperm in the urethra).

### ③ Emergency contraception method

(Note: This is not a regular contraceptive method, but make sure you know how to use it – just in case.)

If there is a high probability of an unwanted pregnancy resulting from unprotected sex, condom breakage or other causes, emergency contraception is available as a last resort. See an obstetrician-gynecologist as soon as possible: You have to take emergency contraceptive pills within 72 hours of sexual intercourse to stop or delay ovulation or prevent the implantation of a fertilized egg. Some women experience nausea, vomiting and/or other side effects after taking these pills.

### ④ Rubella vaccination

If a prenatal checkup indicates that you have a low level of antibodies to rubella (HI titer of 1:16 or less; EIA value of less than 8.0), please receive a rubella vaccination before your next pregnancy. Be sure to use contraception for about a month before and two months after the vaccination. You do not have to stop breastfeeding immediately after vaccination.



## Notes to the father

The vagina is soft and vulnerable to injury and infection after childbirth. If you have sex, hygiene is important and you should use contraception.

Postpartum sexual activity should start in consideration of your wife's condition, because she may be reluctant to have sex due to the strain of childbirth on her body, irregular daily rhythm due to nighttime breastfeeding, and fatigue from looking after the newborn.





# V Everyday Living with a Baby

1

## Life with a baby



Living with your baby has started at long last. As a parent you can enjoy many new, rewarding experiences as you see your baby's cute expressions and watch her grow up. It also brings stress as you worry and are anxious. Know that **it is natural for parents to have worries and concerns**, because being a parent goes hand in hand with trial and error – like your baby trying to adapt to a new environment. Parents grow up with their newborn, who will cry, smile and get fussy with a unique individuality on the path of growing up.

2

## Baby immediately after birth

Body and natural position

The newborn has a large head, with a circumference that is about the same as that of the chest. In the baby's natural position, the arms form a W shape, the legs an M shape, and the hands are mostly clenched in a fist.

Skull

The small opening towards the front of the top of the baby's head is called the anterior fontanel. It will close completely by about one and a half years. The baby's skull may have an odd shape for a few days after birth as a result of having moved through the narrow birth canal.

Height and weight

A full-term newborn baby weighs approximately 3 kg and measures about 50 cm in length (different for each baby). Newborns often lose weight to the third to seventh day after birth, but they gradually regain their birth weight.

Eyes

The newborn's vision is quite blurry at first. At one month, the baby stares at the parents' eyes and faces. Newborns are said to react to vivid colors (e.g., red, blue, yellow).

Ears

The newborn reacts to sounds and stops crying when the father or mother talks to the baby.

Umbilical cord

The umbilical cord dries and falls off within 5-7 days after birth.

Feces and urine

A newborn has more than 10 bowel movements a day. The earliest stools of a newborn are dark and viscous, and gradually become yellow, which may also include shades of green and seem grainy at times.

Sleep

Newborns spend much time in shallow sleep – they sleep for two to three hours, wake up and then go back to sleep. They sleep around the clock because they do not have a sense of day and night until they turn about one month old.

Skin

Newborns often develop rashes and the skin easily peels due to their fast metabolism. They develop jaundice two or three days after birth, but it disappears in a week or two. The blue spots on the back and buttocks are called Mongolian spots and become less noticeable over time.

Temperature

Newborns' normal body temperature is about 37°C, which is higher than that of adults. Since they cannot regulate their temperature, they are easily affected by the outside world. Accordingly, even if your baby's hands and legs are cold, you do not have to worry if her central body temperature is normal.



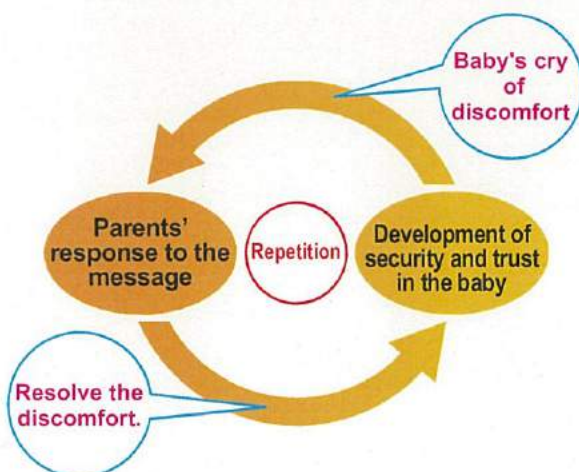


### 3

## Parenting basics

### (1) Caring for your baby's emotional needs (what your baby's crying means)

Newborns cry to communicate their needs. For example, they cry because they are hungry, because the diaper needs to be changed and because they want more attention. You may be surprised to find how much your baby cries, but **when babies cry, they are giving important messages**. Meeting their needs by changing the diaper and breastfeeding them, for example, **in response to those messages** gives them **a feeling of security**, and repeating the process leads to the development of **trust** between newborns and their parents. The feeling of security and trust **play a central role in babies' emotional growth**. Feelings of security and trust are as important for your baby's emotional development as milk is indispensable for your baby's physical development.



### (2) Eye contact, skin-to-skin contact and holding and talking to your baby

Human beings have **five senses** (touch, sight, hearing, taste and smell). Making skin-to-skin contact with babies by holding them helps to develop their sense of touch, while eye contact stimulates their sense of sight. And the rhythm and intonation of talking to them sharpens their sense of hearing. When babies nurse while smelling their own mother (that is, when their senses of taste and smell are stimulated), they feel secure. You do not have to worry that your baby will develop a habit of wanting to be held all the time if you hold her every time she cries. Hold your baby, look at her face and talk to her as often as you can. Offering babies close physical contact by holding them can go a long way towards developing a deeper trust between the babies and their parents. Another way of skin-to-skin contact with newborns is to gently massage them.

#### ● How to hold a baby ●



**Horizontal cradle**



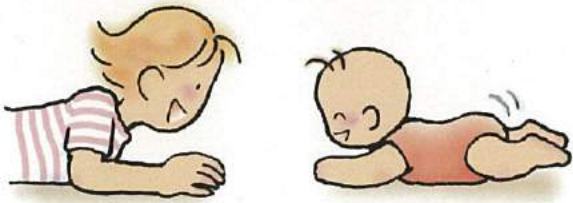
(until the baby can hold up her head by herself)



**Vertical position**

(from the time when the baby can hold up her head by herself)



Age in months	Birth	Month 1
Your baby's motor skills		
Your baby's social/emotional development	<p>Your baby startles to loud noises.</p> <p>Your baby makes sounds.</p>	<p>Your baby smiles when spoken to.</p>
Other developments and tips for parenting	<p><b>Daily rhythm</b></p> <p>Newborns sleep most of the time, and wake up when they are hungry. They do not have a sense of day and night.</p> <p><b>Nutrition</b></p> <p>Feed your baby whenever she seems hungry.</p> <p><b>Play and parent-baby relations</b></p> <p>Try to make eye contact and talk to your baby. Also have skin-to-skin contact with your baby.</p> <p><b>Hygiene considerations</b></p> <p>Wash your hands before you care for your baby because newborns have a low resistance to disease.</p>  <p><b>Others</b></p> <p>Please take time to rest while your baby sleeps.</p> <p>Please also decide on a regular pediatrician/hospital.</p>	<p><b>Daily rhythm</b></p> <p>Regular daily schedules for your baby are being established, centering on feeding, bathing and sleeping.</p> <p><b>Getting fresh air (walking)</b></p> <p>It is good to start taking your baby outside for some fresh air (see p. 47). However, please avoid crowded places until your baby turns two or three months old.</p> <p><b>Play and parent-baby relations</b></p> <p>It is advisable to start tummy time. Tummy time is important to build your baby's muscles in her neck, arms, legs and back. It also allows the baby to learn to roll over, crawl and pull to stand. Start with several daily sessions of 20 to 30 seconds each, and gradually increase the time. Don't let her lie on her tummy on soft surfaces such as a sofa, and keep an eye on her all the time. If your baby does not like being on her tummy, you can have her lie on your tummy when you are lying on your back or sitting in a reclined position with a cushion behind your back.</p>  <p><b>Health checkups for infants etc.</b></p> <p>Be sure to undergo the 1-month health checkup of your baby at a medical institution. Get advice on vaccinations, which start when the baby is two months old. Undergo the test for biliary atresia (using the test paper for your baby's stool color provided with the Maternal and Child Health Handbook).</p>



This chart shows babies' development milestones. Please note that these milestones vary from baby to baby.

## Month 2

## Month 3

## Month 4

Your baby holds up her head on her own.

Your baby rolls over.

Your baby raises her head 45 degrees while on her stomach.

Your baby pushes up while on her stomach.

Your baby turns toward sounds.

Your baby laughs when amused.



Your baby puts her palms together.

Your baby holds a rattle.

Your baby reaches out for objects.

### Daily rhythm

Your baby gradually adapts to the cycles of day and night, and remains awake for a longer time.

### Nutrition

Your baby may not nurse from time to time, but you do not have to worry or force her to drink more if she is gaining weight appropriately.

### Play and parent-baby relations

By this time, your baby will laugh when amused, and follow things with her eyes. Talk to her when she makes sounds, and shake a rattle or other toy in front of her.



### Hygiene considerations

Babies easily develop skin conditions such as cradle cap (seborrheic dermatitis) and infantile eczema (e.g., atopic dermatitis) because they perspire a lot, for example when they are nursing and crying. Keep your baby clean and wipe any sweat.

### Others

Some babies start sucking their fingers. They put them in their mouth to figure out what they are. This is part of normal child development, so you do not have to stop them from doing it.

### Daily rhythm

A basic regular daily schedule is established.

### What to wear

Since babies become increasingly active, they will be more comfortable in two-piece outfits during the day. Dress your baby in pajamas at night to teach her to sleep.

### Play and parent-baby relations

By this time, babies can briefly hold a toy. Grasping objects will help to develop basic hand coordination skills. Offer your baby toys that are easy to grab, colorful, or that release sounds, but that are also safe, even when put into the mouth.



### Health checkup for infants


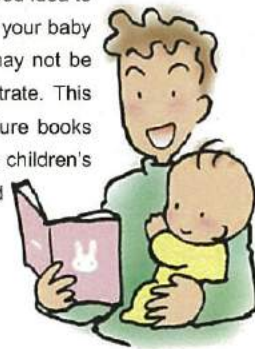


Please undergo the 4-month health checkup of your baby at the health center.

### Accident prevention


Accidents increase when babies start rolling over in their sleep. Please watch your baby, because they can easily fall from high places (see p. 61 – p. 62).



Age in months	Month 5	Month 6	Month 7	Month 8
Your baby's motor skills	Your baby rolls over.			You
	Your baby pushes up while on her tummy.	Your baby sits unsupported.		
Your baby's social/emotional development	Your baby turns toward sounds.	Your baby likes peek-a-boo.		Your baby repeats
	Your baby reaches out for objects.			
Other developments and tips for parenting	<b>Daily rhythm</b> A regular daily schedule of playing during the day and sleeping at night is established.	<b>Nutrition</b> It is about time to start with solid foods (See p. 65 – p. 66).	<b>Night-time crying</b> Most babies cry at night at the time when a regular daily schedule is established. They cry for various reasons: beginning to get ill, too much or too little milk, gas in her tummy, too hot or too cold, excessive daytime excitement, or a change in the daily rhythm. Some babies cry for no apparent reason. If your baby does not stop crying after you have addressed the possible causes of her crying, it is a good idea to hold her, or to completely wake her up and then snuggle her back to sleep.	<b>Play and parent-baby relations</b> Babies actively move around, rolling over in their sleep and slithering on their tummies. Do not restrict these movements by keeping the baby in a limited space like a walker or high-low bed & chair for long periods. Dress your baby in comfortable clothes and let her move around and explore in a safe environment. It is also a good idea to start reading to your baby although she may not be able to concentrate. This is because picture books help to develop children's imagination and creative skills.
	<b>Play and parent-baby relations</b> Some babies start to become shy of strangers, although this varies from baby to baby. It means that they can distinguish familiar faces and know if someone is a stranger, indicating that they have learned to trust their parents. Stranger anxiety is part of normal child development, so reassure your baby by holding or talking to her if she cries. Babies may make sounds trying to get attention from strangers. Help your baby learn the joy of interacting with other people by playing peek-a-boo, for example. Take your baby for a walk on a fine day. It will increase her appetite and help her get a good night's sleep.	<b>Dental care</b> Your baby will probably start teething from around six months. Start tooth care early so that your baby will get used to having her teeth cleaned.	<b>Play and parent-baby relations</b> 	



This chart shows babies' development milestones. Please note that these milestones vary from baby to baby.

Month 9	Month 10	Month 11	Year 1
<p>baby crawls.</p> 			
<p>Your baby pulls herself up to stand.</p>	<p>Your baby walks while holding onto furniture.</p>	<p>Your baby stands by herself.</p>	<p>Your baby walks.</p>
<p>babbles such as "ma ma" and "da da."</p>	<p>Your baby waves "bye-bye."</p>		<p>Your baby says words such as "mama" and "dada."</p>
	<p>Your baby points to objects that she wants.</p>		
	<p>Your baby copies the sounds and gestures of adults, like shaking her head no-no.</p>		
<p>Your baby holds objects with her thumbs.</p>	<p>Your baby picks up small objects between her thumb and forefinger.</p>		

#### Meals

Babies at this age wish to do everything by themselves. If your baby appears interested in eating by herself, let her eat with her hands. It is good if she can learn to drink from a cup. It is also a good idea to put a sheet of newspaper etc. on the floor under the highchair so that you can just pick it up and throw it all in a trash bin.

#### Play and parent-baby relations

During this period, babies love physical activities, such as being held high in the air and flying games. Fathers are encouraged to play with their babies because young children enjoy playing dynamic games with their fathers (however, avoid too strong or violent movements). Offer toys that your baby can pull and push around, soft balls and other objects so that they can move the entire body.



#### Accident prevention

Your baby will show interest in everything around her, and often get into mischief. Since babies put everything in their mouths during this period, they could choke on stuff. In fact, many choking accidents occur. It is therefore a good idea to check your safety steps once again.

#### Health checkup for infants

Take your baby for the 10-month health checkup at the health center.

#### Daily rhythm

Keeping early hours is essential for hormonal balance and the healthy development of your baby's body and mind. It is important for infants at this age to establish a regular routine (e.g., playing outside in the morning, for example).

#### Meals

At this age babies receive their nutrition mostly from food, and not so much from the breast or formula milk. Feed your baby three meals a day, and gradually give her the same food as her parents are eating.



#### Play and parent-baby relations

Babies may imitate the gestures of adults and learn to say words. It is advisable to turn off the TV or a video to play with your baby as often as you can. Since babies at this age want to do things by themselves, let them explore in a safe environment.

#### Dental care

Around this time, all front teeth will come out, so you should brush your baby's teeth at least once a day.

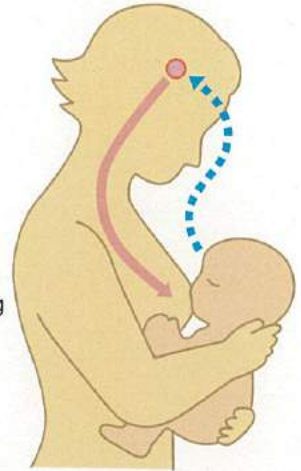


## (1) Breastfeeding advantages

- 1 Breast milk is suitable for babies' growth because it is easily digested and absorbed.
- 2 Breast milk contains immune antibodies that protect against and help babies fight off illnesses.
- 3 Breastfeeding facilitates shrinkage of the uterus to its pre-pregnant state and the mother's recovery from childbirth.
- 4 The sucking motion of breastfeeding strengthens the muscles in the mouth and jaw.
- 5 Breastfeeding aids the emotional health of the mother and the baby, which in turn enhances the quality of the mother-child relationship.



- ..... Your baby sucking your breast
- Breastfeeding hormones



## (2) Breastfeeding tips

Follow the tips below to increase your breast milk supply and also prevent mastitis and other troubles.

- 1 Newborns get hungry at any time **until they are about one or two months old**. Therefore **let your baby nurse whenever she shows hunger signs**. To improve your milk supply, you should breastfeed **at least eight times a day**. It is common for newborns to wake up two or three times a night for feeds. A feeding schedule will develop by the time your baby is about three months old.
- 2 Even if you do not produce enough breast milk and your breasts do not feel full, **let the baby suck according to your feeding schedule**. This will increase your breast milk supply.
- 3 Immediately after birth, have your baby nurse for up to 10 minutes on each breast, and alternate the breasts. Once a feeding rhythm has been established, your baby will take around 40 minutes to feed at a time. Breastfeed your baby for as long as needed, until she is satisfied. If your baby has nursed only on one breast, continue with the other side at the next feeding.

**Prevent your baby from pulling your nipples.** Let her latch on, taking as much of the areola (the dark area around the nipple) as possible into her mouth. **Take a comfortable breastfeeding position but keep your back straight without leaning forward.** If your baby pulls your nipples or "bites" hard on them, they may be bruised.

- 4 If the breast has not been emptied completely, you should express the remaining milk.

1



Change the baby's diaper first.

2



Wash your hands.

3



Hold the base of your breast from below and slightly move it. Make sure that milk can flow from the nipple.

4



Gently open your baby's lips around the breast, and place your nipple and the areola on the baby's tongue for her to latch on.

5



Alternate the breasts.

6



After a feeding, keep your baby in an upright position and gently rub or pat her back to burp her.

7



Adjust the height of your baby by placing bath towels or a cushion, etc. on your knees to ensure that the nipple is parallel to the baby's mouth. Take a comfortable breastfeeding position (without straining your arms or shoulders).



### (3) Breast milk storage

Before expressing your breast milk for storage, wash your fingers and hands with soap and running water.

You can store expressed breast milk in the fridge or freezer. If you have a lot of expressed milk after a feeding or want to be prepared for in case you cannot breastfeed, it is a good idea to store it. This allows you to use stored breast milk when you feel too ill to breastfeed or when you have to feed your baby away from home.

#### ① Storage in the fridge

Expressed breast milk can be stored for up to three hours in a fridge at a maximum temperature of 4°C. Express your breast milk directly into a sterilized bottle, and cover it with the lid. Be sure to warm the milk to body temperature before feeding.

#### ② Storage in the freezer

Expressed breast milk can be stored for about a month in a freezer at a maximum temperature of -20°C. Freeze breast milk in breast milk freezer bags indicating the date of expressing the milk. To thaw frozen milk, place it in the fridge or under cool, running water. Warm the thawed breast milk right before feeding your baby. To transport frozen breast milk, use a cooling sheet, ice box, thermal bag or something similar.

#### ● Breast milk storage – Don'ts ●

- Do not mix unfrozen lukewarm breast milk with frozen breast milk.
- Do not mix breast milk with formula milk.
- Do not thaw frozen breast milk using hot water. Some nutrients in breast milk are destroyed by heating above 50°C.
- Do not use a microwave oven.
- Do not use direct heat.
- Do not freeze and thaw breast milk repeatedly.
- Do not store warmed breast milk in the fridge.



### (4) Is my baby getting enough breast milk?

If your breasts do not feel full any more or if you feel that your breast milk supply has decreased, you may wonder if your baby is getting enough breast milk. If your baby gains weight more or less in line with the growth chart, she is getting enough breast milk. If you are concerned (e.g., if her weight gain until she turns four months old is less than 500 grams per month), please discuss the matter with an obstetrician-gynecologist or at the health center.

\*The growth chart is included in your Maternal and Child Health Handbook.

#### ● Tips for boosting breast milk supply ●

It is important to relax and concentrate on your baby when you breastfeed, and also to increase the blood circulation in your breasts. Try to keep the following:

- Take a rest (relax your body and mind, and take things easy).
- Have balanced meals three times a day. Take in sufficient amounts of warm fluids, in particular.
- Wear warm clothes.
- Do exercises to ease stiff shoulders like moving your arms in circles.





## (5) Signs of breastfeeding problems and related treatments

Symptoms	Possible illnesses	Treatments
Breast lumps, pain and fever	Mastitis	You may continue to breastfeed, but cool the lumps and sore spots in your breast. Discuss the matter at the hospital where you gave birth or another medical institution.
Fever in addition to the above symptoms	Mastitis	See a doctor.
Cracking or other skin injuries of the nipples	Nipple fissures	Use a nipple shield during breastfeeding. If you have problems, such as pain and bleeding, suspend breastfeeding and feed your baby expressed breast milk. If your nipples do not heal soon, you will need to see a doctor (e.g., an obstetrician-gynecologist or surgeon).

## (6) Adverse effects on breast milk

### ● Effects of smoking and drinking on breast milk ●

Nicotine in cigarette smoke reduces breast milk production. Furthermore, nicotine and alcohol adversely affect the growth of babies because these substances pass into breast milk. Accordingly, you should abstain from smoking and drinking.

### ● Effects of drugs on breast milk ●

Ask your doctor if you may breastfeed while taking medication.

### ● Effects of caffeine on breast milk ●

Caffeine contained in some drinks passes into breast milk, causing your baby to sleep shallow and cry a lot. Limit your intake of caffeine-containing drinks to one or two cups a day.



## Notes to the father

Please know that it takes several days before your wife produces a sufficient volume of breast milk. If she feels impatient, that will affect her breast milk supply. Breastfeeding at night may make your wife feel lonely and desolate, particularly if she breastfeeds in the dark while fighting sleepiness. Even if you do not wake up while she breastfeeds, say kind words to her the following morning, such as "Did she nurse a lot last night?" and "Thank you for your hard work." That will help keep her going.





## (7) Bottle-feeding tips

- 1 Prepare formula according to the manufacturer's instructions. You do not have to use mineral water, ionized alkaline water, etc.
- 2 Hold your baby close to you as when breastfeeding. While feeding, look into her eyes and talk gently to her. Holding your baby while feeding will help her develop an emotional bond with you.

When bottle-feeding, hold your baby because giving a bottle of formula while your baby is lying flat on her back may cause milk to enter the Eustachian tube and lead to middle ear infection. This is because this tube that joins the throat (i.e., the mouth and nose) to the middle ear, is wider and more horizontal in babies than adults.



- 3 Raise the bottom of the bottle slightly to prevent air accumulating around the bottle nipple.



- 4 After feeding, keep your baby in an upright position for one or two minutes and burp her as with breastfeeding. Burp your baby until she turns six months old or so.
- 5 If she does not burp, lay her on her back with her head turned sideways.



## Sterilizing baby bottles

Sterilize bottles, because babies are susceptible to bacteria and other harmful microorganisms.

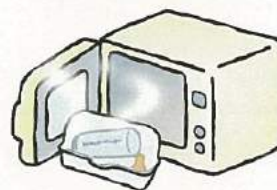
### How to sterilize baby bottles

There are various sterilization methods. Choose one you like.

- Sterilization with boiling water ●



- Sterilization with a microwave oven steam sterilizer ●



- Sterilization with chemical sterilizer ●



## (8) Need for oral rehydration

If your baby does not drink breast milk or formula due to a fever, diarrhea, vomiting, etc., you need to rehydrate her. It is a good idea to give her a baby ion drink.



You should have a balanced diet because it will speed your recovery after delivery and help you maintain your health and produce high-quality breast milk for your baby. The first step to a balanced diet is to eat three meals a day with each meal consisting of a staple food, a main dish and a side dish (with vegetables). Eat between meals if necessary, and consider the following points when preparing food (See p. 10 – p. 17).

- (1) Make a conscious effort to eat nutritionally balanced meals as you did during pregnancy.**



- (2) Calcium and iron are often lacking from the diet, particularly among people in Sapporo. Consume foods rich in these nutrients. (See p. 14.)**



#### Points to note during breastfeeding

- (3) Avoid excessive fat intake.**

Excessive fat intake may cause clogged milk ducts, which can lead to mastitis. Avoid excessive intake of sweets, snacks and other fatty food, and use different cooking methods (See p. 12 – p. 13).

Limit milk consumption to about 300 milliliters per day because it contains fats despite being an excellent source of the calcium and fluids you need. To consume calcium without taking too much fat, use low-fat milk and similar products.

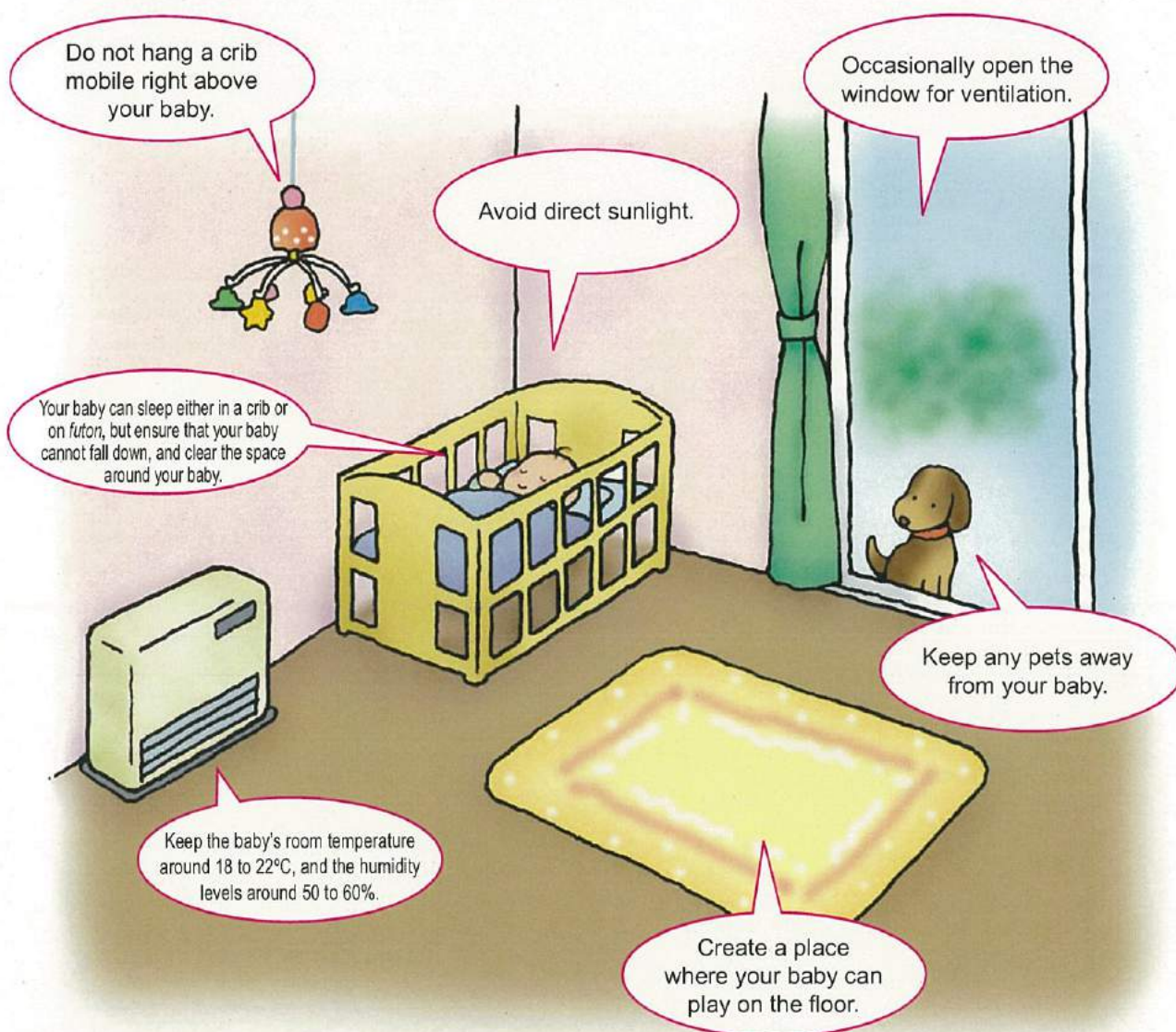
- (4) Drink appropriate amounts of fluids.**

You should drink appropriate amounts of fluids to replace the fluids lost through breastfeeding, because nearly 90% of breast milk is water. Choose warm drinks, such as caffeine-free *bancha* Japanese tea and barley tea as well as vegetable soup, because they improve blood circulation and therefore help produce breast milk. Do not drink excessive amounts of sweet drinks because that can cause mastitis.



## (1) Baby nursery

- ① Keep your baby within sight at all times.
- ② Keep your baby's room quiet and airy with a lot of sunlight.
- ③ Quit smoking for the sake of your baby. Cigarette smoke pollutes the air, which makes your baby susceptible to respiratory diseases.
- ④ Do not keep the TV on in the background. Babies cannot distinguish between sounds from the TV and noise.



### Summer

- The temperature difference between outside and inside should be within 5°C, and keep your baby away from a direct blast of cold air from an air conditioner, electric fan, etc.

### Winter

- When the heater is on, the air becomes dry and stale. Make sure that the room has proper ventilation and humidity control.
- If you use a humidifier, clean the unit and change the water often to prevent the growth of mold.
- Keep your baby away from a direct blast of hot air from the heater.



## (2) Exposure to fresh air

Exposure to fresh air stimulates your baby's skin and mucous membranes and helps to strengthen her respiratory organs apart from improving her metabolism. It is also important for children to receive enough sunlight to prevent the development of rickets. It is therefore advisable to start taking your baby outside for a dose of fresh air when she has turned one month old.

### ◆ Tips for fresh-air bathing ◆

- ① Start by opening the window to let fresh air into the room or taking your baby out on the balcony.
- ② During the heat of summer, avoid the hours when the sunlight is the strongest. Put a hat on your baby's head, and take her outside during the cool hours.
- ③ Take walks as often as possible on fine days, also in winter.

### ◆ What is rickets? ◆

Rickets is a bone disorder caused primarily by a vitamin D deficiency. Symptoms include stunted growth and skeletal deformities (e.g., bandy legs). About 90 percent of the vitamin D in our body is made when our skin is exposed to ultraviolet light. However, since Hokkaido has short sunshine hours, particularly limited ultraviolet light during winter, people in this region are often unable to produce enough natural vitamin D.

## (4) Shaken baby syndrome (SBS)

Violent shaking of a baby or a toddler **can cause hemorrhage of the brain because the brain is not fully developed**. When you want to play with your baby, hold her close to you and gently sway her from side to side while supporting her head with your hand. Be especially careful **for the first six months**.



## (3) Sudden infant death syndrome (SIDS)

Sudden infant death syndrome is defined as the sudden, unexpected death of an infant, typically during sleep. The exact cause of SIDS is unknown, but you can reduce the risk as follows:

### ◆ Prevention of SIDS ◆

- ① Place your baby **on her back** to sleep – never face-down on her stomach.  
\*If your doctor recommends that you place your baby face down, discuss your concern with the doctor.
- ② Quit smoking. As a matter of course, pregnant women and nursing mothers should not smoke, and other people should not smoke near pregnant women or babies.
- ③ Try to breastfeed your baby as long as possible.

### ◆ Try not to leave your baby alone. ◆

- ① Do not leave your baby alone for a long time, even if she is fast asleep.
- ② Do not leave your baby alone when you go out.
- ③ Try to sleep in the same room as your baby.

By not leaving your baby alone and paying careful attention to how you place your baby when she sleeps, you can prevent accidents like choking, accidental swallowing, injuries, burns, and drowning by falling in the bathtub.

\*Information on sudden infant death syndrome (SIDS) on the website of the Ministry of Health, Labour and Welfare:  
[www.mhlw.go.jp/bunya/kodomo/sids.html](http://www.mhlw.go.jp/bunya/kodomo/sids.html)



## (5) Dislocation of the hip

Even babies who do not have congenital hip dislocation can develop dislocation of the hips if they are placed in inappropriate positions for long periods. Please consult with an orthopedist or someone at the local health center if your baby's legs cannot be spread apart normally when the diaper is changed or if you can hear clicking sounds of the hip or see asymmetrical thigh or buttock creases.

### ◆ Pay attention to the following matters until your baby starts walking. ◆

- ① When you put your baby on her back, ensure that her legs are in the M-position and she can move her legs freely (Fig. 1).
  - The M-position refers to the natural position of your baby with her knees bent and her legs opened toward the outside. Allow her to move her legs freely.
  - Do not tighten her legs by fastening her diaper too tight or dressing her in tight pants
- ② When you hold your baby, use the belly-to-belly koala cuddle position (Fig. 2).
  - This is a comforting, parent-facing position. Your baby will bend her legs up, forming the letter M.
  - Putting your baby in a sideways sling may prevent the legs from being in an open position, and there is a danger of keeping them straight, so please be careful.
- ③ If your baby always lies with her head to one side of the face, pay attention to the positioning of the leg on the opposite side (Fig. 3).
  - Ensure that the leg on the opposite side is properly open toward the outside (i.e., the knee is not drawn up).
  - Various repositioning techniques have been advocated, such as speaking to her from the non-preferred side or using soft towels, pads or something similar to move her head to the non-preferred side. Find the best way for your baby.

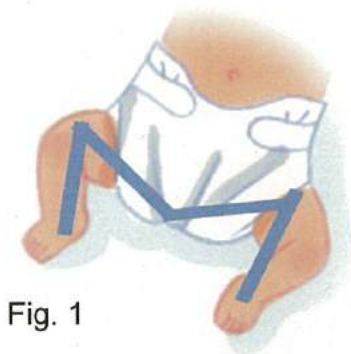


Fig. 1

Fig. 2

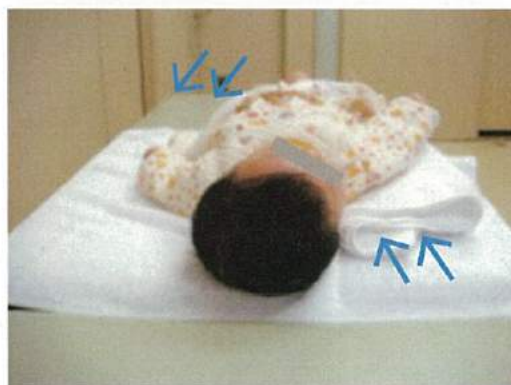


Fig. 3



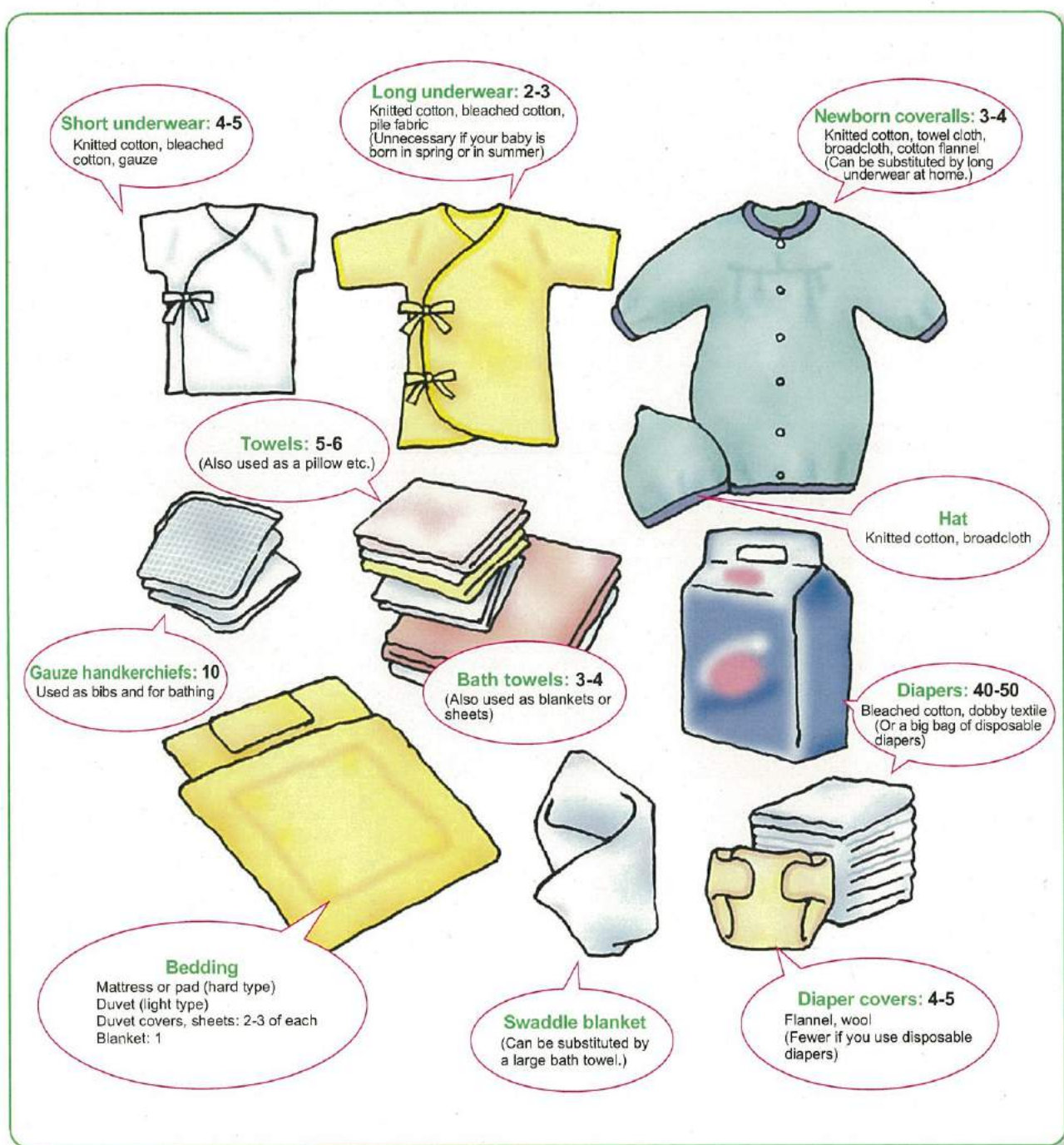
## (6) Newborn essentials – clothes and bedding

Prepare the baby bedding and clothes for the first three months by around the seventh to eighth month of pregnancy.



Baby clothes and bedding are so adorable that it can be hard to choose. However, the most important point to keep in mind when shopping for baby items is that they should be comfortable.

### 1 Checklist for baby clothes and bedding





## 2 Tips for choosing baby clothes

- Should be moisture absorbent and breathable.
- Nice and soft texture
- Stretchy
- Opens in the front for easy changing.
- Comfortable neckline and sleeves that allow easy movements
- Easy-to-wash materials

## 3 Tips for dressing your baby

- To dress your baby quickly and easy, place the sleeves of the underwear into those of the clothes beforehand.
- When you put her arm through the sleeve, put your hand into the sleeve from the outside, grasp her hand, and pull it through.
- When you have finished dressing her, make sure that the clothes have not been rolled up at her back.
- It is advisable not to dress a newborn in mittens, socks, tights, etc. when inside.



Spread the underwear on the clothes, place the sleeves of the underwear into those of the clothes, and then put your baby on the undergarment.



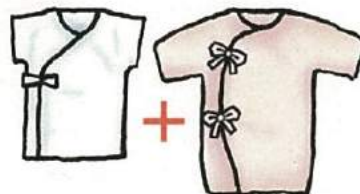
Gently place her arms through the sleeves.

## 4 What to dress your newborn?

- If your baby sweats a lot, she is probably dressed too warmly, irrespective of the season. (Check her back through the neck. If her back is moist, she is sweating.)
- Babies can move around more comfortably in two-piece outfits than in jumpsuits by the time they are about four months old.
- From about four months old, make a point of dressing her in pajamas at night to teach her to sleep.

Spring

Autumn

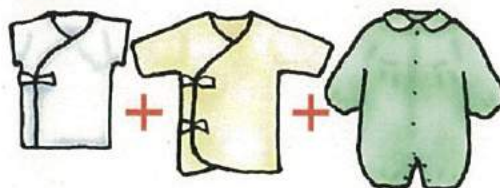


Summer



Winter

(when the temperature in the room is low)



- ★ **Until your baby is about one month old:**  
Dress her in one layer more than what you are wearing.
- ★ **When your baby is two to three months old:**  
Dress her in the same number of layers that you are wearing.
- ★ **From the time your baby is about four months old:**  
Dress her in one layer fewer than what you are wearing.



## 5 Changing diapers

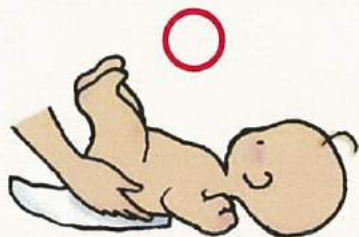
Change diapers frequently and keep the diaper area dry to avoid diaper rash.

### Diaper changing tips:

- To allow your baby's legs to move freely, pick an appropriate size of diaper and diaper cover, and if you use cloth diapers, make sure that the diaper covers her crotch rather than her hips.
- If you use cloth diapers, fold the front of your baby's diaper below the navel and make sure that the diaper cover is actually covering all of the diaper. You do not need a diaper cover if you use a disposable diaper.
- To change the diaper, lift your baby's bottom by putting your hands under her buttocks.
- Clean your baby's buttocks with a lukewarm wet cloth or wipe every time you change the diaper. In particular, make sure that you thoroughly clean between the skin folds.



To allow natural movement of your baby's legs, make sure that the diaper covers her crotch rather than her hips.

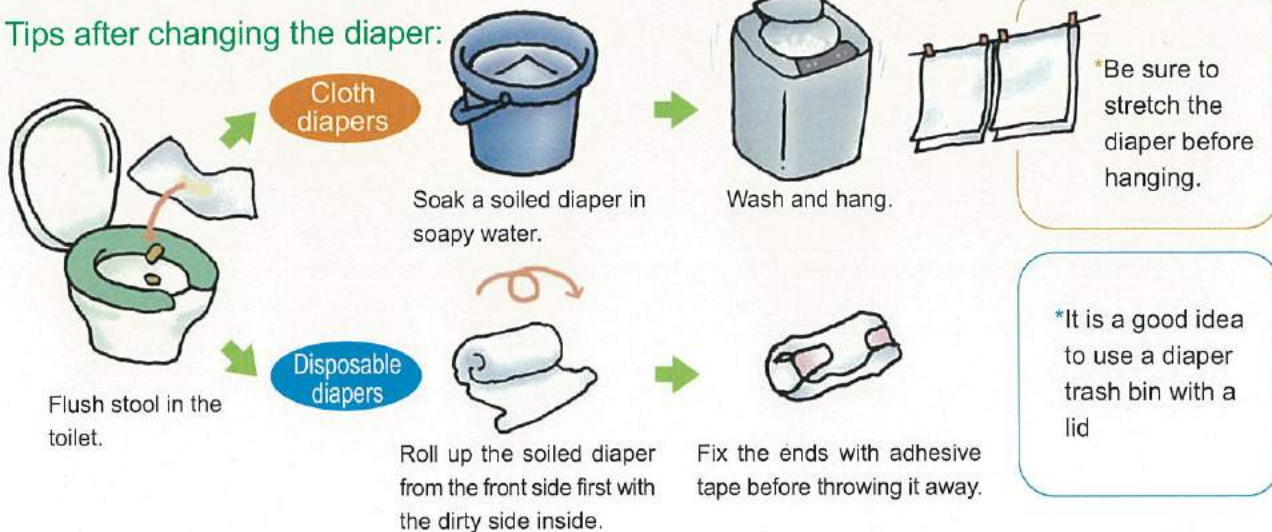


Lift your baby's bottom by putting your hands under her buttocks. Turn your baby sideways when you wipe her buttocks.



Do not pull your baby's legs – this could lead to dislocation of her joints.

### Tips after changing the diaper:





## (7) Bathing your baby

Bathing promotes your baby's growth and development as it keeps your baby's skin clean and stimulates blood circulation. It is also a good opportunity to check her body.



Babies love bathing. Your baby may be surprised and cry the first time you bathe her, but she will look very comfortable once she gets used to it. Bathing a baby may be a huge undertaking, but it is well worth it.

### ●Frequency● Once a day

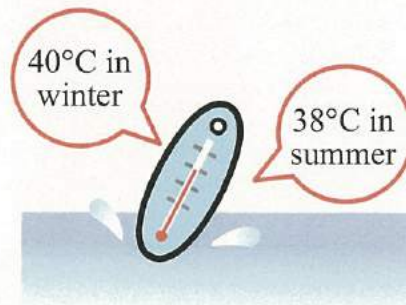
The temperature of the bath water should be around 38-39°C in summer and 40°C in winter. Choose the right temperature for each season.

### ●Bathing time● Within 10 minutes at a time

Avoid bathing your baby immediately after a feeding. Bathe your baby at approximately the same time every day.

## 1 Tips for bathing your baby

- Help your baby relax and enjoy the bath.
- Check the temperature of the bath water.
- Your baby will feel secured if you wrap her in a towel and gently lower her into the water.
- Gradually slip your baby into the tub, feet and bottom first.



## 2 Tips for checking your baby's body

- Check your baby's body thoroughly.

Eye mucus

Inflamed skin  
in the armpits

Rash  
on the head

Inflamed skin  
behind the ears

Rash  
on the back

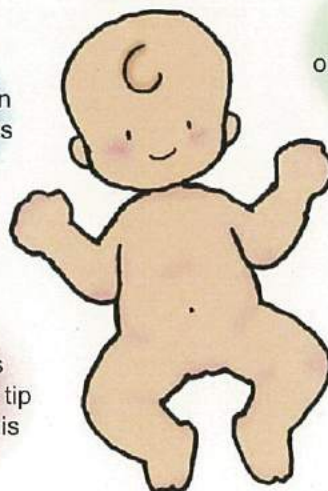
Inflamed skin  
on the neck

Wet navel

Redness  
of the buttocks

Redness  
around the tip  
of the penis

Inflamed skin  
at the tops of legs





### 3 Do not bathe your baby if:

- she has a fever;
- she is fussy and has little energy; or
- she has severe diarrhea.



When you cannot bathe your baby, wipe her body with a warm wet towel.

### 4 Preparation by parents

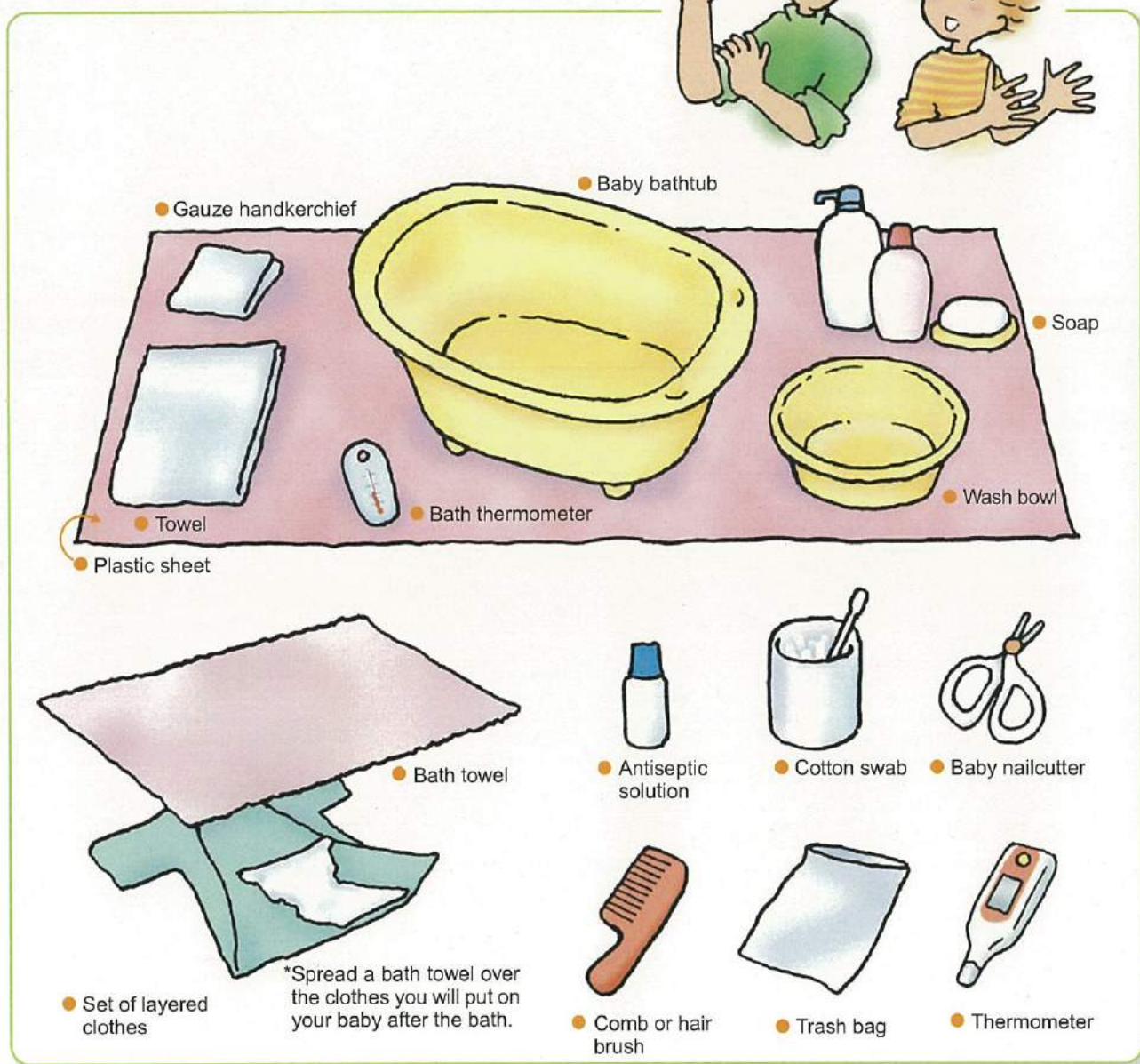
Clip your nails, wash your hands, roll up your sleeves and remove your watch.

### 5 Room temperature

The room temperature should be between 22 and 25°C.



### 6 Supplies



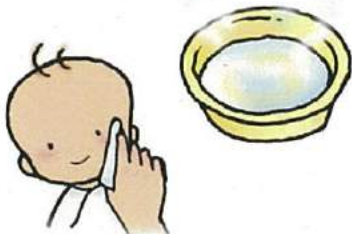


## 7 How to bathe your baby

- Use a baby bathtub until your baby is about one month old.

- 1 Wipe your baby's face with a gauze handkerchief wetted with warm water in a wash bowl.

- Eyes
- Entire face
- Ears and the areas behind the ears



- 2 Wrap your baby in a towel, support your baby's head with your left hand and put your right hand under her buttocks; then gently lower her into the water, legs first.



- 3 Wash your baby's head with soap in the bathtub.



- 4 Wash your baby's body with soap in the following order: hands, armpits, neck, chest, tummy, legs, back and crotch.



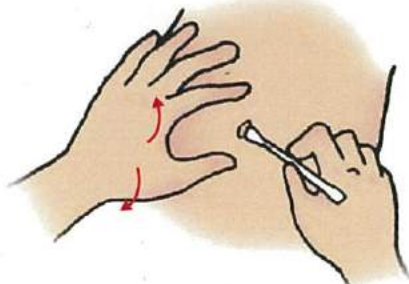
- 5 Wash your baby's back and buttocks. Turn the baby's body by putting your right hand underneath her armpit, and wash the other side. Thoroughly clean the buttocks as they are often soiled.



- 6 After a nice warm bath, pat your baby dry with a towel.



- 7 Swab your baby's navel with an antiseptic solution. Use your thumb and forefinger to slightly lift up the skin and gently clean your baby's belly button with a cotton swab dipped in an antiseptic solution.



- 8 When your baby's body is dry, dress her in clean clothes. Clean the outer ears and nostrils, and comb her hair.





**8 It is advisable to bathe your baby in the bathtub in your house after she has turned one month old.**

- The temperature of the bath water should be between 38 and 39°C, slightly lower for babies than for adults.
- Hold your baby firmly and be careful not to slip in the bathroom.
- Make sure that the bath water is clean.

- 1** Wash your baby's buttocks with warm water (without using soap).



- 2** When you pour warm water over your baby's body, do it gently, first over her legs and then over her chest.



- 3** Support your baby's head and buttocks, gently lower her into the water, legs first, and warm her body.



- 4** Hold your baby sideways in front of you, with your non-dominant hand supporting her neck and your dominant hand washing her body. Once she can hold up her head by herself, hold her vertically. One way to ensure stability is to sit cross-legged and put your baby on your lap.



- 5** To shampoo your baby's hair, hold her sideways. Prepare a jug of warm water in advance to rinse off the shampoo.



- 6** Put your baby back into the bathtub to warm her body for three to five minutes.





## (8) Health issues – Concerning Symptoms and how to handle them

### Spitting up



Babies often spit up (even when they are not sick). Your baby may spit up when she moves her body, and milk may dribble from her mouth after she had a feeding. If it happens while she is lying on her back, turn her head sideways. You do not have to worry as long as she is well and cheerful and gaining weight normally.

### Fever



You do not have to worry as long as your baby's temperature is **below 37.5°C**, she is cheerful and she has a good appetite. Check her temperature several times, and provide adequate fluids. If she has a high fever, or if she is listless despite a slight fever, take her to the doctor.

### Constipation



Your baby may have only one bowel movement every two or three days, but you do not have to worry as long as she is cheerful and has a good appetite. If she is constipated for more than three days, place your hand on her tummy and gently massage in circular motions, or try to stimulate her anus with a cotton swab.

### Seizures/convulsions



If your baby has a seizure, **loosen clothes that are tight, and turn her head sideways. Be sure to check her temperature.** If she has a high fever, you may take her to the doctor after the seizure has subsided because the type caused by a high fever often subsides in one or two minutes. If she does not have a fever or the seizure lasts for longer than 10 minutes, take her to the doctor immediately.

### Green stools/diarrhea



Your baby may have green or loose stools or excessive bowel movements, but you do not have to worry as long as she is cheerful, has a good appetite and is gaining weight normally.

### Rashes



Your baby may have rashes or dry skin on her head, cheeks, body, arms and legs. Keep the area clean by washing it gently with mild soap and water. If the condition does not improve, take her to the doctor.

### Crying a lot



Babies cry to communicate their needs. If your baby does not stop crying after you have addressed the possible causes of her crying (e.g., diaper change), it is a good idea to hold her and try to entertain her. However, if she continues to cry violently or her crying is different from usual, take her to the doctor.

### Allergies



Common baby allergies include atopic dermatitis. If your baby has itchy rashes for an extended time, take her to a dermatologist or pediatrician. Do not restrict your baby's diet by your own judgment.

### Sneezing/stuffy nose



Babies may sneeze or have a stuffy nose, because their mucous membranes are delicate and they are sensitive to cold breezes, dust, etc. You do not have to worry as long as your baby is fine and has a good appetite without other symptoms like a fever or coughing.





**(9) If your baby develops one or some of the following symptoms, take her to the doctor.**

- ❶ She has a fever above 37.5°C.
- ❷ She suddenly starts crying violently and does not stop crying, even if she is fed or amused, or she repeatedly falls asleep and suddenly starts crying violently.
- ❸ She has diarrhea, passes stools often, and is listless. She has diarrhea and vomits, in particular.
- ❹ She vomits and is listless or fussy.
- ❺ She has white or pale yellow stools.
- ❻ She breathes hard and has pale lips.
- ❼ She has a coughing fit, wheezes or her nostrils twitch.
- ❽ She sleeps all the time and is listless.
- ❾ Diagnosed jaundice lasts for an extended time or her skin becomes darker yellow after discharge from the hospital.

**Never** give her previously prescribed drugs by your own judgment.

**Hokkaido Pediatric Emergency Telephone Consultation Service**

This service offers symptom-specific advice in the event of a child's sudden illness or injury at night.

**Phone: 232-1599**

**Phone: #8000**

(from cell phones and touch-tone lines)

19:00 – 8:00 the next morning

**Take your baby to a pediatrician first.**

**Information you should provide to the pediatrician**

- Symptoms
  - Date when the symptoms were first noted
  - Steps taken before taking your baby to the pediatrician
- } Fever, rash, appetite, fussiness, etc.

**What to check with the pediatrician**

- How you should handle your baby at home
  - How to give your baby medicine
  - When you should return to the hospital/clinic
- Meals, bathing, going outdoors, etc.





## (10) Common infant infections

Newborns have some immunity from their mothers, but this immunity begins to disappear by the time they are about six months old, causing them to become susceptible to illnesses.

### ★ Common diseases that infants may develop up to one year of age, and preventive measures ★

Disease	Symptoms and preventive measures
Roseola (exanthema subitum)	Roseola typically starts with a sudden high fever – often higher than 38°C – that lasts for about three days. When the fever subsides, a rash covering the entire body appears and may last for about three days. Some babies may also develop diarrhea while they have the rash. Babies are often cheerful despite the fever, but some babies may develop fever-related seizures (febrile convulsions).
Rotavirus infection (rotavirus diarrhea)	Babies who are infected develop diarrhea of whitish stools and vomiting. Nearly half of them also develop a fever. Children between four months and two years of age experience the most intense symptoms. Caution should be exercised if your child repeatedly vomits and has diarrhea because it can lead to dehydration.  *Dehydration: Symptoms include dry skin and lips and reduced urination. *A voluntary rotavirus vaccination is available; check at a medical institution.
Whooping cough	Whooping cough often starts with cold symptoms, which may last up to one or two weeks. During this period, coughing gradually worsens until severe coughing spells develop. Whooping cough can trigger such violent coughing that babies cannot breathe. Since babies under one year old are particularly susceptible to complications such as apnea (long pause in breathing), you are advised to give your baby the four-in-one DPT-IPV vaccination at an early date.
Measles	Measles often starts with a fever, runny nose, coughing and eye discharge, which may last for about three days. The fever usually subsides to some extent before it escalates again, and a rash appears on the entire body. Some babies may suffer severe complications such as middle ear infection, pneumonia or encephalitis. It is rare for babies to have measles before six months of age if their mothers are immune to it. However, measles quickly spread among babies who are not immune once it has broken out.

### Measles can be prevented by vaccination.

Measles is a serious disease – nearly 100% of children who are not immune and are infected with this virus develop symptoms. Sapporo saw an outbreak of measles in 2001, and 50% of children who were infected were under two years of age. **It is therefore advised that children have a combined measles and rubella vaccination as soon as they turn one year old.**

\* Plan your baby's vaccinations to ensure that she can receive the relevant shots as soon as possible in reference to the guide for inoculations that is attached to your Maternal and Child Health Handbook.



## (11) Frequently asked questions

**Q** I am concerned about the odd shape of my baby's head. Will it return to a normal shape?

**A** Many babies' heads are oddly shaped because they often lie with their head turned to one side. The shape of your baby's head will become less noticeable as she grows up, but it is a good idea to let her play on her tummy and to speak to her from the non-preferred side.

**Q** My baby has a lot of eye discharge. Is that normal?

**A** Babies often have eye discharge or watery eyes due to a thin tear duct (nasolacrimal duct). If your baby has eye discharge, wipe it gently with clean absorbent cotton. If she cannot open her eyes because yellow eye mucus has formed a crust along the lash line, or if her eyes have become bloodshot, take her to a doctor.

**Q** I am concerned that my baby hiccups a lot.

**A** Babies often hiccup due to an immature nervous system. However, you do not have to worry because it stops by itself.



**Q** My baby has an "outie" belly button. What should I do?

**A** The area around the navel sticks out because of weak muscles around the belly button (and slight bulging of the intestine under the skin). Some babies' belly buttons bulge out only when they cry or strain. When your baby begins to crawl and walk, her abdominal muscles will develop and her outie will become less noticeable. Outies often go away on their own by the time the babies turn about one year old, but if her navel still protrudes after she has turned one or two years old, take her to a doctor.

**Q** How should I treat my baby's diaper rash?

**A** If her diaper rash is severe, change the diaper frequently. Clean the diaper area without rubbing the skin using absorbent cotton with warm water. (You may wash her buttocks in warm water in a wash bowl.) Be sure to dry her buttocks before putting the diaper on. If the diaper rash continues for an extended period of time, it may be caused by infection (e.g., candida or bacteria). Therefore, take your baby to a doctor, and do not use over-the-counter medication like ointments.

**Q** My baby boy's testicle has not descended.

**A** An undescended testicle is a testicle that has not moved into the scrotum. The testicle (or testicles) naturally descends within about the first year in most cases, but if your baby's testicle does not come down, seek advice during the health checkup.



**Q** My baby is awake throughout the night and sleeps for hours during the day.

**A** Babies typically develop regular sleep patterns of being wide awake during the day and fast asleep at night by three to four months. If your baby is awake during the day, interact and play with her as much as you can, take her for walks and establish a feeding rhythm. At night, keep the noise level low and create a comfortable environment for sleep. Before long she will begin to figure out that nighttime is for sleeping, and you will be able to establish a daily rhythm.

**Q** Please tell me what I should be careful about when I travel with my baby.

**A** Choose an itinerary and mode of travel that will not exhaust your baby. Consider her physical condition first. Dress her in layers so that you can accommodate for temperature changes and replenish fluids whenever necessary. Be sure to take an infant thermometer, your Maternal and Child Health Handbook and Health Insurance Card with you.

**Q** My baby cries at night. What should I do?

**A** Some babies cry for no apparent reason. If she is cheerful and has energy during the day, night-time crying is part of normal child development, so you do not have to worry about it. Babies around one year old may be up at night if they do not play enough during the day. Make sure that your baby has enough time to play during the day.

If your baby does not stop crying after you have addressed the possible causes of her crying (e.g., she is hungry, the diaper needs to be changed, or she is too hot or cold), it is a good idea to hold and entertain her. You should ask your husband or other family members to help, taking a nap during the day or doing something for yourself so that you can handle it if your baby cries a lot at night.









## (12) Keeping your baby safe

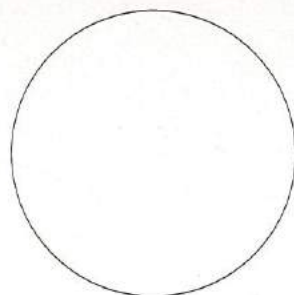
Unforeseen accidents are the number one cause of death among children. However, most childhood accidents can be prevented if parents exercise caution. Check your baby's room and your house again and eliminate risk factors for your baby.

### ● Common accidents that happen to babies by growth stage

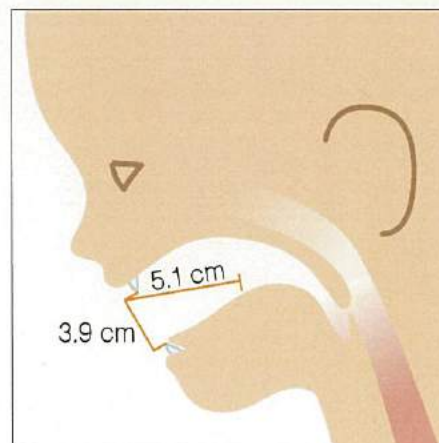
Growth stage Accident type	When your baby lies on her back Your baby may not seem able to move by herself, but may actually move before you know it.	When your baby starts rolling over in her sleep Accidents increase during this period. They often happen particularly when the mother takes her eyes off of the baby for a few minutes.
Accidental ingestion/choking	<ul style="list-style-type: none"> <li>● The baby vomits milk and chokes on it.</li> <li>● The baby suffocates when lying on her stomach.</li> <li>● The baby gets buried in too soft bedding.</li> <li>● A gauze, towel or something similar covers the baby's face.</li> </ul> 	<ul style="list-style-type: none"> <li>● The baby may choke on small toys or other objects. Watch out for items of 3.9 cm in diameter or smaller.</li> </ul>
Falls/drowning	<ul style="list-style-type: none"> <li>● The baby falls from the crib when the side rails are open.</li> <li>● The baby falls from the sofa while the mother leaves her there for a while.</li> <li>● The baby slips into the bath water when the mother loses her grip while taking a bath.</li> </ul> 	
Burns	<ul style="list-style-type: none"> <li>● Too hot milk</li> <li>● Low temperature burns caused by an electric blanket, electric carpet, etc.</li> <li>● Lit cigarette</li> </ul>	<ul style="list-style-type: none"> <li>● Lit cigarette</li> <li>● Spilt hot drink</li> </ul> 
Others	<ul style="list-style-type: none"> <li>● The baby falls while left unattended (in a car, room, stroller or on a bicycle).</li> <li>● Heatstroke, dehydration</li> </ul> 	

### Infant choking hazard tester

Babies may swallow objects that are smaller than this circle. Please take care.






Full size: 3.9 cm diameter





Babies are curious by nature. You should know the risk factors to keep your baby safe. You cannot always say no to your baby. Make sure that she can grow and thrive in an atmosphere that is best suited to her growth stage.



When your baby crawls and pulls herself up to stand Your baby may put anything in her mouth.	When your baby begins to walk by herself Your baby moves around as she wishes. She can also go outdoors.	Preventive measures
<ul style="list-style-type: none"> <li>● Beans</li> <li>● Cigarettes, matches</li> <li>● A can of cigarette butts</li> <li>● Alcohol</li> <li>● Medicine, money, thumbtacks, button batteries, etc.</li> </ul> 	<ul style="list-style-type: none"> <li>● Detergent (Extra attention should be paid to bleach and toilet detergent.)</li> <li>● Cosmetics</li> <li>● Shampoo, conditioner</li> <li>● Insecticides etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not use soft bedding or lay your baby on her stomach.</li> <li>● Keep small objects and potentially dangerous items out of your child's reach and sight (i.e., in places higher than one meter).</li> <li>● Do not use an empty can as an ash tray.</li> <li>● Install safety latches or locks on cabinets and drawers that contain potentially dangerous items, and make sure that your child cannot open the lids of those items.</li> </ul>
<ul style="list-style-type: none"> <li>● The baby falls into a bathtub or washing machine.</li> <li>● The baby falls from a car/home window, stairs, the entrance, etc.</li> <li>● The baby falls down a step while in a baby-walker.</li> <li>● The baby leans over and falls from a stroller.</li> </ul>	<ul style="list-style-type: none"> <li>● The baby falls from a balcony.</li> </ul> 	<ul style="list-style-type: none"> <li>● Fit your baby's crib and the stairs with safety rails.</li> <li>● Do not leave water in the bathtub or the washing machine when it is not in use.</li> <li>● Lock the door to the bathroom.</li> <li>● Clear away anything that your child may step on.</li> </ul>
<ul style="list-style-type: none"> <li>● Steam port of a rice cooker, electric pot, etc.</li> <li>● Heater, iron, kettle</li> </ul>	<ul style="list-style-type: none"> <li>● The baby pulls a table cloth and hot drinks on top spill onto her.</li> </ul> 	<ul style="list-style-type: none"> <li>● Keep electrical appliances out of your child's reach.</li> <li>● Check the temperature of formula milk before feeding your baby and that of the bath water before taking her into the bathtub.</li> <li>● Do not eat hot dishes near your baby or while holding your baby.</li> <li>● Do not use a table cloth.</li> </ul>
<ul style="list-style-type: none"> <li>● The baby's fingers are caught in a door, electric window, drawer, electric fan, etc.</li> <li>● The baby hits a part of her body against the corner of a table or other furniture.</li> <li>● The baby gets an electric shock from an electric outlet, plug of an electric cord, etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Traffic accidents: suddenly darting out into the street, bicycle accidents, getting a foot caught in a bicycle wheel</li> <li>● The baby walks while chewing on a chopstick or toothbrush, etc., which may pierce her throat if she falls.</li> </ul>	<ul style="list-style-type: none"> <li>● Be sure to use a child safety seat.</li> <li>● Make a habit of holding your child's hand when you walk together outside.</li> <li>● Never leave your child alone in a car – not even for a moment.</li> <li>● Use child locks.</li> </ul>

## Child safety seat

### Tips for choosing a child safety seat

- One that meets the safety standards
- One that can be installed easily
- One that is not too heavy
- One with a cushion and cover that can easily be removed and washed
- One with a high back and side wings
- One with an appropriate seat height
- One that covers a large seat area
- One that is appropriate for your baby's age (in months)

Japanese law requires that drivers accompanied by a child under six years of age install a child safety seat.



\*Information on correct child safety seat use:  
[www.npa.go.jp/koutsuu/kikaku/childseat/index.htm](http://www.npa.go.jp/koutsuu/kikaku/childseat/index.htm)



## (13) First aid for parents

### ● What to do if your child swallows something

Check to see if you should make her vomit.

Item		Make her drink water or milk.	Make her vomit.	Next step
Cigarette (2 cm or shorter)		×	○	Watch her condition.
Cigarette (2 cm or longer), ash-tray water		×	○	Take her to a hospital/clinic immediately.
Bleach, mold remover		○	×	Take her to a hospital/clinic immediately.
Toilet detergent, tile cleaner		○	×	Take her to a hospital/clinic immediately.
Medicine		○	○	Take her to a hospital/clinic immediately.
Button batteries		×	×	Take her to a hospital/clinic immediately.
Nail polish, nail-polish remover		×	×	Take her to a hospital/clinic immediately.
Agricultural chemical, insecticide		×	×	Take her to a hospital/clinic immediately.
Kerosene, benzene, thinner, gasoline		×	×	Take her to a hospital/clinic immediately.
Shards of glass, needles, hairpins		×	×	Take her to a hospital/clinic immediately.
Mothballs	Camphor	Make her drink water, not milk.	×	If she has swallowed the substance, no matter how small the amount, take her to a hospital/clinic immediately.
	Naphthalene, para-dichlorobenzene	Make her drink water, not milk.	○	Make her vomit and then take her to a hospital/clinic.
	Pyrethroid	○	○	Watch her condition.
Perfume, hair tonic, air freshener, deodorant		○	○	Make her vomit and then take her to a hospital/clinic.
Bath salts, laundry detergent, dishwashing detergent		○	○	Watch her condition.
Soap, shampoo, conditioner		○	○	Watch her condition.
Cream, foundation, lipstick		○	○	Watch her condition.
Toothpaste		○	○	Watch her condition.
Mosquito repellent, mosquito repellent mat		○	○	Watch her condition.
Disposable diaper		○	○	Watch her condition.
Ink, pencil, crayon		○	○	Watch her condition.

Source: Mothers' and Children's Health and Welfare Association

\*What you should do depends on what your child has swallowed. If she has swallowed something for which you should not make her vomit, see a doctor immediately.

\*Even if you do not have to see a doctor immediately, assess the situation. If your child vomits or is listless, for example, please take her to a hospital/clinic.

\*When you take her to the hospital/clinic, please take some of her vomit and the substance she has swallowed with you.

If you do not know what to do, call the emergency poison information service.

Japan Poison Information Center  
**Osaka** Phone: 072-727-2499  
(toll free, 24 hours/365 days)

**Tsukuba** Phone: 029-852-9999  
(toll free, 9:00-21:00, 365 days)

**Dedicated number for information on cigarette ingestion** Phone: 072-726-9922  
(toll-free recorded message, 24 hours/365 days)

The information you should have ready when you call the emergency poison information service:

- Age in months and weight of your child
- Name of the substance she swallowed and when
- How much she ingested
- Symptoms and other details

### ● Emergency Relief Center

Phone: #7119 (from pulse lines, Phone: 272-7119 from some IP telephones)

**24 hours/365 days**

Medical professionals (e.g., nurses) will offer advice on sudden illness or injury and provide information on available medical institutions.

### ● Sapporo Medical Association Night-Time Emergency Medical Center

Odori Nishi 19-chome, Chuo-ku, Sapporo Phone: 641-4316  
This medical center provides night-time medical care to patients with acute problems every day (internal medicine and pediatrics: 19:00 – 7:00 the next morning; ear, nose and throat and ophthalmology: 19:00 – 23:00).

### ● Medical institutions that are open on holidays

Hospitals and clinics take turns providing medical care on weekends and public holidays (Saturday afternoon: 13:00 – 17:00; Sundays and public holidays: 9:00 – 17:00).

For more information, call the Emergency Relief Center or check the morning edition of the day's newspaper or the following website of the City of Sapporo.

Website: [www.city.sapporo.jp/eisei/tiiki/toban.html](http://www.city.sapporo.jp/eisei/tiiki/toban.html)  
(in Japanese)



## ★ If your baby has hit her head ★

- If she cries out loud, you may be relieved for now.
- If she has a bump on her head, cool the bump with a cold towel, and if she is bleeding, try to stop the bleeding with a clean gauze by compressing it against the source of bleeding. Then take her to a hospital/clinic.
- If she is unconscious, pale, is bleeding from the ears or nose, has a seizure or is listless, vomits or has other symptoms, take her to a hospital/clinic immediately. Make sure to turn her head sideways to prevent her from choking on her vomit.
- Even if she looks fine, symptoms may appear later. Caution should be exercised for two to three days.



## ★ If your baby has a burn ★

- Cool the burned area with running water for at least 20 minutes. If possible, prevent direct contact between the burned area and the running water.
- If the clothes are stuck to the skin, do not remove them, but cool the burned area over the clothes.
- If the burned area has spread or blisters have formed, see a plastic surgeon or a dermatologist.
- If your baby has a low temperature burn (which occurs when the skin is in contact with objects of relatively low temperatures for an extended period of time), take her to a hospital/clinic while cooling the burned area because the burn can extend to deep under the skin.



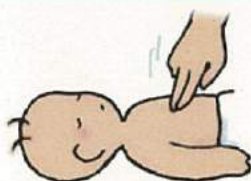
## ★ If your baby chokes on something ★

- Do not try to dislodge the obstruction by putting your fingers down her throat because that may push the object further down the throat. Try to dislodge the object as follows:
- Lay your baby face down on one forearm or your thigh, ensuring her head is lower than her chest. Firmly hold her jaw with one hand and use the other hand to deliver four or five back blows between her shoulder blades.
- If your child is older than babyhood, lay her sideways and deliver sharp back blows between her shoulder blades towards her head. If she is still choking, take her to a hospital/clinic immediately.



### How to perform cardiopulmonary resuscitation (CPR) – Compression

- 1 Place your baby on her back.



- 2 If your baby is under one year old, place your forefinger and middle finger at the center of her chest just below the nipple line. Compress the chest (1.5 – 2.5 cm), pumping at a rate of 100-120 compressions per minute.

- 3 If your child is one year or older, place the heel of your hand on the breast bone (above the pit of the stomach). Compress the chest (2.5 – 3.5 cm), pumping at a rate of 80-100 compressions per minute.



### How to perform CPR – Breathing

- 1 Place your baby on her back. Open her airway by placing one hand on her forehead and gently lifting her chin with your other hand.



- 2 If your baby is under one year old, cover her mouth and nose with your mouth and give gentle puffs from your cheeks (like the small puffs you give when you try to cool something hot). Continue giving one breath every three seconds until your baby begins breathing on her own.





- 3 If your child is one year or older, pinch her nostrils shut, cover her mouth with your mouth and give breaths. Continue giving one breath every four seconds until your child begins breathing on her own.





## (14) Introducing solid foods

### ● Guide to the introduction of solid foods

Starting to wean		
Age in months	5-6 months	7-8 months
How to introduce solid foods	 <ul style="list-style-type: none"> <li>Start with one spoonful once a day while checking your baby's condition.</li> </ul>	<ul style="list-style-type: none"> <li>Offer solid foods twice a day and gradually establish a feeding rhythm.</li> <li>Increase the types of solid foods so that your baby can enjoy various tastes and textures.</li> <li>By the time your baby is used to solid foods and eats them twice a day, make sure that her meals consist of <b>cereals, protein, vegetables and fruit</b>.</li> </ul>
Frequencies of feeding solid foods and breast milk (or formula) per day (example)	<p>Frequency of feeding solid foods</p> <p>Once → Twice</p>  <ul style="list-style-type: none"> <li>Give her as much breast milk or formula as she wants.</li> </ul>	<p>Frequency of feeding solid foods</p> <p>Twice</p>  <ul style="list-style-type: none"> <li>Offer breast milk or formula right after solid foods.</li> <li>In addition to solid foods, give as much breast milk as she wants. If your baby is formula-fed give it about three times a day.</li> </ul>
Hardness of food	Mashed until it is similar to a smooth, thick soup (e.g., potage)	Soft enough to mash between the tongue and roof of the mouth (e.g. tol
Seasoning	No seasonings	← Tasty foods
Amounts per meal	Cereals	<p>Rice porridge (with a rice-to-water ratio of 1:5) 50-80</p> <p>20-30 g</p> <p>←</p> <p>10-15 g</p> <p>10-15 g</p> <p>30-40 g</p> <p>1 Hard-boiled egg yolk – 1/3 hard-boiled egg</p> <p>50-70 g</p> <p>←</p>
	Vegetables and fruit	
	Seaweed	
	Fish	
	Meat	
	Tofu	
	Egg	
	Dairy products	
Fats		
<p>1 Begin with mashed or puréed rice because it is least likely to cause an allergic reaction.</p> <p>2 When your baby has gotten used to rice, introduce various foods such as mashed potatoes, other vegetables and fruit.</p> <p>3 When she has also gotten used to these, give mashed tofu, white fish etc.</p> <p>4 When you introduce new foods to your baby, start with one spoonful and increase the amount while checking her condition.</p> 		

#### Food types

##### Vegetables

Include green and yellow vegetables (e.g., carrot, spinach) in solid foods.

##### Fish and shellfish

Start with white fish, and then introduce red-flesh and blue-skinned fish as more solid foods are introduced.

##### Meat

Start with lean chicken as more solid foods are introduced. Delay introducing fatty meat.

##### Beans

As your baby gets used to solid foods, introduce beans that have been cooked for her.

##### Eggs

Introduce hard-boiled egg yolks and then whole eggs as more solid foods are introduced.

##### Dairy products

Give plain yogurt and low-salt, low-fat cheese as more solid foods are introduced.

#### Don't give honey.

Don't give honey to infants under 1 year of age because it may cause infant botulism.

#### Iron deficiency prevention

Since infants of nine months and older often lack iron, make sure to give your baby iron-rich foods such as lean fish, lean meat and liver. You can also be creative, for example, by using formula when cooking instead of regular milk and dairy products.



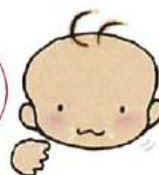
► Completely weaned

9-11 months

12-18 months

- Follow a feeding rhythm, and give three meals a day to your child.
- Let your child sit at the family table and enjoy meals with the parents and other family members.

Children of this age want to eat with their fingers.



- Follow a feeding rhythm of three meals a day, and establish a daily rhythm.
- Let your child eat with her fingers to learn the joy of eating by oneself.

Frequency of giving solid foods  
Three times



- When your child has become used to three meals a day, let her eat at the same meal times as the parents and other family members.
- Offer breast milk or formula right after solid foods.
- In addition to solid foods, give as much breast milk as she wants. If your baby is formula-fed, give it about twice a day.

Frequency of giving solid foods

Three times and some snacks between meals (once or twice)



- Offer breast milk or formula in consideration of each child's stage of weaning.

Soft enough to mash with the gums (about the softness of a banana)

Soft enough to chew with the gums (about the hardness of meatballs)

ly seasoned to retain the natural taste, as suitable for each child's stage of weaning

Rice porridge (with a rice-to-water ratio of 1:5) 90 g – soft-boiled rice 80 g

Soft-boiled rice 90 g – regular rice 80 g

30-40 g

40-50 g

roduce your baby to seaweed in consideration of her stage of weaning.

15 g

15-20 g

15 g

15-20 g

45 g

50-55 g

1/2 whole egg

1/2 whole egg – 2/3 whole egg

80 g

100 g

Small amount

The above-mentioned amounts should be used as a rough guide; they should be adjusted in consideration of your child's appetite and stage of growth.

**Vitamin D deficiency prevention**

Breastfed infants with little exposure to sunlight may develop rickets due to a vitamin D deficiency. Vitamin D promotes calcium absorption and therefore helps your baby build strong bones. Accordingly, be sure to include vitamin D-rich foods (e.g., fish, egg) in the weaning diet so that your baby will get enough vitamin D.

**Milk substitute ("follow-up milk")**

If you need to use "follow-up milk" (e.g., when the risk for iron deficiency is high due to difficulty introducing solids), do so after your baby has turned nine months old.

**Food allergies**

If your baby shows any signs of food allergies, seek the advice of a doctor.

**Ready-made baby foods**

Ready-made baby foods are available, but be sure to use them appropriately in consideration of your baby's stage of weaning keeping the following tips in mind:

- 1 Choose foods suitable for your baby's age and of appropriate hardness. Taste them before feeding them to your baby.
- 2 Use them wisely according to your needs, such as when you need to feed your baby away from home, during a trip or when you are busy, when you want to prepare one more dish and when you want to feed something different.
- 3 Be careful if you store baby food that has been opened. Don't feed any leftovers or foods that have been prepared beforehand.

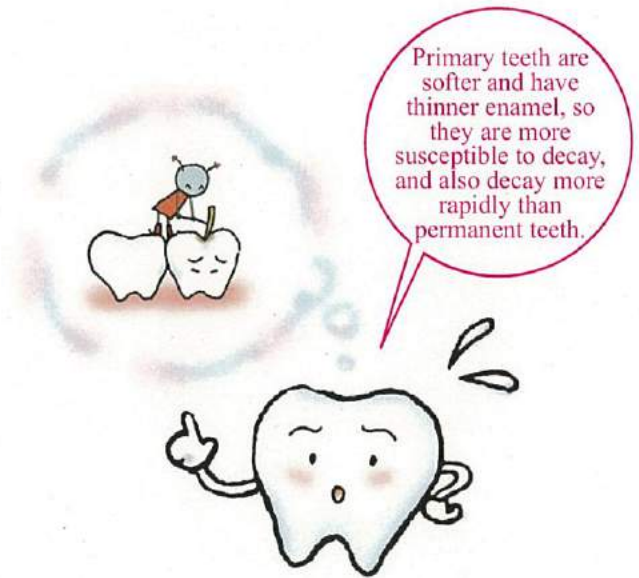


Teeth play important roles in our ability to eat, speak and look good. All your family members should work together to protect your child from tooth decay.

### (1) Mechanism behind tooth decay

Cavity-causing mutans bacteria found in the human mouth feed on sugar and cause the formation of water-insoluble plaque on teeth. Those bacteria grow in plaque niches, converting sugars into acids that dissolve the minerals in the tooth enamel. This is how tooth decay happens.

Saliva protects teeth because it neutralizes acids that can erode your teeth. If saliva fails to neutralize acids, tooth decay happens.



### (2) Tips for oral care of babies

#### Before teething



- ★ Saliva cleans your baby's mouth after nursing.
- ★ Do not give sweet drinks such as fruit juice and ionized drinks to replace fluids between nursing sessions. Give water that has been boiled and then cooled, or weak Japanese *bancha* tea instead.



#### Tooth Brushing Step 1

Babies do not like having their face and mouth touched. Prepare your baby to have her teeth brushed by playing games and doing mother-child exercises of lying down, opening her mouth and having her mouth touched.

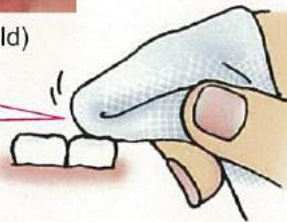


## Teething



(7 or 8 months old)

I've come to clean your teeth!



- ★ Every baby experiences teething differently, so delayed teething is nothing to worry about.
- ★ Do not get your baby into a habit of wanting sweet drinks such as fruit juice and ionized drinks. Many sweet drinks are high in sugar, which is bad for teeth.
- ★ Encourage your baby to drink from a spoon and a cup.

### Tooth Brushing Step 2

When the front teeth have emerged, clean your baby's teeth using a piece of clean gauze or a soft cloth. When she is used to it, gradually introduce a toothbrush.

## Having both top and bottom front teeth

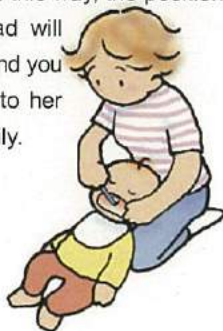


(Teeth of a baby around the first birthday)

- ★ Give water or Japanese *bancha* tea when your child gets thirsty (e.g., after taking a walk or a bath).

### Tooth Brushing Step 3

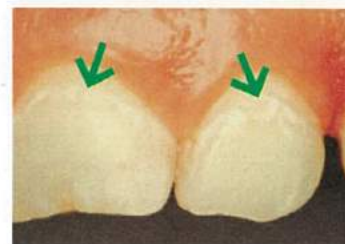
Brush your baby's teeth quickly at least once a day when she is cheerful. To clean the teeth, let your baby lie with her head on your lap. In this way, the position of her head will be stable and you can see into her mouth easily.



The top front teeth are most vulnerable to tooth decay because plaque easily builds up between the top front teeth and gums. Gently lift your baby's upper lip with the index finger so that you can see the gumline and easily brush the teeth.



If you find white spots on some of your baby's teeth that you cannot remove by brushing, seek advice from a dentist because such blemishes are often the first signs of tooth decay in children.



\*Parents should supervise their children's tooth brushing to get them into the habit of brushing their teeth properly.



### (3) Frequently asked questions

**Q** I have noticed white, pearl-like spots on my baby's gums.

**A** The white, semi-globular particles formed on the gums are known as epithelial pearls. They are keratinized epithelial cells and disappear spontaneously, so you do not have to worry about them.



**Q** My baby's emerging tooth appears to have a deep groove in the middle.

**A** Some children's primary front teeth appear to be two teeth stuck together. They are known as fused teeth. Seek advice from a dentist because such teeth are vulnerable to tooth decay and may affect the permanent teeth.



**Q** I am worried about my baby's gapped teeth.

**A** Having space between the primary teeth is common because it allows room for the larger permanent teeth to erupt as the baby grows up and her jawbones develop.

Babies have a relatively thick upper lip frenulum (the skin that connects the upper lip to the upper gum above the upper front teeth). Some babies' frenulum passes between the two front teeth, causing a gap between the teeth. Since the upper labial frenulum becomes thinner as children grow up, you can wait and see if the gap disappears later.



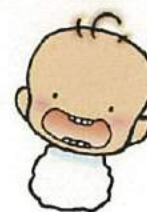
**Q** When should I start using fluoride for my baby?



**A** Fluoride helps to strengthen tooth enamel, which protects the teeth from acids in the mouth. When your baby starts teething, decide on a regular dentist and seek advice on how to use fluoride in an age-appropriate way.

**Q** Is it true that parents can pass cavity-causing bacteria to their babies?

**A** Parents can transmit cavity-causing bacteria to their babies through saliva, such as feeding their baby food from their own mouths. However, passing the bacteria to your baby does not mean that your baby will have tooth decay soon. To reduce the risk that your baby will get cavity-causing bacteria, you and other adults who have much contact with her must perform proper mouth hygiene by tooth brushing and the treatment of decayed teeth. Give sweet foods and drinks in moderation, because they fuel the activity of the bacteria.





## 1

## On learning that you are pregnant

You should let your colleagues know that you are pregnant as soon as possible to obtain their understanding and cooperation. Avoid physically strenuous work. Your coworkers' cooperation is important for you during pregnancy and after childbirth. During pregnancy, you should not try to do everything perfectly both at home and at work. It is important that you will not push yourself, but take a rest whenever you feel tired.

## (1) Tips for working during pregnancy

### Commuting:

Avoid rush hours. (Talk about flexible working hours with your boss.)

Allow sufficient time for commuting.

### After returning home:

Take a rest before starting household chores.

Make sure you get enough sleep.

It is a good idea to plan meals and shop for the week on weekends.

### At workplace:

Do not stay in the same posture or sit still for prolonged periods – try to stretch occasionally.

Keep yourself warm – put a rug over your knees or put on a cardigan.

During a break, relax – lie down or do light exercises.



### Notes to the father

### Please support your wife so that she can continue her work.

It is important to discuss ahead of time how to share household chores with your wife after your baby is born to ensure that your wife can relax both body and mind.

## (2) Maternal Health Management and Guidance Card

The Maternal Health Management and Guidance Card is a useful tool for doctors to inform employers of pregnant workers about steps to be taken based on the worker's condition. It is considered an official document that replaces a medical certificate. The steps doctors recommend to employers may include shorter working hours, temporary absence from work (rest at home), flexible working hours and a less demanding workload. Use this card if you find that the changes in your physical condition during pregnancy make it difficult to continue work as before. The card is available at medical institutions. Alternatively, you can use an enlarged photocopy of the card included in your Maternal and Child Health Handbook (p. 74 – p. 75).



Notify your boss and colleagues that your baby has been born. Try to regain a regular daily rhythm well before you go back to work. Upon returning to work, you may feel that you have to make up for lost work time. However, do not rush but take a long-term view instead.



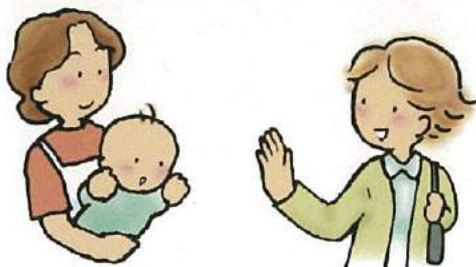
## (1) Finding daycare

To raise a baby while working, it is essential to find a place where you can leave your child with complete peace of mind. Discuss who will take care of your child while you are at work with your husband and other family members.

If you wish to use a day-care center, ask for advice at the local health center.

When choosing a day-care center, discuss the details with your husband, including who will take responsibility for dropping your child off and picking her up every day. Decisions should be made in consideration of relevant factors like the daycare hours and the distance between your home and the day-care center. You should also consider various related issues that may occur, such as "what you will do when your child gets ill," "what you will do if neither you nor your husband can take a day off from work," and "what you will do if you are called to the day-care center."

You should stay in contact with the day-care center's staff, and closely cooperate with your husband to raise your child.



## (2) Time with your baby at home

After returning home, shift your focus from your work to your child. You should share household chores with your husband and make as much time as possible to play with your child.

### Quality trumps quantity as far as parenting is concerned.

Many working mothers and fathers are worried about the possible negative effects of leaving their babies at day-care centers etc. They tend to believe that good parenting means spending a lot of time with their babies.

These days, however, many stay-at-home mothers, rather than working moms, feel isolated and unable to find support for their stress and worries about parenting, because there are fewer large families and opportunities to interact with neighbors.

When it comes to parenting, how you connect and interact with your child (quality) is more important than the amount of time you spend with your child (quantity).

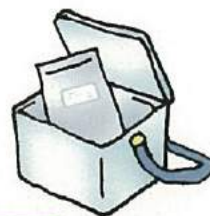


### (3) Breastfeeding for working mothers

You can continue breastfeeding after going back to work. If your breasts feel full and produce lots of milk, you should express your milk during working hours.

If there is a freezer at your workplace, you can freeze expressed milk in breast milk freezer bags. At some day-care centers it is possible to thaw frozen breast milk and feed it to your baby.

It may be difficult to find a place where you can express milk, but ask other working mothers in your workplace where you can relax and express milk without interruption.



#### Useful tips

- The breast milk that was expressed and frozen in breast milk freezer bags at the workplace should be transported after it has become firmly frozen – the following day instead of the day when you freeze it.
- To transport frozen breast milk, use a cooling sheet, ice box, thermal bag, etc.

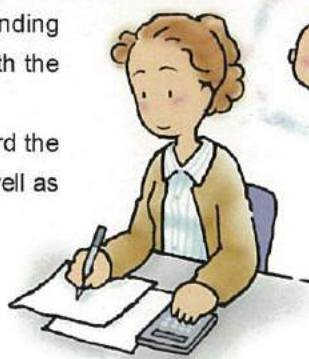
**For more information on childbirth and parenting for working mother and fathers, see your Maternal and Child Health Handbook.**

### Experiences of working mothers

#### Experience 1

When I returned to work after my eight-week maternity leave, I felt guilty every time I left my baby at daycare. After returning home in the evening, I used to hold her tight and cry. However, I tried to think positively, like “I’ll hold her and play with her a lot on weekends.” “Quality trumps quantity in parenting.” and “My baby will grow up to be a great person, molded by the various people who help to raise her.” Today, my child loves attending the daycare because she can be with the teachers and friends there.

I keep a parenting journal to record the growth and progress of my child as well as my thoughts – virtually everything. I sometimes read it over and feel grateful that my child is growing up well and healthy.



#### Experience 2

It is a challenge to balance work and family, but I love seeing the smile of my baby when I pick her up at the daycare. That smile always makes me forget that I was exhausted from the day’s work.

I need the understanding of my husband and my parents/parents-in-law, so I ask for help when necessary rather than trying to do everything by myself. If I have spare time, I make it a rule to spend it for my child.

I would suggest to new working moms that their babies should receive the vaccinations early. As soon as my child began attending a daycare after the end of my maternity leave, she developed illnesses such as measles and mumps.



# VII

## If You are Overwhelmed by Parenting

**Everyone feels overwhelmed by parenting at some points in their lives.**



Only those with experience of parenting know how hard it is. Some parents hit their child inadvertently when the child does not listen or respect them, and regret it afterwards.

**Is this child abuse?**



## Different types of child abuse

Child abuse is an ongoing act by parents or other caregivers that endangers a child's physical or emotional health or development, whether through inappropriate actions or a lack of appropriate actions. The types of child abuse are broken down in four categories.

### Physical abuse

Physical abuse is the intentional use of physical force against a child that results in harm for the child's health, survival, etc. This includes hitting, kicking and violently shaking the child's body.

### Psychological abuse

Psychological abuse is a pattern of actions or lack of actions that result in psychological harm to a child. This includes ignoring or rejecting the child and verbal intimidation.

### Neglect

Neglect is the ongoing failure to meet a child's basic needs. A child may be left hungry or dirty without adequate clothing, for example.

### Sexual abuse

Sexual abuse is any sexual act involving a child for the sexual gratification of the perpetrator, including sexual intercourse, etc. It also includes showing one's genitals or the act of sexual intercourse with a child.

## Impact of child abuse on a child's development

Children who are repeatedly hit by their parents will always worry about what their parents think or become scared of their parents. They also learn to hit others and **use physical violence as a means of controlling others**.

Constant verbal, if not physical, abuse also has traumatic effects on children. Even children who are too young to understand what their parents are saying can distinguish emotions by the tone of their parents' voice and their attitudes, wondering **if their parents do not like them** or **if their parents do not want them**.

## Parents with a child abuse problem

If you are unable to stop hitting or yelling at your child although you want to stop, do not worry all by yourself, but **seek advice from the local health center (see the back cover), a specialized agency (Sapporo Child Consultation Center; Tel. 622-8630) or the Children's Support Hotline (24 hours/365 days; Tel. 622-0010)**. You are sure to find a way to solve your problem.

If you know or suspect that someone is abusing a child, please report the abuse to one of the above institutions. These professional staff will examine the case while ensuring that there is no inconvenience for you.





# City of Sapporo's Maternal and Child Health Services

The City of Sapporo offers a variety of services to protect maternal and child health. If you have anxiety or concerns about health, pregnancy, childbirth or parenting, feel free to contact the local health center. Telephone consultation services are also available.

## ★ Classes for mothers and parents

At these classes, lectures are given on pregnancy and parenting for women and couples expecting their first child. Practical training and networking sessions are also held.



These sessions offer a great opportunity to get to know other parents. Don't miss it.

## ★ Home visit service for first-time pregnant women

Health nurses and instructors from health centers visit homes with women who are expecting their first child to provide consultations on pregnancy, childbirth and parenting in addition to providing information on childcare.

## ★ Consultation services in support of women's health

Consultation services are available to women, including pregnant women and nursing mothers, about matters concerning a woman's body and mind. These include pregnancy, childbirth, postnatal health and daily living, parenting, family planning, sex and sexually transmitted diseases as well as infertility and menopause.

## ★ Training sessions in weaning

Lectures are offered to first-time mothers about weaning and child health.

## ★ Working Maternity School

This program, intended for working mothers and fathers-to-be, includes lectures on pregnancy, parenting and balancing work and family, in addition to providing information on day-care centers.

## ★ Health checkups for infants and young children

Health checkups are conducted to provide childcare consultations based on the child's growth and development. These are for children aged 4 months, 10 months, 1 year, 1 year and 6 months, 3 years and 5 years.

## ★ Dental checkups for pregnant women and nursing mothers

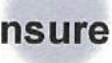

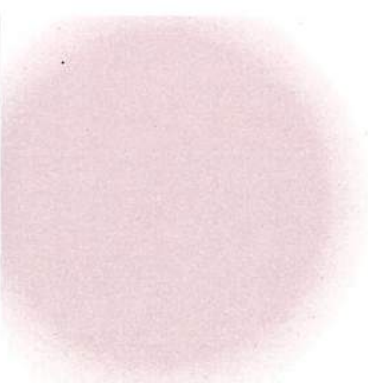
Dental checkups, available to pregnant women and nursing mothers, are conducted to provide consultations based on their dental health condition.

## ★ Home visit service for newborns and infants

Health nurses and instructors from health centers visit all homes with babies aged four months or younger to provide childcare consultations and health guidance.

\*For more information on these services, including consultation schedules, call the local health center.






At times parents feel unsure or  
concerned about what is the best way to  
proceed for their child.

In fact, many parents lack the confidence  
they need to raise healthy, happy  
children. Therefore, you are not the only  
one who is struggling to raise a child.

Children grow and develop differently,  
often different from what textbooks say.

Parents grow up with their children,  
through trial and error.



What is important is not to worry by  
yourself. If you feel overwhelmed, talk  
about your concerns with someone.

You will be able to find a person who  
supports and understands you.

***The City of Sapporo is committed to helping  
you raise your child in a supportive community.***





## ● Health centers in Sapporo ●

### **Chuo Health Center**

Minami 3-jo Nishi 11-chome, Chuo-ku, Sapporo, 060-0063

**Phone: 011-511-7221**

### **Kita Health Center**

Kita 25-jo Nishi 6-chome, Kita-ku, Sapporo, 001-0025

**Phone: 011-757-1181**

### **Higashi Health Center**

Kita 10-jo Higashi 7-chome, Higashi-ku, Sapporo,  
065-0010

**Phone: 011-711-3211**

### **Shiroishi Health Center**

Hongo-dori 3-chome Kita 1-2, Shiroishi-ku, Sapporo,  
003-0025 (until November 6, 2016)  
Nango-dori 1-chome Minami 8, Shiroishi-ku, Sapporo,  
003-0022 (from November 7, 2016)

**Phone: 011-862-1881**

(\*The telephone number remains unchanged.)

### **Atsubetsu Health Center**

Atsubetsu Chuo 1-jo 5-chome 3-2, Atsubetsu-ku,  
Sapporo, 004-8612

**Phone: 011-895-1881**

### **Toyohira Health Center**

Hiragishi 6-jo 10-chome, Toyohira-ku, Sapporo, 062-8612

**Phone: 011-822-2472**

### **Kiyota Health Center**

Hiraoka 1-jo 1-chome 2-1, Kiyota-ku, Sapporo, 004-8613

**Phone: 011-889-2049**

### **Minami Health Center**

Saiwai-cho 1-chome, Makomanai, Minami-ku, Sapporo,  
005-0014

**Phone: 011-581-5211**

### **Nishi Health Center**

Kotoni 2-jo 7-chome, Nishi-ku, Sapporo, 063-0812

**Phone: 011-621-4241**

### **Teine Health Center**

Maeda 1-jo 11-chome, Teine-ku, Sapporo, 006-8612

**Phone: 011-681-1211**

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