

Please fill this in Japanese or English if possible.

Questionnaire (Those who gave birth between April and December 2022)

In order to apply for Sapporo Pregnancy and Childbirth Support Benefits submission of this questionnaire is mandatory. Please answer and enclose with the application form.

If you have lost the child at the time of application, please check ☒ below and write your name, address, and phone number only.

☐ Due to the above reasons, I will not answer the questionnaire.

(Date: year month date)

(Furigana) Your name Date of birth	(year month Date (Age)	Address Sapporo Ward TEL - (Mobile - -)
(Furigana) Child's name Date of birth	((Male • Female) year month date (Age)	

In order to provide you necessary information and consultation about pregnancy and childbirth, please fill out the followings. (Please mark ☒ those that apply.)

○After childbirth, have you noticed any change in your feelings and body?
☐No ☐Yes ()

○How is your health condition ?
☐Good ☐Not bad ☐Not good ☐Bad

○Who do you think of to share your feelings or support you with childrearing and housework ? (Multiple answers OK)

☐Spouse ☐Parents ☐Friends ☐Relatives ☐Others () ☐No one

○How do you feel now while spending time with your child(ren)?
()

○Is there anything you would like to discuss with a public health nurse or the health center?

☐No ☐Yes
→If yes, ☐My health ☐Baby & other children ☐Family
☐Work ☐Nursery ☐Economic situation of household
☐Living environment ☐Other ()

* For consultations, please contact the health center of the ward you live in

Inquiries: Health Center (Health and Children's Division)			
Chuo Health Center	011-231-2400	Toyohira Health Center	011-822-2400
Kita Health Center	011-757-1181	Kiyota Health Center	011-889-2400
Higashi Health Center	011-711-3211	Minami Health Center	011-581-5211
Shiroishi Health Center	011-862-1881	Nishi Health Center	011-621-4241
Atsubetsu Health Center	011-895-1881	Teine Health Center	011-681-1211

* Information about pregnancy, childbirth and childrearing (Basically in Japanese)

<Sapporo Kosodate site>



Information site for pregnancy
and childrearing!

<Sapporo Kosodate App>



Deliver you the latest childcare
information!

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