

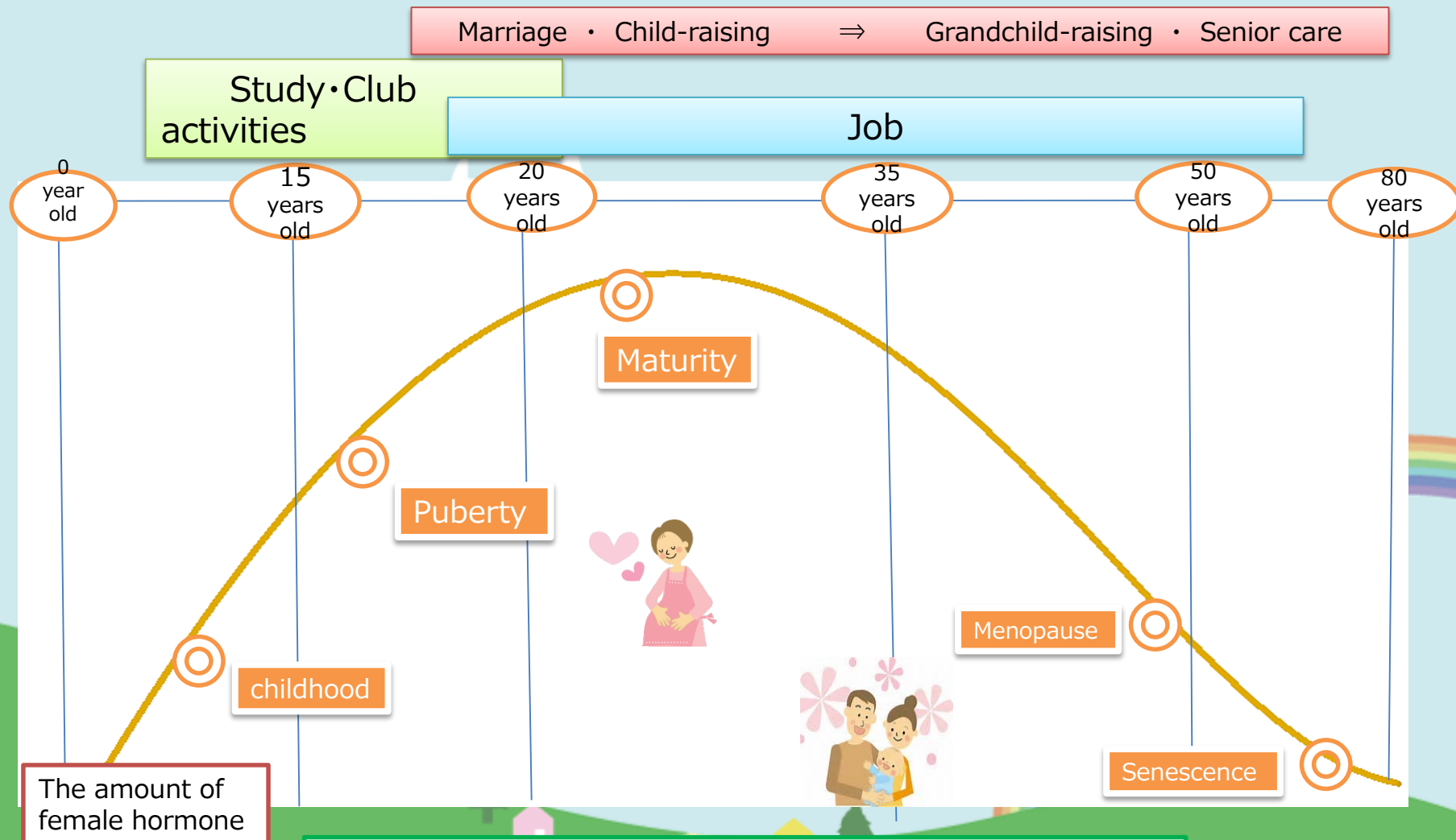


Do you know ? About pregnancy, childbirth and midwives.

- 🌸 Midwives are considerate of women's lifecycle.
- 🌸 Please contact midwives who live near you.

Our body and life cycle

Midwives provide a continuum of care along women's and the family's life cycle.
(Puberty consultation • Pregnancy Birth • Sterility consultation • Support before and after childbirth, etc.)



The amount of female hormone

Midwives are always close to you. Please let us know.

P4 Puberty

Let's think together about your health.

- What is the basal body temperature?
- When should the period start by?
- Why do severe period pain and menstrual irregularity occur?
- What is a sexually transmitted disease?
- What will happen when I leave it as is?

P7

**I want a baby.
(Preparations for
mother's body)**

- What kind of things are involved in the family plan?
- What is the best timing for having a younger brother and sister?
- When should I start having a cervix cancer screening?
- What age is better to give birth by?
- What should I do when I can't seem to have a baby?

**We will
accommodate
information that
you want to
know.**

P5

**What should I do...?
I might be pregnant.**

- What is the method of emergency contraception?
- What is the contraceptive method when I don't want pregnant?

P6

**Pregnancy • Childbirth •
After childbirth**

- Where can I get a mother and child health handbook?
- Where is a birth place?
- How many times can I have a prenatal checkup?
- How should I spend my time after childbirth?
- How will women's bodies change?
- Who should I consult about child-raising and breastfeeding?
- What is a birth plan?
- Do contractions hurt?

Let's think about your health together.

Puberty is an important moment of development for the future. It is a natural thing, but you may be perplexed about the changes in your body, be distressed, be emotionally unstable, and become interested in sexuality. Please consult midwives.

Menstruation

Do you have any pain that affects your daily life? Late first menstruation, menstrual irregularity, amenorrhea, etc.

Normal menstruation follows a 25–35-day cycle with menstruation for 3 for 7 days. You will be distressed and experience menstrual irregularity and pain because of the stress and a hormone imbalance.

Please consult midwives if the first menstruation hasn't come yet by the time you graduate junior high school.

Basal Body Temperature

To take your temperature before you move your body in a bed when you wake up in the morning. Please use an oral thermometer or a basal thermometer.

You can check your body rhythm, whether you are ovulating or not, your hormone condition, and your ovulation day.

Sexually Transmitted Disease

These don't only happen to special people; they can happen to anyone who has experience of sexual intercourse. It can cause sterility in both men and women, and there is a risk of mother-to-child transmission during pregnancy and birth if you leave symptoms as they are or if medical treatment is incomplete. Some people don't recognize the symptoms.

Please go to have medical treatment with your partner! Please continue it until a doctor says you are healed!

Women go to
obstetrics and
gynecology.

Men go to
the urology
department.

P5

What should I do...? I might be pregnant.

Please prevent pregnancy if you are not ready to raise a child.

The contraceptive method ⇒ Condom • Low-dose-pill • The basal body temperature, etc.

※ There is no 100% sure way of contraception.

These can't prevent pregnancy.

- × Coitus interruptus
- × Vaginal douche
- × Sex during menstruation
- × Everything was okay until now.

There is a telephone consulting service for unexpected pregnancy.

The emergency contraceptive method
(The way of preventing pregnancy emergently with internal medicine.)

Please have a checkup at a obstetrical and gynecological hospital and take an emergency contraceptive pill within 72 hours after having intercourse.

※ *Emergency contraception is just "an emergency." We recommend starting more reliable contraception after emergency contraception by taking a low-dose pill.*

※ *You need to confirm your next menstruation after taking internal medicine.*

Please have courage to go to the police station if you are raped or suffer damage.

I wonder if I am pregnant

P6

Pregnancy • Childbirth
• After childbirth

1. We recommend having a checkup at the maternity hospital or maternity home after 2–3 weeks since your scheduled date of menstruation.
2. Please go to an administrative organization when you know your due date (municipal office, health center, child-rearing generations comprehensive support center, etc.)
3. A mother and child health handbook will be issued to you, and you will receive prenatal checkup tickets. (You will be issued them if you don't have a notification of marriage.)
4. Please make sure to have a prenatal checkup. The standard number of times is 14. You will be assisted with the cost of having a prenatal checkup.
5. Please decide on the birth place as early as possible. (Maternity hospitals • Maternity home • Returning home • Own home)

Please consult midwives.

Tell me

Ways to spend time during pregnancy.
Do contractions hurt?
About child-raising.

Birth Plan

Childbirth preparations
Natural childbirth

Consultation

Troubles during pregnancy.
Ways to spend time after childbirth.
About.

P7
I want a
baby.

When you think about pregnancy•
Preparation of the mother's body

「I want a baby.」

From the time you thought so, please care for your partner's and your mind and body, and please also create an environment of the mother's body for anytime you can get pregnant.

Family Plan ...Consult with your partner.

Make a plan. How many children you want, thinking about a job, income, age and a cooperator for child-raising.

Consult on the optimum timing of the interval for having a younger brother and sister.

What age is better to give birth by ?

- Ova not only decrease in number but also become senescent with age.
- Testicular function also decreases in spermatozoon and sperm motility.

I want a baby, but I have trouble getting pregnant.
There is a technical sterility consulting service.

The occurrence of
cervical cancer has
been increasing.

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- Have a checkup when you turn 20 !
 - Have a health checkup once a year when you experience sexual intercourse !

Midwife's activity

A chair and a consultation about life and sexuality•A classroom and health consultation for puberty

A periodic medical checkup and health guidance from gestation period (Prenatal class• Childbirth class•Grandchildren-raising class)

Conducting of labor at maternity hospitals, maternity home, own home.

Caring after childbirth (A short stay•Day care•Outreach service)

Baby visit•Health check for an infant baby and little children•Breastfeeding support•Child-raising consultation

Child-raising support (After childbirth salon•Mama cafe•Child-raising place, etc.)

