

Digital Maternal and Child Health Handbook User Guide

**Created September 2016
Updated 2019**

Introduction: (1) What is the Digital Maternal and Child Health Handbook?

This is a service where the Maternal and Child Health Handbook established by the Ministry of Health, Labour and Welfare was digitized. Making part of the information in the Maternal and Child Health Handbook (notebook) available digitally complements usage of the paper version. The convenience of having the data in digital form supports your pregnancy, childbirth and childrearing, but please note that the Digital Maternal and Child Health Handbook does not replace the paper version.

● Easy accessibility

You can enter health records whenever, wherever using a smartphone or PC.

If you own a device with internet access, you can review your record anytime, anywhere.

● A host of fun, convenient features!

You can save pictures together with text to create a maternity-and-baby journal.

The content can be easily shared with your spouse/partner and families to let them follow the development of the child together.

Your weight curve during pregnancy and the baby/infant growth curve are automatically generated as graphs by simply entering the number.

Complicated vaccination schedules are calculated automatically to advise you of the best timing to receive any vaccinations (shots) based on baby's birth date. Also, you can receive notifications of upcoming vaccinations.

● Safe to use

You need look no further as you will receive community and pregnancy/childcare information from the municipality.

As data entered into the Digital Maternal and Child Health Handbook are saved on a server, there is no need to worry even if you should lose the paper version of the Handbook, say as the result of a natural disaster.

This service is linked with a health management application operated by Kanagawa Prefecture called My ME-BYO record, whereby data entered via the Digital Maternal and Child Health Handbook are also saved on a prefectural server.

● From pregnancy through post childbirth

For the first-time anxious mothers who don't know much about pregnancy or childcare.

For those who wish to easily save or share pregnancy record and memories with families.

For those who wish to have easy childbirth and childcare without hassle.

Please use the Digital Maternal and Child Health Handbook!

Screen Descriptions: (1) Top Page

Smartphone



【Menu Button】
Links to other pages,
such as settings and
fetus/child pages



PC



【Pregnancy and childcare information in your municipality】
Links to pregnancy and childcare information pages provided by your municipality.

【Information on child registered】
Current age of your child and helpful hints according to age.

Top Page

Screen Descriptions: (2) Fetus Page



【Weight curve during pregnancy】
With the pre-pregnancy weight as 0, weight increase during pregnancy is indicated in a graph.
Use this feature for weight management.

【Fetus growth curve】
Estimated fetus weight (EFW) based on the echo image of the fetus taken during the pregnancy check-up is indicated in a graph.

【Pregnancy check-up information】
Check-up results can be entered here. Prior check-up information can be viewed from the displayed list.

【Information on fetus registered】
Shows current gestational age of the fetus and helpful hints according to age.

【Achievement/anniversary dates】
Events and achievements/anniversaries during pregnancy can be viewed at a glance. Information can be entered here.

Fetus
Page

Screen Descriptions: (3) Child Page

【Information on the child registered】
Shows the current age of the child and helpful hints according to the age.

【Baby/infant growth curve】
Shows the height and weight of the baby/infant in a graph. Use this feature to check your child's growth.

【Vaccination schedule management】
Shows the standard vaccination schedule based on your child's birth date. Scheduled vaccination dates and dates your child received vaccinations can be entered here.

Child
Page



【Child's health check-up information】
Baby/infant health check-up results can be entered. Prior check-up information can also be viewed from the list.

Useful Features: (1) Check notifications from the municipality

This service lets you check notifications from municipalities. Latest information, including news and website updates, is delivered to you!



Note: The contents will be automatically translated into other languages when they are shown.

Useful Features: (2) Recording health check-up results

Health check-up results can be recorded on the fetus/child pages.

Record pregnancy check-up results if you are expecting, and baby/infant check-up results after childbirth for easy review later on.

The weight curve during pregnancy and the baby/infant growth curve are automatically generated as graphs simply by entering height and weight.

The image displays four sequential screenshots from a mobile application, illustrating the process of recording health check-up results for a child.

- Screenshot 1 (Home Screen):** Shows the main menu with options like '予防接種管理' (Vaccination Management), '身体発育曲線' (Growth Curve), and '乳幼児健診' (Infant/Child Health Check-up). The '乳幼児健診' button is highlighted with a blue box and an arrow pointing to the next screen.
- Screenshot 2 (Health Check-up Selection):** Shows the '乳幼児健診' screen where the user selects '2歳児健康診査' (2-year-old health check-up) and clicks '記録を入力する' (Enter record).
- Screenshot 3 (Input Form):** Shows the '2歳児健康診査 入力' (2-year-old health check-up input) form. It includes fields for '実施日' (Date), '年齢' (Age), and '身長' (Height), along with photo upload options for '保護者の記録' (Guardian's record) and '健康診査' (Health check-up).
- Screenshot 4 (Growth Curve):** Shows the '幼児身体発育曲線 (2歳~6歳)' (Infant/Child Growth Curve (2-6 years)) graph. The graph plots height (cm) and weight (kg) against age (years) from 2 to 6.

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Useful Features: (3) Vaccination Records

Keep track of vaccinations in the digital handbook, which automatically creates vaccination schedules and records vaccinated dates.
An easy way to manage complicated vaccination information.



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Useful Features: (4) Childcare Journal/Registration of Achievement Dates

Keep a prenatal and postnatal journal daily. The journal can be easily accessed from the Top Page. Try using the Achievement/Anniversary Dates feature in which you can save events and memories from pregnancy and childrearing.



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Useful Features: (5) Searching Events and Making Reservations

Events held by municipalities can be viewed, and reservations can be made from the event list on the Top Page. Participate in useful events, such as pregnancy and childcare classes.

Note: No entries will be shown if no upcoming events are scheduled.

Note: The service is not available in some areas.

郡山市の子育て情報

お知らせ

- 2017年07月21日 健診日 New はるとくんの乳幼児健診
- 2017年07月21日 健診日 New けいくんの乳幼児健診
- 2017年07月17日 郡山テスト New 子育て支援センター夏まつりのお知らせ

お知らせ一覧へ

地域イベント

子育て支援施設の検索

お子様の救急相談

横浜市の子育て情報

お住まいの地域で開催予定の、妊娠・育児に役立つイベントの閲覧・予約ができます。

※直近でイベントが予定されていない場合は、表示されません。
※一部ご利用にならない地域がございます。

キーワードを入力

検索

開催日

2019年12月26日

のイベント 以降のイベント 全て

受付中 育児

ベビーマッサージ&ミニ交流会〜読み聞かせの集い〜

2019年12月27日 (金) 11:00~12:00

〇〇市児童館

HOME 地域の子育て情報 成長のきろく

デモ用自治体の子育て情報

育児

ベビーマッサージ&ミニ交流会〜読み聞かせの集い〜

2019年12月27日 (金) 11:00~12:00

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受付中

内容

ベビーマッサージの講習会を行います。
みなさま是非ご参加ください♪

対象者

0歳のお子さまとママ

参加費

無料

託児の有無

なし

会場

〇〇市児童館

〇〇市××町1-2-3

HOME 地域の子育て情報 成長のきろく

Select the event you want to attend

Note: The contents will be automatically translated into other languages when they are shown.

Useful Features: (6) Finding Childcare Facilities

This feature lets you find childcare facilities in the area displayed on a map. On the Top Page click “Find Facilities” and select a category to show facilities in the area that are listed along with a map.

Note: The service is not available in some areas.



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Register as a user of the Digital Mother and Child Health Handbook	
<p>(1) Download the Digital Mother and Child Health Handbook app.</p>	<p>Search for “boshimo” in the app store.</p> <p>Note: The browser version of the app store can be used. Please use the link below for PC. https://www.mchh.jp/</p>   
<p>(2) Log in using your OpenID account or email address.</p>	<p>If you have a Gmail, Microsoft, Facebook account, click on one of the accounts you have.</p> <p>Note: If you don't have one of the accounts above, you can create an account using an email address.</p>
<p>(3) Register profile information For those who are not registered with My ME-BYO record</p> <p>Note: If you are registered with My ME-BYO record, see (3) Profile Registration 'For those who are registered with My ME-BYO record.'</p>	<p>Register user information of actual user. If you are not registered with My ME-BYO record, you first need to register</p> 

<h2 style="text-align: center; background-color: #d9e1f2; padding: 5px;">Register as a user for Digital Mother and Child Health Handbook</h2>	
<p>(4) Register with My ME-BYO record</p>	
<p>(5) Verifying registration of My ME-BYO record</p>	<p>Return to Digital Mother and Child Health Handbook once you have registered with My ME-BYO record. Enter the registered email address and password to verify registration with My ME-BYO record.</p> 
<p>(6) Register fetus and child information</p>	<p>Lastly, register fetus and/or child information.</p> 
<h1 style="color: #4f81bd;">Registration is complete!</h1>	

Register as a user for electronic Mother and Child Health Handbook

(3) Profile information registration
If you are already registered with My ME-BYO record

Register user information.
Enter registered email address and password to verify registration of My ME-BYO record.



(4) Register fetus and/or child information

Register fetus and/or child information.



Registration is complete!

Let's use it now!: (2) Data backup setting on My ME-BYO record -1

Data on the height, vaccinations and health check-ups of the child registered in the Digital Mother and Child Health Handbook can be backed up on a Kanagawa Prefecture's server in cooperation with My ME-BYO record, an application created by Kanagawa Prefecture.

(1) Open the setting screen.



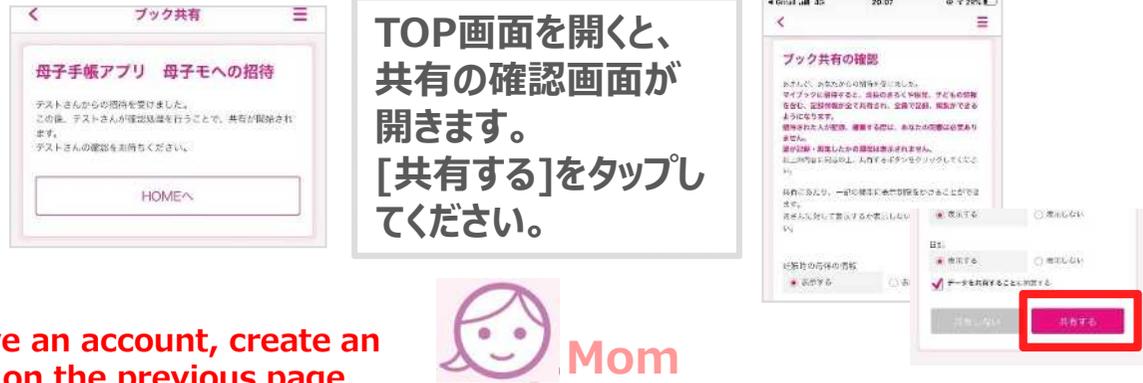
(2) Proceed to link setting.

If you have not yet completed registration of the child My ME-BYO record, register the child's information on My ME-BYO record via "Creating an Account" and then return to the Digital Mother and Child Health Handbook and tap the "Proceed to link setting" button.



<p>(3) Verifying registration of My ME-BYO record</p>	<p>Enter the email address and password that is registered with My ME-BYO record to verify registration.</p>	
<p>(4) Select the child's account (name) that you wish to link to</p>	<p>The list of the child or children that are registered on My ME-BYO record will be shown. Select the data you wish to back up.</p>	
<p>Setting is complete!</p>		

Share the Digital Mother and Child Health Handbook with family and friends only

<p>(1) Open the setting screen</p>	<p>Tap the icon in the top right corner to open the slide menu and then tap “your name.”</p> 	
<p>(2) Send invitation e-mails</p>	<p>Tap “Invite to My Book” and tap “Send an invitation email” from the “invite to the My Book” screen. Once the e-mail application is opened, send emails to the people you wish to invite.</p> 	
<p>(3) Verification of invitation</p>	<p>Access the website address indicated in the email to accept invitation.</p>  <p>Note: If father does not have an account, create an account following the steps on the previous page.</p> 	<p>TOP画面を開くと、共有の確認画面が開きます。 [共有する]をタップしてください。</p> 

Sharing is complete!