

It's worth taking a look at these too

- As a new mother, you're entitled to free **prescriptions and NHS dental treatment** for 12 months after you've given birth. Children can also get free prescriptions until they're 16. To receive an Exemption Certificate ask for a form at your doctor's surgery.
- If you're on a low income you may be eligible for a **Sure Start Maternity Grant**. This is a one-off payment to help with the cost of a new baby and must be claimed within 3 months of having your baby. Claim forms are available from Jobcentre Plus.
- If you're a new mum aged 16 or over and not available for work (e.g. a single parent) you can claim **income support** to help with day-to-day living. For more information or to find out if you can claim, call Jobcentre Plus on **0800 055 6688**
- If you're under 20 and want to continue or return to learning, you could get help with your childcare and travel costs through the Care to Learn Scheme. You may also be able to claim Education Maintenance Allowance. For more information contact **0845 600 7979** or visit **www.direct.gov.uk/caretolearn**
- Healthy Start provides eligible families with weekly vouchers which can be spent on milk, fresh fruit & vegetables and infant formula milk. You can also get free vitamins for you and your baby. To find out if you qualify or for more information call the helpline on **0845 607 6823** or visit **www.healthystart.nhs.uk**

Find out more about Payments for Parents and the individual entitlements at: **direct.gov.uk/paymentsforparents**

Remember, don't forget to check what you're entitled to.



Payments for Parents

Need
Help
with your
first steps?



Real help for families now

 HM Revenue & Customs

A little help along the way

Payments for Parents is a bundle of financial entitlements from HM Revenue & Customs for mums, dads and little ones. Consisting of four entitlements, it's designed to help you give your child the very best start in life. From pregnancy through to building a solid financial foundation for your child's future.

So make sure your family's not missing out, check what you're entitled to.



Health In Pregnancy Grant

A one-off payment of £190 for every mother-to-be. It can be claimed at any point between the 25th week of pregnancy and the due date. Your midwife or doctor will be able to give you a claim form.

For more information go to:
direct.gov.uk/money4mum2be
or call the helpline on 0845 366 7885.



Child Benefit

A payment available to everyone responsible for a child.

For more information go to:
direct.gov.uk/paymentsforparents
or call the helpline on 0845 302 1444.



Child Trust Fund

Every child born and living in the UK is entitled to their own Child Trust Fund. If your child is awarded Child Benefit, they'll automatically receive a £250 voucher to start the account. This will then be topped up with another £250 when the child is 7 and held in an account of your choice until the child is 18. (Families on lower incomes receive a further £250 top-up at each stage).

For more information go to:
www.childtrustfund.gov.uk
or call the helpline on 0845 302 1470.



Child Tax Credit

A top-up for families with a household income of less than £66,000, or less than £58,000 after the child's first birthday.

For more information go to:
direct.gov.uk/paymentsforparents
or call the helpline on 0845 300 3900.