

July 2011

Money for Parents and Babies

If you're pregnant or have a new baby you may be able to get some cash and health benefits. This information sheet tells you what you may be able to claim and how to do it.

If you get Income Support or income-based Jobseeker's Allowance, remember to tell your Jobcentre Plus adviser as soon as your pregnancy has been confirmed by a doctor to make sure that you get all the help you can.

If you are employed, even if you only work a few hours a week, you may be entitled to maternity leave and pay from your employer. For more information see the information sheet, [Pregnant at Work](#).

If you have come from abroad to live in the UK you should check that your immigration status does not prevent you from claiming benefits, and that any claim for benefits will not harm an application you are making to the Home Office. For more information see the [Maternity Action website](#) or seek advice.



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The benefits outlined in this factsheet are divided into different categories:

Universal benefits

These benefits are not dependent on income, savings or your National Insurance contribution record. You can be paid as many of these as you qualify for.

Contribution-based benefits

These benefits are paid if you have paid enough National Insurance contributions through work or done some work in the past. You can only be paid one contributions-based benefit at a time, so you should make sure that you claim the benefit of the highest value that you can. If you qualify for a contributions-based benefit, you will always be paid this instead of an income-based benefit. You can claim Income-based benefits to top up your income.

Income-based benefits

These benefits are paid to people with a low income. Your National Insurance record does not affect your entitlement, but your income and savings do affect if you can be paid benefit, and how much. You can claim a combination of income-based benefits:

Income Support OR income-based
Jobseeker's Allowance OR Working Tax
Credit
AND
Child Tax Credit (although some people
with long-standing claims may still get
extra Income Support or income-based
Jobseeker's Allowance instead)
AND
Housing Benefit AND Council Tax
Benefit
AND
Social Fund Payments

Benefit rates are not included in this factsheet. Please see our [Benefit Rates 2011-12](#) information sheet for current benefit rates.

Universal benefits for all parents/babies

- Child Benefit
- Free NHS prescriptions
- Free NHS dental care
- Child Trust Fund

Child Benefit

What is Child Benefit?

Child Benefit is a tax free benefit paid to parents to help with the costs of caring for their child(ren). It is payable for every child from birth until they are at least 16 years old.

Who can claim Child Benefit?

Child Benefit is paid to the person/people responsible for a child. Your income, savings and whether or not you have paid National Insurance contributions do not matter, but you must normally live in the UK and have been living in the UK for at least six months. There are no lower or upper age limits for claiming Child Benefit. From April 2013, Child Benefit will not be payable where one parent is a higher rate taxpayer.

My daughter lives with me during the week and with her father at the weekend. Can we both claim Child Benefit?

No, Child Benefit can only be paid once for each child. If more than one person counts as being responsible for a child, for example, when parents have joint custody, Child Benefit is paid to the parent with main responsibility for the child.

How much Child Benefit is paid?

Child Benefit is paid at two rates; a higher rate for the eldest child, and a lower rate for all subsequent children. The rate of Child Benefit has been frozen until April 2013. From this date Child Benefit will not be payable to families with a higher rate tax payer.

How do I claim Child Benefit?

You should get a Child Benefit claim pack (form CH2) in the Bounty Pack which new parents are given in hospital after giving birth. You can also ask for a claim pack at your local Jobcentre Plus or HMRC (tax) office. The pack should include a pre-paid addressed envelope to your local Child Benefit Centre. You will need to include your baby's birth certificate which will be returned to you. If you do not want to send away the birth certificate, take your claim and supporting documents to your local Jobcentre Plus or HMRC (tax) office. Claims for Child Benefit can also be made online at www.direct.gov.uk

You must claim Child Benefit within three months of your baby's birth or you could lose out on some benefit.

How is Child Benefit paid?

Child Benefit is usually paid straight into your bank account, but you can ask for payment by giro which you cash at your local Post Office. Child Benefit is usually paid every four weeks, but you can ask for a weekly payment if you are a lone parent, your family has a low income or if you can show that four weekly payments are causing you hardship.

Child Benefit can also help to protect your State Retirement Pension record. For every complete year that you stay at home to look after your child and get Child Benefit, you can receive Home Responsibilities Protection. From April 2010 you will get national insurance credits for every year in which you receive Child Benefit for a child under 12. For more information go to www.direct.gov.uk

NHS prescriptions and dental care

Who can get free NHS prescriptions and dental care?

NHS prescriptions and dental care (check ups and treatment) are free to women while they are pregnant and for 12 months after giving birth.

Your child can also have free prescriptions and dental care until they are at least 16 years old.

How do I claim free NHS prescriptions and dental care?

To claim free NHS prescriptions and dental care whilst you are pregnant, ask your doctor or midwife for form FW8. Send the completed form to your local health authority (Health Board in Scotland). You will be sent an exemption certificate which lasts until a year after your due date. Show this to the chemist/dentist when you are collecting your prescriptions/having dental treatment.

If you didn't claim free prescriptions whilst you were pregnant, you can claim after your baby is born by filling in form A in leaflet P11 NHS prescriptions. Ask your doctor or at your local Jobcentre Plus office for this leaflet.

To claim for a child, tick the appropriate box on the back of the prescription/dentist's form.

Child Trust Fund

What is a Child Trust Fund?

Child Trust Fund vouchers were given to children born between 1st September 2002 and 2nd January 2011 to open a savings account which only the child is able to access once they reach 18. Child Trust Fund vouchers were stopped for all babies born after 2nd January 2011.

- Children born between 1st September 2002 and 2nd August 2010 received £250 (£500 for

families who qualified for full Child Tax Credit)

- Children born between 3rd August 2010 and 2nd January 2011 received £50 (£100 for families who qualified for full Child Tax Credit)

Additional payments made to children at the age of 7 were stopped on 31st July 2010. Extra payments to children in receipt of Disability Living Allowance stopped on 6th April 2011.

Contribution-based benefits for parents who have paid National Insurance contributions or done some work

- Maternity Allowance
- Employment and Support Allowance (formerly Incapacity Benefit)
- Contribution-based Jobseeker's Allowance

Maternity Allowance

What is Maternity Allowance?

Maternity Allowance is a benefit paid to women for 39 weeks around the time of the birth of a baby. To qualify for Maternity Allowance, you do not need to have paid National Insurance contributions but you must:

- have worked for at least 26 weeks out of the previous 66 weeks, and
- have average earnings of at least £30 a week (assessed on 13 weeks' earnings), and
- not be entitled to Statutory Maternity Pay from your employer

Both employed and self-employed work count for your weeks worked.

How and when should I claim Maternity Allowance?

Maternity Allowance can be claimed from the 15th week before your due date, but cannot be paid until 11 weeks before your baby's due date and must be claimed within three months of the birth or you could lose out on some benefit.

To claim Maternity Allowance, complete form MA1. Copies of the form should be available from your local Jobcentre Plus office or can be downloaded from

www.direct.gov.uk. For more information, see *Common maternity pay questions*.

How is Maternity Allowance paid?

Maternity Allowance is usually paid straight into your bank account every week.

If you are not working when you make your claim for Maternity Allowance, payment will start 11 weeks before the baby's due date. If you are working you can choose when you want payment to start.

Employment and Support Allowance

(formerly Incapacity Benefit)

What is Employment and Support Allowance (ESA)?

ESA is paid to people who are unable to work because of illness or disability, and who have paid/been credited with enough National Insurance contributions. If you are pregnant but do not qualify for Statutory Maternity Pay or Maternity Allowance (see above), but have paid National Insurance contributions in the last few years, you may be able to claim ESA while you are pregnant. For more information, see [Common maternity pay questions](#).

Women are automatically treated as having "limited capability for work" because of pregnancy from six weeks before the baby's due date to two weeks after the baby is born or where there is serious risk to her health or that of her baby.

How do I claim ESA when I am pregnant?

If you are claiming ESA because you are pregnant, you should make your claim by completing form MA1 for Maternity Allowance (see above for how to get a claim form). You do not have to undertake a Work Capability Assessment. Some of the questions may not apply to you so leave them blank and

put a note on the form that you want your claim to be considered for ESA.

How is ESA paid?

ESA is usually paid straight into your bank account every week.

Contribution-based Jobseeker's Allowance

What is Contribution-based Jobseeker's Allowance?

Contribution-based Jobseeker's Allowance is paid for up to 26 weeks to people who

- are available for and actively seeking work, and
- have paid enough National Insurance contributions through work in the last few years

To receive the benefit, you have to agree a plan of activity to help you to find work and 'sign on' (to prove that you are looking for work) at your local Jobcentre Plus office every two weeks.

If at the end of 26 weeks, you have not found work, you can switch to income-based Jobseeker's Allowance (which is paid at the same rate).

Jobseeker's Allowance is paid at different rates according to the age of the claimant.

How do I claim Contribution-based Jobseeker's Allowance?

To make a claim for Contribution-based Jobseeker's Allowance, go to your local Jobcentre Plus office or phone your Jobcentre Plus contact centre. They will send you a claim pack and arrange an appointment for you to meet with an adviser at your local Jobcentre Plus office. Take your completed form to this appointment.

How is contribution-based Jobseeker's Allowance paid?

Jobseeker's Allowance is usually paid straight into your bank account every two weeks.

NB You should be aware that Jobseeker's Allowance payments can stop if you do not comply with actions agreed with or instructed by a Jobcentre Plus adviser.

Income based benefits for parents with a low income

- Income Support
 - Income-based Jobseeker's Allowance
 - Sure Start Maternity Grant
 - Social Fund grants and loans
 - Help with housing costs
-

Income Support

What is Income Support?

Income Support is a benefit paid to people who

- are aged 16 or over, and
- work less than 16 hours a week (and/or whose partner works for less than 24 hours a week), and
- have a low income, and
- do not have to look for work, for example, because they are pregnant or a lone parent.

Income Support can be paid to pregnant women and their families from 11 weeks before the baby's due date until 15 weeks after the birth. If you are a lone parent, Income Support will currently continue until your child is 7 years old. You can be called for a work-focused interview at Jobcentre Plus to discuss your options for work and training.

It is important that if you are in a couple, the pregnant woman makes the claim for Income Support (or which ever partner has a reason not to have to look for work).

How much Income Support will I get?

The amount of Income Support you are paid depends on your age, whether you are in a couple or not, and on any income or savings you have. Some of your income may be ignored when you claim for Income Support is worked out, and there are fixed savings limits. If you are unsure about how much Income

Support you should be getting, seek advice.

How do I claim Income Support?

Income Support should be claimed on form A1. You can ask for a copy of this form at your local Jobcentre Plus office or by phoning your nearest Jobcentre Plus contact centre. A form will be sent out and an appointment will be made for you to go to your local office to meet with an adviser (unless it is agreed that you do not need to do this).

How is Income Support paid?

Income Support is usually paid straight into your bank account. Your Jobcentre Plus adviser will tell you how often your benefit will be paid.

Income-based Jobseeker's Allowance

What is income-based Jobseeker's Allowance?

Income-based Jobseeker's Allowance is paid to people who;

- are aged 16 or over, and
- are available for and actively seeking work, and
- have a low income, and
- work less than 16 hours a week (and/or whose partner works less than 24 hours a week)

To receive the benefit, you have to agree a plan of activity to help you to find work and 'sign on' (to prove that you are looking for work) at your local Jobcentre Plus office every two weeks.

At 11 weeks before your baby's due date, you can switch to claiming Income Support so that you no longer have to sign on and look for work (see above).

Once the baby is born, if you are claiming income-based Jobseeker's Allowance as a couple, only one of you needs to 'sign on' and follow a job search plan.

How much income-based Jobseeker's Allowance will I get?

The amount of income-based Jobseeker's Allowance you are paid depends on your age, whether you are in a couple or not, and on any income or savings you have. Some of your income may be ignored when you claim for Income Support is worked out, and there are fixed savings limits. If you are unsure about how much Income Support you should be getting, seek advice.

How do I claim income-based Jobseeker's Allowance?

To make a claim for income-based Jobseeker's Allowance, go to your local Jobcentre Plus office or phone your Jobcentre Plus contact centre. They will send you a claim pack and arrange an appointment for you to meet with an adviser at your local Jobcentre Plus office. Take your completed form to this appointment.

How is income-based Jobseeker's Allowance paid?

Jobseeker's Allowance is usually paid straight into your bank account every two weeks.

NB You should be aware that Jobseeker's Allowance payments can stop if you do not comply with actions agreed with or instructed by a Jobcentre Plus adviser.

Sure Start Maternity Grant

What is a Sure Start Maternity Grant?

A Sure Start Maternity Grant is a one off payment of £500 made to new parents with a low income to help with the costs of their first baby. The grant does not have to be repaid. To qualify for the grant, you must:

- be aged 16 or over, and
- be expecting a baby within the next 11 weeks or have given birth or adopted a baby in the last three months, and

- be claiming for your first baby or for a subsequent child if there are no other children aged under 16 in your family, and
- be getting Income Support, income-based Jobseeker's Allowance, income-related Employment Support Allowance, Pension Credit, Child Tax Credit of more than the family element or Working Tax Credit with a disability element, and
- have received health and welfare advice from a midwife or other health professional (they will have to sign your form to confirm this)

How do I claim a Sure Start Maternity Grant?

To claim a grant, ask you local Jobcentre Plus office or your midwife for form SF100. Return the completed form to your local Jobcentre Plus office within three months of the birth.

If you are waiting for a decision on your Child Tax Credit claim and are approaching the three month deadline for the Sure Start Maternity Grant claim, you should make a claim for the grant (within the time limits) and explaining that you are waiting for a decision about a qualifying benefit. Even if your claim is refused you can go back to them once you are getting Child Tax Credit and ask them to look at their decision again.

Social Fund grants and loans

What is the Social Fund?

The Social Fund is a pot of money that Jobcentre Plus can give out to help with additional larger costs, for example, to buy household items or clothes, or to top up income in specified circumstances. The Sure Start Maternity Grant (see above) is part of the Social Fund and is

paid as a fixed amount to everyone who qualifies for it. The Social Fund also includes other payments that are awarded on a discretionary basis to people who can show that they need extra money.

All Social Fund payments should be claimed on the appropriate form from Jobcentre Plus. You can also download claim forms for all these payments at www.direct.gov.uk

Community Care Grant

Community Care Grants are awards of money that do not have to be paid back. To qualify for a grant, you must;

- be getting Income Support, income-based Jobseeker's Allowance, income-related Employment Support Allowance or Pension Credit, and
- not have made a claim in the past 26 weeks (whether it was paid or refused), and
- meet one of a specified list of reasons for claiming, for example, moving into a new home within the community, to ease exceptional pressures on a family

As well as meeting the above conditions, a decision maker at Jobcentre Plus also has to agree to payment, based on your assessed need and the amount of money in the district budget.

Budgeting Loan

Budgeting Loans are interest free loans paid by Jobcentre Plus to help people to budget for more expensive items that they cannot afford from their weekly benefit. To qualify for a Budgeting Loan, you must;

- be getting Income Support, income-related Employment Support Allowance, income-based Jobseeker's Allowance or Pension Credit, and
- have been claiming this benefit for at least 26 weeks, and

- be claiming in order to buy specified items, for example, furniture and household equipment, clothing and footwear, rent in advance, and
- be likely to be able to repay the loan

Once these conditions are met, a decision maker at Jobcentre Plus will make an award by using a set formula to calculate the amount. A budgeting loan is usually repaid by deductions from your ongoing benefit.

Crisis Loan

Crisis Loans are paid to people to help them to meet their immediate needs in an emergency when the health and safety of you and your family are at risk. You do not have to be in receipt of any benefits to qualify for a Crisis Loan, but you must be able to repay the loan (usually through deductions from benefit payments) and awards are made entirely at the discretion of the decision maker at Jobcentre Plus.

Help with housing costs

If you have a low income, you may be able to get to help to meet your mortgage interest payments, rent and/or council tax.

Note that help with rent and council tax costs is claimed from your Local Authority (council), not Jobcentre Plus.

Help with mortgage interest repayments

If you are getting Income Support, income-based Jobseeker's Allowance, income-related Employment Support Allowance or Pension Credit and have a mortgage, you may be able to get help to pay your mortgage interest payments (but not for any capital).

The amount of help you get depends on your mortgage interest charges, when you took out your mortgage, your income

and savings and how long you have been claiming benefits.

To claim help with mortgage interest repayments, contact your local Jobcentre Plus.

If you have a mortgage, you could also ask your mortgage provider if you can take a 'holiday' from making payments or whether it is possible to reduce your monthly repayments (even for a short time), or check with a financial adviser to make sure that you have found the best deal.

Help to pay your rent

If you have a low income, you may be able to get help to pay your rent by claiming Housing Benefit or Local Housing Allowance from your Local Authority. To qualify for either benefit, you must;

- be aged 16 or over, and
- be liable to pay rent at a property, and
- have a low income

For new claims made in or after April 2008, Local Housing Allowance will be paid for all private tenancies; the Local Housing Allowance is a fixed amount paid according to the area you live in, the size of the property you are deemed to need and any restrictions that can be applied to your claim.

Housing Benefit will continue to be paid for existing claims and for council and social housing tenancies. The amount of Housing Benefit you are paid depends on your income and savings, your rent charges and any restrictions that can be applied to your claim. From April 2011, the maximum amount of Housing Benefit will be capped depending on the size of the property.

If the level of benefit you get to pay your rent is not enough and you are in hardship because of this, you may be able to claim Discretionary Housing Payments from your Local Authority on top of your benefit.

Help to pay your council tax

If you have a low income, you may be able to get help to pay your council tax by claiming Council Tax Benefit (or Second Adult Rebate) from your Local Authority. To qualify for this help you must;

- be aged 16 or over, and
- be liable to pay council tax, and
- have a low income

The amount of Council Tax Benefit you can be paid depends on your income and savings, your council tax bill and any restrictions that can be applied to your claim.

If the level of benefit you get to pay your council tax is not enough and you are in hardship because of this, you may be able to claim Discretionary Housing Payments from your Local Authority on top of your benefit.

You should also check your eligibility for a council tax discount which would reduce the amount you have to pay. For example, if you are the only adult living in your property you get 25% discount on your bill. Certain adults can be ignored for council tax purposes, so seek advice to make sure that you are paying the right amount.

Tax Credits for people in work or bringing up children

- Child Tax Credit
- Working Tax Credit including childcare element

What is Child Tax Credit?

Child Tax Credit is paid to families both in and out of work with children. Child Tax Credit is income based so the amount you get depends on the size of your family, your income and your family circumstances, for example, whether you have a child under one or a disabled child. You do not have to have paid National Insurance contributions to qualify for Child Tax Credit. Child Tax Credit does not count as income for other benefits.

Child Tax Credit is usually paid straight into the bank account of the main carer every week or every four weeks, you can choose which is better for you.

From April 2011 the additional baby element for a baby aged under one has been abolished and Child Tax Credit will not be available to families with a household income of more than £40,000.

What is Working Tax Credit?

Working Tax Credit is paid to people in work who have a low income. To qualify for Working Tax Credit:

- If you do not have children, you must be 25 or over and you or your partner must work at least 30 hours a week
- If you do have children, you must be 16 or over and you or your partner must work at least 16 hours a week

Working Tax Credit can also help with the costs of registered childcare. The childcare element can pay a proportion

of childcare costs up to set maximum levels – see benefit rates. To qualify for help with childcare costs, you must be:

- A lone parent working at least 16 hours a week, or
- A couple where both partner work at least 16 hours a week, or
- A couple where one partner works at least 16 hours a week and the other partner is incapable of work, and
- The childcare you use must be registered

The amount of Working Tax Credit you get depends on your income and circumstances and your childcare costs.

Working Tax Credit is usually paid straight into the bank account of the working claimant, but the childcare element can be paid to the main carer. Payments can be made weekly or every four weeks.

How do I claim tax credits?

Child Tax Credit and Working Tax Credit are claimed on the same form. HMRC, who administer tax credits, will work out which of the credits you are entitled to and how much based on the information you give. You should receive a tax credits claim pack in the Bounty pack given out at hospital after the birth of your baby. You can also request a claim pack from your local Jobcentre Plus office, or by calling the Tax Credits helpline on 0845 300 3900.

Tax credit awards usually are made until the end of the current tax year, not indefinitely. To ensure that payments continue, you must return the annual review form sent out to all claimants between April and July each year.

If your circumstances change while you are being paid tax credits, for example, the number of children you are claiming for changes, you become part of a couple/single or your childcare costs are

reduced or stop, you must let HMRC know as soon as possible.

While you are receiving maternity pay or during ordinary maternity leave and the first 13 weeks of additional maternity leave, you will be treated as working for tax credit purposes as long as you were working at least an average of 16 hours a week before you started your leave. Child Benefit, Maternity Allowance and the first £100 of Statutory Maternity Pay are ignored as income when your tax credits award is decided. This means that you may be entitled to tax credits while you are on maternity leave even if you would not be if you were working.

Health Benefits for people with a low income

- Healthy Start
- Help with hospital fares
- Low Income Scheme

Healthy Start

What is Healthy Start?

The Healthy Start scheme provides food vouchers and free vitamins to pregnant women and parents who have a low income.

To qualify for the Healthy Start scheme, you must:

- Be at least 10 weeks pregnant **or**
- Be within 12 months of your baby's due date, **and/or**
- Have a child under the age of one, **and**
- Be getting Income Support, income-related Employment Support Allowance, income-based Jobseeker's Allowance or be getting Child Tax Credit and have a household income below a specified amount

OR

- be at least 10 weeks pregnant and be under the age of 18

OR

- Be a child aged under four whose family are getting Income Support, income-based Jobseeker's Allowance or who get Child Tax Credit and have a household income below a specified amount

A voucher is given to each qualifying mother and baby/child (with double vouchers for a child under one).

Vouchers must be spent on 'Healthy Start' foods which include cow's milk,

formula milk and fresh fruit and vegetables. For more information, see www.healthystart.nhs.uk

Help with fares to hospital

Who can get help to pay fares to hospital?

Your fares to hospital – including to antenatal appointments – can be refunded if you or your family get income Support, income-related Employment Support Allowance, income-based Jobseeker's Allowance, Pension Credit or Child Tax Credit and your household income is below a specified amount or Working Tax Credit with a disability element.

Fares for the cheapest mode of transport will be refunded, this will usually be public transport or petrol costs, but you may be able to claim taxi fares back if there is no alternative way for you to get to your appointment.

How do I claim?

To claim your refund, you should take your travel tickets/receipt for costs incurred to the hospital administration desk with proof of your benefit/tax credit entitlement.

If you have already paid fares to hospital for previous appointments, you can claim a refund within three months of paying the fares by filling in form HC5. The hospital should be able to give you a copy of this form.

Low Income Support Scheme

What is the Low Income Support Scheme?

If your family is not on one of the qualifying benefits for help with fares to hospital but you are on a low income, you may be able to get full or some help to meet health costs by applying to the Low Income Support Scheme.

Applications should be made on form HC1 which you should be able to get from your doctor, chemist or local Jobcentre Plus office. The form asks for information about your income and expenditure.

Depending on your income, you could be given either:

- Certificate HC2 which means that you qualify for free treatment or
- Certificate HC3 which means that you get some help with health costs – the certificate will tell you how much you must pay and any costs above this amount will be waived

If you have already paid for treatment, you may be able to get some or all of the costs refunded. To apply for a refund, complete form HC5 within 3 months of the treatment.

Quick checker

If you are already getting some benefits and/or tax credits, make sure you are getting all the extra help you can, using the table below.

If you get →	Income Support or Income-based Jobseeker's Allowance	Tax Credits (dependent on income level)	Low income (dependent on income level)	All mothers
You may also get:				
Child Benefit	X	X	X	X (until April 2013)
Free prescriptions and dental care	X	X	X	X
Sure Start Maternity Grant*	X	X	X	
Healthy Start	X	X	X	
Help with fares to hospital	X	X	X	
Community Care Grant	X	X		
Budgeting Loan	X	X		
Crisis Loan	X	X	X	
Housing Benefit/Local Housing Allowance	X	X	X	
Council Tax Benefit	X	X	X	
Help with mortgage costs	X	X		
Maternity Allowance			X	

*Sure Start Maternity Grant- for first child only

Where to go for more help

Maternity Action

Advice on maternity rights and benefits
www.maternityaction.org.uk
Helpline 0845 600 8533

Directgov

The government's online information resource
www.direct.gov.uk

Citizens' Advice

For information about benefits and to find details of local advice bureau
www.adviceguide.org.uk

Community Legal Advice

For legal information and to search for specialist legal advice in your area
www.communitylegaladvice.org.uk
Helpline: 0845 345 4 345

Working Families

Rights at work
www.workingfamilies.org.uk
Helpline 0800 013 0313

This information sheet was updated in July 2011. It is always important to get up-to-date information. Benefit rates are not included in this factsheet. Please see our [Benefit Rates 2011-12](#) information sheet for current benefit rates.

More Maternity Action information sheets

[Pregnant at work 2011](#) – a brief guide to your rights to maternity leave and pay

[Rights at work for fathers and partners](#) – a brief guide to rights for fathers and partners

[Additional paternity leave and pay](#) – new rights for fathers and partners

[Time off for working parents](#) – rights to paternity leave, adoption leave, parental leave and time off in an emergency

[Child friendly working hours](#) – rights to ask for changes in your working hours to fit with your childcare or other caring responsibilities

[Money for parents and babies](#) – benefits for families

[Common maternity pay questions](#) – how to qualify for Statutory Maternity Pay, Maternity Allowance and Employment and Support Allowance.

[Rights for parents with more than one job](#) – rights for parents working more than one job

[Redundancy during pregnancy and maternity leave](#) – your rights if you are made redundant

[Dealing with pregnancy and maternity-related problems at work](#) – how to deal with problems at work

[Pregnancy discrimination](#) – what is pregnancy discrimination and what you can do about it

[Discrimination during maternity leave](#) – what you can do about discrimination during maternity leave

[Pregnant during maternity leave](#) – your rights if you become pregnant on maternity leave

[Breastfeeding on return to work](#) – your rights if you wish to continue breastfeeding on return to work

[Sickness during pregnancy and maternity leave](#) – rights and benefits during sick leave

[Breastfeeding in public places](#) – your right to breastfeed when you are out and about

[Polish language information](#) - rights at work for mothers, fathers and partners; your right to breastfeed when you are out and about

[Maternity rights for migrants](#) – information for EU nationals and other migrants

[Maternity rights for refugees and asylum seekers](#) – information for refugees, asylum seekers and refused asylum seekers

Available at www.maternityaction.org.uk