

A young person's guide to CHILD BENEFIT...



www.newport.gov.uk

This guide will give you **advice** and **information** about what child support is available to you.



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A YOUNG PERSON'S GUIDE TO BENEFITS AND ENTITLEMENTS FOR YOUNG PARENTS...

It can be a very CHALLENGING but REWARDING time being a new parent. Here is information about what support is available to you.



BENEFITS AND GRANTS...

You could be entitled to the following benefits and grants (correct for 2020).

- **Child benefit (1st child) £21.05 per week**
- **Child benefit (2nd child etc) £13.95 per week**
- **Sure start maternity grant £500**

CHILD BENEFIT...

As soon as your child is born, you can claim child benefit. You will receive a monthly payment from the time your child is born until they are aged 16 (or 20 if they stay in education).

SURE START MATERNITY GRANT...

If you are about to have your child and are on benefits, you may be able to claim this grant. You need to claim 11 weeks before birth OR within 6 months of the birth and will need a health professional to sign your application.

The application form is available at
www.gov.uk/sure-start-maternity-grant

HEALTHY START VOUCHERS...

These are vouchers to help towards the cost of fruit, vegetables and milk for your child. You can apply for these if you are on certain benefits AND you are pregnant or your child is under 4 years old.

To apply visit www.healthystart.nhs.uk



CHILDCARE SUPPORT...

If you are a young parent and are looking to find work, finding childcare could be difficult. Here we highlight what support may be available.

WELLBEING...

Being a new parent is stressful and it's important to keep a positive frame of mind. There is support available through local mum and baby groups.

For more information visit www.newport.gov.uk/fis

For tips on looking after your mental health and wellbeing visit the following websites:

www.platform.org/project/young-people

www.youngminds.org.uk

FLYING START...

Flying Start is a Welsh Government programme available in certain areas which gives support to families with children aged 0-3 years. It can offer 2.5 hours of childcare per day for most of the year and also offers other support like parenting classes.

You have to live in a particular postcode area - to find out more visit

www.newport.gov.uk/flyingstart or email flying.start@newport.gov.uk

CHILDCARE WHILE STUDYING...

If you are thinking of going to university, you may be able to apply for some money for childcare.

This typically depends on:

- **The amount of money you have coming in**
- **What benefits you are on**

- **The age of your child**
- **The type and length of your course**

To find out more speak to your personal advisor or visit

www.studentfinancewales.co.uk

CHILDCARE WHILE IN WORK...

If you are getting universal credit you can receive up to **85%** of the cost of childcare back. This could be up to **£646.35** per month for one child. It is important to note that you have to pay for childcare up front and then claim it back.

YOUR CHILD IN SCHOOL...

Is your child getting bigger and about to start school? Like everything else, this can cost money. You could receive some support through the following schemes:

Free school meals

If you are getting certain benefits and your income is below a certain amount you will be able to claim free school meals. This ensures your child gets a healthy, nutritious, cooked meal each day.

Your child's school will also receive more money from Welsh Government to support your child.

Free breakfast

The local authority primary schools in your area should provide a free breakfast. Schools provide a healthy and nutritious breakfast before the start of the school day.

For more information speak to your child's school.



PUPIL DEVELOPMENT GRANT...

If your child gets free school meals you could get up to £125 for each application. This covers:

- **uniform and sports kit**
- **equipment for out of school hours trips**
- **equipment for some school activities**

For more information on free school meals and the pupil development grant visit www.newport.gov.uk/schools

