



Financial support for new parents

**Sunderland
City Council**



Welcoming a baby into your life and raising a family can bring changes to your financial circumstances.

To help you during this new journey, there is a range of support available.

Child Benefit

Child Benefit is a payment made to parents or guardians to help with the costs of raising children. You can claim Child Benefit 48 hours after you've registered the birth of your child, or once a child comes to live with you. It is available if you're responsible for a child under 16 (or under 20 if they stay in approved education or training).

To learn more, visit www.gov.uk/child-benefit or call **0300 200 3100**.

Sure Start Maternity Grant

You could get a one-off payment of £500 to help towards the costs of having a child. This is known as a Sure Start Maternity Grant. You usually qualify for the grant if both of the following apply:

- You're expecting your first child, or you're expecting a multiple birth (such as twins) and have children already
- You or your partner already receive certain benefits

You must claim the grant within 11 weeks of the baby's due date or within six months after the baby's birth.

You do not have to pay the grant back and it will not affect your other benefits or tax credits.

To learn more about Sure Start Maternity Grant, eligibility and how to claim, visit www.gov.uk/sure-start-maternity-grant or call **0800 169 0140**.

Healthy Start Scheme

If you're receiving a qualifying benefit and are more than 10 weeks pregnant or have parental responsibility for at least one child under the age of four years old, you may be entitled to get help to buy healthy food, milk and vitamins.

To learn more about Healthy Start Scheme, eligibility and how to claim, visit www.healthystart.nhs.uk or call **0300 330 7010**.

Working and time off when you have a baby

Visit www.gov.uk/browse/childcare-parenting/pregnancy-birth for the latest information about:

- Maternity and paternity pay and leave entitlement
- Employee rights when taking maternity and other types of parental leave

Childcare support

Find out more about support with childcare costs from the government and check your eligibility using the childcare support checker at www.beststartinlife.gov.uk/eligibility-checker



Help to plan your baby budget

Moneyhelper has created guides to cover all the money basics you need to know when you're having a baby – from how to budget for your new addition or paying for childcare, to what your rights are when it comes to maternity and paternity pay and when you return to work.

They also have tools and calculators to help you plan for the additional costs for your baby. Learn more at www.moneyhelper.org.uk/en/family-and-care/becoming-a-parent

Lightning Reach

Sunderland City Council have partnered with Lightning Reach to help you access the financial support you are eligible for.

Lightning Reach is a free, secure online portal that helps you find and apply for financial assistance – all in one place.

Whether you need help covering rising costs, making your home more energy-efficient, or affording essentials, Lightning Reach is available to connect you with the support you need.

Scan the QR code to learn more.



Get help and advice in Sunderland

There are advice providers in your local area that offer free information, advice and guidance on welfare benefits, employment and housing. Visit www.sunderland.gov.uk/get-support to learn more.



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More information

For more information about managing your money and support available, visit www.sunderland.gov.uk/managingyourmoney

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