

# Childcare Support

## Childcare Choices

A website where you can put in your details and find out what funding is available for your childcare costs – such as tax-free childcare, free hours and Universal Credit help towards childcare for working parents (which can be as much as 85% percent)

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## **GOV - Info on different kinds of childcare support**

### **Tax-free childcare**

You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the cost of childcare. - [Claim tax-free childcare](#)

### **30 hours free childcare**

Working families in England with 3 and 4 year old children can receive 30 hours of free childcare a week. - [Visit Childcare Choices for more information](#)

### **15 hours free childcare**

Families in England who have 2 year old children and are on certain benefits can get 15 hours of free childcare a week.

All families with children aged 3 and 4 can also access 15 hours of free childcare a week. [Visit Childcare Choices for more information](#)

### **Child Benefit**

You can claim Child Benefit if you're responsible for bringing up a child who is:

- under 16
- under 20 if they stay in approved education or training

Only one person can get Child Benefit for a child.

It's paid every 4 weeks and there's no limit to how many children you can claim for.

[Claim Child Benefit](#)


### **Claim back childcare costs**

You may be able to claim back up to 85% of your childcare costs if you're eligible for Universal Credit, with up to £646 back each month for one child or £1,108 for 2 or more children. - [Find out more about claiming back childcare costs](#)

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## **Martin Lewis Money Saving Expert Childcare Help**

Whether you have a wee tot or a big teen, the costs of childcare can be huge. Yet 100,000s of working parents are missing out on £1,000s of help with these costs. Have a read of this guide to find out about the help that's available to you – and don't miss out on anything you're entitled to.



### **Healthy Start**

If you have a child or are pregnant

You might be able to get a Healthy Start card to help you buy certain types of milk, infant formula, fruit and vegetables.

To get the Healthy Start card you must be at least 10 weeks pregnant or have a child under 4 years old.

To get Healthy Start there are certain benefits you must be receiving, please check link for list.

With the Healthy Start card you'll get:

- £4.25 each week from week 10 of your pregnancy
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old
- free vitamins

[You can apply for the Healthy Start scheme on the NHS website.](#)

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### **Kids Activities w/ Free Meals!**

There's a great range of activities across the city including boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, Jubilee activities, trips out and much more! Every day there will be a meal available for every child that attends.

To find out where schemes are in your ward click on this link (on Monday) - <http://www.merseyplay.com/haf-holiday-activities-and-food-fund/> or visit <http://www.Merseyplay.com> and click on the HAF link.

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### **Trussell Trust websites for Foodbanks**

Individuals will still need a referral as per usual process rather than people going directly to the Foodbank.

[Trussell Trust Website](#)

[Locations | North Liverpool Foodbank](#)

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Liverpool Parents & Carers Forum - **[Please visit our website LivPaC](#)**

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### **Where to go for Mental Health Support**

Here are some links to Mental Health support for your child if needed.

[Kooth](#), [Clear Fear app](#), [Chill Panda](#), [Alder Hey Crisis](#), [YPAS](#), [Fresh CAMHS](#), [Head Space app](#) Visit the young person's 'about anxiety' page



### **Local Children Centres**

Children's centres bring together a range of free services for children from birth to five, and their families.

Services vary at each centre according to local community needs but all centres provide child and family health, family support services and a range of parent and toddler activities. Most centres provide childcare or can signpost families to local childcare providers.

Please contact your local centre for further details, information can be found on all children centres [HERE](#)

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### **Check benefits and financial support you can get**

Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible.

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### **Apply for free school meals**

Free school meals are available to pupils in England if parents get certain benefits - [Check if your child can get free school meals](#)

### **Holiday activities and food programme**

You can get access to free activities and food for your children in the holidays if they receive free school meals - [Contact your local Council to find out more](#)

### **National Breakfast Clubs**

All participating schools will receive a 100% subsidy for breakfast club provision until the end of July 2022. - [Find out more about the National School Breakfast Programme](#)

### **Get help with maternity costs**

You could claim a one-off payment of £500 to help towards the costs of having a child. - [Check if you're eligible for the Sure Start Maternity Grant](#)

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### **Parental rights**

- [Maternity leave - what you're entitled to and how to get it](#)
  - [Maternity leave - your options when it ends](#)
  - [Maternity pay - what you're entitled to](#)
  - [Maternity pay - how to get it](#)
  - [Maternity pay - how much you can get](#)
  - [Rights while you're pregnant at work](#)
  - [Rights while you're on maternity leave](#)
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