

Your Entitlements During Pregnancy

Pregnant women in the UK are entitled to various benefits. It is important to find out what support is available to you when you are expecting.

While you are pregnant and for a year after your due date, you can apply for a maternity exemption certificate that entitles you to:

- Free prescriptions
- Free NHS dental care

If you are working, you may be entitled to:

- One year of maternity leave (fathers are also entitled to paternity leave or shared parental leave)
- Statutory Maternity Pay or Maternity Allowance for up to 39 weeks (fathers may also be entitled to paternity pay)
- A safe and healthy working environment, with any adjustments that are necessary during pregnancy
- Time off to attend antenatal appointments, which may be paid

If you are receiving certain benefits or you're on a low income, you may also be entitled to:

- Healthy Start vouchers to buy milk, fruit and vegetables or vitamin supplements
- A one-off payment from the Sure Start Maternity Grant

If you need more advice on your benefits and entitlements during pregnancy, you can contact the welfare rights or social services departments at your local authority. The Citizens Advice service can also help.

You should also check what benefits and entitlements you will be eligible for as a parent, which could include child benefit, tax credits and childcare.

Harley Street
137 Harley Street
London
W1G 6BF

Call: 020 7725 0528

Cheshire Clinic
Festival Hall,
Talbot Road, Alderley Edge
SK9 7HR

Call: 01625 704080

Email:
admin@thebirthcompany.co.uk
www.thebirthcompany.co.uk