



Teenage parents

Benefits calculator **June 2013**

Freephone

0808 802 0925

Gingerbread Single Parent Helpline

You may be entitled to:

- Child benefit
- Child tax credit
- Income support/jobseeker's allowance/employment and support allowance
- Housing benefit
- Sure Start maternity grant
- Healthy start vouchers

You may be able to get some of these benefits if you are in education or training, as well as Care to Learn (in England only) for help with childcare.

You can only get maternity or paternity benefits if you were working before you had your baby.