



Starting your parental journey

Antenatal Reception

+44 (0) 1534 442495

gov.je/pregnancy



Becoming a parent is an exciting and life-changing time. This guide is here to help you understand the key steps and support available to you before and after your baby arrives.

Family-Friendly Parental Rights

As a new parent, you're entitled to a range of employment rights. All parents are eligible for:

- 6 weeks of paid leave at your normal wage, paid by your employer
- A total of up to 52 weeks of parental leave, which you can take either in one block or a series of blocks over a two-year period
- Time off work to attend ante-natal or pre-adoption appointments
- Breastfeeding rights, both in terms of breaks and workplace facilities. You have a right to request a variation in terms and conditions of employment to enable breastfeeding to take place.

28-Week Appointment & Parental Benefits

At your 28-week appointment, your midwife will complete a form with you to start the process of applying for Parental Benefits. There are two benefits available to parents (including adoptive and surrogate parents) which can provide financial support as you prepare for the arrival and care for your new baby.

If you are an adoptive or surrogate parent, please speak to your assigned CYPES professional or a member of the Employment, Social Security and Housing, Work and Family Team about applying for Parental Benefits. The benefits available are the same, but the process may be slightly different.

Parental Grant

Is a one-off lump sum that is paid to parents to provide financial support as you prepare for a new baby. It is paid per child, so if you have twins or triplets, you will be able to receive two or three grants.

Visit gov.je/ParentalGrant to learn more.

Parental Allowance

Is a weekly financial support of just over £280 per week that is available to parents taking time off work to care for a new baby. There are up to 32 weeks of payments available, and these can be shared between both parents. Both parents need to have paid social security contributions in the year before the expected due date of the baby to be eligible, and the payments are made when you are taking parental leave from work.

Find out more at gov.je/ParentalAllowance

Registering Your Baby's Birth

Once your baby is born, you are legally required to register their birth with the Superintendent Registrar within 21 days.

Find out what you need to know, including what official documents are required at gov.je/RegisteringABirth

Your Tax and Child Allowances

Once you have registered your child's birth or an adoption with the Superintendent Registrar, Revenue Jersey will be notified. Information with details about child allowances and other tax relief related to children will be sent to you.

Find out more at gov.je/ChildTaxAllowances

Financial Support for Families

If you are on a low income or need financial help, you may be able to claim Income Support.

Use the online calculator to check if you qualify at gov.je/IncomeSupportCalculator

Protecting Your Social Security Contributions

You may be eligible for Home Responsibility Protection (HRP).

If one parent is staying at home to care for their child, they may be eligible for HRP. This is a social security credit that protects your pension record while you are not working full time, and also allows you to apply for parental allowance if you have another child.

Learn more at gov.je/HRP



Online Courses and Resources

There are free online learning courses and resources available for new parents in Jersey. Visit inourplace.heiapply.com/online-learning/courses and use access code '**Welcome**' to sign up.

These courses are supplementary and are not intended to replace the personalised guidance and support available directly from your healthcare provider(s).

Healthy Start Scheme: Food Vouchers for Pregnant Women

Good nutrition is vital during pregnancy. The Healthy Start Pregnancy Scheme provides low-income pregnant women with vouchers for fresh fruit and vegetables, aiming to remove financial barriers and increase access to good nutrition.

You can apply for the Healthy Start Pregnancy Scheme if you:

- Are pregnant and you have had your first midwife appointment

And you also:

- Receive Income Support

You can apply yourself online or your midwife can apply for you.

Find out more at gov.uk/HealthyStartPregnancy



Once your baby is born you will continue to receive Healthy Start vouchers up until your child starts education, providing you are still receiving income support at this time. This benefit is also available to adoptive or fostering parents.



Handy Checklist

- ✓ Know your rights
- ✓ Attend 28-week appointment
- ✓ Submit Parental Benefit form
- ✓ Book parental leave
- ✓ Register baby's birth
- ✓ Apply for HRP (if staying at home)
- ✓ Check Income Support eligibility (if needed)
- ✓ Sign-up for free courses and resources



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