

When you're pregnant, there are actually quite a few grants and voucher schemes you are eligible for.

### Free NHS dental treatment

You're entitled to free NHS dental care in the UK while you're pregnant **and** for 12 months after the baby is born.

To claim it, fill out the Maternity Exemption form (FW8) which is available from your doctor or midwife. A few places are piloting digital version online: check with your doctor or midwife about this.

### Sure Start Maternity Grant

This is a one-off payment of £500 from the Social Fund to help with the cost of your baby. You will not be asked to pay this back.

*Who is eligible for it?*

Your new baby needs to be the only child under 16 in your family **and** either you or your partner receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit
- Pension Credit
- Child Tax Credit at a higher rate than the family element
- Working Tax Credit which includes a disability or severe disability element

To claim it, fill in the Sure Start Maternity Grant (SF100) claim form which can be found online [here](#).

## Healthy Start food vouchers

These are weekly vouchers that entitle you to free:

- milk
- fresh fruit and vegetables
- infant formula
- vitamins

Whilst you are pregnant, you get vouchers worth £3.10 a week.

Once your baby is born, you then get vouchers worth £6.20 a week for 12 months.

Once your child is over one year old, the vouchers are then worth £3.10 a week and will be provided until they are four years old.

*How do I know if I'm eligible for it?*

You can get the vouchers if you're at least 10 weeks pregnant or have a child under four **and** either you or your partner receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment Support Allowance
- Child Tax Credit

To claim your vouchers, speak to your midwife, health visitor or doctor, or call Healthy Start on 0845 607 6823.

**Remember** – If you're under 18 and pregnant you can also get Healthy Start vouchers, even if you don't get any of the above benefits.