

# ADVICE & SUPPORT FOR NEW & YOUNG PARENTS

DURING THE CORONAVIRUS  
(COVID-19) OUTBREAK



**Theo Clarke MP**

**A FREE information  
booklet from your local  
Member of Parliament**

**Dear Constituents,**

Over the past year, the global COVID-19 pandemic has drastically altered the way we go about our daily lives, and I fully appreciate the additional challenges faced by new parents during this period of uncertainty.

That is why I have compiled this information booklet, so that new parents and care givers in my constituency are able to easily find the relevant information and resources they need to feel supported.

In addition to up-to-date government advice regarding education, childcare and pregnancy, this booklet offers advice on the various steps that can be taken by new parents to keep their families safe at this time and provides useful contact information for local services that are able to offer tailored support programs.

I hope that this information will prove useful to new and young parents and carers across the constituency. For the latest Government guidance and information on coronavirus, please visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus).

Do not hesitate to contact me personally regarding any concerns or issues at [theo.clarke.mp@parliament.uk](mailto:theo.clarke.mp@parliament.uk).

You are also able to follow my work championing Stafford by visiting my website [theo-clarke.org.uk](https://theo-clarke.org.uk).

As always, please stay healthy and safe.

*Theo*

**Theo Clarke MP**



## CHILDCARE & EDUCATION DURING COVID-19

Here are some of the things the government is doing to support pregnant women through the pandemic.

**Classroom  
'bubbles'**

**Regular daily  
cleanings**

**Strategically  
placed hand  
sanitising  
stations**

**Rigorous test,  
track and trace  
process to protect  
the community**

**Use of personal  
protective  
equipment (PPE)  
where necessary**

**'Hands, Face,  
Space' approach  
toward hygiene**

## COMMUNITY AND AFTER-SCHOOL CLUBS

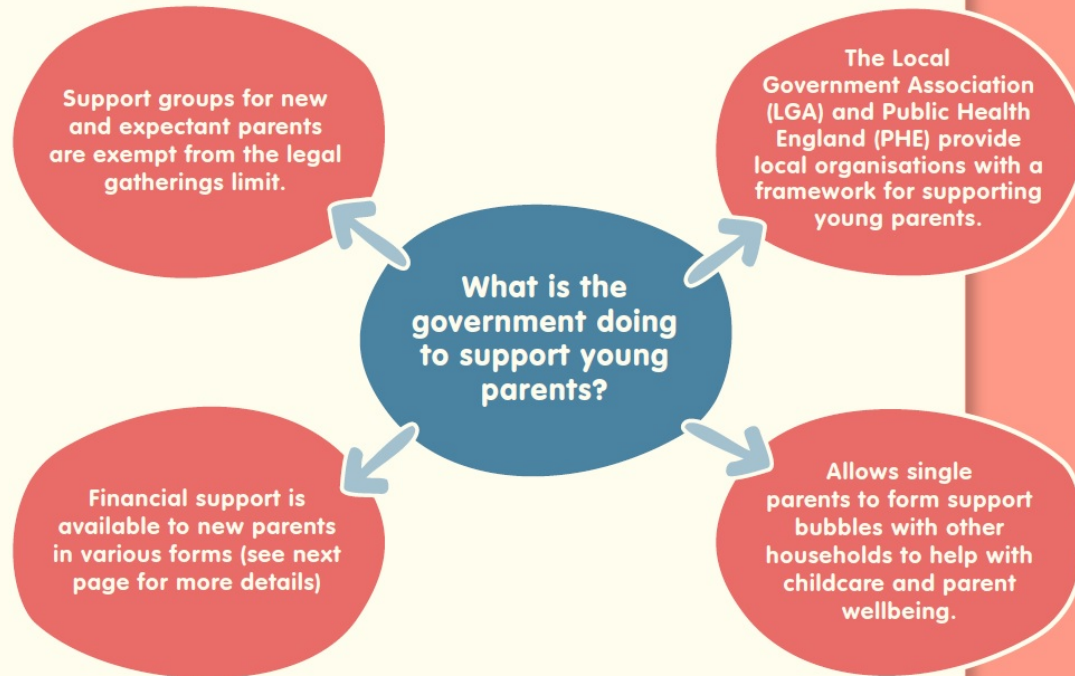
The government understands that after-school clubs are an integral part of school life, and an important way for young parents and carers across the country to spend quality time with their children and network with other young parents. In Staffordshire, there are a number of fantastic clubs in operation that children can still attend safely in accordance with government guidelines.

**Registered childcare and education providers** are exempt from the new law which limits social gatherings to groups of six people or less. The following are also exempt: **supervised activities provided for children, including wraparound care, youth groups and activities, and children's playgroups.**

It is absolutely vital that children are still able to access these positive learning environments and I am here to support efforts to ensure that the support these childcare and education providers offer to young families remains available throughout the ongoing pandemic.



## POSTNATAL CARE DURING COVID-19



## ADVICE FOR FIRST-TIME PARENTS

Keeping a routine is hard with a new baby, but especially so in a pandemic. It's important to remember that new babies don't know the difference between day and night, and there's no such thing as the 'Perfect Parent'. It's important to take care of yourself too. It's easier to respond to your new baby's signals when your energy is topped up.

If you're struggling to keep a routine and feel like you need extra support, there are organisations who are there to help even through the pandemic:

### **Baby crying support from Cry-sis**

[cry-sis.org.uk](https://cry-sis.org.uk)

### **The Lullaby Trust**

[lullabytrust.org.uk](https://lullabytrust.org.uk)

## USEFUL RESOURCES

**Looking after your mental health during pregnancy and after birth:**

[maternalmentalhealthalliance.org/resources/mums-and-families/covid-19-looking-after-your-mental-health-during-pregnancy-and-after-birth](https://maternalmentalhealthalliance.org/resources/mums-and-families/covid-19-looking-after-your-mental-health-during-pregnancy-and-after-birth)

**How to be a new dad in the pandemic:**

[mind.org.uk/information-support/your-stories/how-to-be-a-new-dad-in-the-pandemic/](https://mind.org.uk/information-support/your-stories/how-to-be-a-new-dad-in-the-pandemic/)



## FINANCIAL SUPPORT AVAILABLE TO YOUNG PARENTS

The government offers financial support to parents and carers. Eligibility for these schemes and benefits can be checked online at [gov.uk/browse/benefits/families](https://gov.uk/browse/benefits/families) or [childcarechoices.gov.uk](https://childcarechoices.gov.uk)

Benefits and Schemes Offered to Young Parents (subject to eligibility)	
<b>Maternity/Paternity Pay and Leave</b>	Statutory leave and pay for pregnant employees or partners of new or expectant mothers.
<b>Maternity Allowance</b>	Available to women who do not qualify for statutory maternity pay.
<b>Universal Credit for Childcare</b>	For working parents who already claim universal credit and do not claim tax-free childcare.
<b>Tax-Free Childcare</b>	For working families earning a certain amount of money who do not already receive Tax Credits, Universal Credit or childcare vouchers.
<b>15 or 30 Hours Free Childcare</b>	Either 15 or 30 hours of free childcare across 38 weeks for families in England with children of certain ages.
<b>Childcare Grant</b>	For full-time higher education students with children under 15
<b>Sure Start Maternity Grant</b>	For expecting parents who are already receiving certain benefits.
<b>Care to Learn Scheme</b>	Helps to cover childcare costs for parents studying publicly-funded courses in England.
<b>Healthy Start Scheme</b>	A voucher scheme for if you are pregnant or have a child under the age of 4.

## USEFUL ONLINE RESOURCES & CONTACTS

### Childcare Choices

You can visit: [childcarechoices.gov.uk](https://childcarechoices.gov.uk) to check your eligibility for government help with childcare costs.

### Royal College of Obstetricians & Gynaecologists Website

Expert guidance on Pregnancy and Coronavirus can be found at:

[rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy](https://rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy)



### GOV.UK – Education and Childcare Advice

You can visit: [gov.uk/coronavirus/education-and-childcare](https://gov.uk/coronavirus/education-and-childcare) for regularly updated guidance on education and childcare during the coronavirus (COVID-19) pandemic.





**I hope that you found this  
guide useful, but if you have  
any other questions, please do  
not hesitate to get in touch.**

**Theo Clarke MP**

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