



Social Security  
Scotland  
Tèarainteachd Shòisealta Alba



# Get extra help tae balance yer budget

If ye get **Universal Credit**, **tax credits** or **ither qualifyin benefits** ye could be entitled tae **five faimly payments**:

- **Scottish Child Payment** – A payment ivery 4 weeks for eligible children unner 16.
- **Best Start Grant Pregnancy an Baby Payment** – Ye can apply frae the end o the 24th week o pregnancy until yer bairn is 6 months auld.
- **Best Start Grant Early Learnin Payment** – For when yer child is atween the ages o 2 an 3.5 years.
- **Best Start Foods** – Money ivery 4 weeks on a pre-paid card frae pregnancy until yer bairn is 3 years auld.
- **Best Start Grant School Age Payment** – For when yer child is auld enough tae stert school.

Some bairns will be eligible for Child Disability Payment an aw – money tae help wi the costs o carin for a disabled bairn, or a bairn wha has an ill health condition.

Ye might be eligible for ither benefits tae, that arenae providit bi Social Security Scotland, like UK Child Benefit. Visit [gov.uk/child-benefit](https://www.gov.uk/child-benefit) tae find oot mair.

Check if ye are eligible for the five faimly payments.

Apply online, bi phone or in person  
[mygov.scot/familybenefits](https://mygov.scot/familybenefits) or caw **0800 182 2222**



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## Help wi money an work

If ye're vexed about money ye're no alane. Parent Club can airt ye tae advice that's suitit tae yer fairmly's needs. Visit [parentclub.scot/money-work](https://parentclub.scot/money-work)



If ye need tae hae a blether wi someone, ye can get free, trustit advice frae the **Money Talk Team**. Visit [moneytalkteam.org.uk](https://moneytalkteam.org.uk)

## Free period products

**Scotland is the first kintra in the hale world tae offer free period products for onybody wha needs them.**

Local cooncils can tell ye where tae get free period products in their area. There might be different weys tae get the products in different council areas. Visit yer cooncil's website tae find oot mair. The **PickupMyPeriod** app shows ye where ye can get free period products aw ower Scotland.

