

Pregnant or new parent?

Are you worried about work or money?

Contact Maternity Action for completely **FREE** and **confidential** legal advice on work and benefits for pregnant women and new parents in Greater Manchester and East Cheshire.

Fill in the online form



Scan the QR code and fill out our online form

Or visit:

maternityaction.org.uk/manchester-maternity-rights

Call **FREE**

0808 801 0488

10am - 1pm Mon-Fri

Or leave a message for a call back.



Wondering which benefits you're entitled to?



Unsure if you're being treated unfairly at work?



Want to know what your rights are at work?



Not sure if you can get any maternity pay?



Know your maternity rights

10 FACTS
YOU SHOULD
KNOW

1

You have the **right to paid time off** for antenatal care during pregnancy.

2

During pregnancy employers must make sure that working **conditions will not put your health or your baby's health at risk**.

3

You are **protected against unfair dismissal** and discrimination if you are off sick during pregnancy.

4

It is **against the law for your employer to treat you unfairly**, dismiss you or select you for redundancy for any reason connected with pregnancy, childbirth or maternity leave.

5

You may be **eligible for extra benefits** during pregnancy or maternity leave.

6

You are allowed to work up to **ten keeping in touch (KIT) days** during maternity or adoption leave without bringing your leave or pay to an end.

7

If you need to change the hours you work because of childcare, **you can make a request for flexible work**.

8

If you're an Agency worker or on a **zero hours contract you can get Statutory Maternity Pay** (if you meet the eligibility criteria).

9

You can get **Statutory Maternity Pay from more than one employer**.

10

All employees have the **right to 52 weeks maternity leave** with the right to return to work.