



How to claim Child Benefit

Support guide for employees

Child Benefit overview

The Government offers parents and carers up to £1,248 a year to help them with the costs of raising their first child, and up to £826.80 for any additional children.

With the rising cost of living, it's more important than ever that families know they are entitled to claim, as well as how to.

HMRC is working with organisations to encourage people to make a claim online and to download the HMRC app, where there are a number of features to support families once they've made their claim.

Here are some answers to the most commonly asked questions to help you when supporting your staff.

Who can claim Child Benefit?

Child Benefit can be claimed by anyone who's responsible for a child under 16 (or up to 20 if they're in approved, full-time education).

Only one person can get Child Benefit for a child.

There's no limit to how many children you can claim for.

How much can I claim?

You can claim up to £1,248 a year for your first child – that could be worth almost £20,000 by the time they're 16.

You can also receive up to £826.80 per year for any additional children.

How quickly can I claim Child Benefit?

It only takes a few minutes to claim Child Benefit online, and you can do it from the day after the birth is registered. It's a good idea to claim as soon as possible, to make sure you receive all the money you're entitled to.

Claim online or via the HMRC app and you could get your first payment in as little as 3 days.

You can only backdate up to three months of payment, so try to claim before your child turns 12 weeks old if possible so you don't miss out. However, you can apply for them at any age up to 16, or 20 if they're in approved education.

How often is Child Benefit paid?

Child Benefit is usually paid every 4 weeks on a Monday or Tuesday.

If you claim online or through the HMRC app you could get your first payment in as little as 3 days.

How do I make a claim?

Claiming is easy and can be done on [GOV.UK](https://www.gov.uk)

Sign in using your existing HMRC sign in details. If you don't already have sign in details, it will take a few minutes to register.

Then you'll need:

- 1 your child's birth or adoption certificate
- 2 your bank or building society details
- 3 your National Insurance number
- 4 your partner's National Insurance number, if you have one

You can claim by post or by phone too, but the process will be longer.

If you don't already have it, you can also download the [HMRC app](#). You can make, view and manage your Child Benefit claim and find lots of other services to manage your tax, National Insurance, tax credits and other benefits.

Are there other reasons to apply for Child Benefit?

There's more to Child Benefit than just payments. You'll also:

- get National Insurance credits automatically if you claim Child Benefit and your child is under 12
- make sure your child automatically gets a National Insurance number when they're 16 years old

These credits count towards your State Pension, so you do not have gaps in your National Insurance record if either:

- you're not working
- you do not earn enough to pay National Insurance contributions

If you do not need the National Insurance credits, your family may be eligible to get the support instead. Either:

- your husband, wife or partner **can apply to transfer the credits**
- a different family member who provides care for your child can **apply for Specified Adult Childcare credits**

Can I still apply if I earn over £50,000?

If you or your partners' adjusted net income is over £50,000 a year, you may have heard of the High Income Child Benefit Charge. Don't let this put you off – by claiming you can get National Insurance Credits towards a State Pension. You can opt out of payments when you claim, or receive them and pay the charge – the tax is 1% of Child Benefit for each £100 of income over the threshold, so if you earn between £50,000 and £60,000 it can still be worth your while financially to claim.

For more information, please visit [gov.uk/child-benefit/how-to-claim](https://www.gov.uk/child-benefit/how-to-claim)

More government support is available to help you with the cost of living and saving money via **Help for Households**.

