

# 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 Cheshire and Merseyside.

### Fill in the online form




Scan the QR code and fill out our online form


Or visit:

[maternityaction.org.uk/cheshire-merseyside-maternity-rights](http://maternityaction.org.uk/cheshire-merseyside-maternity-rights)

 **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?**

Call **FREE**

# 0808 802 0062

10am - 1pm Mon-Fri

Or leave a message for a call back.

### Cheshire & Merseyside

Areas included.



# 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.