

# What is Child Benefit?

Child Benefit is a tax-free payment that you can claim for your children. It is usually paid every four weeks but in some cases can be paid weekly. The payment can be claimed by anyone who qualifies, whatever their income or savings.

## Who can get Child Benefit?

If you're responsible for a child, you can normally get Child Benefit for them - even if you're not their parent. You can get Child Benefit even if your child doesn't live with you, as long as:

- you pay towards their upkeep
- what you pay is at least the same as the amount of Child Benefit
- the person your child lives with is not getting Child Benefit for them

If either you or your partner have an individual income of more than £50,000 a year, then the partner with the higher income will have to pay a Higher Income Child Benefit Charge on some, or all, of the Child Benefit you receive.

Child Benefit payments usually stop when your child reaches 16, unless they are in education or training that counts for Child Benefit. (For example, an advanced course at higher education level - such as a degree - doesn't count).

You can't get Child Benefit for your child once they reach the age of 20.

## How much Child Benefit will you get?

There are two separate amounts, with a higher amount for your eldest (or only) child. You will get £20.70 a week for your oldest child and £13.70 a week for each of your other children.

## How is Child Benefit paid?

Child Benefit can be paid into any bank, building society, or National Savings & Investments (NS&I) account that accepts Direct Payment. It's usually paid every four weeks, but it can be paid weekly if you're getting Income Support or Income-based Jobseeker's Allowance or if you're a single parent.

## Where to get the claim form

There are a couple of ways of getting a claim form. You can:

- get one from the 'Bounty Pack' that's given to new mothers in hospital
- fill in a Child Benefit claim form on line:  
<https://www.gov.uk/government/publications/child-benefit-claim-form-ch2>

If you have any problems contact the Child Benefit Helpline is open

Monday – Friday: 8:00am and 8:00pm

Saturday: 8.00am – 4.00pm

You can contact the helpline on 0300 200 3100 or textphone 0300 200 3103

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