

Parents and Carers

Maternity Rights Calendar

In the early weeks of your pregnancy

Make sure you download Usdaw's *Maternity and Parental Rights Guide*. It explains what rights expectant mothers and new parents have at work.

Tell your employer in writing that you are pregnant asking them to conduct a risk assessment.

You are entitled to paid time off work to attend antenatal appointments. Fathers and partners are entitled to unpaid time off to attend up to two antenatal appointments.

All women are entitled to free dental treatment and prescriptions throughout pregnancy and for 12 months after their baby is born.



Stock image posed by models.

Week 20

Use your MATB1 certificate (given to you by your GP or midwife) to claim Statutory Maternity Pay or Maternity Allowance.

Week 24

Give notice to your employer of your intention of taking maternity leave and pay in this week. This week is known as your **qualifying week**.

Week 29

This is the earliest week you can start your maternity leave and pay provided you've given the right notice.

Week 36

If you are absent for a pregnancy-related reason in the last four weeks of your pregnancy your employer can start your maternity leave and pay.

To find out more about the work of Usdaw's Divisional Equalities Forums, contact your Usdaw rep, call Usdaw on **0800 030 80 30** or visit www.usdaw.org.uk/equalities

web: www.usdaw.org.uk/equalities email: equalitymatters@usdaw.org.uk