



Useful resources for freelance parents

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Pre-baby planning

- [NHS Antenatal care schedule](#)
- [Adoption process timeline](#)
- Maternity allowance
 - [Check your eligibility](#)
 - [DIFTK guide to applying for MA](#)
 - [Get your claim form here](#)

Shared parental leave

- Shared parental leave
 - [Government info](#)
 - [SPL and self-employment](#)
 - [SPL occupational pay scenarios from NHS Employers](#) (see Scenario 5, Hazel and Mohammed - relevant if your partner is employed and receives enhanced pay, though details here are specific to the NHS)

After the baby arrives

- Mental health
 - [Perinatal mental health](#)
 - [Partner mental health](#)
 - [Post-adoption depression](#)
- Make connections
 - [ITI Parent Network](#)
 - Doing it for the Kids (DIFTK) [community](#) + [podcast](#)
 - [Freelance Mum](#) (Bristol and SW)
 - [Peanut app](#)
 - [Gingerbread single parent groups](#)

KIT days and childcare

- Keeping in Touch (KIT) days
 - [Info on what does/doesn't count as 'work'](#)
 - [Further info and resources](#)
- Childcare
 - [Average childcare costs \(NCT\)](#)
 - [Childcare options](#)
 - [Help with childcare costs](#)
 - [Gov.uk childcare costs eligibility calculator](#)