



# Services for Young Children

## Parents / Carers Update – March 2016

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### Help paying for childcare

As Universal Credit continues to be rolled out across the country, families can still receive help with their childcare costs through Working Tax Credit. Parents currently could be eligible to claim up to 75% of their childcare costs, (which will increase to 85% when Universal Credit is available to family claims).

For further details visit the GOV UK website: <https://www.gov.uk/help-with-childcare-costs/tax-credits>

### What is 'internal relocation'?

*Internal relocation* cases are some of the most difficult cases the family courts have to tackle.

Family Law Partners recently posted an article on their website:

(<http://www.familylawpartners.co.uk/what-we-do/moving-away/>) about the relocation from one part of the UK to another part; 'internal relocation' and the effect this can have on the family when parents split up or separate.

The article can be seen here: <http://www.familylawpartners.co.uk/relocation-relocation-relocation/>



### Sugar smart... but Easter is coming!

There has been a lot in the press lately about the hidden health issues relating to sugar. NHS Change4Life has created a dedicated website, *Sugar Smart*, with tips, vouchers and recipes. There is also an app in order to encourage families to be more aware of their sugar intake and help make some changes to the daily diet.

Check out the Sugar Smart website: <https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home>

