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LANDFALL GUIDE · SCHOOLS & FAMILY

Can we get Child Benefit and help with childcare?

THE SHORT ANSWER

It depends on your immigration status. Most visas come with "no recourse to public funds", which usually rules out Child Benefit, although a British or settled partner may be able to claim it. Some childcare help depends on status and some doesn't. Families also often keep the US child tax credit by choosing the right way to avoid double tax.

For US citizens and green card holders moving to the UK. Build your free, personal move plan at **yourlandfall.com/plan**.

General information, not personal tax, financial, legal or immigration advice.

Check eligibility carefully. Claiming a benefit you're not entitled to can affect future visa and settlement applications.

"No recourse to public funds"

Most UK visas carry a condition called **no recourse to public funds (NRPF)**. It means you can't claim most benefits, including **Child Benefit**. It changes once you get settled status.

Mixed families: if one partner is British or settled, that partner may be able to claim some benefits. Take advice first, because it can depend on the details.

Child Benefit

Where you're eligible, Child Benefit is a regular payment for each child. If either parent's income is above a set level, the **High Income Child Benefit Charge** claws some or all of it back through tax. Some families still register, because it can protect the non-earning parent's State Pension record.

Help with childcare

Help	Where	What to know
Funded hours for 3- and 4-year-olds	England	A universal entitlement that doesn't depend on parents' work
Extra funded hours for working parents	England	Depends on earnings and eligibility, so check immigration conditions
Tax-Free Childcare	UK-wide	Government top-up on childcare costs; check eligibility
Funded early learning and childcare	Scotland	Available for all 3- and 4-year-olds and some 2-year-olds
Funded childcare	Wales and Northern Ireland	Each has its own schemes

Check each scheme's eligibility on GOV.UK or your nation's site before you apply.

The US side: child tax credit

US citizens living abroad can still claim the **US child tax credit** for a child who has a **Social Security number**. How you avoid double tax matters. Families who use the foreign earned income exclusion generally lose the **refundable** part of the credit, which is one reason many use foreign tax credits instead. See how to avoid paying tax twice.

What to do next

Build your move plan and choose “A family with children”.

See every step for your move. Answer five questions and get a free plan in the right order: yourlandfall.com/plan