

GETTING YOUR KIDS THE BENEFITS THEY NEED

A GUIDE FOR IMMIGRANT FAMILIES

JANUARY 2026

Food, housing, healthcare – these are **basic human rights** every family should have. Some kids and their families are not getting the support they need to thrive - and everyone needs a little help sometimes. Read on to learn about benefits your kids may receive. For more information, visit pifcoalition.org.

MANY BENEFITS AVAILABLE FOR CHILDREN



- There are many government programs for children, which help with health care, food, and housing.
- Many children of immigrant parents are eligible for benefits. If you aren't eligible, mark yourself as a "non-applicant" on forms when you apply for your children or children in your care.

YOUR IMMIGRATION STATUS AND BENEFITS PROGRAMS



- The current public charge rule states that your child's use of benefits **should not hurt your immigration status**.
- If you are worried about using benefit programs, visit www.keepyourbenefits.org to learn more. You can also find a directory of low cost and free legal services.

LAWS PROTECT YOUR ACCESS TO CARE



- Do not share the immigration status or Social Security Numbers of family members who are not applying for programs. Only applicants must include their immigration status.
 - While the current administration may see some application information, you do not have to include immigration status information for non-applicants.
- You have a right to get help in your own language. The law has not changed, even if the president has made a declaration. Ask for an interpreter or language line to make sure you get the best service.

GET HELP TO APPLY FOR BENEFITS

Contact CBO/Navigator group
Address / Website
Phone number / hotline

**FIND OUT
MORE
ABOUT
BENEFITS
PROGRAMS
HERE**

