Parental Leave Pay helps families with a newborn or recently adopted child. If you’re a new parent taking time off work, you may be eligible.

There’s 110 days, or 22 weeks, of Parental Leave Pay available to your family if your child is born or comes into your care from 1 July 2024.

If you have a partner, part of Parental Leave Pay will be reserved for them to use. The most one parent in a couple can use is 100 days. If you’re a single parent, you will get the full 110 days of Parental Leave Pay. The birth mother, or first adoptive parent to claim, can give approval to share Parental Leave Pay with another parent in a way that works for your family.

At least one parent needs to claim Parental Leave Pay within 12 months of your child’s birth or adoption. The other parent has 2 years to claim.

You can use Parental Leave Pay on any days you’re not working. This can include weekdays, weekends, holidays or anytime you’re on leave from work. If you’re sharing your Parental Leave Pay, you and the other parent can take up to 10 days at the same time.

You can take your days as a single block, multiple smaller blocks, single days, or can combine a smaller block with single days. And if you don’t know when you want to use your days we’ll hold them for you. You have 2 years from your child’s birth or adoption to use all your Parental Leave Pay days.

For more information go to **servicesaustralia.gov.au/parentalleavepay**