



为照顾新生儿或新近领养孩子的家长提供的支持

如果需要请假来照顾新生儿或新领养的孩子，那么我们会给予您相应的支持。

您可以获得什么

Parental Leave Pay 是孩子家长双方共享的津贴，旨在为需要请假照顾新生儿或新近领养孩子的家长提供经济上的帮助。可根据自己的实际情况和家庭需要，灵活选择分享和领取 Parental Leave Pay 的方式。

Dad and Partner Pay 是为 2023 年 7 月 1 日之前出生或领养的孩子家长提供的福利金，现已不再适用，可改为申领 Parental Leave Pay。

大多数人最早可在婴儿预产期或领养日期前 3 个月提出申请。我们会等到孩子出生或开始由您照顾后，才会发放相应的福利。

谁可以申领 Parental Leave Pay

领取 Parental Leave Pay 的前提是必须照顾新生儿或领养的孩子，并且必须满足以下一种条件：

- 新生儿的生母
- 孩子生母的伴侣
- 孩子的生父
- 孩子生父的伴侣
- 孩子的养父母
- 养父母的伴侣
- 特殊情况下照顾孩子的人（包括照顾代孕出生的孩子）。

您还需要满足以下所有条件：

- 收入评估
- 工作评估
- 居住规则。

对于新生儿，必须在州或领地出生登记处进行出生登记或申请出生登记。

可以领取多少 Parental Leave Pay

家庭可以领取的 Parental Leave Pay 天数将取决于孩子的出生或领养日期。

要获得全部的 Parental Leave Pay 天数，家长双方都需要申领并符合资格。

孩子的出生或领养日期	家庭最多可获得的育儿福利
2023 年 7 月 1 日	100 天，或基于 5 天工作周的 20 周
2024 年 7 月 1 日	110 天，或基于 5 天工作周的 22 周
2025 年 7 月 1 日	120 天，或基于 5 天工作周的 24 周
2026 年 7 月 1 日	130 天，或基于 5 天工作周的 26 周

可与另一位父母分享部分或全部 Parental Leave Pay，只要双方都符合资格即可。

若您有伴侣，将分别为你们保留一些天数。具体天数取决于孩子的出生或领养日期：

孩子的出生或领养日期	分别为你们保留一些天数
2023 年 7 月 1 日	10 天
2024 年 7 月 1 日	10 天
2025 年 7 月 1 日	15 天
2026 年 7 月 1 日	20 天

剩余的天数需要您和伴侣共同决定如何使用。

即使只有一方符合条件，预留天数依然适用。但也有一些豁免情况适用。例如，遭受家庭暴力、孩子因病住院或伴侣在监狱服刑。可能还有其他原因适用于豁免规则。如果认为自身情况适用豁免规则，敬请致电咨询。

若您有伴侣，且两人都符合条件，则可同时休以下 Parental Leave Pay 天数：

如果孩子出生或领养日期：

- 在 2025 年 7 月 1 日之前，最多同时休假 10 天
- 在 2025 年 7 月 1 日或之后，最多同时休假 20 天。

这些限制也有一些例外情况。例如，生产时是剖腹产或孩子出生时患病。此外，可能还有其他原因适用于豁免规则。如果认为自身情况适用豁免规则，敬请致电咨询。

生母和单亲父母可获得所有 Parental Leave Pay 天数。但如果愿意，也可选择与对方分享。

何时可以获得 Parental Leave Pay

只能在以下日子获得 Parental Leave Pay:

- 照顾孩子
- 您在休假或没有上班
- 符合居住期规定

您可以选择以下任一方式获得 Parental Leave Pay:

- 一次性长假
- 多个小假期
- 单日休假
- 小假期与单日休假的组合

如果是死产或孩子夭折，仍可获得 Parental Leave Pay。

Parental Leave Pay 为应税收入。如果在领取 Parenting Payment 等收入补助，我们也会将 Parental Leave Pay 纳入收入评估计算之中。这意味着，如果您在领取 Parental Leave Pay，您的收入支持津贴可能会减少或停发。

如何获得 Parental Leave Pay

视个人情况而定，您的雇主或我们将向您支付 Parental Leave Pay。

如果是雇主支付，则将在通常的工资周期内获发。我们会和您的雇主做好安排。

如果没有从雇主那里获得，或者您是个体经营者，我们将每两周直接向您支付 Parental Leave Pay。

Parental Leave Pay 的工作评估

领取 Parental Leave Pay 的前提是要通过工作评估。

在孩子出生或领养前的 13 个月内，您必须至少有 10 个月的工作时间且工时达到或超过 330 小时。

请注意，330 小时大约是每周工作 1 天，我们将按 10 个月 295 天，13 个月 392 天来计算。此外，两个工作日之间不得超过 12 周的间隔。

即便未能满足上述工作评估要求，但在某些特殊情况下，我们可能会考虑其他不同的工作评估标准。

不适用工作评估的一些例外情况:

- 早产

- 妊娠相关的疾病和并发症（仅针对申请 Parental Leave Pay 的生母）
- 危险工作规定（仅针对申请 Parental Leave Pay 的生母）。

如果因怀孕面临风险而不得不停止工作，则适用 危险工作条款。您仍需通过工作评估才能领取 Parental Leave Pay。

如何以及何时申领 Parental Leave Pay

1. 申办 Customer Reference Number (CRN)。

需要证明身份才能获得 CRN。可通过网络或电话办理。如果已有 CRN 并已确认身份，则请使用 CRN 将 Centrelink 在线帐户链接到 myGov 帐户。

2. 通过 myGov 使用 Centrelink 在线帐户申领。

您可在孩子预计出生或被领养前的 3 个月内进行此操作。

作为亲生母亲或第一个养父母，您有权选择与另一位父母分享部分或全部的 Parental Leave Pay。

若另一位父母需要批准分享 Parental Leave Pay 的天数，则可进行在线操作。具体来说，需通过 myGov 登录其 Centrelink 在线帐户并查看您的分享请求。必须先完成此操作后，您才能提交申请。

关于 myGov 的更多英文信息，请访问 my.gov.au

3. 请提供您孩子出生或领养日期的证明。

孩子出生后，您会从医院或助产士处获得一份 Newborn Child Declaration。

您可在线上传此表格。

此外，还需在所在州或领地的 Births, Deaths and Marriages Registry 登记孩子的出生信息。

要领取 Parental Leave Pay，至少有一位家长需要在孩子出生或被领养后的 52 周内进行申领。而另一位家长则有长达 2 年的时间进行申领。

在申领时，需要告知我们您希望何时开始领取 Parental Leave Pay (至少一天)。如果对何时领取剩余的津贴还不确定，则可将其保留在您的余额中。之后，您可以与另一位家长分享或稍后使用这些余额。但请注意，必须在孩子出生或被领养后的 2 年内使用完所有的 Parental Leave Pay。

其他福利

如果无法获得 Parental Leave Pay，则可获得 Newborn Upfront Payment 和 Newborn Supplement。如果正在领取 Family Tax Benefit Part A，则可能获得这些福利津贴。若需更多英文信息，请访问：servicesaustralia.gov.au/newbornsupplement

如果孩子是死产，并且无法领取 Parental Leave Pay，则可能有资格获得 Stillborn Baby Payment。如需更多英文信息，请访问 servicessaustralia.gov.au/stillbornpayment。Parental Leave Pay 不会改变您的任何工作场所休假权利。

若要安排休假，则需找雇主商谈。您应在计划休假前至少提前 10 周与雇主沟通。

此外，如果您已经为雇主连续工作了 12 个月或更长时间，则可能还可以从雇主那里获得无薪育儿假。

欲了解更多关于工作场所休假权利的英文信息，

- 请访问: fairwork.gov.au
- 致电 **131 394**, 联系 Fair Work Ombudsman。
- 请访问 supportingworkingparents.humanrights.gov.au

了解更多信息

- 请访问 servicessaustralia.gov.au/parentalleavepay，了解更多英文信息。
- 请访问 servicessaustralia.gov.au/yourlanguage，获取中文文本、音频或视频信息。
- 请致电 **131 202**，使用中文咨询 Centrelink 福利金和服务的相关信息。
- 欲办理 Medicare 事宜，请致电 **132 011**；欲办理 Child Support 事宜，请致电 **131 272**。如需口译服务，请告诉我们，我们将免费为您安排口译员。
- 访问服务中心。

注意: 从澳大利亚任何地方用座机拨打“13”打头的电话号码，费用固定。该费率可能与本地通话费用有所不同，也可能因电话服务提供商不同而有所差异。座机拨打“1800”号码免费。如果使用公共电话或移动电话，电信提供商可能会对您的通话计时并收取较高费用。

免责声明

本出版物所包含信息仅用作福利金和服务指南。您有责任决定是否要申请福利金，并针对您的具体情况提出申请。



Support for parents to care for a newborn or recently adopted child

We can help if you are taking time off work to care for a newborn or recently adopted child.

What you can get

Parental Leave Pay is a shared payment between parents that can help if you are taking time off work to care for a newborn or recently adopted child. You can choose to share and take your Parental Leave Pay in a way that works for you and your family.

Dad and Partner Pay was a payment for people with children born or adopted before 1 July 2023. It is no longer available. You can claim Parental Leave Pay instead.

Most people can claim up to 3 months before their baby's expected date of birth or adoption. We won't pay you until after your child is born or comes into your care.

Who can get Parental Leave Pay

To get Parental Leave Pay, you must be caring for your newborn or adopted child and be one of the following:

- the birth mother of the newborn child
- the partner of the birth mother
- the biological father of the child
- the partner of the biological father of the child
- the adoptive parent of the child
- the partner of an adoptive parent
- a person caring for a child under exceptional circumstances, including caring for a child born of a surrogacy arrangement.

You also need to meet all of the following:

- an income test
- a work test
- residence rules.

If you have a newborn, you must have registered or applied to register their birth with your state or territory birth registry.

How much Parental Leave Pay you can get

How many Parental Leave Pay days your family will get depends on your child's date of birth or adoption.

To get the full number of Parental Leave Pay days, both parents need to claim and be eligible

Child's date of birth or adoption is from	Your family can get up to
1 July 2023	100 days, or 20 weeks based on a 5 day work week
1 July 2024	110 days, or 22 weeks based on a 5 day work week
1 July 2025	120 days, or 24 weeks based on a 5 day work week
1 July 2026	130 days, or 26 weeks based on a 5 day work week

You can share some or all of your Parental Leave Pay with another parent, as long as you're both eligible.

If you have a partner, some days will be reserved for each of you to use. How many days you have reserved depends on your child's date of birth or adoption.

Child's date of birth or adoption is from	The number of days reserved for each of you is
1 July 2023	10 days
1 July 2024	10 days
1 July 2025	15 days
1 July 2026	20 days

You will need to decide how to use the rest of the days as a family.

If only one person in the couple is eligible, the reserved days will still apply. There are some exemptions to this. For example if you are experiencing family or domestic violence, if your child is unwell and needs to remain in hospital, or if your partner is in prison. There are other reasons you may have an exemption to this rule, if you think you have one you can call us to discuss.

If you have a partner, and you're both eligible, you can take some Parental Leave Pay days at the same time as them.

If your child's birth or adoption is:

- before 1 July 2025 you can take up to 10 days at the same time
- from 1 July 2025 you can take up to 20 days at the same time.

There are some exemptions to these limits. For example if the birth mother had a caesarean or your child developed an illness at birth. There are other reasons you may have an exemption, if you think you have one you can call us to discuss.

If you are the birth mother and a single parent, you can get all Parental Leave Pay days. However, if you choose, you can give approval to share days with another parent.

When you can get Parental Leave Pay

You can only get Parental Leave Pay on days that you:

- are caring for that child
- are on leave or not working
- meet residence rules.

You can get your Parental Leave Pay as any of the following:

- a single block of days
- multiple smaller blocks of days
- single days

- a combination of smaller blocks and single days.

You can still get Parental Leave Pay if your child was stillborn or has died.

Parental Leave Pay is taxable. We also count Parental Leave Pay in the income test if you get an income support payment, such as Parenting Payment. This means if you get Parental Leave Pay your income support payment may reduce or stop.

How you will get Parental Leave Pay

Your Parental Leave Pay will be paid either by your employer or us, depending on your circumstances.

If your employer pays you, you will get your pay in your usual pay cycle. We will work this out with your employer.

If you do not get your Parental Leave Pay from your employer, or if you are self-employed, we will pay you directly every fortnight.

Work test for Parental Leave Pay

To get Parental Leave Pay you need to meet the work test.

You must have worked for at least 330 hours in 10 of the 13 months before the birth or adoption of your child.

Please note that 330 hours is around 1 day a week, we count 10 months as 295 days and 13 months as 392 days. You cannot have more than a 12 week gap between each work day.

If you do not meet the work test, in some special circumstances we may approve a different work test.

There are also some exceptions to the work test:

- premature birth
- pregnancy related illness and complications (birth mothers claiming Parental Leave Pay only)
- dangerous job provision (birth mothers claiming Parental Leave Pay only).

The dangerous jobs provision will apply if you had to stop work because there was a risk to your pregnancy. You will still need to meet the work test to get Parental Leave Pay.

How and when to claim Parental Leave Pay

1. Get a Customer Reference Number (CRN).

You will need to prove your identity to get a CRN. You can do this either online or over the phone. If you already have a CRN, use it to link your Centrelink online account to your myGov account.

2. Claim using your Centrelink online account through myGov.

You can do this up to 3 months before your child is expected to be born or adopted.

If you're the birth mother or first adoptive parent, you can choose to share some or all of your Parental Leave Pay with another parent.

If the other parent needs to approve sharing Parental Leave Pay days, they can do this online. They'll need to log into their Centrelink online account through myGov and review your request to share. They must do this before you can submit your claim.

For more information in English about myGov, go to my.gov.au

3. Give us proof of the date your child was born or adopted.

After the birth of your child you will get a Newborn Child Declaration form from your hospital or midwife. You can upload this form online.

You will also need to register the birth with the Births, Deaths and Marriages Registry in your state or territory.

To get Parental Leave Pay, at least one parent needs to claim within 52 weeks of the date the child was born or adopted. The other parent has 2 years to claim.

When you claim you will need to tell us when you want to get at least one day of Parental Leave Pay. If you are not sure when you want to take the rest, you can leave it in your balance. You can then share it with another parent or use it later. You must use all of your Parental Leave Pay within 2 years of the date your child was born or adopted.

Other entitlements

If you cannot get Parental Leave Pay, you may get Newborn Upfront Payment and Newborn Supplement. You may get these payments if you are getting Family Tax Benefit Part A. For more information in English, go to servicessaustralia.gov.au/newbornsupplement

If you cannot get Parental Leave Pay and your child is stillborn, you may get Stillborn Baby Payment. For more information in English, go to servicessaustralia.gov.au/stillbornpayment

Parental Leave Pay will not change any of your workplace leave entitlements.

To arrange leave, you will need to talk to your employer. You should try to do this at least 10 weeks before you intend to take leave.

You may be able to get unpaid parental leave from your employer. This is if you have worked continuously for your employer for 12 months or more.

To learn more about your workplace leave entitlements in English:

- go to fairwork.gov.au
- call the Fair Work Ombudsman on **131 394**
- go to supportingworkingparents.humanrights.gov.au

For more information

- Go to servicessaustralia.gov.au/parentalleavepay for more information in English.
- Go to servicessaustralia.gov.au/yourlanguage where you can read, listen to or watch videos in your language.
- Call **131 202** to speak with us in your language about Centrelink payments and services.
- Call **132 011** for Medicare and **131 272** for Child Support. Let us know if you need an interpreter, and we will arrange one for free.
- Visit a service centre.

Note: calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.