Parental Leave Pay enhancements

You can use these talking points, newsletter articles and social media posts to share information with your community about the ways they can use Parental Leave Pay.

Talking points

* Parental Leave Pay is more flexible than ever. Parents can use their days in various ways. They can be taken as a single block, multiple smaller blocks, single days, or a combination of these.
* Parental Leave Pay is a payment that can be shared between parents. This allows families to share the days in a way that works for them.
* Parents can change their Parental Leave Pay days at any time using their Centrelink online account through myGov. This means parents can modify their days as their circumstances change, such as transitioning back to work or adjusting to their family’s needs.
* A Parental Leave Pay day can be used on any non-work day. This can include weekdays or weekends, as well as any time a parent is on paid or unpaid leave from work. This flexibility allows parents to supplement part-time work or a gradual return to the workforce.
* Parents will receive superannuation when they get Parental Leave Pay for a child born or adopted from 1 July 2025. The Australian Taxation Office (ATO) will pay a 12% superannuation contribution directly to the person’s existing superannuation fund after the end of the financial year that they get Parental Leave Pay. These payments will start from July 2026.
* Parental Leave Pay days will increase each financial year up until 2026. By 1 July 2026, Parental Leave Pay will increase to 130 days. How many days a parent gets depends on their child’s date of birth or adoption.
* Go to [www.servicesaustralia.gov.au/parentalleavepay](http://www.servicesaustralia.gov.au/parentalleavepay) and [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/plpdaysv) for more.

Newsletter articles

**Parental Leave Pay: Flexibility to Fit Your Family’s Needs**

Discover how Parental Leave Pay can suit you.

Parental Leave Pay is now more flexible than ever. You can take your days as a single block, multiple smaller blocks, single days, or a combination of these. This allows you to use your days however you need.

Parental Leave Pay isn’t just flexible—it can also be shared! You can share this payment with your partner to help create a leave plan that works for you.

Go to [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay) for more details.

**Reserved Parental Leave Pay Days: What Families Need to Know**

Discover what days are reserved for your partner and how to use them.

There are a number of reserved days set aside for your partner. You can decide as a family how to use the remaining days. Both parents must be eligible to access the full number of Parental Leave Pay days.

If you’re a single parent, you can access the full number of days yourself.

Learn more at [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Adjust Parental Leave Pay**

Change your Parental Leave Pay (PLP) days anytime as your needs change.

Life can be unpredictable, you can change your days any time using your Centrelink online account through myGov. Whether you’re returning to work part-time, shifting days from one parent to another, or wanting to spread your leave over a longer period, Parental Leave Pay is flexible to meet your needs.

For more information, go to [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Balancing Work and Family: Using Parental Leave Pay While Working**

Return to work and still enjoy taking your Parental Leave Pay.

Returning to work doesn’t mean you have to stop using your Parental Leave Pay. You can continue to take these days even after you've started working again. This could suit you if you’re gradually transitioning back to work or starting a part-time work schedule.

You can use Parental Leave Pay days on any non-working days, including weekdays and weekends, as well as any days you’re taking paid or unpaid leave. You have up to 2 years from your child’s birth or adoption to use all your Parental Leave Pay days.

For more information, go to [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Superannuation and Parental Leave Pay**

If your child is born or adopted from 1 July 2025, you’ll now get superannuation on top of your Parental Leave Pay.

The Australian Taxation Office (ATO) will pay a 12% superannuation contribution directly to your existing super account after the end of the financial year that you get Parental Leave Pay. These payments will start from July 2026.

For more information go to ato.gov.au

**The number of Parental Leave Pay days is increasing**

By 1 July 2026, Parental Leave Pay will increase to 130 days, or 26 weeks based on a 5 day work week.

Your child’s date of birth or adoption determines how many Parental Leave Pay days you can get. If your child’s date of birth or adoption is from:

* 1 July 2024, you’ll get 110 days
* 1 July 2025, you’ll get 120 days
* 1 July 2026, you’ll get 130 days.

Social media posts

**Post 1**

Parental Leave Pay is more flexible than ever. You can take your leave in a single block, multiple smaller blocks, or even single days! You can also change your Parental Leave Pay days online anytime to suit your family’s changing needs.

Learn more [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Post 2**

If you’re a single parent, you can access the full number of Parental Leave Pay days. You also have the option to share days with another parent if you choose.

Need more information? Visit [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Post 3**

Did you know Parental Leave Pay is a shared payment? There are a number of days reserved for your partner to use. You can even use some of the days at the same time. This can help support you to spend time together with your little one.

Learn more [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Post 4**

Returning to work but still want to make the most of your Parental Leave Pay? If you have days left in your balance, you can use them even after you start working again. You have up to 2 years from your child’s birth or adoption to use all your Parental Leave Pay days.

Discover more [www.servicesaustralia.gov.au/plpdays](http://www.servicesaustralia.gov.au/parentalleavepay)

**Post 5**

You now get superannuation on top of your Parental Leave Pay. If your child is born or adopted from 1 July 2025, the Australian Taxation Office (ATO) will pay a 12% superannuation contribution directly to your existing super account. For more information go to ato.gov.au

**Post 6**

Parental Leave Pay is increasing to 130 days, or 26 weeks based on a 5 day work week, by 1 July 2026. Your child’s date of birth or adoption determines how many Parental Leave Pay days you can get. If your child’s date of birth or adoption is from:

* 1 July 2024, you’ll get 110 days
* 1 July 2025, you’ll get 120 days
* 1 July 2026, you’ll get 130 days.

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