



为照顾新生儿或新近领养孩子的家长提供的支持

如需请假来照顾新生儿或新近领养的孩子，那么我们可以为您提供帮助。

您可以获得什么

Parental Leave Pay 是一项父母可共同申领的补助，为您照顾新生儿或新近领养的孩子提供经济支持。可根据自身和家庭实际情况，灵活安排 Parental Leave Pay 的共享与领取方式。

大多数情况下，可在预产期或领养日期前 3 个月开始提交申请。津贴将在孩子出生或正式由您照顾后开始发放。

谁能申领 Parental Leave Pay?

要符合 Parental Leave Pay 申领资格，必须正在照顾新生儿或新近领养的孩子，并且满足以下任一身份条件：

- 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
- 居住要求。

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。

可领取 Parental Leave Pay 的金额

您的家庭可获得 Parental Leave Pay 的天数，取决于孩子的出生日期 或正式领养日期。

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

您可与另一位家长共同分享部分或全部 Parental Leave Pay 的金额。想要获得 Parental Leave Pay 的全部天数, 需要父母双方都符合条件并提交申请。

如果您有配偶, 我们会为您和您的配偶各自保留部分专属育儿假天数。具体天数按孩子出生/领养日期计算。

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

剩余的天数需要您和伴侣共同决定如何使用。

如果孩子父母中仅一方符合申领条件, 另一方的预留津贴天数将自动作废。但也有一些豁免情况适用。例如, 符合以下情况:

- 您正经历家暴问题
- 孩子生病, 需要留院治疗
- 您的伴侣正在服刑。

您也可能因其他原因符合豁免条件。若您认为满足豁免要求, 欢迎来电咨询。

如果您有伴侣且双方均符合申领条件, 可同时段内分别使用部分 Parental Leave Pay 天数。

如果孩子出生或领养日期:

- 在 1 July 2025 之前, 最多同时休假 10 天
- 在 1 July 2025 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。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。

如果您是新生儿的生母且为单亲妈妈, 则可获得全部 Parental Leave Pay 天数。但如果愿意, 也可选择与对方分享。

Parental Leave Pay 的退休公积金缴纳

如果孩子是在 1 July 2025,或之后出生或被领养, Australian Taxation Office 将为您领取的 Parental Leave Pay 支付退休公积金缴纳金。

这笔缴纳金将于您领取 Parental Leave Pay 财政年度结束后, 直接汇入您的退休公积金账户, 从 July 2026 起开始支付。

如果您与他人共享 Parental Leave Pay, 双方均可根据各自领取的天数获得相应的退休公积金缴纳。如符合条件, 缴纳金将按强制性缴纳比例自动发放, 无需单独申请。

何时可以领取 Parental Leave Pay

您只能在以下情况下领取 Parental Leave Pay 津贴:

- 照顾孩子
- 在休假或没有上班
- 符合居住期规定。

可通过以下任一方式领取 Parental Leave Pay:

- 一次性长假
- 多个小假期
- 单日休假
- 小假期与单日休假结合使用。

即使新生儿为死胎或已不幸离世, 您仍有资格领取 Parental Leave Pay。

Parental Leave Pay 领取方式

视具体情况而定, Parental Leave Pay 津贴将由您的雇主或我们直接发放。

如果是由雇主支付, 则将在正常工资周期内获发。我们会和您的雇主做好安排。

如果您不是通过雇主领取 Parental Leave Pay, 或者您是个体经营者, 我们将每两周直接向您发放该津贴。

领取 Parental Leave Pay 的工作评估要求

欲领取 Parental Leave Pay, 需满足工作评估要求。

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
- 与妊娠相关的疾病及并发症（仅限申领 Parental Leave Pay 的生母）；
- 高危工作岗位条款（仅限申领 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。申领 Parental Leave Pay 仍需满足工作评估要求。

Parental Leave Pay 的申领时间及方式

最早可在子女出生或领养前 3 个月启动申请流程

最快的申领方式是在线申领。如果还没有 myGov account，需要建立一个，并链接到 Centrelink。

在线申请

1. 获取 Customer Reference Number (CRN)

需通过身份验证方可获取 CRN 可通过网络或电话办理 已有 CRN 的用户，可使用现有 CRN 将 Centrelink 在线账户与 myGov 账户关联。

2. 通过 myGov 平台登录您的 Centrelink 在线账户进行申请。

若您作为生母、首位养父母或代孕安排中的首位法定父母，可选择将部分或全部 Parental Leave Pay 共享给另一位父母。

若需对另一位父母批准共享 Parental Leave Pay 天数，则可自行在线完成。需通过 myGov 登录 Centrelink 在线账户，并查看您提出的共享申请。必须先完成此操作后，才能提交申请。

如需了解更多有关 myGov 的英文信息，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。

您需在所在州/领地的 Births, Deaths and Marriages Registry 完成出生登记。

如果是领养子女，则可在线提交领养证明文件。

申领 Parental Leave Pay 时，至少一位父母需在子女出生或领养之日起 52 周内提交申请。而另一位家长则有长达 2 年的时间进行申领。

在提交申请时，需要告知我们您希望从哪一天开始领取 Parental Leave Pay（需至少申领一天）。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。您必须在子女出生或领养之日起 2 年内使用全部 Parental Leave Pay。

如需帮助，可拨打 **131 202** 热线，我们将提供 Centrelink 津贴与服务的中文咨询。

其他福利

若不符合 Parental Leave Pay 申领条件，还可能有资格获得 Newborn Upfront Payment 和 Newborn Supplement。如果您正在领取 Family Tax Benefit Part A，则可能有资格获得这些额外补助。欲了解更多英文信息，请访问 servicessaustralia.gov.au/newbornsupplement

如果无法领取 Parental Leave Pay，且您的孩子为死胎，则可能有资格领取 Stillborn Baby Payment。如需更多英文信息，请访问 servicessaustralia.gov.au/stillbornpayment

Parental Leave Pay 津贴不会影响您在工作单位原有的请假权益。

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
- 请致电 **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, 也可能会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 to help if you are taking time off work to care for a newborn or recently adopted child. You can share and take your Parental Leave Pay in a way that works for you and your family.

Most people can claim up to 3 months before their baby's expected date of birth or adoption. We will not 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.

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

If you have a partner, some days will be reserved for each of you to use. How many days are 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 days reserved days for the other parent will not be available. There are some exemptions to this. For example, if:

- you are experiencing family or domestic violence
- your child is unwell and needs to remain in hospital
- your partner is in prison.

There are also 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 are 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.

Superannuation for Parental Leave Pay

If your child is born or adopted from 1 July 2025, the Australian Taxation Office will pay a superannuation contribution on your Parental Leave Pay.

The contribution will be paid directly to your superannuation fund after the end of the financial year you got Parental Leave Pay, starting from July 2026.

If you share your Parental Leave Pay with another person, both of you are eligible for a superannuation contribution on your share of the payment. If eligible, the contribution will be paid automatically based on the superannuation guarantee rate. You do not need to submit a separate claim.

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
- smaller blocks combined with single days.

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

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

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

The fastest way to claim is online. You will need to set up a myGov account and link it to Centrelink if you do not have one yet.

Online claiming

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.

If you are the birth mother or first adoptive parent or first gaining parent in a surrogacy arrangement to claim, 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 with you, they can do this online. They will 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.

If your child is adopted you can upload your adoption papers online.

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.

If you need help to claim you can call us on **131 202** to speak with us in your language about Centrelink payments and services.

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 **servicesaustralia.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 **servicesaustralia.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 **servicesaustralia.gov.au/parentalleavepay** for more information in English.
- Go to **servicesaustralia.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.