



Parental Leave Pay —— 共享育儿假天数并灵活使用

家庭里迎来新生命无疑是一件喜事。但同时也可能带来诸多挑战——要在工作、家庭和经济支出上把握平衡。

Parental Leave Pay 津贴旨在支持父母请假照顾新生儿或新领养的孩子。该津贴可灵活使用，也可由父母双方共享。津贴发放的实际天数，取决于孩子的出生或领养时间。

无论是亲生父母、领养父母，还是通过代孕安排生育子女的父母，均可根据自身情况使用这项津贴。

如何使用津贴的选择

可根据自身家庭和工作安排，自主决定如何使用 Parental Leave Pay 的领取天数。

可采用以下任意方式使用：

- 一次性连续使用所有天数
- 以单天的方式分开使用
- 将天数拆分为若干周或单独天数组合使用

您可以在带薪或无薪休假之前、之后或同时休假。

父母中至少有一人必须在孩子出生或被领养之日起的52周内提出申请并符合资格。另一人则可在孩子出生或领养后的2年内提出申请。

与伴侣或另一位家长共享

合格的父母可共享 Parental Leave Pay

自行决定如何共享带薪育儿假天数。可选择平均分配假期天数，也可选择不平均分配。这样双方都能有机会在家中照顾宝宝。

此外，也可选择同时请假，共同享受家庭生活。

如果您符合以下其中一项条件，就可将假天数分给另一位家长：

- 亲生母亲
- 首位提出津贴申请的领养家长

- 首位提出津贴申请的代孕接收家长
- 首位因特殊情况提出津贴申请的家长

另一位家长须为以下身份之一：

- 孩子生母的伴侣
- 孩子的生父
- 孩子生父的伴侣
- 养父母之一的伴侣
- 代孕接收家长的伴侣
- 因特殊情况提出津贴申请者的伴侣

如果最先申请带薪育儿假的家长——例如亲生母亲、首位领养家长、代孕安排中的首位接收家长，或因特殊情况获批的首位申请人——选择与您共享带薪育儿假天数，那么您就可以与其共享 Parental Leave Pay。要使用共享的带薪育儿假天数，双方都必须满足工作评估条件。

如果您本人不满足工作评估条件，但孩子的亲生母亲、首位领养家长、代孕接收家长或因特殊情况获批的首位津贴申请人，只要符合工作条件，则仍可领取属于其个人的那部分带薪育儿假津贴。

对于单亲家长，可选择独自使用全部假期天数，或与另一位满足工作评估条件的家长共享。

选择和调整育儿假天数

Parental Leave Pay 必须按天使用，使用天数至少为1天。如果暂时不确定其余天数的使用时间和方式，可稍后再告知我们。所有假期天数必须在孩子出生或领养后的2年内用完。临近期限时，若还有剩余假期，我们会寄信提醒您。

如果提前复工或变更了原计划的休假日期，并且会在原本选作带薪休假日的那天工作，则需尽快修改假期安排。与伴侣共享的育儿假天数也可以随时调整。

所有修改都可通过 myGov 上的 Centrelink 账户进行。

Superannuation

从1 July 2025起，带薪育儿假津贴将包含退休公积金缴纳金。这笔缴纳金额由 Australian Taxation Office 按 superannuation guarantee 费率支付。从July 2026起，superannuation将在您领取 Parental Leave Pay 的财政年度结束后缴纳。如果是共享带薪育儿假津贴，双方将根据各自实际领取 Parental Leave Pay 的天数分别获得对应的退休公积金缴纳金。

领取该津贴期间工作

即使已重返工作岗位，仍可使用未用完的带薪育儿假天数。您可以在平时不工作的日子领取津贴，包括带薪或无薪假期、周末，以及兼职安排中的非工作日。这对希望逐步重返职场的父母来说非常有帮助。

了解更多信息

- 请访问 servicesaustralia.gov.au/plpdays，了解更多英文信息
- 请访问 servicesaustralia.gov.au/parentalleavepay，了解更多英文或其他语言信息
- 请访问 servicesaustralia.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。

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Parental Leave Pay - sharing your days and using them flexibly

Bringing a new child into the family is an exciting time. It can also come with challenges such as balancing work, family and finances.

Parental Leave Pay is a payment to help support parents take time off work to care for a newborn or recently adopted child. It is a payment that you can use flexibly and can be shared between parents. The number of days you will be paid for depends on when your child was born or adopted.

Whether you are the birth parent, an adoptive parent or in a surrogacy arrangement, you can use the payment in a way that meets your needs.

Choose how to take your payment

You can choose how to use your Parental Leave Pay days so that it suits you, your family and your work schedule.

You can use it in any of the following ways:

- use all your days at once with no breaks
- use a series of single days
- spread out your days into smaller groups of weeks and individual days.

You can take your days before, after or at the same time you get paid or unpaid leave from your work.

At least one parent needs to claim and be eligible within 52 weeks from when your child is born or adopted. The other parent has 2 years to claim from the child's birth or date of adoption.

Share with your partner or another parent

Parental Leave Pay can be shared between eligible parents.

You can decide how to share the days. You may want to share the days evenly or have one parent take more days. This gives you both the option to spend time at home with your baby.

You and your partner can also take some days at the same time, so you can spend time together as a family.

You can share your days with another parent if you are either:

- the birth mother
- the first adoptive parent to claim
- the first gaining parent in a surrogacy arrangement to claim
- the first person claiming under exceptional circumstances.

The other parent must be either:

- the partner of the birth mother
- the biological father
- the partner of the biological father
- the partner of an adoptive parent

- the partner of the gaining parent in a surrogacy arrangement
- The partner of the person claiming under exceptional circumstances.

Parental Leave Pay can be shared with you if the birth mother, first adoptive parent or first gaining parent in a surrogacy arrangement to claim or first person claiming under exceptional circumstances has chosen to share days with you. To be eligible to use the shared days, both of you must meet the work test.

If you do not meet the work test, the birth mother, first adoptive parent or first gaining parent in a surrogacy arrangement to claim or first person claiming under exceptional circumstances can still take their share of the payment if they meet the work test.

For single parents, you can either take the full number of days or share it with the other eligible parent who meets the work test.

Choose and change your days

When you claim Parental Leave Pay you must choose at least 1 day. If you are not sure when and how to use your other days, you can tell us about your days and options at a later time. You must use them within 2 years from when your child is born or adopted. We'll send you a letter to remind you if you still have days to use before this date.

If you need to return to work earlier than planned or change your leave dates, and you will now be working on a day you had chosen to receive the payment, you need to change your days as soon as possible. You can also change the number of days you share with your partner at any time.

You can do this using your Centrelink online account through myGov.

Superannuation

From 1 July 2025 you will get a superannuation contribution on this payment. The contribution will be paid by the Australian Taxation Office at the superannuation guarantee rate. The contribution will be paid after the end of the financial year you got Parental Leave Pay, starting from July 2026. If you share this payment, both parents will get a superannuation contribution based on how many days they got Parental Leave Pay for.

Working while getting this payment

You can use your days even if you go back to work. You can get it on any days you do not usually work, including days of paid or unpaid leave, weekends or non work days as part of a part time work arrangement. This can be helpful for parents who want to ease back into work.

For more information

- Go to **servicesaustralia.gov.au/plpdays** for more information in English
- Go to **servicesaustralia.gov.au/parentalleavepay** for more information in English and other languages
- 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.