



Parental Leave Pay

Parental Leave Pay is a shared payment to help families taking time off work to care for a newborn or newly adopted child.

To get this payment you must:

- be caring for a newborn or adopted child
- have met the work test
- have met the income test
- have met the residence rules
- not be working on your Parental Leave Pay days, except for allowable reasons
- have registered or applied to register your child's birth with your state or territory birth registry, if they're a newborn.

The birth mother must also have met the work test if you're one of the following:

- the birth mother's partner
- the biological father
- the biological father's partner.

Who can get it

To get Parental Leave Pay, you need to 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 child's biological father
- the partner of the child's biological father
- the child's adoptive parent
- the partner of an adoptive parent
- gaining parents in a surrogacy arrangement
- a person caring for a child under exceptional circumstances.

How much you can get

Parental Leave Pay is based on the weekly rate of the national minimum wage.

Parental Leave Pay is \$200.94 a day before tax, or \$1,004.70 per 5 day week. The rate of Parental Leave Pay usually changes every July.

The number of Parental Leave Pay days you'll get will depend on your child's date of birth or adoption. If your child's date of birth or adoption is from:

- 1 July 2025, your family can get up to 120 days, or 24 weeks based on a 5 day work week.
- 1 July 2026, your family can get up to 130 days, or 26 weeks based on a 5 day work week.

Sharing and using your days

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

If you have a partner, some of your Parental Leave Pay days are reserved to share with them. The number of days reserved for your partner is either:

- 15 days if your child is born or adopted from 1 July 2025
- 20 days if your child is born or adopted from 1 July 2026.

You'll need to decide together how to use the rest of the days. To get the full amount of days, both parents need to claim and be eligible. If only one parent is eligible, the reserved days limit still applies.

If you're sharing your Parental Leave Pay days with someone else, you can take:

- up to 10 days at the same time if your child is born or adopted before 1 July 2025
- up to 20 days at the same time if your child is born or adopted from 1 July 2025.

There are some exemptions to these limits.

If you're a single parent, you can get all the Parental Leave Pay days. If you choose, you can give approval to share Parental Leave Pay with another parent.

If you're the birth mother of a child and you give up care of the child as part of a surrogacy arrangement or adoption process, you won't be able to share any of the Parental Leave Pay days with another person.

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

- a single block
- multiple smaller blocks
- single days
- smaller blocks combined with single days.

You can take your Parental Leave Pay before, during or after paid or unpaid leave from work. You can also take it before or after you return to work. But you can't work on your Parental Leave Pay day, unless for an allowable reason.

Paid Parental Leave Superannuation Contribution

If your child is born or adopted from 1 July 2025, the Australian Taxation Office will pay a 12% superannuation contribution on your Parental Leave Pay.

This is known as the Paid Parental Leave Superannuation Contribution. This contribution will be calculated and paid automatically into your superannuation fund. This will happen after the end of the financial year that you take your Parental Leave Pay days in, starting from July 2026.

How to claim

1



Access your myGov account – Sign into your myGov account. If you don't have one, create one at my.gov.au and use your CRN to link your Centrelink online account. If you're a new Centrelink customer, you'll need a CRN before you can start your claim. You can establish your identity and get a CRN online, using myGov. To find out how, go to servicesaustralia.gov.au/identity

2



Start your claim – From the homepage of your Centrelink online account, select **Make a claim** or **View claim status**, then select **Get started** from the Families menu. Select **Family Assistance (including Paid Parental Leave)**.

3



Complete and submit your claim – Answer the questions about your situation. You'll then need to review and confirm the details in your claim.

4



Provide proof of birth – Once your child arrives, provide their proof of birth or adoption. You can do this using your Centrelink online account through myGov by selecting **Add newborn** or via the Express Plus Centrelink mobile app by selecting **Add child**.

5



We'll assess your claim – We'll get in touch with you to let you know the outcome.

6



Keep your details up to date – Sign into your Centrelink account through myGov, select **My Family**, then select **Parental Leave Pay Circumstances**. Download the myGov app to sign in to your account, easily view Inbox messages and quick to access services.

For more information



Talk to a staff member.



Go to servicesaustralia.gov.au/parentalleavepay