

THE PAID PARENTAL LEAVE CHECKLIST

Before baby. After baby. What most parents miss.

FOR BABIES BORN FROM 1 JULY 2026

26 weeks shared | \$200.94/day before tax | 20 partner-reserved days | 12% super

01 / BEFORE BABY

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| ☐ Check your work test: 10 of 13 months, 330 hours, 12-week gap rule. | ☐ Check what counts: casual work, paid leave and self-employment may qualify. |
| ☐ Check both income tests — you may qualify under the family limit. | ☐ Compare your employer's paid leave with government PPL. |

02 / PLAN YOUR MONEY

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|---|--|
| ☐ Plan how you'll share the days with your partner. | ☐ Estimate your annual taxable income, including PPL. |
| ☐ Compare taking employer and government leave together or separately. | ☐ Check whether 15% tax withholding will be enough. |

03 / AFTER BABY

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|---|---|
| ☐ Submit proof of birth and check your claim deadlines. | ☐ Update your family income estimate for CCS and FTB. |
| ☐ Consider flexible PPL days, including eligible weekends. | ☐ Check your super details and plan your return to work. |

A LITTLE HR ADVICE

Don't just plan your leave.
Plan how you want to come back.

[Explore 1:1 Strategy Sessions](#)

[Personalised support for your return to work](#)

OFFICIAL RESOURCES

Services Australia: [Paid Parental Leave](#)

ATO: [General Tax Calculators](#)

Fair Work: [Parental leave and returning to work](#)

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