

## Parents Leave

Parent's leave entitles each parent to 7 week's leave during the first 2 years of a child's life, or in the case of adoption, within 2 years of the placement of the child with the family.

Each parent is entitled to 7 weeks parent's leave for a child born or adopted on or after 1 November 2019. The leave period remains the same in the case of multiple births, for example if you have twins or if you adopt 2 or more children at the same time.

Please note that Parents leave is unpaid leave however you may qualify for a payment called Parent's Benefit during parent's leave, see below.

### Parents Benefit:-

You may also qualify for a payment called Parent's Benefit during parent's leave. Parent's leave is available to both employees and people who are self-employed. [Parent's Benefit](#) is paid while you are on parent's leave from work if you have enough social insurance (PRSI) contributions. If you are self-employed you should apply directly to the Department of Social Protection (DSP) for [Parent's Benefit](#) at least 6 weeks before you intend to take parent's leave. If you qualify for [Parent's Benefit](#), you will get €250 each week.

### Changes to Parent's Leave from 1<sup>st</sup> July, 2022:

#### [From April 2021:](#)

- The 5 week's parent's leave has increased to 7 weeks for each parent.
- The 5 weeks' Parent's Benefit has increased to 7 weeks for each parent (if you qualify)
- You can take parent's leave during the first 2 years of your child's life (or 2 years from adoption)
- You can take 7 weeks together or take separate weeks of leave.
- The increase is available for any child born or adopted on or after 1 November 2019

### NOTE:

*From 1<sup>st</sup> July 2022, the Parent's Leave entitlement is increased to 7 weeks for a relevant parent. Eligibility for these additional 2 weeks applies to a birth or adoption since 1st July 2020.*

## How can I take parent's leave?

You can take this leave as:

- One continuous period of 7 weeks leave or
- Separate periods of not less than one week

Parent's leave cannot be transferred between parents – except in specified circumstances such as the death of one of the parents.

## How Can I Apply for Parent's Leave?

- You must give 6 weeks notice to LMETB and complete the relevant Parents Leave application form, get your Principal to sign and return it to [Leaveapplications@lmetb.ie](mailto:Leaveapplications@lmetb.ie) along with a copy of your child's birth cert.

## Where to apply for Parents Benefit;

Parent's Benefit Section,  
Department of Employment Affairs and Social Protection  
McCarter's Road  
Buncrana  
Donegal  
Ireland  
F93 CH79

**Tel:** (01) 471 5898

**Locall:** 1890 690 690 (Note: the rates charged for using 1890 (Lo-call) numbers may vary)

**Homepage:** <https://www.gov.ie/en/service/b321b1-parents-benefit/>

Please note you will need the Company Registration number when applying for Parents benefit:

LMETB Company Reg number: 3185062 NH