

# Parental benefit

## [Föräldrapenning]

### 2017-01-01



**You can receive parental benefit to stay home from work to take care of your child. Parental benefit, which is paid for a total of 480 days per child, has three different compensation levels. One level is based on the size of your income, while the other two levels pay you a fixed amount per day.**

Parental benefit allows you to stay home from work and obtain compensation for extended periods of time, individual days or a certain number of hours per day.

If you are pregnant, you can receive parental benefit starting on the 60th day before your baby is due.

Many prenatal clinics offer training for parents. Both you and the other parent can take the training and receive parental benefit for the same period.

Make sure to plan your parental leave well in advance. That will make things easier for both you and your employer.

## How do I know whether I am entitled to parental benefit? [Vem har rätt till föräldrapenning?]

You are entitled to parental benefit if you are a parent, specially appointed legal custodian, or taking care of a child for purposes of adoption. You are also entitled to parental benefit if you are living with the child's parent and

- have had other children with the child's parent
- have been married to the child's parent
- have been a registered partner of the child's parent

## How much parental benefit will I receive? [Hur mycket får man?]

Parental benefit has three different compensation levels. The sickness benefit level [sjukpenningnivå] is based on your sickness benefit qualifying income. See the section entitled **More about parental benefit and sickness benefit qualifying income** [Mer om föräldrapenning och sjukpenninggrundande inkomst].

The second compensation level, referred to as the basic level [*grundnivå*], is SEK 250 per day. You are eligible for the basic level if you have had little or no income.

The third compensation level, referred to as the minimum level [*lägstnivå*], lasts for 90 days. The minimum level is SEK 180 per day for children born on 1 July 2006 or later and SEK 60 per day for children born before 1 July 2006.

## **For how many days can I receive parental benefit? [*Hur många dagar kan jag få föräldrapenning?*]**

If there are two parents with joint guardianship who share the days, and if the child was born in 2016 or later

You will receive 195 days each at sickness benefit level and 45 days each at the minimum level. You can share the days by transferring days to each other, but 90 days at sickness benefit level are reserved and cannot be transferred to the other parent.

If there are two parents with joint guardianship who share the days, and if the child was born in 2014 or 2015

You will receive 195 days each at sickness benefit level and 45 days each at the minimum level. You can share the days by transferring days to each other, but 60 days at sickness benefit level are reserved and cannot be transferred to the other parent.

If there are two parents with joint guardianship who share the days, and if the child was born in 2013 or earlier

You will receive 390 days at sickness benefit level and 90 days at the minimum level together. You can share the days by transferring days to each other, but 60 days at sickness benefit level are reserved and cannot be transferred to the other parent.

If you have sole guardianship of the child

If you have sole guardianship of the child, you are entitled to the full 480 days. Parents of twins are entitled to an additional 180 days of parental benefit.

## **What do I do to receive parental benefit? [*Hur gör jag för att få föräldrapenning?*]**

If you are pregnant and have an appointment at a prenatal clinic, you will be given a certificate of maternity, which you can send to Försäkringskassan as notification that you are interested in receiving parental benefit. Once we have received the certificate, we will send you additional information about parental benefit.

The certificate does not generally contain any information about the other parent. So make sure to notify Försäkringskassan if you are the other parent and want to receive parental benefit. You must notify us no later than the day for which you want to receive compensation.

You can provide notification and apply for parental benefit at [www.forsakringskassan.se](http://www.forsakringskassan.se). You must notify us no later than the day for which you want to receive compensation. In order to provide online notification, you must have an electronic ID, which you can download from your bank's website. You may also provide notification

by phoning 020524 524. If you provide notification by phone, we will send a form entitled *Applying for Parental Benefit [Ansökan Föräldrapenning]* to your home address – fill it out and return it to us.

## **You can receive parental benefit in various ways [Du kan ta ut föräldrapenningen på olika sätt]**

Parental benefit can be paid out as one-eighth, one-quarter, one-half, three-quarters or all of the maximum amount. The amount of parental benefit that you can receive per day depends on the number of hours you work in relation to normal working hours for a full-time employee in your occupation. You can receive

- full parental benefit if you are not working at all
- three-quarters parental benefit if you are working up to one-quarter of normal working hours
- one-half parental benefit if you are working up to one-half of normal working hours
- one-quarter parental benefit if you are working up to three-quarters of normal work-ing hours
- one-eighth parental benefit if you are working up to seven-eighths of normal work-ing hours

You are eligible for full parental benefit at the basic or minimum level if you are work-ing up to seven-eighths of normal working hours.

Let our website help you plan how to take your days of parental benefit.

## **Can I receive parental benefit for non-working days? [Kan jag ta ut föräldrapenning för arbetsfria dagar?]**

You can receive parental benefit at the basic or minimum level for non-working days. However, you cannot receive parental benefit while you are on holiday or annual leave.

In order to receive full parental benefit at the sickness benefit level for days that are normally non-working, you must receive full parental benefit for the day before or after them. Similarly, you must receive one-half parental benefit for the day before or after days that are normally non-working if you want to receive one-half parental benefit for them (the same is true for the other levels as well). The above rule applies if the nonworking period is four days or shorter.

## **How long can I receive parental benefit? [*Hur länge kan jag få föräldrapenning?*]**

### **If your child was born or adopted in 2014 or later**

You can receive parental benefit up until the day on which your child reaches the age of 12 or when your child ends year five of compulsory school. However, after your child has reached the age of 4 you can only save a total of 96 days.

### **If your child was born or adopted in 2013 or earlier**

You can receive parental benefit up until the day on which your child completes the first year of compulsory school. If your child reaches the age of 8 after the last day of the school year, you can receive parental benefit up until the day on which your child reaches the age of 8.

## **Can both the other parent and I stay home at the same time and receive parental benefit? [*Kan båda föräldrarna vara hemma samtidigt och få föräldrapenning?*]**

Until your child is one year old, both you and the other parent can receive parental benefit for the same days.

These days are called double days. You can take up to 30 double days. Keep in mind that double days do not give you any extra days of parental benefit. In other words, you take a total of two days when both of you are home at the same time. After your child's first birthday, only one of you can receive parental benefit at a time.

To take double days, both you and the other parent must apply for the same date, compensation level and child.

You can take days of parental benefit only from the 240 days that you share and not from the 60 days that are reserved for each of you. So a parent who transfers all their days to the other parent cannot take double days.

## **If you become ill, you can receive sickness benefit [sjukpenning] instead of parental benefit [Om du blir sjuk kan du få sjukpenning i stället för föräldrapenning]**

Notify Försäkringskassan if you become ill while receiving parental benefit and are unable to take care of your child. In that case, you can receive sickness benefit instead.

## **More about parental benefit and sickness benefit qualifying income [*Mer om föräldrapenning och sjukpenninggrundande inkomst*]**

**You can work fewer hours while you are expecting a baby without lowering your sickness benefit qualifying income [*Du kan arbeta mindre före förlossningen – utan att sänka din sjukpenninggrundande inkomst*]**

If you are pregnant, you can either stop working completely or work fewer hours starting six months before your baby is due without lowering your sickness benefit qualifying income.

**Rules vary depending on the period [*Olika regler för olika dagar*]**

**First 180 days [*De första 180 dagarna*]**

Special rules apply to the first 180 days that parental benefit is paid. In order for parental benefit to be based on your sickness benefit qualifying income during these days, you must be entitled to more than SEK 180 per day for 240 consecutive days before your baby is due or is actually born. Försäkringskassan will decide whether you meet the conditions by considering which of those two dates is more advantageous for you. If you do not meet the conditions, you will receive SEK 250 per day in parental benefit at the basic level.

You can include any time that you worked in another EU or EEA country to reach 240 days so that parental benefit is based on your sickness benefit qualifying income for the first 180 days.

In deciding whether you are entitled to parental benefit based on your sickness benefit qualifying income, Försäkringskassan will disregard any periods during which you received municipal childcare allowance or worked on a development assistance project abroad. Contact Försäkringskassan for additional information.

**Remaining 210 days [*De övriga 210 dagarna*]**

The remaining 210 days at the sickness benefit level are not subject to the same requirements. If you receive parental benefit at the basic level for the first 180 days, you can receive it at the sickness benefit level starting on the 181st day, assuming that it is to your advantage.

**You receive the same parental benefit for at least two years [*Du behåller samma föräldrapenning i minst två år*]**

You and the other parent may decide to work fewer hours to take care of a young child. You will still receive parental benefit based on the same sickness benefit qualifying income that you had when your child was born until its second birthday. If you become pregnant before your child is 21 months old, you and the other parent will continue receiving the same parental benefit after the child's second birthday even if your sickness benefit qualifying income has been lowered. As a result, you will receive the same parental benefit for your second child as you did for your first one for at least two years. The same rule applies if you adopt a child within 30 months after the birth or adoption of a previous child.

**You can continue receiving sickness benefit at the same level [*Du kan behålla din sjukpenning*]**

Until your child is one year old, sickness benefit and temporary parental benefit are also based on your previous sickness benefit qualifying income. After your child's first birthday, your sickness benefit qualifying income may be lowered to the level of your actual income. As a result, you will receive less parental benefit when you are sick or taking care of a sick child. The same rules apply a year after you started taking care of a child for purposes of adoption.

However, you can prevent your sickness benefit qualifying income from being lowered after your child's first birthday. It will remain at the same level as before if you

- receive full parental benefit at least five days a week
- work fewer hours than before the baby was born and receive parental benefit corresponding to the reduction in your working hours
- are receiving student allowance [*studiestöd*]
- are registered as a jobseeker with the Public Employment Service [*Arbetsförmedlingen*]

### **Salary raises increase your sickness benefit qualifying income [Du får följa löneutvecklingen]**

Your sickness benefit qualifying income will increase if you receive a salary raise. If you are not working or are self-employed, your sickness benefit qualifying income can be adjusted to the consumer price index (CPI).

### **Municipal childcare allowance [Kommunalt vårdnadsbidrag]**

If you are receiving municipal childcare allowance and are working fewer hours than before, your sickness benefit qualifying income will be lowered. If you are not working at all, your sickness benefit qualifying income will be zero. Once you are no longer receiving childcare allowance, however, you will have the same sickness benefit qualifying income as you had before. However, you must meet the conditions for protection of your sickness benefit qualifying income when your childcare allowance stops. For instance, the rule applies to the following situations at the time your childcare allowance stops:

- you are on sick leave
- you are looking for a job and are registered with the Public Employment Service
- you are taking care of a child who is less than one year old

If you or the other parent is receiving parental benefit, unemployment compensation [*arbetslöshetsersättning*] or an activity grant [*aktivitetsstöd*], you are not entitled to childcare allowance for the same month. In that case, it is possible that your sickness benefit qualifying income will not be the same as before you started receiving childcare allowance. Your sickness benefit qualifying income will be based on your actual income from employment instead. If you do not have any income from employment, you are not entitled to sickness benefit qualifying income.

Your municipality can provide you with additional information about childcare allowance.

## What is sickness benefit qualifying income anyway? [*Vad är egentligen sjukpenninggrundande inkomst?*]

Försäkringskassan calculates the parental benefit you receive on the basis of your sickness benefit qualifying income. Your sickness benefit qualifying income is your estimated annual income from employment – usually 12 times your monthly salary. But your sickness benefit qualifying income has a ceiling of 10 times the basic amount.

The basic amount for 2017 is SEK 44,800. As a result, the maximum parental benefit per day during 2017 is SEK 952.

### Calculate your parental benefit [*Räkna ut din ersättning*]

Your daily parental benefit is just under 80 per cent of your sickness benefit qualifying income divided by 365. This is how to calculate how much parental benefit you will receive:

Start with your sickness benefit qualifying income.

Multiply it by 0.97.

Multiply the result by 0.8.

Divide the new result by 365.

The final result is your daily parental benefit.

### Example

Assume your sickness benefit qualifying income is SEK 240,000

SEK 240,000 x 0.97 = SEK 232,800

SEK 232,800 x 0.8 = SEK 186,240

SEK 186,240/365 = SEK 510.24 per day (rounded off to SEK 510)

## Be sure to notify Försäkringskassan of any changes [*Anmäl alltid förändringar!*]

You must notify Försäkringskassan of any changes that affect your right to receive parental benefit. Here are some examples of possible changes:

- your income is lowered
- you start working fewer hours
- you start working overtime or a second job
- you or the other parent start working or receiving a pension abroad
- you, the other parent or your child moves abroad

You will normally be required to repay any parental benefit to which you are not entitled – even if the error was not your fault.

### Additional information [*Mer information*]

This fact sheet is not a legal text on the topic. For further information, read the following fact sheet:

- Sickness Benefit Qualifying Annual Income [*Sjukpenninggrundande inkomst*]
- You may also want to read the following brochures:
- For Everyone Who Is Expecting or Just Had a Child [*Till alla som väntar eller just fått barn*]
- For All Families with Children [*Till alla barnfamiljer*]

All informational material is available at [www.forsakringskassan.se](http://www.forsakringskassan.se). You can also use our self-service options to take care of a number of matters quickly and easily. Order certificates, forms and brochures by dialling our self-service line at 020-524 524. You can also submit certain applications.

**Questions? [Frågor?]**

You can phone our Customer Centre at 0771-524 524 or the National Relay Service for Text Telephony at 90 160.