



Take The Time's Guide To Parental Leave

Step 1 – THINK about it

The greatest joy of parental leave is being present as your child explores the world. But there's more reasons to love it:

Parental Leave is Good for You Dads around the world tell us parental leave is a life-changing experience. [Get Inspired >>](#)

Parental Leave is Good for Your Baby Early father involvement is linked to [improved infant health outcomes](#) as well as a wide range of positive longer-term impacts including increased sociability, confidence, self-control, academic performance and psychological stability.

Parental Leave is Good for Your Partner Dad's parental leave reduces mom's physical & mental stress. [Learn Why >>](#)

Parental Leave is Good for Business Employers who support parental leave enjoy [more productive and engaged](#) staff.

Parental Leave is Good for Gender Equality Your child will grow up in a more fair and equal society. [Read Why >>](#)



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Step 2 – TAKE it

There's no wrong way to take parental leave. Make a plan that works for you, for your employer, for your finances, and for your family.

Set A Goal Talk with your partner and figure out how much time you'd like to spend with your baby, in the best-case scenario. At a minimum, try our [Challenge of One >>](#)

Know Your Options Get familiar with the parental leave laws in your country, and learn your company policy. [Get Help >>](#)

Make a Budget If your parental leave isn't fully paid, figure out how much money you'll need save to make it work for your family. Then get started ASAP. Read our [Money-Saving Tips >>](#)

Make Your Case Employers typically support parental leave requests if presented with a [strong business case](#) and a well-structured transition plan.

Get Your Head Right Make a smooth transition from work to home life, with a little [preparation and positive thinking](#).



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Step 3 – TALK about it

If you've taken parental leave, you know firsthand the joy and challenges it brings. Now, it's your responsibility to spread the word and inspire other working dads.

Start A Conversation If you're having kids, chances are so are some of your friends, family or co-workers. Talk with them about your decision to take parental leave and the experience. Build their confidence to follow your lead.

Update Your Resume Tell employers, recruiters and your professional community that you're proud of your parental leave by including it on your resume [See Some Examples >>](#)

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