



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 >>](#)

**Share Us With Your Community** Build momentum for parental leave by sharing [takethetime.net](http://takethetime.net) with your real-world and digital communities. Follow us on:

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