

Canada⁹⁸

Kenya Thompson (York University), **Lindsey McKay** (Thompson Rivers University), **Rachael Pettigrew** (Mount Royal University), **Sophie Mathieu** (Université de Sherbrooke), **Diane-Gabrielle Tremblay** (Université de Québec-Téluq), **Safa Ragued** (Retraite Québec), **Andrea Doucet** (Brock University), and **Natasha Stecy-Hildebrandt** (Brock University)

April 2026

N.B. Canada is a federal state.

Note on federal and provincial/territorial responsibility: In Canada, the federal Employment Insurance (EI) programme, funded by employers and employees and administered by the Department of Employment and Social Development Canada, provides Maternity and Parental leave benefits to parents residing outside the province of Québec. Since 2006, Canada has had two programmes for parental benefits with the province of Québec administering its own provincial Maternity, Paternity, and Parental leave benefit programme called the Quebec Parental Insurance Plan (QPIP) for employed and self-employed workers.

Eligibility for job-protected unpaid leave is separate from eligibility for the payment of benefits under the two (federal and Québec) programmes. Entitlement to job-protected leave from employment is granted through labour laws (employment standards acts) that fall under the jurisdiction of the ten provinces and three territories (referred to below as 'jurisdictions') as well as through the Canada Labour Code for the 7 per cent of employees in federally regulated industries. This results in 14 different legislated leave entitlements. Variations between jurisdictions have implications for how (unpaid) legally entitled leave and the two benefit programmes are accessed and used. Two separate sets of rules apply to the federal wage-compensation benefit programme and provincial/territorial/federal legal entitlements to job-protected leave. In Canada, 'leave' therefore refers to either unpaid, job-protected time off work or to benefit programmes.

The information below refers to Canada's two benefit programmes (EI and QPIP). Details of the QPIP programme are given under 'regional or local variations in leave policy.' Details regarding unpaid job-protected leave appear at the end of the Parental leave section.

⁹⁸ The authors express gratitude to previous co-authors who made significant and lasting contributions: Berenger Nounagnon, U., Poulin E., Wazen, S.J. and Lero, D. S. Please cite as: Thompson, K., McKay, L., Pettigrew, R., Mathieu, S., Tremblay, D.-G., Ragued, S., Doucet, A. and Stecy-Hildebrandt, N. (2026) 'Canada country note', in Dobrotić, I., Arnalds, A. A., Kaufman, G., Koslowski, A., Moss, P. and Valentova, M. (eds.) *International review of leave policies and research 2026*. Available at: <https://www.leavenetwork.org/annual-review-reports/>

For comparisons in this review between Canada's and other countries' leave provision and early childhood education and care services, please see the [cross-country tables](#) at the beginning (they are also available individually on the [Leave Network website](#)). To contact authors of country notes, see the [members](#) page on the Leave Network website.

- **Current leave and other employment-related policies that support parents**

Table 1 compares benefits under the Canadian and Québec programmes. For both, parents must pay premiums through insurable employers (or as self-employed individuals) in order to qualify.

Table 1: Canada (EI) and Québec (QPIP)				
	Canada EI		Québec QPIP ⁸	
Eligibility ¹	600 hours of employment in the previous 52 weeks		CAN\$2,000 [€1,243.16] ⁹⁹ in qualifying period	
Self-employed workers	If opted-in 12-months prior to claiming, with minimum net income of CAN\$9,254 [€5,752.11] in self-employed earnings in 2025		Automatically covered	
Waiting period	1 week per couple		None	
<i>Weeks by wage-replacement rate (per cent of gross (EI)/average weekly (QPIP) earnings during the qualifying period up to the Maximum Insurable Earnings level)⁴</i>				
Plan	Standard	Extended	Basic	Special ²
Maternity ³	15 at 55 per cent		18 at 70 per cent	15 at 75 per cent
Paternity	None		5 at 70 per cent	3 at 75 per cent
Parental (including adoption) (shareable)	35 at 55 per cent	61 at 33 per cent	32 (7 at 70 per cent + 25 at 55 per cent)	25 at 75 per cent
Additional Parental Sharing Benefit (including adoption)	+5 at 55 per cent	+8 at 33 per cent	+4 at 55 per cent once 8 shareable parental benefit weeks paid to each parent	+3 at 75 per cent once 6 shareable parental benefit weeks paid to each parent

⁹⁹ Conversion of currency undertaken for 20 July 2026, using: <https://data.ecb.europa.eu/currency-converter>.

Additional Single Parent (birth or adoption)	None	+5 at 70 per cent	+3 at 75 per cent
Additional for Multiple Births or adoptions (Non-transferable)	None	+5 weeks to each parent at 70 per cent	+3 weeks to each parent at 75 per cent
Additional Adoption (Non-transferable)	None	5 weeks to each parent at 70 per cent	3 weeks to each parent at 75 per cent
Adoption Welcome and Support Benefits (Shareable)	None	13 at 70 per cent	12 at 75 per cent
Adjusted annually:			
Maximum weekly benefit, 2025	CAN\$729 [€453.13]	CAN\$437 [€271.63]	CAN\$1,386 [€861.51]
Maximum insurable earnings, 2025	CAN\$68,900 [€42,826.95]/year	CAN\$103,000 [€64,022.87]/year	
Maximum total weeks per couple	Standard parental: 35 (40 if shared) Extended parental: 61 (69 if shared)	55 (59 if shared)	43 (46 if shared)
Low-income supplement⁵	Up to 80 per cent of net family income	Up to 85 per cent of individual income	Up to 100 per cent of individual income

Sources: Adapted from 'EI maternity and parental benefits: What these benefits offer,' Employment and Social Development Canada (2025), <https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html>, and 'Québec Parental Insurance Plan,' Emploi et Solidarité sociale, Québec, <http://www.rqap.gouv.qc.ca>

Table 1 Notes:

- 600 hours of insurable employment in the calendar year before the claim is made (or since the last EI claim, e.g., for unemployment, sick leave, Caregiving, or Compassionate Care benefits). In Québec, CAN\$2,000 [€1,243.16] must be earned in the prior year but an extension to up to 104 weeks before the start date for benefits can be considered if the claimant was unable to work for a portion of the year before the claim.
- Only QPIP has a separate option for adoptive parents and for surrogacy; EI Parental leave benefits are the same for biological and adoptive parents.
- Maternity leave is for the pregnant person who gave birth, a gestational carrier for surrogacy arrangements. QPIP has parallel benefits for surrogacy arrangements (see <https://www.rqap.gouv.qc.ca/en/about-the-plan/tables-of-benefits>). This leave is also available for pregnancies that are miscarried, terminated or stillbirth after 19 weeks for QPIP and 20 for EI. Sickness benefits (EI) may be available for health complications during pregnancy.
- The EI benefit calculation uses a 'best weeks' formula to determine 'average insurable earnings' up to the Maximum Insurable Earnings level for that year. EI uses the previous 52 weeks. QPIP uses average weekly earnings during the past 26 weeks (an extension is granted if earnings were lower for certain reasons). Benefits may be extended for Canadian Forces members who must defer or interrupt parental leave and if the child is hospitalized.
- The low-income supplement under EI is for families with a net annual income of less than CAN\$25,921 [€16,112.01] and takes the number of children and their ages into account. The amount received is also capped at 80 per cent of average insurable net family earnings. It should be noted that CAN\$25,921 [€16,112.01] is below the low-income cut-off rate (poverty line) for

two persons (parent and child). In September 2021, Québec enhanced the additional support offered to low-income parents. See 1c for details.

a. Maternity leave (*congé de maternité*)

Length of leave (before and after birth)

- 16 to 19 weeks depending on the jurisdiction (See Table 2, below)

Payment and funding of two benefit programmes

- 15 weeks of EI benefits at 55 per cent of average insured earnings up to an upper limit (see table above). Low-income families can qualify for a higher benefit rate, up to a maximum of 80 per cent of insured earnings.
- There is no payment for the first week, which is treated as a 'waiting period'. Payment is provided for 14 weeks and parents have only one 'waiting period' per birth; unpaid leave entitlement is 16-19 weeks (see Table 2).
- Administered under the federal EI programme, Maternity and Parental leave benefits are funded by premiums paid by employers and employees, based on a premium rate that applies to every CAN\$100 [€62.16] of insurable earnings to the maximum insurable earnings threshold (MIE), which was higher in 2025 (see table above). The rates are set by the Employment Insurance Financing Board each year. Employers pay premiums that are 1.4 times those of employees, up to a maximum of CAN\$1,123.07 [€698.08] per employee for the year in 2026¹⁰⁰.
- In 2026 employee premiums were set at CAN\$1.63 [€1.01] per CAN\$100 [€62.16] of insurable earnings reaching a maximum of CAN\$1,123.07 [€698.08] for those who earn CAN\$68,900 [€42,826.95] or more. The premium rate for workers in Québec is CAN\$1.30 [€0.81] of insurable earnings in 2026; employer premiums were set at CAN\$2.28 [€1.42] per CAN\$100 [€62.16] of insurable earnings (for Québec Employers, at CAN\$1.82 [€1.13]).
- Self-employed individuals outside of Québec who opted into the EI programme to be eligible for special benefits pay the same as employees: CAN\$1.64 [€1.02] per CAN\$100 [€62.16] of insurable earnings to a maximum of CAN\$68,900 [€42,826.95] of earnings or CAN\$1,109.29 [€689.51] annually.¹⁰¹
- Maternity and Parental leave benefits are taxed.
- See *Regional or Local Variations* below for details about additional contributions paid in Québec.

Flexibility in use of benefits

- Pregnant mothers may start receiving benefits as early as 12 weeks before their due date or delay receiving benefits until the actual week that they give

¹⁰⁰ Government of Canada (2024) *EI premium rates and maximums*. Ottawa: Canada Revenue Agency. Available at: <https://www.canada.ca/en/revenue-agency/services/tax/businesses/topics/payroll/payroll-deductions-contributions/employment-insurance-ei/ei-premium-rates-maximums.html>

¹⁰¹ Government of Canada (2025) *2025 Actuarial Report on the Employment Insurance Premium Rate*. Ottawa: Office of the Superintendent of Financial Institutions. Available at: <https://www.canada.ca/en/employment-social-development/programs/ei/ei-list/reports/premium/rates2023.html#h2.3>

- birth.
- Normally, Maternity Leave benefits must end by 17 weeks after the week in which the mother was expected to give birth or gave birth. Maternity benefit receipt can be delayed/extended by the amount of time a newborn is hospitalized, but Maternity benefits must be received within 52 weeks of the birth.
- Maternity benefits may be combined with regular benefits in the event of job loss or with other special benefits such as Parental benefits, Sickness benefits, Compassionate care benefits, or Family Caregiver benefits for adults or for parents of seriously ill children up to a maximum of 102 weeks (with proof of eligibility for the latter benefits). Eligibility criteria and other rules regarding combining benefits can sometimes result in reducing the duration of claims.

Regional or local variations in leave policy

- Eligibility criteria and duration of leave entitlements vary across provinces and territories. The rules generally apply to all leave-taking types (Maternity, Paternity, Parental, Compassionate Care, etc.). See Table 1 above.
- Québec offers benefits up to an earnings maximum (see Table 1 for rate) for 18 weeks of Maternity leave, without a waiting period.¹⁰² Maternity leave use is flexible: it is possible to have a higher income replacement rate for a shorter period, or a lower rate for a longer period. Under the 'special' plan, Maternity Leave benefits are paid at 75 per cent of weekly income for 15 weeks, whereas under the 'basic' plan, it is 70 per cent of weekly income for 18 weeks.
- Under the Basic plan, Québec parents gain 4 additional shareable weeks at 55 per cent if each parent takes at least 8 weeks of shareable parental or adoption leave.
- Under the Special plan, Québec parents gain 3 additional shareable weeks at 75 per cent if each parent takes at least 6 weeks of shareable parental or adoption leave.
- Maternity benefits may begin no sooner than the 16th week before the week scheduled for childbirth.
- It is possible for a claimant to receive QPIP maternity benefits while continuing to work. To determine the amount of income one can earn without affecting the amount of their QPIP benefits, they must calculate the difference between their average weekly earnings and the benefit amount.
- Benefits in Québec are financed by contributions from employers, employees, and the self-employed, who pay the standard contribution to EI (less a reduction, but with a supplementary contribution to cover the higher benefits offered in the province).

Eligibility (e.g., related to employment or family circumstances)

- Eligibility for job-protected unpaid leave varies between Canada's 14 employment jurisdictions (its federal jurisdiction, 10 provincial jurisdictions, and 3 territorial jurisdictions) and is separate from eligibility for the payment of benefits under the two (federal and Québec) programmes. The rules generally apply to all leave-taking types. See section

¹⁰²Government of Québec. For information on QPIP, see: <https://www.rqap.gouv.qc.ca/en/what-is-the-Québec-parental-insurance-plan>

‘b. Paternity leave.’

- Eligibility requirements for wage-compensation benefits under the federal programme are 600 hours of continuous employment in the previous 52 weeks. Many part-time and non-standard (contract) workers do not have enough hours to qualify, even though they pay EI premiums. For the Québec QPIP programme, workers are eligible if they earned at least CAN\$2,000 [€1,243.16] in the 52 preceding weeks, regardless of the number of hours worked.
- In 2006, when the QPIP programme began, self-employed workers in Québec became eligible for Maternity, Paternity, Parental, and Adoption benefits if they had made a minimum of CAN\$2,000 [€1,243.16] in self-employment earnings in the previous year. Surrogate mothers are also eligible. Outside Québec, EI special benefits (Maternity, Parental, Sickness, Compassionate Care and Family Caregiver for Children or Adults) were extended to the self-employed on a voluntary, opt-in basis in 2010 (implemented in 2011). Until 2011, most self-employed parents (outside of Québec) were not eligible for benefits because they typically work under business or service contracts and therefore are not considered to have insurable employment. To receive Maternity/Parental benefits, self-employed parents outside of Québec must register one year prior to seeking benefits and qualify if they have reduced the amount of time devoted to their business by more than 40 per cent because of childbirth/care, have paid contributions to the regime, and have earned at least CAN\$9,254 [€5,752.11] from self-employment in 2025. There are no leave entitlements or benefits for parents who do not meet these eligibility criteria.
- Graduate students and postdoctoral fellows who have been granted a scholarship from one of three large granting Tri-Council funding agencies¹⁰³ can receive limited benefits (Maternity, Paternity, and Parental) according to work-related earnings. Research/teaching assistant and postdoctoral employment contracts vary in terms of being counted as insurable earnings.

Variations in leave due to child or family reasons (e.g., multiple or premature births, poor health or disability of child or mother, lone parent) or delegation of leave to person other than the mother

- Maternity leave entitlement can be extended in some jurisdictions if the child or the mother has health-related complications (in British Columbia this applies to the child if they have a physical, psychological, or emotional condition that requires additional care). This extension can be for up to 6 weeks. See Table 2.
- In cases where a birth mother is ill during or after pregnancy, up to 26 weeks of federal Sickness benefits can be received, increased from 15 weeks prior to December 2022. This results in a maximum of 102 weeks of benefits (26 weeks of Sickness benefits, 15 weeks of Maternity benefits, and 61 weeks of Parental benefits). If a newborn or newly adopted child is seriously ill, the mother may combine Maternity benefits with up to 35 weeks of EI benefits for Family Caregivers for Children. Parents in Québec

¹⁰³ The Tri-Council funding agencies include The Social Sciences and Humanities Research Council (SSHRC), the Canadian Institutes of Health Research (CIHR), and the Natural Sciences and Engineering Research Council of Canada (NSERC). These are the major sources of research funding for post-secondary institutions across Canada.

- can combine QPIP benefits with EI Sickness and/or Caregiver benefits if they qualify for them.
- Leave entitlements and benefits are offered per birth, not per child. Parents of multiple-birth infants follow the same entitlements and benefits as parents of single infants under the EI plan. In Québec, QPIP offers 5 additional benefit weeks at 70 per cent to each of the parents in case of multiple births or adoptions (3 weeks at 75 per cent under the special plan). Additional provisions are also available for single parents.

Additional note (e.g., if leave payments are supplemented by collective agreements, employer exclusions, or rights to postpone)

- Some employers provide a supplemental benefit plan that partially or wholly makes up the difference between the federal Maternity benefit and the worker's salary and that often includes coverage during the waiting period before federal benefits are provided. Several collective agreements and employment contracts in Québec likewise include provisions for supplementary benefits that are designed to top up benefits provided under QPIP.

b. Paternity leave (congé de paternité in Québec, where this is the responsibility of the Ministry of Work, Employment and Social Solidarity)¹⁰⁴

Length of leave (before and after birth) entitlement

- No statutory entitlement.

Regional or local variations in leave policy

- Québec offers up to 5 weeks of Paternity leave after birth; 3 weeks at 75 per cent of average weekly earnings or 5 weeks at 70 per cent to an earnings upper limit are available (see Table 1 for rate). Funding is the same as for Maternity leave.
- Fathers in Québec (including self-employed workers) are eligible if they have earned at least CAN\$2,000 [€1,243.16] in the 52 preceding weeks. This covers the parent who did not give birth. For same-sex male parents, the partner of the biological father is entitled to adoption benefits if he was part of the adoption process. In the case of two female parents, the partner of the birth mother is entitled to Paternity leave and Parental leave benefits if her name is on the birth certificate.

c. Parental leave (congé parental)

Length of leave (before and after birth)

- For unpaid job-protected leave, see regional variations below.

¹⁰⁴ The French translation of the name of this ministry is *Travail, Emploi et Solidarité Sociale*.

Payment and funding

- The EI system provides two Parental leave options that apply to both parents of newborns and newly adopted children. Standard Parental leave benefits stipulate that 'up to 40 weeks can be shared between parents, but one parent cannot receive more than 35 weeks' at 55 per cent of average insured earnings up to a maximum (the same rate as Maternity leave). Alternatively, Extended Parental leave benefits offer longer duration for less money: up to 69 weeks can be shared, but one parent cannot receive more than 61 weeks at 33 per cent of earnings (see Table 1 for rates). In both cases, sharing benefits is incentivized.¹⁰⁵
- *Parental Sharing Benefits:* An EI Parental Sharing Benefit¹⁰⁶ was implemented on 17 March 2019. This policy provides an additional 5 weeks of benefits under the standard option (up to 40 weeks) when couples share the benefits, and a maximum of an additional eight weeks when parents share benefits under the extended leave option. The aim of this programme is to enhance gender equality by encouraging more fathers to take a portion of Parental leave. It is important to note that families are only eligible for this new option if *both* parents qualify for and receive benefits.¹⁰⁷ It also aims to be inclusive of all types of families, such as families with same-sex parents and adoptive parents. The extra 5 or 8 weeks are available only to parents of children born or placed with them for adoption on or after 17 March 2019.
- *Low-income families* (i.e., families with a net income of CAN\$25,921 [€16,112.01] or less per annum) are eligible for a family supplement under the EI programme, up to a maximum of 80 per cent of average insurable earnings (calculated on net family income). The specific benefit amount received also depends on the number and ages of children in the family (under 18 years). In 2022-23, close to 51,400 claims received the family supplement¹⁰⁸. Evidence of the total number of claimants receiving the family supplement for low-income families for any of the 'special' benefits, indicates a consistent decrease each year (since 2001-2002), largely because the threshold for the family supplement has been constant since 1997 (at a net annual income of less than CAN\$25,921 [€16,112.01]), while average family income has risen. In September 2021, Québec raised the eligibility threshold for a benefits top-up to the equivalent of the annual minimum wage of a person who works 40 hours a week. The amount rose to CAN\$28,080 [€17,454.00] in 2021. This threshold will now

¹⁰⁵ Government of Canada (2025) *Maternity and parental leave benefits*. Ottawa: Employment and Social Development Canada. Available at: <https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html>

¹⁰⁶ Government of Canada (2025) <https://www.canada.ca/en/employment-social-development/campaigns/ei-improvements/parent-sharing.html> Ottawa: Employment and Social Development Canada.

¹⁰⁷ For an overview of the high numbers of mothers who do not receive Maternity and Parental benefits in Canada, see McKay, L., Mathieu, S. and Doucet, A. (2016) 'Parental-leave rich and parental-leave poor: Inequality in Canadian labour market-based leave policies', *Journal of Industrial Relations*, 58, 4: 543–562. Available at: <https://doi.org/10.1177/0022185616643558>

¹⁰⁸ Employment and Social Development Canada (2025) *2023/2024 Employment insurance monitoring and assessment report, Canada*. Available at: <https://www.canada.ca/content/dam/esdc-edsc/images/programs/ei/ei-list/reports/monitoring2024/2023-2024-EI-MAR-EN.pdf>

be indexed to minimum wage increases and it increased to CAN\$33,488 [€20,815.51] on 1 May 2025. In addition, in Québec the benefit calculation is now based on individual income instead of family income. Low-income parents who qualify for an increased benefit can see it reach up to 85 per cent or 100 per cent of their average weekly insurable income now, depending on the choice of plan. Finally, both parents can receive an increase in their benefits simultaneously if they both qualify.

- *Working while on claim:* In Canada, it is possible for a claimant to receive EI Maternity and Parental leave benefits while continuing to work. If they are earning a maximum of 90 per cent of their previous earnings (in the 52 weeks before going on leave), which is equivalent to approximately 4½ days of work per week, they will receive 50 cents for every eligible benefits dollar. If a claimant works above this 90 per cent cap, their benefits are deducted dollar-for-dollar. If they choose to work a full-time week, they will no longer be eligible to receive benefits (regardless of earnings), but this will not decrease the total amount of weeks payable on their claim. Working while on claim does not need a separate application. If claimants are already receiving Maternity and/or Parental benefits, they only need to declare their earnings online. Québec has different rules regarding working while receiving QPIP benefits (see additional details below).
- *Students and post-doctoral fellows:* Parental leave is available for 12 months for student researchers and post-doctoral fellows receiving federal research grants or scholarships. This programme is administered by federal Tri-Council funding agencies (see footnote 7).

Flexibility in use

- Both in Canada and in Québec, benefits payment can be claimed by either parent or can be shared (if both parents qualify). In Canada, the total duration is 35 weeks (40 weeks if shared) under the standard plan, which stipulates that leave benefits must be used within 52 weeks after the birth. In Québec, the period during which Parental leave can be taken is 78 weeks (see page 16).
- When they apply for benefits, parents must choose either the standard plan or the longer extended benefit plan. This decision cannot be changed once the first weeks' payment has been distributed.
- Each of the 14 labour laws establishes rules regarding flexibility of use. For details, see notes under Table 2 in 'Regional or Local Variations in Leave Policy'. Parents of a newborn or newly adopted child who is hospitalized for an extended period have a window of up to 2 years to claim Parental benefits.
- Parental leave benefits can be combined with EI-covered Sickness or Compassionate Care benefits or Family Caregiver benefits while a parent is on leave.
- Canadian Forces members ordered to return to duty while on Parental leave or whose Parental leave is deferred because of military requirements may receive benefits for an extended window of up to 2 years following their child's birth or adoption.

Regional or local variations in leave policy

- As Canada has 14 jurisdictional Employment Standards Acts, provinces and territories use different unpaid job-protected leave entitlement criteria. In

all jurisdictions but Quebec, where residency determines eligibility for QPIP, place of employment, rather than residency, determines which legal rules parents must follow. These rules pertain to length of leave, flexibility of use, potential extensions related to special circumstances, eligibility for leave, and employment entitlements during leave (e.g., accrual of work benefits such as pensions). Additional regional variations in eligibility for leave entitlement are noted in the next section.

Following the federal government's introduction of an optional extended Parental benefit period of 61 weeks, it amended legislation to allow 63 weeks of unpaid, job-protected Parental leave for workers in federally regulated industries governed by the Canada Labour Code. The federal government works with the provinces and territories to encourage similar changes under provincial employment standards laws. The chart below shows which provinces and territories have made this change as of May 2, 2024. Most jurisdictions require continuous leave within and across types of leave. In Québec, paternity and parental leave can be broken down into weeks.

Table 2: Maximum Duration of Unpaid Leave Entitlement by Jurisdiction

Employment Jurisdiction	Maternity Leave (weeks)	Paternity Leave (weeks)	Parental Leave (weeks)	Adoption Leave and surrogate mothers (weeks)*
Federal	17		63; 71 if shared	
Alberta	16		62	
British Columbia	17		Standard Benefits: 35; 40 if shared Extended Benefits: 61; 69 if shared	
Manitoba	17		63	
New Brunswick	17		62; 78 for birth mothers who took Maternity leave	
Newfoundland and Labrador	17		61	17; can be combined with Parental Leave to maximum of 78
Northwest Territories	17		61; 69 if shared	
Nova Scotia	16		77	
Nunavut	17		37	
Ontario	17		63; 61 for birth mothers who took Maternity Leave	
Prince Edward Island	17		62	
Québec	18	5	65	
Saskatchewan	19		59 for birth or primary adoptive parent; 71	19

			for parent who did not take Maternity or Adoption leave	
Yukon	17			63

Table2 notes:

In most jurisdictions, Parental and Adoption leaves are not differentiated; in others, they are equivalent to Maternity benefits. Table cells are merged as appropriate to reflect this.

Eligibility (e.g., related to employment or family circumstances)

- In most provinces and territories, to qualify for unpaid job-protected Maternity, Paternity, or Parental leave, an employee must complete a specific period of continuous employment in the year prior to taking leave. The exceptions are British Columbia, Nova Scotia, Québec, and, as of 2019, the federal jurisdiction, where there is no minimum length of service required. From shortest to longest duration, Alberta requires a minimum of 90 days with the same employer, Ontario and Saskatchewan require 13 continuous weeks, and Newfoundland and Labrador requires 20 continuous weeks. Prince Edward Island requires employment over any 20 weeks in the previous 52 weeks of leave, while New Brunswick requires 6 months of continuous employment and Manitoba requires seven months. The Northwest Territories, The Yukon Territories and Nunavut require 12 months.
- Additionally, in all jurisdictions, a medical certificate is required or may be requested by the employer, and an employee must notify the employer (usually 2 to 4 weeks in advance or 6 weeks in Alberta, eight weeks (2 months) or sooner in New Brunswick), of their intent to take Maternity or Parental leave. Employees are often required to provide advance notice of their intended date of return.
- Non-citizens and migrant workers with a valid social insurance number and who meet other eligibility criteria may be eligible for Maternity and Parental benefits.¹⁰⁹
- To be eligible for EI paid benefits in Canada, a parent must have worked in insurable employment for 600 hours in the previous 52 weeks or since their last Employment Insurance claim. Outside Québec, self-employed individuals are eligible if they register in advance for the EI Special Benefit programme, have paid premiums for at least one year, and have earned a minimum net income (see Table 1 for rate).
- Self-employed workers in Québec are automatically included in the maternity and paternity benefits programmes and are eligible for 25 or 32 weeks of shareable parental benefits (excluding additional weeks in the case of a more equal split) if they have earned at least CAN\$2,000 [€1,243.16] in the 52 weeks preceding the birth of their child.
- Québec has less demanding eligibility conditions that allow more parents,

¹⁰⁹ Government of Canada (2025) *Maternity and parental leave benefits*. Ottawa: Employment and Social development Canada. Available at: <https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental/eligibility.html>

- including self-employed workers and students, to receive benefits: it requires earning an insurable income of CAN\$2,000 [€1,243.16]. This threshold has remained unchanged since 2006; as a result, with each passing year, it is increasingly easy to qualify to receive benefits.
- Although nearly 80 per cent of full-time Canadian students are in the labour force, they are unlikely to work enough hours to qualify for federal EI leave benefits in Canada. By comparison, under QPIP, earning CAN\$2,000 [€1,243.16] over the previous year enables more students to access Parental leave benefits.

Specific differences between Québec QPIP and EI-based benefits in the rest of Canada

- As of 1 January 2022, an extension is provided in Québec for single parents (when only one parent is indicated on the birth certificate or equivalent document): 5 more weeks under the Basic plan at 70 per cent of income up to maximum insurable income; 3 more weeks under the Special plan at 75 per cent of income up to maximum insurable income. There are no additional provisions for single parents under EI.
- In February 2024, Quebec passed a law that made the names of maternity and paternity benefits more inclusive of sexual minorities, transgender, and non-binary parents. Maternity benefits are now referred to as 'maternity benefits or exclusive benefits for the person, in connection with pregnancy or delivery'. Paternity benefits are now termed 'paternity benefits or exclusive benefits for the non-birthing parent and exclusive or shareable parental benefits in connection with the birth of a child'¹¹⁰
- In terms of benefits, the QPIP offers a Basic Plan entitlement of seven weeks at 70 per cent of average insured income, plus 25 weeks at 55 per cent, up to an earnings ceiling (see Table 1 for rate). There is also a Special Plan, which applies to Parental leave, offering a shorter period of leave (25 weeks) with higher benefits (75 per cent of earnings).
- Under the Basic plan, parents gain 4 additional shareable weeks at 55 per cent if each parent takes at least 8 weeks of shareable Parental or adoption leave. Under the Special plan, parents gain 3 additional shareable weeks at 75 per cent if each parent takes at least 6 weeks of shareable parental or adoption leave.
- The period during which Parental leave can be taken is 78 weeks (18 months).
- *Working while on claim:* It is possible for a claimant to receive QPIP benefits while continuing to work. Parents can combine work income and benefits, up to 100 per cent of the weekly income recognized for the calculation benefits, regardless of the type of benefits (maternity or exclusive for the person in connection with pregnancy or delivery, paternity or exclusive for the non-birthing parent, shareable parental in connection with the birth of a child or surrogate pregnancy, exclusive to the woman or person for pregnancy or childbirth, shareable childcare, exclusive adoption, adoption-related welcome and support, shareable adoption). Earnings above this cap will result in dollar-for-dollar benefits deductions.

¹¹⁰ <https://www.legisquebec.gouv.qc.ca/en/document/cs/A-29.011>

Variation in leave due to child or family reasons (e.g., multiple or premature births; poor health or disability of child or mother; lone parent), or delegation of leave to person other than the parents

- In Nova Scotia, if the child for whom leave is taken is hospitalized for more than one week, an employee can return to work and take the unused portion of the leave when the child is released (this can only be taken once per leave).
- As noted for Maternity benefits, no additional EI parental benefits are provided in the case of different circumstances, although parental benefits can be combined with EI benefits for family caregivers for children who are critically ill.
- In Québec, non-shareable parental benefit weeks are granted to each parent and solo parents in case of multiple births or adoptions (5 weeks to each parent or single parent at 70 per cent in the basic plan and 3 weeks to each parent or single parent at 75 per cent in the special plan). Non-shareable parental benefit weeks are also granted to single parents (5 weeks at 70 per cent in the basic plan and 3 weeks at 75 per cent in the special plan).

Additional note (e.g., if leave payments are supplemented by collective agreements; employer exclusions; or rights to postpone)

- Some employers have a supplemental benefit plan that partially makes up the difference between federal EI Parental benefits and the worker's salary and some also offer additional periods of leave. A survey conducted by Statistics Canada in February and March of 2020, before the full onset of the COVID-19 pandemic, found that 41.9 per cent of Canadian workers had access to Supplemental Maternity, Paternity, Parental or Employment Insurance income as an employer-provided benefit. Access to this supplemental income was far more prevalent among workers with permanent (continuing) jobs than among fixed contract, temporary, seasonal, or on-call workers.¹¹¹ Data from Statistics Canada's Employment Insurance Coverage survey indicate that in 2019, 30 per cent of mothers with an infant under 12 months who worked as a paid employee in the previous 2 years received a top-up payment from their employer.¹¹²
- Many universities have adopted a policy of 'pausing the tenure clock' (extending the period before a mandatory tenure decision) for parents who take Maternity, Parental, or Paternity leave.

d. Childcare leave or career breaks

- None exist under labour laws or regulations at national or provincial levels.
- In some collective agreements in the Québec public service (for example, in education), it is possible to defer income, working 4 years at 80 per cent of earnings, followed by a one-year career break, again at 80 per cent of earnings. This is, however, part of a collective agreement, and

¹¹¹ Statistics Canada (2021) 'Aspects of quality of employment in Canada, February and March 2020', *The Daily*, 22 March 2021. Available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/210322/dq210322a-eng.htm>

¹¹² Choi, Y. (2023). The likelihood and timing of mothers returning to work after parental leave. Statistic Canada, Economic and Social Reports. Catalogue no. 36-28-0001.

not a labour law or regulation.

e. Other types of leave and flexible working

Adoption leave and pay

- Outside of Québec, the same regulations for unpaid Parental leave entitlement generally apply for adoptive parents and birth parents (see Table 2), with the exception of Saskatchewan where adoptive parents are eligible for Adoption leave that is equivalent to Maternity leave, to which Parental leave can be added. The EI programme offers Parental leave benefits, but not Maternity leave benefits for parents of newly adopted children.
- In Québec, the QPIP offers multiple types of adoption benefits:
 - Non-shareable benefits: 5 weeks to each parent at 70 per cent (3 weeks at 75 per cent under the special plan)
 - Shareable Adoption-Related Welcome and Support Benefits: 13 weeks at 70 per cent (12 weeks at 75 per cent under the special plan).
 - Shareable benefits: 32 weeks (seven weeks at 70 per cent + 25 weeks at 55 per cent). Under the special plan, the QPIP offers 25 weeks at 75 per cent. Benefits are extended when shared by both parents. Under the basic plan: 4 additional shareable benefit weeks at 55 per cent once eight shareable adoption benefit weeks have been paid to each parent. Under the special plan: 3 additional shareable benefit weeks at 75 per cent once 6 shareable adoption benefit weeks have been paid to each parent.
 - In case of multiple adoption: Non-shareable benefits of 5 weeks at 70 per cent (3 at 75 per cent under the special plan)
 - For single parents: Non-shareable adoption benefits of 5 weeks at 70 per cent (3 at 75 per cent under the special plan)
- The period during which adoption leave can be taken is 78 weeks (18 months) in Québec.

Time off for the care of dependents (see also Section 3)

Employees' rights to paid or unpaid time off for sick leave, family responsibility leave, and personal leave that may be used either when an employee or other family member is ill, if available, is covered under provincial/territorial employment standards legislation and the Canada Labour Code for federally regulated workers. Collective agreements and employer benefits practices may also provide for paid or unpaid leave for these purposes. A recent review of the legislation and statistics on the availability of such leaves indicates that access is limited and inequitable across Canada.¹¹³

- The Canada Labour Code (covering employees in federally regulated industries) has changed to provide up to 5 days per year for **personal or family responsibility leave**, including 3 paid days after 3 months of continuous employment.

¹¹³ Cai, M., Lero, D. and Fuller, S. (2025) *Care/Work Policies for Managing Routine and Unpredictable Caregiving*. Vanier Institute of the Family Policy Brief. Available at: <https://vanierinstitute.ca/resource/policy-brief-care-work-policies-for-managing-routine-and-unpredictable-caregiving/>

- British Columbia, Alberta, Manitoba, Ontario, New Brunswick, Prince Edward Island, and Nunavut allow 3 to 5 days per year of unpaid **leave to care for a sick child or family member**; Newfoundland and Labrador allows up to 7 days of unpaid sick leave or family responsibility leave.
- In Québec, employees are entitled to 10 days per year of unpaid **leave, which can be used for a sick child or other family member** under the *Loi sur les normes du travail* (minimum employment standards law).
- All jurisdictions have **Compassionate Care leave** provisions, which entitle employees to take 27 or 28 weeks of unpaid time off to care for (or arrange care for) a family member who 'is at significant risk of death within a 26-week period,' and which generally align with unpaid leaves available to employees under provincial legislation. '**Compassionate Care benefits**' provide up to 26 weeks of benefits for those caring for an individual of any age who requires end-of-life care using the same rules required for parental leave benefits. In addition, two more recently introduced benefit programmes are the '**Family caregiver benefit for children**,' that provides up to 35 weeks of benefits for those caring for a critically ill or injured child under the age of 18 and the '**Family caregiver benefit for adults**' that offers up to 15 weeks of financial assistance for those caring for a critically ill or injured person over the age of 18 or a family member who has experienced a significant change in their health and requires the care or support of one or more family members. Each of these benefits are offered through EI, providing up to 55 per cent of recipients' earnings, to a maximum (see Table 1 for current rate).¹¹⁴ Provisions for unpaid leave that match these benefit programmes are provided under the Canada Labour Code and provincial/territorial employment standards legislation.
- The 35 weeks of Family Caregiver Benefits for Children may be shared among any family members (or people considered to be like family) who meet the existing eligibility requirements for EI special benefits, requiring 600 hours of insurable employment during the qualifying period.¹¹⁵ These caregiving benefits are also available to eligible self-employed individuals who have contributed to EI and may be combined with Compassionate Care leave benefits if the child/adult's health worsens. Claimants must provide a medical certificate attesting that the child/adult is critically ill. All provinces and territories have amended their legislation to provide matching periods of unpaid leave (36-37 weeks for the care of Critically Ill Children and 16-17 weeks to care for a Critically Ill Adult).

Specific provision for (breast)feeding

- None.

¹¹⁴ Government of Canada (2026) *EI caregiving benefits*. Ottawa: Employment and Social Development Canada. Available at: <https://www.canada.ca/en/services/benefits/ei/caregiving.html>

¹¹⁵ Government of Canada (2018) *Introducing a new EI Family Caregiver benefit*. Ottawa: Employment and Social Development Canada. Available at: <https://www.canada.ca/en/employment-social-development/campaigns/ei-improvements/adult-care.html>

Flexible working for carers

- *Work-Sharing* is a small, federally run programme supported through the Employment Insurance (EI) fund designed to minimize layoffs. Although not specifically designed for parents, it allows employees to reduce their weekly working hours by 10-60 per cent. Employers and employees must agree to participate in Work-Sharing and apply together. The duration of Work-Sharing is a maximum of 26 weeks; if needed, an extension may be requested, providing up to 12 additional weeks, bringing the maximum up to 38 weeks. Participants in this program receive EI benefits to supplement their wages and the employer must maintain all existing employee benefits during the Work-Sharing agreement. In the province of Québec, while some larger firms made it possible for workers to reduce their hours, many did not. There were no governmental regulations in Québec with respect to this.
- In the federal and Québec jurisdictions, a pregnant woman or nursing mother is entitled to consult with a health care practitioner to establish whether continuing any aspect of her work poses a risk to her health or that of the unborn child or nursing infant. If needed, she is obliged to ask her employer to temporarily modify her duties or to assign her to another position if necessary.
- In Québec, a pregnant worker can qualify for Workers' Compensation if no other suitable position is available at their workplace.
- Employees in the federal jurisdiction have a right to request flexible working arrangements after 6 months of continuous employment. Employees may request changes to the number of work hours per week, their work schedule, or the employee's location of work, such as working from home or a satellite location. Employers are required to consider such requests but may not grant them if the requested change would result in additional costs that would constitute an undue financial hardship for the employer or would result in negative impacts on the quality or quantity of work, the ability to meet customer demand, and/or the performance of the employee's workplace. No other jurisdiction has introduced a formal right to request flexible work arrangements, but they may be introduced through collective agreements.
- In November 2023, 30 per cent of parents with at least 1 child aged 5 years or younger worked exclusively from home or had a hybrid arrangement, including 33.2 per cent of mothers and 27.4 per cent of fathers. In comparison, 23.5 per cent of workers without a young child worked exclusively from home or had a hybrid work arrangement.¹¹⁶

Antenatal appointments and care

- No statutory entitlement.

Other provisions of leave

- None.

¹¹⁶ Statistics Canada (2023) 'Labour Force Survey, November 2023', *The Daily*, December 1, 2023

2. Relationship between leave policy and early childhood education and care (ECEC) policy

Early childhood programmes fall under provincial jurisdiction, requiring that federal leadership and funding be paired with provincial/territorial government commitments and collaborative relationships to effect significant, sustained changes in early childhood policies and provision. Recent efforts, beginning in 2017 and gaining considerable momentum since 2021, are finally resulting in transformative changes in Canada's approach to early learning and childcare, including significant commitments to ensure Indigenous-led programmes that respect and honour Indigenous children, families, and communities. While not without significant challenges, significant multi-year funding and the negotiation of bilateral agreements with each province/territory¹¹⁷ and with Indigenous partners as part of a Canada-wide Early Learning and Child Care system are designed to result in more affordable, accessible, inclusive, high-quality childcare for all Canadians who wish to use it.¹¹⁸

In December 2022, the government introduced legislation that would enshrine in law current programmes and policies to establish and sustain progress made to develop a Canada-wide early learning and childcare system. Bill C35, An Act Respecting Early Learning and Child Care in Canada, became law in 2024. On 6 March 2025, the Government of Canada announced agreements with 11 of 13 provincial and territorial governments to extend the Early Learning and Child Care agreements until 2031.

There is no entitlement to early childhood education and care in Canada. Parents must make their own arrangements for child care at the end of parental leave to return to paid work. The most current information available estimates that in 2021 there was a full or part-day child care centre/preschool space available for only 28 per cent of children age 0-5 across the country¹¹⁹. While initiatives and funding provided under CWELCC agreements include commitments to substantially increase the number of regulated child care spaces, progress has been slower than expected. In 2023, a higher proportion of parents of young children had difficulty finding available child care (62 per cent, compared to 53 per cent in 2019). Difficulties finding and affording child care, particularly outside of Québec, may result in parents postponing their return to the work force, limiting their work hours, or using multiple or temporary arrangements¹²⁰.

Canada is not included in the comparative table on ECEC enrolment produced for the OECD Family Database. Child care program policies, licensing standards, and

¹¹⁷ Separate funding is provided to Québec, given its well-developed child care system in an asymmetrical agreement.

¹¹⁸ Government of Canada (2021) *A Canada-wide Early Learning and Child Care Plan*. Ottawa: Department of Finance Canada. Available here: <https://www.canada.ca/en/departement-finance/news/2021/12/a-canada-wide-early-learning-and-child-care-plan.html>

¹¹⁹ Beach, J., Friendly, M., Nguyen, N.T., Borges Nogueira, P., Taylor, M., Mohamed, S., Rothman, L. and Forer, B. (2023). *Early childhood education and care in Canada 2021*. Childcare Resource and Research Unit.

¹²⁰ Government of Canada: Statistics Canada (2023) 'Child Care Arrangements, 2023', *The Daily*. Available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/231205/dq231205a-eng.htm>

funding mechanisms are under provincial/territorial jurisdiction and vary considerably.

Across the country (outside Québec), jurisdictions have provincially/territorially/municipally funded, provincially or municipally delivered childcare subsidy programmes. These programmes subsidize childcare for young children (birth to 5 years old) and before and after school care for older children. Under this programme, only families that can provide continual proof that both parents (or a lone parent) are working or studying can qualify, and childcare must be provided by a licensed early childhood programme or a regulated childcare provider. Eligibility criteria are income-based and social (i.e., for children with a disability or special need and for families referred by Child and Family Services agencies) and there are minimal fees and surcharges in some provinces. Most provinces offer publicly funded kindergarten to children who are 5 years old.

Although most parents do not qualify for provincial/municipal child care subsidies, they are a crucial resource for lower-income parents, including parents who are students, enabling them to complete qualifications and/or work at lower paying jobs. Notably, these are the very parents who are less likely to qualify for Parental leave entitlement and benefits. Levels of funding, available places, and waitlist backlogs vary by municipality and province and change over time; often, there are long waiting lists for these subsidies.¹²¹

Across the country, child care fees vary depending on provincial policies and market rates, with infant care being the most expensive. Canada's patchwork of provincial/territorial child care policies continues to limit children's access to high quality early childhood programmes and has a considerable impact on family incomes and women's employment.¹²² As aforementioned, many provinces/territories are improving access and/or reducing parental fees under the new child care plan, but the limited supply of qualified early childhood educators remains an issue. There are strong calls by childcare advocates and women's groups to ensure that every jurisdiction develops an effective Early Learning and Child Care (ELCC) workforce strategy. While the new child care plan accounts for workforce concerns, the extent to which the provinces/territories are implementing measures—such as appropriate wage grids and improvements to working conditions and benefits to attract, recruit, and retain qualified early childhood educators—vary considerably. Plans for expansion first require stabilizing the existing supply of programmes, which was impacted to a significant degree by decreased enrolments and additional expenses required during the Pandemic.¹²³ In Québec, there is a network of non-profit child care financed largely by the Québec government, which in 1997 offered day care at CAN\$5 [€3.11] a day. The February 2014 budget increased the amount parents pay for child care to CAN\$7.79 [€4.84] and it was increased to CAN\$8.25 [€5.13] in 2019 and

¹²¹ Macdonald, D. and Friendly, M. (2020) *In progress: Child care fees in Canada*. Ottawa: Canadian Centre for Policy Alternatives.

¹²² For an overview of the costs of day care in Canadian cities, see Macdonald, D. and Friendly, M. (2019) *Developmental milestones: Child care fees in Canada's big cities, 2018*. Ottawa: Canadian Centre for Policy Alternatives.

¹²³ MacDonald, D. and Friendly, M. (2021) *Sounding the alarm: COVID-19's impact on Canada's precarious child care sector*. Ottawa: Canadian Centre for Policy Alternatives. Available at: <https://www.policyalternatives.ca/TheAlarm>.

CAN\$8.70 [€5.41] in 2020.¹²⁴ In 2026, the daily rate for subsidized care is CAN\$9.65 [€6.00]. Subsidized spaces are insufficient to meet demands; however, parents who use unsubsidized child care are entitled to a refundable tax credit that reimburses between 26 and 75 per cent of their expenses, depending on family income. In 2021, Québec announced the introduction of a 'Major initiatives for families' (*Grand chantier pour les familles*) to complete Québec's child care network. The objective is for the network to be completed by 2025, so that every child has access to a child care space. In 2024, there is still an important lack of child care spaces, with more than 30,000 children on the waiting list.

3. Changes in policy since April 2025 (including proposals currently under discussion)

A change originally announced in 2023, by the federal government, has become law but has yet to be implemented.¹²⁵ Exclusive to the federal program (Québec already has these provisions) is a new 15-week shareable parental benefit for adoptive parents (and parents whose child is born via surrogacy). This equalizes adoptive and surrogacy coupled parents with birth parents. The law also includes provisions, under federal labour law, for employees and self-employed people when a child's placement or arrival is delayed, or a child is hospitalized, and leave for pregnancy loss and bereavement.

4. Uptake of leave and benefits

Unpaid leave

No data available.

Paid leave

For receipt of leave benefits, there are three sources of information: a Statistics Canada national survey (the Employment Insurance Coverage Survey, EICS), Québec administrative data¹²⁶, and EI administrative data that are collected by Employment and Social Development Canada (ESDC) and published in an annual *Employment Insurance (EI) Monitoring and Assessment Report* (MAR) by the Employment Insurance Monitoring Commission. The most recent MAR dated 2025 covers the period from 1 April 2023 to 31 March 2024. The numbers can be slightly different between survey and administrative data. Further, the MAR often cites EICS survey data.

The EICS excludes parents from the three territories and those living on First Nations reserves. Data are collected from one parent per household, usually

¹²⁴ Finances Québec (2020) *Connaître le coût quotidien net des services de garde* [Knowing the net daily cost of childcare services]. Available at : http://www.budget.finances.gouv.qc.ca/Budget/outils/garde_fr.asp

¹²⁵ See here: <https://www.parl.ca/documentviewer/en/44-1/bill/C-59/royal-assent>

¹²⁶ The *Conseil de gestion de l'assurance parentale* (CGAP) collects data on the take-up of benefits in Québec. These data are only collected for parents who receive benefits and that are relevant for the payment of these benefits and therefore, little is known about new parents who do not receive benefits. The CGAP plans to work on the profile of parents who do not receive benefits, based on both internal and external databases, and on the linkage of the administrative data it holds with other databases.

mothers; prior to 2020 only mothers were asked about fathers' use/intended use of leave and benefits). The EICS and Employment and Social Development Canada (ESDC) sources sometimes report national figures, which obscure the major differences in patterns of leave and benefit taking between parents in Québec who utilize the QPIP programme and those in the rest of Canada who utilize EI leave benefits. ESDC provides annual information on EI Maternity and Parental benefits, with most disaggregation about provincial uptake but also some about mothers' and fathers' use of benefits. Recent changes to EICS methods have resulted in the latest reports referring to parents and spouse/partners, rather than to mothers and fathers.

In the Employment Insurance Coverage Survey, 2024 released Oct 29, 2025, for all parents of a child aged 18 months or younger (Québec and the Rest of Canada combined), 81.2 per cent of parents with a child 18 months or younger had paid EI premiums and among these parents, 92.8 per cent (the vast majority mothers) received maternity or parental benefits (in 2023 this rate was 92.2 per cent, and in 2022 this rate was 94.2 per cent).¹²⁷ Surveyed parents (usually mothers) reported that among their spouses (mostly fathers), 51.9 per cent claimed or intended to claim paternity or parental benefits in 2023 (in 2023 this rate was 49.3 per cent and in 2022 it was 42.6 per cent).

Receipt of EI benefits

When we break down the national numbers by benefit program, the 2024 EICS found the following uptake data for parents with a child 18 months or younger living *outside Quebec* using the EI program: 75.6 per cent had insurable employment (24.4 per cent did not). Among these new parents with insurable employment, 91.3 per cent reported having received maternity or parental benefits, which is slightly less than the previous year (92.4 per cent in 2022).¹²⁸

The MAR report provides information about the uptake of the EI extended Parental leave benefits option that was introduced in December 2017. During the 2023-2024 Fiscal Year, there were 244,005 new parental benefit claims¹²⁹. Less than 1 per cent of all parental benefit claims (about 1,200) came from adoptive parents.

Most EI parental benefit claims (69.5 per cent) were made by women. The percentage of claims established by men has been increasing in recent years, at 30.5 per cent in 2023/2024, compared to 29.3 per cent the previous year and 23.5 per cent the year prior. Prior to the introduction of the parental sharing option, women received 90.6 per cent of the total amount of parental benefits paid and men received 9.4 per cent.

Parents whose children were born or placed for adoption on or after December 3, 2017, had the option to choose to take standard or extended parental benefits.

¹²⁷ Statistics Canada (2025). Employment Insurance Coverage Survey, 2024. The Daily, Oct 29, 2025. <https://www150.statcan.gc.ca/n1/daily-quotidien/251029/dq251029a-eng.htm>

¹²⁸ Employment and Social Development Canada (2025). *2023/2024 Employment insurance monitoring and assessment report, Canada*. Available at: <https://www.canada.ca/content/dam/esdc-edsc/images/programs/ei/ei-list/reports/monitoring2024/2023-2024-EI-MAR-EN.pdf> (p. 143)

¹²⁹ Ibid.

Standard parental benefits provide up to 35 weeks of benefits at 55 per cent of weekly insurable earnings over a maximum of 12 months – with 40 weeks of benefits available to parents who choose to share parental benefits because of policy changes introduced in March 2019. Extended parental benefits provide 61 weeks of benefits at a benefit rate of 33 per cent of weekly insurable earnings with an additional 8 weeks of benefits available to couples who share benefits over a maximum of 18 months.

In the fiscal year 2023-2024, 17.9 per cent of all parental claims were for extended benefits. The average weekly extended parental benefit amount received was CAN\$353 [€219.42], while the average weekly standard benefit received was CAN\$582 [€361.76] weekly. 62.1 per cent of standard benefit claimants received the maximum weekly benefit available; 62.9 per cent of claimants received the maximum weekly extended parental benefit rate.¹³⁰ Data from the 2021 EICS survey revealed that one quarter of new parents (both mothers and fathers) outside Quebec (225.2 percent) chose the extended EI parental benefits option.¹³¹

Using weeks and amounts of benefits claimed expressed per family (rather than per claim), analysis for 2023/24 indicates that, as in previous fiscal years, eligible parents used almost all the EI Maternity and Parental leave weeks to which they were entitled. Most mothers in receipt of maternity benefits (92.8 per cent) used the full 15 weeks available for an average duration of 14.7 weeks. The average number of weeks of parental benefits received in 2023/24 was 32.9 weeks for mothers and 17.5 weeks for fathers for those receiving standard parental benefits. Among parents who claimed extended benefits, mothers received an average of 57.9 weeks of Parental leave benefits and fathers claimed 34.0 weeks¹³². Data from the 2024 EICS survey shows the average leave duration for parental leave increased by 0.6 months compared to the previous year.¹³³

Sharing paid benefits between parents

Eligible parents in two-parent families can share and use benefits at the same time or at different times. Based on EICS data, in Quebec in 2023, 80.2 per cent of spouses or partners had claimed or intended to claim paternity or parental benefits from QPIP, down from 92.9 per cent in 2022. In provinces outside Quebec, 39.3 per cent of spouses or partners claimed or intended to claim benefits in 2023, up 8.0 per cent from a year earlier.

The EI Monitoring and Assessment Report for 2020/2021 was the first report to provide results on sharing and using the additional weeks of parental benefits made available to parents whose children were born or adopted on or after 31 March 2020. Of all families sharing standard parental benefits, 89.3 per cent used at least one of the extra 5 weeks available to them, and 57.4 per cent used all 40 weeks of parental benefits offered. 72.7 per cent of claimants used all 69 weeks

¹³⁰ Calculated from data found at: https://www.canada.ca/content/dam/esdc-esdc/documents/programs/ei/ei-list/reports/monitoring2021/2020-2021_EI_MAR-EN.pdf

¹³¹ Statistics Canada (2022) 'Employment Insurance Coverage Survey, 2021', *The Daily*, 24 November 2022

¹³² Ibid.

¹³³ Statistics Canada (2025) 'Employment Insurance Coverage Survey, 2024', *The Daily*, 29 October 2025. Available at: <https://www150.statcan.gc.ca/n1/daily-quotidien/251029/dq251029a-eng.htm>

of parental benefits available. In nearly all families, both parents took maternity or parental leave at the same time, with an average of 5.4 weeks of overlap for families receiving standard parental benefits, and 8.1 weeks for those receiving extended parental benefits. The average duration of shared parental benefits was, for standard parental benefits, 17.5 weeks for men and 32.9 weeks for women.

As extended parental benefits can be paid over a maximum of 18 months, the duration of shared parental benefits is reported biannually to ensure data captures both parents who have completed their claim. As a result, there is no current data on the percentage of families who used one or more weeks available through shared extended parental benefits, nor the average leave duration for claimants who opted for shared extended parental benefits.

Because some of the information available combines Maternity and Parental leave and benefits, the section below is organized under two headings: 'mothers' and 'fathers'¹³⁴. Readers should note that statistics are kept separately for those who claim EI benefits under the federal plan and individuals in Québec who receive Maternity, Paternity, or Parental benefits under the QPIP.

Mothers

Based on EICS data, the proportion of Québec parents who are eligible for and receive benefits under the QPIP program is higher than in the rest of Canada. In 2021, 99.8 per cent of recent mothers with insurable employment received QPIP Maternity or Parental leave benefits, compared to 89.3 per cent of mothers in the rest of Canada¹³⁵. This means that, of parents with insurable employment, 0.2 per cent in Québec and 10.7 per cent outside Québec were not receiving benefits. In 2021, 82.9 per cent of parents with a child aged 18 months or younger outside of Québec had insurable employment. This left 17.1 per cent without insurable employment, and therefore not eligible to receive any benefits. Thus, adding 10.7 per cent and 17.1 per cent, we see that 27.8 per cent of parents outside Québec did not receive any parental benefits in 2021. It is critical to pay close attention to these exclusions, as they are not reflected in reporting by Statistics Canada.

In the rest of Canada, most mothers who receive Maternity benefits (98.5 per cent) go on to receive Parental leave benefits. Women tend to receive Parental benefits for longer periods than men. In 2023/24, 92.8 per cent of mothers used all the 15 EI maternity weeks offered to them, with an average duration of 14.7 weeks.¹³⁶ On average, QPIP mothers took 45 weeks of benefits in 2023.¹³⁷

¹³⁴ By fathers, we refer to spouses/partners of recent mothers. This includes same-sex partners.

¹³⁵ Statistics Canada (2022) 'Employment Insurance Coverage Survey, 2021', *The Daily*. Available at: <https://www150.statcan.gc.ca/n1/en/daily-quotidien/221124/dq221124b-eng.pdf?st=PAARNK8c>

¹³⁶ Employment and Social Development Canada (2025) *2023/24 EI monitoring and assessment report*. Available at: <https://www.canada.ca/content/dam/esdc-esdc/images/programs/ei/ei-list/reports/monitoring2024/2023-2024-EI-MAR-EN.pdf>

¹³⁷ Gouvernement du Québec (2025) *Profil des Prestataires 2023, Régime québécois d'assurance parentale* [Service Providers Profile 2023, Quebec Parental Insurance Plan]. Available at: https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/emploi-solidarite-sociale/conseil_gestion_assurance_parentale/statistiques/profil_prestataires/RA_profil_pr estataires_RQAP_2023.pdf

The average weekly Parental benefit for mothers receiving the standard benefit was CAN\$564 [€350.57] compared to CAN\$623 [€387.25] per week for fathers. Among those parents who opted for extended Parental benefits at a lower income replacement rate, the average weekly benefit received was CAN\$342 [€212.58] per week for women and CAN\$382 [€237.44] for men. Most parents who received both standard and extended Parental benefits received the maximum weekly benefit available (for standard benefits, 71.2 per cent used the maximum of 35 weeks offered; for extended benefits, 72.7 per cent used all 61 weeks available to them)¹³⁸.

Fathers

In 2022/23, fathers accounted for 29.3 per cent of those who claimed Parental leave benefits outside of Québec. Previous years have shown a slow but steady increase in the uptake of Parental leave benefits among eligible fathers in Canada (excluding Québec), indicating that more couples are sharing benefits. In 2019, for all provinces combined (including Québec), EICS survey responses indicated that the proportion of fathers who claimed or intended to claim Parental leave rose to 49.3 per cent in 2023, up from 46.6 per cent in 2022, compared to 32.1 per cent in 2020¹³⁹. These data obscure major differences in the uptake of Parental leave by fathers in and outside of Québec.

The introduction of the QPIP, which includes leave that is exclusively for fathers, has had a huge impact on the number of fathers claiming or intending to claim leave in Québec: from 27.8 per cent in 2005 to 92.9 per cent in 2022 and then to 80.2 per cent in 2023¹⁴⁰. In 2023 in Québec, both parents took parental leave in 72 per cent of all births registered by QPIP. In the remaining families, only one parent was paid benefits: 9 per cent were fathers and 19 per cent were mothers. Thus, for 81 per cent of births covered by QPIP, fathers took leave (either Paternity, Parental or both).¹⁴¹

On average, fathers who receive benefits following a birth or adoption take significantly fewer weeks than women who receive benefits. The 2023/2024 *EI Monitoring and Assessment Report* indicated that fathers received an average of 17.5 weeks of standard unshared Parental benefits following birth or adoption, compared to 32.9 weeks for mothers under the standard Parental benefit option; men took an average 8.3 weeks of standard shared parental benefits, while women took 31.7. As aforementioned, data on the duration of shared extended benefits for 2023/24 are not yet available to accommodate for the 18-month period through which extended parental benefits can be paid to either parent. However, in 2022/23, fathers received an average of 17.1 weeks, compared to 54.8 weeks for

¹³⁸ Employment and Social Development Canada (2025) *2023/24 EI monitoring and assessment report*. Available at: <https://www.canada.ca/content/dam/esdc-edsc/images/programs/ei/ei-list/reports/monitoring2024/2023-2024-EI-MAR-EN.pdf>.

¹³⁹ Ibid.

¹⁴⁰ Statistics Canada (2024) 'Employment insurance coverage survey 2023', *The Daily*, 30 October 2024. Available at: <https://www150.statcan.gc.ca/n1/en/daily-quotidien/241030/dq241030a-eng.pdf?st=j0BYiny6>

¹⁴¹ Gouvernement du Québec (2025) Profil des Prestataires 2023, Régime québécois d'assurance parentale [Service Providers Profile 2025, Quebec Parental Insurance Plan]. Available at: https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/emploi-solidarite-sociale/conseil_gestion_assurance_parentale/statistiques/profil_prestataires/RA_profil_pr estataires_RQAP_2023.pdf

mothers; for unshared benefits, men took an average of 34.7 weeks, and women 57¹⁴².

As for Quebec, almost all fathers took advantage of the maximum weeks of paternity benefits to which they were entitled. Regarding parental shareable benefits, 51 per cent of QPIP fathers used them in 2023. On average, QPIP fathers took 10.6 weeks of benefits in 2023. In 2023, among families where both parents received QPIP benefits, the proportion who shared the shareable parental benefits rose by 17 percentage points over 2 years—representing over 9,000 additional families. The new sharing incentive is likely a key factor behind the significant rise observed¹⁴³.

In summary, patterns of parental leave and benefit taking are continuing to evolve for eligible parents as Canada's EI leave benefits and Québec's QPIP policies change, with both offering more flexibility and encouragement of benefit sharing between men and women in two-parent families. The two programmes also continue to diverge as Quebec enacts changes to be more inclusive, generous to singles and parents of multiple births, and raises the benefit floor for low-income recipients.

¹⁴² Employment and Social Development Canada (2025) *2023/24 EI monitoring and assessment report*. Available at: <https://www.canada.ca/content/dam/esdc-edsc/images/programs/ei/ei-list/reports/monitoring2024/2023-2024-EI-MAR-EN.pdf>

¹⁴³ Gouvernement du Québec (2025) *Profil des Prestataires 2023*, Régime québécois d'assurance parentale. Available here: https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/emploi-solidarite-sociale/conseil_gestion_assurance_parentale/statistiques/profil_prestataires/RA_profil_prestataires_RQAP_2023.pdf