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Parental Allowance and Parental Leave — What You're Entitled To

Everything about parental allowance and parental leave in Germany: amount, duration, application process, and information for foreign parents.

Deutsche Begriffe: Elterngeld | ElterngeldPlus | Elternzeit | BEEG

 Full, up-to-date guide: Elterngeld

Parental Allowance and Parental Leave — What You're Entitled To

What is Parental Allowance?

Parental Allowance (Elterngeld) is financial support from the state for parents who work less or not at all after their child is born. It replaces part of the lost income.

How much parental allowance do you get?

• **Basic parental allowance:** 65–67% of net income before birth (min. €300, max. €1,800/month)

• **ElterngeldPlus:** half the amount, for twice as long (min. €150, max. €900/month)

• **No income?** Minimum amount: €300 (basic) or €150 (plus)

How long is parental allowance paid?

Variant	Duration
Basic parental allowance	12 months (+ 2 partner months)
ElterngeldPlus	up to 28 months
Combination	flexibly mixed

You receive **2 partner months** if both parents take at least 2 months of parental leave.

Who is eligible?

- Residency in Germany
- Living with the child in the same household
- Personally caring for the child
- Working maximum 32 hours/week (during benefit receipt)
- **Also foreigners** with a residence permit authorizing employment

What is Parental Leave?

Parental Leave (Elternzeit) is the right to be released from work unpaid for up to **3 years**. Your job remains protected — your employer cannot terminate you.

Important deadlines:

- **7 weeks before start** notify your employer in writing (for the first 3 years of life)
- **13 weeks in advance** for parental leave between the 3rd and 8th birthday

Where do you apply for parental allowance?

At your state's **parental allowance office (Elterngeldstelle)**. In Hamburg: district offices.

Documents:

1. Application for parental allowance (state form)

2. Child's birth certificate

3. Health insurance certificate for maternity allowance

4. Income evidence (last 12 months before birth)

5. Employer certificate regarding parental leave

Tips for foreign parents

• The application is **in German** — ask for help or use the hamboorg.city assistant

• Parental allowance must be **applied for within 3 months** of birth (retroactive payment)

• Fathers can and should take parental leave — it's worth it financially (partner months!)

• **ElterngeldPlus** is often more beneficial if you work part-time

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