



# Family leave and pension

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MINISTRY OF SOCIAL AFFAIRS AND HEALTH

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# Sharing family leave is beneficial for children and reduces the gender pension gap

Having a baby totally changes the life of a family. Work becomes less important for a while, or at least for the parent who is taking care of the child. Many people are concerned about the question of combining work and family life.

Family leave gives both parents the opportunity to take care of the child but also to work when the child is young.

It is therefore good for parents to consider sharing family leave and to already discuss it when expecting a child.

Family leave does not interrupt the accrual of pension benefits. During the period of maternity, paternity or parental allowance, parents accrue contributions to their pension based on the level of their previous earnings or, in fact, even more. During a parental allowance period, parents

generally accrue greater contributions to their pension than during a home-care allowance period.

Sharing family leave is important for both a child and the parents. The child has the opportunity to receive care from both parents, and the parents retain equal opportunities to work, educate themselves and build their careers. Long absences from working life may weaken earnings and career development and eventually the pension. Sharing family leave may also reduce the pension gap between women and men.

Click to use the calculator that evaluates the effect of family leave on pensions for both parents.

 [Pension calculator for family leave](#)



# Read more:

Check your family benefits at the Social Insurance Institution, Kela.

 [\*\*Quick guide for families with children\*\*](#)

Estimate your future pension using a calculator

 [\*\*Pension calculator\*\*](#)

From your own pension insurance provider you can get more information about your pension accrued so far.



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