**How long can you receive maternity/ parental benefits?**

EI **maternity benefits** are offered to biological mothers, including surrogate mothers, who cannot work because they are pregnant or have recently given birth. A maximum of **15 weeks** of EI maternity benefits is available. Benefits can be paid as early as 12 weeks before the expected date of birth, and can end as late as 17 weeks after the actual date of birth. The weekly benefit rate is 55% of the claimant’s average weekly insurable earnings up to a maximum amount.

EI **parental benefits** are offered to parents who are caring for a newborn or newly adopted child or children.

There are two options available for receiving parental benefits: standard or extended.

* **Standard parental benefits** can be paid for a maximum of **35**weeks and must be claimed within a 52 week period (12 months) after the week the child was born or placed for the purpose of adoption. The weekly benefit rate is 55% of the claimant’s average weekly insurable earnings up to a maximum amount. The two parents can share these 35 weeks of standard parental benefits.
* **Extended parental benefits** can be paid for a maximum of **61** weeks and must be claimed within a 78-week period (18 months) after the week the child was born or placed for the purpose of adoption. The benefit rate is 33% of the claimant’s average weekly insurable earnings up to a maximum amount. The two parents can share these 61 weeks of extended parental benefits.
	+ You can choose to claim extended parental benefits **only** if your child was born or placed with you for the purpose of adoption on or after December 3, 2017.

**Are you eligible for EI maternity or parental benefits?**

You may be eligible to receive EI maternity or parental benefits if:

* you are employed in insurable employment;
* you meet the specific criteria for receiving EI maternity or parental benefits;
* your normal weekly earnings are reduced by more than 40%; and
* you have accumulated at least 600 hours of insurable employment during the qualifying period **or**, if you are a self-employed fisher, you have earned enough money during the qualifying period.

For more information visit: <https://www.canada.ca/en/employment-social-development/programs/ei/ei-list/reports/maternity-parental.html#h2.1>