Bonding with Your Newborn

What is Paid Family Leave?

Paid Family Leave is insurance, fully funded by employees through a small payroll contribution. As of January 1, 2018, it provides eligible employees with job-protected, paid time off to:

- **BOND** with a newly born, adopted, or fostered child,
- **CARE** for a family member with a serious health condition, or
- **ASSIST** loved ones when a spouse, domestic partner, child or parent is deployed abroad on active military service.

How can Paid Family Leave help you and your newborn?

Both parents, including same-sex parents, can take job-protected, paid time off to bond with their newborn within the first 12 months of the child’s birth.

Health benefits for parents and children:

- New mothers who take paid leave have fewer postpartum depression symptoms, higher breastfeeding rates, and breastfeed longer.
- Parents are less stressed, and have stronger parent-child bonds.
- Infants have fewer infections, and are generally healthier.

Before you apply

Check the eligibility requirements for Paid Family Leave.

- Most employees who work for private employers in New York State are covered under Paid Family Leave.
- Public employees may be covered if their employer has opted in to provide the benefit. Union-represented public employees may be covered if the benefit has been negotiated through collective bargaining.
- Citizenship and/or immigration status is not a factor in employee eligibility.

Plan your leave.

- Leave can be taken either all at once or intermittently, but must be taken in full-day increments.
- You must notify your employer at least 30 days before the start of leave if foreseeable; otherwise, notify your employer as soon as possible.

PAIDFAMILYLEAVE.NY.GOV – Visit the website for complete details and resources in multiple languages.
(844) 337-6303 – The toll-free Helpline is available Monday through Friday, 8:30 a.m. to 4:30 p.m.
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HOW DO YOU APPLY FOR PAID FAMILY LEAVE?

1 COLLECT YOUR FORMS AND DOCUMENTATION

You can get Paid Family Leave forms from your employer, your employer’s insurance carrier or directly from:
PaidFamilyLeave.ny.gov/forms

Required Forms
To request leave for bonding with your baby, you’ll need the following forms:
- Request for Paid Family Leave (Form PFL-1)
- Bonding Certification (Form PFL-2)

Required Documentation
Birth Parent
- A copy of the child’s birth certificate, if available, or an original copy of a health care provider certification of birth.

Other Parent
- A copy of the child’s birth certificate, if available, naming you as the second parent, a Voluntary Acknowledgment of Paternity (Form LDSS-4418), or a Court Order of Filiation.

OR
- Same documentation as birth parent and a second document verifying the relationship to the birth parent, such as a marriage certificate, civil union, or domestic partnership document.

2 COMPLETE & ATTACH

Form PFL-1
Form PFL-1 has sections that need to be completed by you and by your employer.
Fill out your section, make a copy and give the form to your employer to fill out Part B.
Your employer is required to return Form PFL-1 to you within three business days. If there is a delay, you do not have to wait to proceed. Send the Form PFL-1 that you have filled out, along with the rest of your request package, directly to the insurance carrier.

Form PFL-2
Complete Form PFL-2 and attach copies of the required documentation.

3 SUBMIT WITHIN 30 DAYS

You must submit your completed request package to your employer’s insurance carrier within 30 days after the start of your leave to avoid losing benefits.

Mail or fax your Form PFL-1, Form PFL-2, and all required documentation to your employer’s insurance carrier.

To find out who your employer’s insurance carrier is, you can:
- Look for the Paid Family Leave poster in your workplace.
- Ask your employer.
- Look it up using the employer coverage search application on wcb.ny.gov.

If you cannot find your employer’s insurance carrier, call the Paid Family Leave Helpline for assistance:
(844) 337-6303

The Helpline is available Monday through Friday, 8:30 a.m. to 4:30 p.m.

In most cases, the insurance carrier must pay or deny benefits within 18 days of receiving your completed request or your first day of leave, whichever is later. Your request cannot be considered incomplete solely because your employer did not fill out Part B of Form PFL-1 within three business days.

It is YOUR responsibility to submit the forms to the insurance carrier. It is NOT your employer’s responsibility.

Claim-Related Disputes: If you have applied for Paid Family Leave and have a claim-related dispute, you can file a Request for Arbitration with National Arbitration and Mediation (NAM). Visit nyspfla.com for more information.

Protection Against Discrimination or Retaliation: Paid Family Leave has strong employee protections. If you feel your employer has discriminated or retaliated against you for requesting or taking Paid Family Leave, learn about your rights and protections at PaidFamilyLeave.ny.gov/protections.