

I'm pregnant

DURING AND AFTER PREGNANCY

all parents

All of these rights and protections, except for Unemployment Insurance, are available regardless of immigration status.



JOB-PROTECTED LEAVE

*If you also qualify for the federal Family & Medical Leave Act (FMLA), it will run at the same time as your leave under these state laws. It does not provide you with more leave.



PAY



ACCOMMODATIONS

HOW THIS MIGHT WORK

Lisa has a normal pregnancy, so she needs 4 weeks off before her due date and 6 weeks off after delivery to recover. After that, she needs 12 weeks off to bond with her newborn.

THESE LAWS MAY HELP:

Because they provide for:

Here's what to do:

PDL*

PREGNANCY DISABILITY LEAVE*

- 5+ employees

- Up to 4 months job-protected, unpaid leave while disabled by pregnancy, childbirth or related condition
- Continuation of health benefits

Request from your employer

CFRA*

CALIFORNIA FAMILY RIGHTS ACT*

- 1+ year of service
- 1250+ hrs of work in previous year
- 5+ employees nationwide

- 12 weeks of job-protected bonding leave within 1 year of birth starting after pregnancy disability is over
- Continuation of health benefits

Request from your employer

SDI

STATE DISABILITY INSURANCE

- Unable to work, or working less, due to disability
- Paid into SDI during base period

- Up to 60% or 70% of weekly wages, depending on income, for a max. of 52 weeks, after 1-week waiting period*

Apply at www.EDD.ca.gov

*Beginning in 2025, benefit rates will increase to 90% for low-to-middle income workers and 70% for higher earners.

PFL

PAID FAMILY LEAVE

- On leave to bond with a newborn, newly adopted or foster child
- Paid into SDI during base period

- Up to 60% or 70% of weekly wages, depending on income, for a max. of 8 weeks (can be taken intermittently)*

Apply at www.EDD.ca.gov

*Beginning in 2025, benefit rates will increase to 90% for low-to-middle income workers and 70% for higher earners.

PSD

CA PAID SICK DAYS

- Worked at least 90 days
- Ill or medical appointments

- Accrue 1 hour for every 30 hours worked up to a max. of 6 days per year
- Employer may cap use at 3 days per year

Request from your employer

- Protection from retaliation

Go to dlse.ca.gov

FEHA / LAL

FAIR EMPLOYMENT & HOUSING ACT

- 5+ employees

- Changes to the way you do your job, transfer, or more leave as a reasonable accommodation for pregnancy

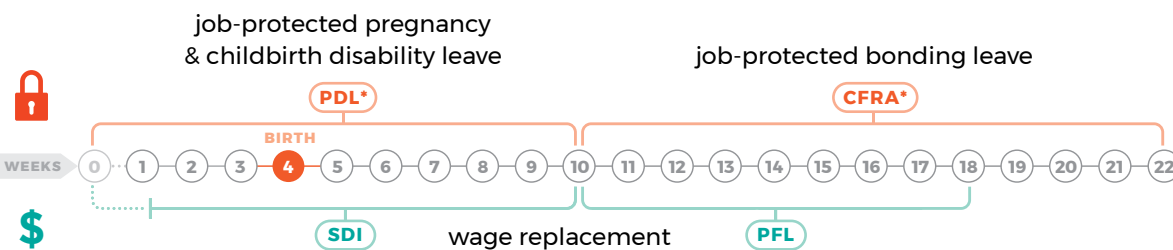
Request from your employer

LACTATION ACCOMMODATIONS LAW

- Break time and a safe, clean private space (not a bathroom) for pumping with a place to sit, a surface to place the breast pump, and access to electricity, a sink, and refrigeration.

- Protection from discrimination, harassment, and retaliation

Go to dfeh.ca.gov or dlse.ca.gov



*Remember, if you qualify for FMLA, it runs at the same time as PDL and CFRA. It does not provide you with more leave.

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JOB-PROTECTED LEAVE

*If you also qualify for the federal Family & Medical Leave Act (FMLA), it will run at the same time as your leave under these state laws. It does not provide you with more leave.



PAY

THESE LAWS MAY HELP:

CFRA*

CALIFORNIA FAMILY RIGHTS ACT*

- 1+ year of service
- 1250+ hrs of work in previous year
- 5+ employees nationwide

FSPA

FAMILY SCHOOL PARTNERSHIP ACT

- 25+ employees
- May be used by a parent, guardian, stepparent, foster parent, grandparent, or a person who stands in loco parentis to a child.

PFL

PAID FAMILY LEAVE

- On leave to bond with a newborn, adopted or foster child within first year, or to care for a seriously ill family member
- Paid into SDI during base period

PSD

PAID SICK DAYS

- Worked at least 90 days
- Ill, caring for ill child or medical appointments
- Local laws may provide additional paid sick time

UI

UNEMPLOYMENT INSURANCE

- Able to work but unemployed or working less through no fault of your own (laid off/fired, leave not granted, etc.)

Because they provide for:

- Job-protected, unpaid leave for a max. of 12 weeks to bond with a newborn, newly adopted, or foster child within the first year of birth or placement in the home, or to care for a seriously ill family member
- Continuation of health benefits

Here's what to do:

Request from your employer

Request from your employer

- Job-protected, unpaid leave for a max. of 40 hours each year to: search for or enroll in child care or school; participate in child care or school activities; and/or address child care or school emergency
- Except for emergencies, employer may cap use at 8 hours per month

- Up to 60% or 70% of weekly wages, depending on income, for a max. of 8 weeks (can be taken intermittently)*

*Beginning in 2025, benefit rates will increase to 90% for low-to-middle income workers and 70% for higher earners.

Apply at www.EDD.ca.gov

- Accrue 1 hour for every 30 hours worked up to a max. of 6 days per year
- Employer may cap use at 3 days per year

Request from your employer

- Protection from retaliation

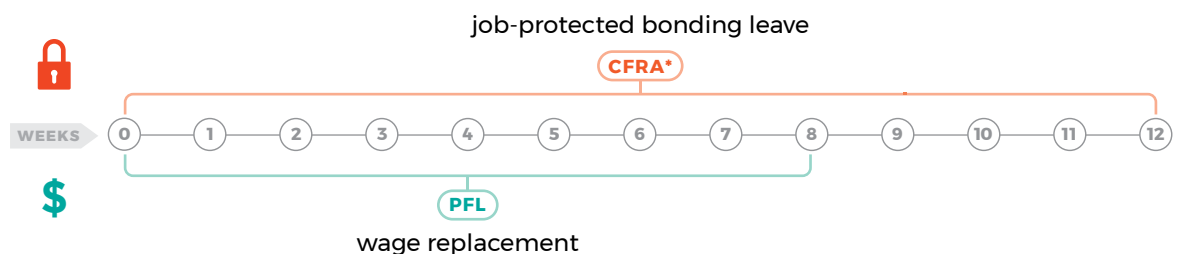
Go to dlse.ca.gov

- Up to \$450 per week, after 1-week waiting period

Apply at www.EDD.ca.gov

HOW THIS MIGHT WORK

Juan needs 12 weeks off to bond with his infant daughter.



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