



# PRACTICAL GUIDE

ALLOWANCE FOR THE CARE OF A CHILD WITH A  
DISABILITY, CHRONIC ILLNESS OR CANCER, AND  
SUPPLEMENTARY PAYMENTS

INSTITUTO DA SEGURANÇA SOCIAL, I.P

## **TECHNICAL FILE**

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Practical Guide - Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, and Supplementary Payments

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**TABLE OF CONTENTS**

**A – What is it? ..... 4**

**B – Who is entitled? ..... 4**

**C – What are the entitlement conditions? ..... 4**

    C2. Qualifying period ..... 5

**D – How much will I receive? ..... 6**

    D1. How much will I receive? ..... 6

        D1.1 Maximum Amount ..... 8

        D1.2 Minimum Amount ..... 8

    D2. How can I receive it? ..... 8

    D3. How to register or change the IBAN (International Bank Account Number) ..... 8

    D4. Unduly Paid Benefits ..... 9

        D4.1 How to reimburse the unduly paid amount ..... 9

        D4.2 What to do if I cannot reimburse the full amount in a single payment ..... 9

        D4.3 What happens if you do not respond or do not reimburse the amount voluntarily? ..... 10

**E – Granting period ..... 10**

    E1. When does the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer start to be paid? ..... 10

    E2. How long will I receive it? (granting period) ..... 10

    E3. When will the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer be temporarily suspended? ..... 10

    E4. When will the Allowance payment be resumed? ..... 11

    E5. When does the allowance entitlement end? (cessation) ..... 11

**F – How to apply ..... 11**

    F1. Where to apply ..... 11

    F2. Which forms must be completed? ..... 12

    F3. What documents are required? ..... 12

    F4. Time limit to apply ..... 12

**G – Can this allowance be cumulated with other benefits? ..... 13**

    G1. It can be cumulated with: ..... 13

    G2. It cannot be cumulated with: ..... 13

**H – What are my duties and penalties? ..... 13**

    H1. Duties: ..... 13

    H2. Penalties: ..... 13

**I – Supporting documentation ..... 14**

**J – Glossary ..... 14**

**K – Frequently Asked Questions ..... 16**

**The information contained in this practical guide does not waive the consultation of the law.**

## A – What is it?

The Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer is a **cash support** paid to persons who need to be absent from work (by taking a leave) in order to provide care for their children (biological, adopted, or the children of their spouse/partner) who have a disability, chronic illness, or cancer; this allowance is paid for a period of up to 6 months, that may be extended up to 4 years, or

for a period of up to 6 years if the care needs to be extended, provided that it is certified by a specialist physician.

**Note:** Questions regarding leaves or absences must be clarified by the Authority for Working Conditions (*Autoridade para as Condições do Trabalho - ACT*) and not by Social Security.

The entitlement to parental allowances depends on taking the leaves or absences provided for in the Labour Code.

## B – Who is entitled?

- Employees (with an employment contract), including domestic workers and home workers, who pay contributions to Social Security;
- Self-employed persons (issuing “green receipts”, or individual entrepreneurs) who pay contributions to Social Security;
- Persons registered under the voluntary social insurance scheme, including:
  - maritime workers and national watchkeepers on vessels owned by foreign companies;
  - scientific research fellows;
- Workers in pre-retirement with reduced working hours;
- Persons who are receiving a Relative Invalidity Pension, Old-Age Pension or Survivor’s Pension and working and paying contributions to Social Security;
- Professional athletes;
- Bank employees.

**Note:** Host Families are also entitled to the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, under the same conditions that apply to people who need to take a leave from work to care for their children (biological or adopted children, or children of their spouse/partner) due to disability, chronic illness, or cancer.

## C – What are the entitlement conditions?

### C1. What are the entitlement conditions?

A person who needs to be absent from work to care for his/her child is entitled to the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, provided that both the person taking the leave and the child **fulfil all of the following conditions**:

- **The person who is absent from work to care for the child must:**

- submit a medical certificate confirming that the child needs permanent care; only one person from the household may receive the Allowance and the other person must carry out a professional activity and not apply for the respective Allowance for the same reason, or be unable to provide care for the child;
- submit the application for the Allowance **within 6 months** from the date in which the leave began;
- **have paid contributions** to Social Security or to another social protection system **for at least 6 months** (consecutive or non-consecutive);
- have his/her **contributory situation regularised** on the date he/she became entitled to the Allowance, in the case of a self-employed person or a member of the voluntary social insurance scheme.
- fulfil the qualifying period.

**The child must:**

- have a disability, chronic illness or cancer, confirmed by a physician.
- belong to the same household as the person who is absent from work to care for him/her, and live with that person.

## **C2. Qualifying period**

To be entitled to the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, you must have worked and paid contributions for **6 months** (consecutive or non-consecutive) to Social Security or to another national or foreign social protection system (provided that the periods do not overlap). The month in which the leave begins is taken into account for the qualifying period of 6 months, provided that you have worked and paid contributions for at least 1 day in that month.

**Note:** If the months with contributions are not consecutive, there cannot be a period of 6 months or more without contributions payment. Otherwise, a new qualifying period must be completed as from the month in which there is a new salaries registration.

## D – How much will I receive?

### D1. How much will I receive?

In the situations of care to a child with a disability or chronic illness, the amount to be received corresponds to **80% of the reference remuneration (RR)**.

**The amount to be received in the situations of care to a child with cancer corresponds to 100% of the reference remuneration.**

#### How to calculate the Reference Remuneration (RR)

The RR is calculated in **3 steps**:

**Step 1.** Identify the salaries registered in the Social Security System in the **oldest 6 months of the last 8 months** prior to that in which you were absent from work to provide care to your child, excluding Holiday pay, Christmas Bonus and similar payments.

In this case, you may consult your registered salaries through the Social Security Online Service, in the Menu > *Trabalho* (Work) > *Remunerações e contribuições* (Remunerations and Contributions) > *Carreira contributiva* (Contributory career).

**Step 2.** Add the salaries from the 6 months identified in Step 1;

**Step 3.** Divide the result from Step 2 by 180 days (30 days × 6 months) to obtain the daily Reference Remuneration.

**Example:** Maria has been working for several years and will begin her leave on 10 April 2025.

**Step 1.** Identify the salaries registered by Social Security in the **oldest 6 months out of the last 8 months prior** to that in which you took the leave to take care of your child;

In this case, if the leave begins in April 2025, the last 8 months prior to the leave will be from August 2024 to March 2025. From these 8 months, we choose the oldest 6, i.e., the salaries from **August 2024 to January 2025**.

**Step 2.** Add the salaries from the 6 months identified in Step 1;

Months identified in Step 1	Registered salary, excluding Holiday pay, Christmas bonus and similar payments
August	€1.000,00
September	€1.000,00
October	€1.100,00
November	€1.100,00
December	€1.200,00
January	€1.200,00

In this case, the total amount of salaries from the 6 months is **€6.600,00**.

**Step 3.** Divide the result of Step 2 by 180 days (30 days × 6 months) to obtain the daily Reference Remuneration.

The calculation of the daily Reference Remuneration is the following: **€6.600,00 / 180 days = €36,67 per day.**

This amount will be used to calculate the daily value of the allowance to which you are entitled (e.g., by applying the legal percentage corresponding to the type of allowance).

### **What happens if I do not have 6 months of contributions to Social Security?**

If the allowance granting is based on contributions paid to other national or foreign schemes, the Reference Remuneration (RR) is calculated according to the following **4 steps**:

**Step 1.** Identify the salaries registered in the Social Security System up to the **day before** the start of the leave, excluding the Holiday pay, Christmas bonus and similar payments;

**Step 2.** Add the salaries from the months identified in Step 1;

**Step 3.** Count the number of months with registered salaries (with paid contributions);

**Step 4.** Divide the result from Step 1 by 30 × the total from Step 2.

**Example:** João started working 3 months ago and will begin his leave on 15 April 2025.

**Step 1.** Identify the salaries registered in the Social Security System up to the **day before** the start of the leave;

In this case, if the leave starts in April 2025 and João has been working for 3 months, the months with registered contributions to Social Security are from **January 2025 to March 2025**.

**Step 2.** Add the salaries from the months identified in Step 1;

<b>Months identified in Step 1</b>	<b>Registered salary, excluding Holiday pay, Christmas bonus and similar payments</b>
January	€1.000,00
February	€1.100,00
March	€1.200,00

In this case, the total amount of salaries from the 3 months is **€3.300,00**.

**Step 3.** Count the number of months with registered salaries (with paid contributions);

João paid contributions for 3 months.

**Step 4.** Divide the result from Step 1 by 30 × the total from Step 2.

The calculation of the daily Reference Remuneration is the following: **€3.300,00 / (30 x 3 meses) = €36,67 per day.**

This amount will be used to calculate the daily value of the allowance to which he is entitled (e.g., by applying the legal percentage corresponding to the type of allowance).

### **D1.1 Maximum Amount**

The maximum monthly amount that can be received is **€1,611,39**, which corresponds to 3 times the Social Support Index (*IAS – Indexante dos Apoios Sociais*) value, which in 2026 is equal to €537,13.

### **D1.2 Minimum Amount**

The minimum monthly amount that can be received is **€14,32** (which corresponds to 80% of 1/30 of the IAS value).

**Note:** If you live in the autonomous regions, the Allowance amount is **increased by 2%**.

## **D2. How can I receive it?**

There are **2 modalities** of payment of this Allowance. The payment can be made

- by bank transfer, or
- by postal order issued by the Portuguese postal services (*CTT*) to your address.

## **D3. How to register or change the IBAN (International Bank Account Number)**

### **1. Online**

You can register or change the IBAN through the Social Security Online Service, in the menu *Iniciar Sessão* (Log In) > *Perfil* (Profile) > *Conta bancária* (Bank Account) > *Consultar e decidir pedidos de alteração de conta bancária* (Consult and decide on bank account change requests).

### **2. At the Social Security Customer Information Services**

To register or change the IBAN, you must complete the form MG 14 - *Requerimento de Registo ou Alteração de IBAN* (Application for IBAN Registration or Change) available on the Social Security Online Service in the *Formulários* (Forms) menu, and attach a bank document confirming the IBAN, which must include the name of the person submitting the application or the person entitled to the **Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer** as the account holder.

**Note:** The IBAN will be pending validation by Social Security. Once confirmed, a notification will be sent to your inbox in the *Mensagens* (Messages) menu.

### **Minimum Banking Services (SMB)**

If you still do not have a current account, you may open a Minimum Banking Services account at any bank.

The annual cost is less than 1% of the national minimum wage, which in 2026 amounts to €920,00.

For more information on Minimum Banking Services, please consult the *Portal do Cliente Bancário* (Bank Customer Portal).

#### **D4. Unduly Paid Benefits**

If you received any unduly amounts from Social Security, you must return them.

The reimbursement of unduly paid amounts can be made in several ways, and you have **30 days** to do so, as from the date you received the notification from Social Security.

**Note:** You must keep the proof of payment, as it may be requested by Social Security

*Decree-Law no. 133/88, Art. 7(5), Art. 8 and Art. 11*

##### **D4.1 How to reimburse the unduly paid amount**

You can make the payment through:

- ATM payment reference (via *Multibanco* system);
- bank transfer;
- certified cheque, bank cheque, or cheque issued by the *Agência de Gestão da Tesouraria e da Dívida Pública IGCP, EPE* (Portuguese Treasury and Public Debt Management Agency), or postal order, sent to the Social Security District Centre of your place of residence;
- a Treasury of the Social Security Services, bringing with you the notification you received from Social Security:
  - using a debit card;
  - in cash, up to €150,00;
  - by certified cheques, bank cheques, or cheques issued by *IGCP, EPE*.

The payment document is available through the Social Security Online Service:

- in the *Pagamentos e dívidas* (Payments and debts) menu > *Posição Atual* (Current Position), or
- in the *Iniciar sessão* (Log in) menu > *Posição Atual* (Current Position).

##### **D4.2 What to do if I cannot reimburse the full amount in a single payment**

You can request to make the payment in monthly instalments, using one of the following methods:

- through the Social Security Online Service, in the *Pagamentos e dívidas* (Payments and debts) menu > *Valores a pagar à Segurança Social* (Amounts to be Paid to Social Security) > *Planos Prestacionais* (Instalment Plans), or
- in the *Pagamentos e dívidas* (Payments and debts) menu > *Dívidas em execução fiscal* (Debts in tax execution) > *Planos Prestacionais* (Instalment Plans).

**Note:** In this case, the instalment plan is automatically approved.

- by submitting the form *MG 7 - Requerimento - Pagamento de valores devidos à Segurança Social* (Application for Payment of Amounts Owed to Social Security),
  - by post, sent to the Social Security District Centre of your place of residence, or

- at any Social Security Customer Information Service.

#### **D4.3 What happens if you do not respond or do not reimburse the amount voluntarily?**

If you are receiving a social benefit, up to **1/3 of that benefit** will be deducted until the full amount is recovered. You may choose to have a higher amount deducted, if you prefer.

#### **We guarantee that you will receive, at least:**

- the amount of the Guaranteed Minimum Monthly Wage, which in 2026 is €920,00 for benefits granted in case of loss or reduction of employment income; if you are receiving a lower benefit amount from Social Security, no deductions will be made, or
- the amount of the Social Support Index (IAS), which in 2026 is €537,13, for all other types of benefits. If you are receiving a lower benefit amount from Social Security, no deductions will be made.

If you are not receiving social benefits, or if you are receiving social benefits from which no deductions can be made, **the amount concerned will be recovered through tax enforcement proceedings (compulsory collection).**

*Decree-Law no. 133/88, Articles 7(5), 8, and 11*

## **E – Granting period**

### **E1. When does the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer start to be paid?**

This Allowance is paid as from the 1<sup>st</sup> day on which you stopped working and the leave began.

### **E2. How long will I receive it? (granting period)**

Up to **6 months**, which may be extended up to **4 years** (except if there is a medical statement confirming that the extension period must be higher than 4 years, in which case the **limit is extended to 6 years**).

In order to extend the granting period of the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer you must inform the Social Security services, at least 10 business days before the end of the current leave, and submit a medical statement.

### **E3. When will the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer be temporarily suspended?**

This Allowance is suspended when:

- your **contributory situation is irregular**, if you are self-employed or covered by the voluntary social insurance scheme;

- you are ill (the Allowance is only suspended if you communicate this fact to Social Security and submit a medical certificate). If you are an employee (under an employment contract), you must also communicate this fact to your employer, previously.

#### **E4. When will the Allowance payment be resumed?**

The allowance payment will be resumed when:

- you regularise your contributory situation with Social Security within **3 months** following that in which you stopped receiving the Allowance, if you are self-employed or covered by the voluntary social insurance scheme;

#### **E5. When does the allowance entitlement end? (cessation)**

The entitlement to the **Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer** ends when at least one of the following circumstances happen:

- fraud occurs;
- the person concerned is working while receiving the allowance;
- the person receiving the Allowance dies (in this case, the Allowance ceases on the following day);
- in the case of a self-employed person or a person covered by the voluntary social insurance scheme: if his/her contributory situation is irregular until the end of the 3<sup>rd</sup> month immediately prior to that in which the illness began, and he/her does not regularise it within the 3 months following that in which the Allowance for the Care of a Child with a Disability, Chronic Illness, or Cancer was temporarily suspended.

## **F – How to apply**

### **F1. Where to apply**

- Through the Social Security Online Service, in the *Família* (Family) menu > *Deficiência e incapacidade* (Disability and Incapacity) > *Subsídio de Assistência a Filhos com Deficiência, Doença Crónica ou Doença Oncológica e Complementos* (Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, and Supplementary payments), or
- in the *Doença* (Doença) menu > *Deficiência e incapacidade* (Disability and Incapacity) > *Subsídio de Assistência a Filhos com Deficiência, Doença Crónica ou Doença Oncológica e Complementos* (Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, and Supplementary payments);
- At any Social Security Customer Information Service;
- By post, sent to the Social Security District Centre of your place of residence.

## F2. Which forms must be completed?

- Form RP 5053 – *Requerimento de Subsídio para Assistência a Filho com Deficiência, Doença Crónica ou Doença Oncológica* (Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer);
- Form RP 5061 – *Declaração de prolongamento do Subsídio para Assistência a Filho com Deficiência, Doença Crónica ou Doença Oncológica* (Statement for the extension of the Allowance for the Care of a Child with a Disability, Chronic Illness, or Cancer);
- Form GIT 81 – *Declaração Médica - Subsídio para Assistência a Filho com Deficiência, Doença Crónica ou Doença Oncológica* (Medical Statement - Allowance for the Care of a Child with a Disability, Chronic Illness, or Cancer);
- Form RP 5003 – *Requerimento de Prestações Compensatórias* (Application for Compensatory Benefits).

## F3. What documents are required?

- Bank document confirming the IBAN, which must include the name of the person submitting the application as the account holder, if he/she wants that the payment is made by bank transfer.
- Medical certificate of disability, chronic illness or cancer, if the child is aged 12 or older;  
**Note:** This certificate is not required if the child is already receiving a disability benefit;
- Medical certificate confirming that the child requires care.

## Updated address

You must always keep your address updated.

- If you do not have a Citizen Card, you must update your address:
  - through the Social Security Online Service, or
  - by submitting the form MG 2 – *Requerimento de Alteração de Dados* (Application – Change of personal details).
- If you have a Citizen Card, you must update your address:
  - via the internet, by accessing the *Portal do Cidadão* (Citizen's Portal), after making your registration.

**Note:** This service allows any adult to update his/her address online easily and simultaneously in multiple public entities. Alternatively, this can also be done in person at a Citizen Shop (*Loja do Cidadão*) or at other entities that issue the Citizen Card.

You may be asked to provide additional documents by the Social Security services, in order to confirm that you meet the conditions for the Allowance.

## F4. Time limit to apply

**Up to 6 months** after the 1<sup>st</sup> day of absence from work to provide care to your child.

## G – Can this allowance be cumulated with other benefits?

### G1. It can be cumulated with:

- Solidarity Supplementary for the Elderly;
- Compensation and pensions due to occupational disease or work-related accident;
- Old-age Pension, Relative Invalidity Pension and Survivor's Pension, provided that you are working and paying contributions to Social Security;
- Pre-retirement, provided that you are working and paying contributions to Social Security;
- Social Integration Income.

### G2. It cannot be cumulated with:

- benefits granted within the scope of the solidarity subsystem, with the exception of the Social Integration Income and the Solidarity Supplement for the Elderly;
- employment income;
- Unemployment benefits;
- Sickness benefit;
- Activity Cessation Allowance for Business Owners and Members of Statutory Bodies of Legal Entities;
- Activity Cessation Allowance for Economically Dependent Self-Employed Persons or Business Owners;
- Unemployment Social Benefit (Initial or Subsequent).

## H – What are my duties and penalties?

### H1. Duties:

- Inform Social Security within **5 business days** of any changes that determine the end of the Adoption Allowance entitlement;
- Communicate the extension of the leave to Social Security, at least 10 business days before the end of the current leave period and submit the statement of a specialist physician, if you wish to request an extension of the allowance granting.

### H2. Penalties:

If the **duties are not fulfilled** or **illegal means are used to obtain the Allowance**, the person concerned will be subject to **finances**.

## I – Supporting documentation

### Applicable legislation

#### **Ministerial Order no. 480-A/2025/1 of 30 December**

Updates the Social Support Index (IAS) value for the year 2026 (€537,13).

#### **Decree-Law no. 139/2025 of 29 December**

Updates the value of the guaranteed minimum monthly wage (i.e., the national minimum salary) for 2026, to €920,00.

#### **Law no. 73-A/2025 of 30 December (LOE2026)**

Article 253 amended Article 36 of Decree-Law no. 91/2009 of 9 April, concerning the amount of the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, and Supplementary payments.

#### **Decree-Law no. 139/2019 of 16 September**

Establishes the implementation scheme for Host Family Care, a measure to promote the rights and protection of children and young people in danger.

#### **Law no. 24-D/2022 of 30 December**

State Budget for 2023.

#### **Law no. 7/2016 of 17 March**

Provides for a specific increase in the amount of benefits within the scope of social protection, in the events of maternity, paternity and adoption, received by residents of the autonomous regions.

#### **Decree-Law no. 91/2009 of 9 April, amended by Decree-Law no. 70/2010 of 16 June, Decree-Law no. 133/2012 of 27 June, Law no. 120/2015 of 1 September, Decree-Law no. 53/2018 of 2 July and Law no. 90/2019 of 4 September**

Establishes the legal scheme of social protection in parenthood.

#### **Ministerial Order no. 458/2009 of 30 April**

Approves the new application form models.

#### **Law no. 53-B/2006 of 29 December**

Creates the Social Support Index (*IAS – Indexante dos Apoios Sociais*) and establishes new rules for updating pensions and other social benefits from the Social Security system.

## J – Glossary

### Disability

A long-term loss or change of a psychological, physiological or anatomical function, resulting in a significant loss of autonomy, and which is difficult to treat or correct.

### **Chronic illness**

A long-term condition that affects various aspects of the child's life. Symptoms worsen over time and may cause difficulties. Medical treatment options are limited.

### **Qualifying period**

It is the minimum period of contributions payment to Social Security (or another mandatory social protection system) required for the entitlement to a benefit.

In the case of the **Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer**, a person is only entitled to this Allowance if he/she has worked and paid contributions for at least 6 months (consecutive or non-consecutive) to Social Security or to another national or foreign social protection system, provided that the contribution periods do not overlap and that the other system also guarantees him/her an allowance in these situations.

If necessary, the month in which the work interruption occurs is also taken into account for the qualifying period, provided that the person concerned has worked and paid contributions for at least 1 day during that same month.

### **Countries that allow the aggregation of contributory periods for the fulfilment of the qualifying period (European Union, European Economic Area and Switzerland):**

Germany	Austria	Belgium	Bulgaria
Cyprus	Denmark	Slovakia	Slovenia
Spain	Estonia	Finland	France
Greece	Hungary	Ireland	Iceland
Italy	Latvia	Liechtenstein	Lithuania
Luxembourg	Malta	Norway	Netherlands
Poland	Portugal	United Kingdom	Czechia
Romania	Sweden	Switzerland	

### **Countries with Agreements or Conventions with Portugal that allow the aggregation of contributory periods for the fulfilment of the qualifying period:**

Andorra	Brazil	Cape Verde	Morocco
	Australia	Tunisia	

## **K – Frequently Asked Questions**

**During the periods in which I am receiving the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer, are these periods equivalent to earnings registration with the payment of contributions?**

**A:** Yes. The days in which you receive the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer also count as contributory periods.

During the allowance payment period, your earnings are assumed to be equal to the reference remuneration amount.

**3. Do I need to declare the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer amounts I receive from Social Security for income tax purposes?**

**A:** No. Currently, the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer amounts received are not declared for Income Tax (IRS) purposes.

**3. If one of the parents – for example, the father – is receiving the Parental Allowance for the additional 30 days due to the sharing of Initial Parental Leave, and if the mother wants to take, simultaneously, the leave for the Care of a Child with a Disability, Chronic Illness or Cancer, is she entitled to receive the respective Allowance?**

**A:** The entitlement to parental allowances depends on taking the leaves or absences provided for in the Labour Code.

Parental leaves are designed to ensure that only one parent at a time may provide care to the child, except in two specific situations: when the father is taking the exclusive initial parental leave, or when both parents opt for the 150 days initial parental leave, but only during the period between the 120 and the 150 days (maximum period of 15 days).

Therefore, the mother is not entitled to receive the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer at the same time that the father is taking Initial Parental Leave and receiving the corresponding Parental Allowance.