

## Paradise for families?

The Swedish benefits system means most working parents stay at home with their children full-time until they are 18 months old, and still get paid.

Jenny Sundelin , [Society Guardian](#), Monday 18 February 2008 05.22 EST



In Sweden, parents get lots of support from their government.

Parents get a total of 480 days off in Sweden, which can be split between them. However, at least 60 of those days have to be taken by each individual parent. This is because both parents are expected to take leave to spend time with their new children.

All new Swedish parents get 390 days off and are paid 80% of their regular salary during this time. Another 90 days can be taken, but that is paid at a lower rate.

You can even decide to work part-time until your child is eight years old and still get 80% of your full-time pay.

"The Swedish system is more flexible and you can plan your time off," says Anna-Lena. "You might lose out a bit financially, but you don't lose out as a parent as it means you get more time with your child," she says.

Adapted from <http://www.theguardian.com/society/2008/feb/18/children.parents>

## 10 things that make Sweden family-friendly

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Swedish parents get a "child allowance" every month until the child is 16 years old. This is \$126/month paid to the parents until the child is

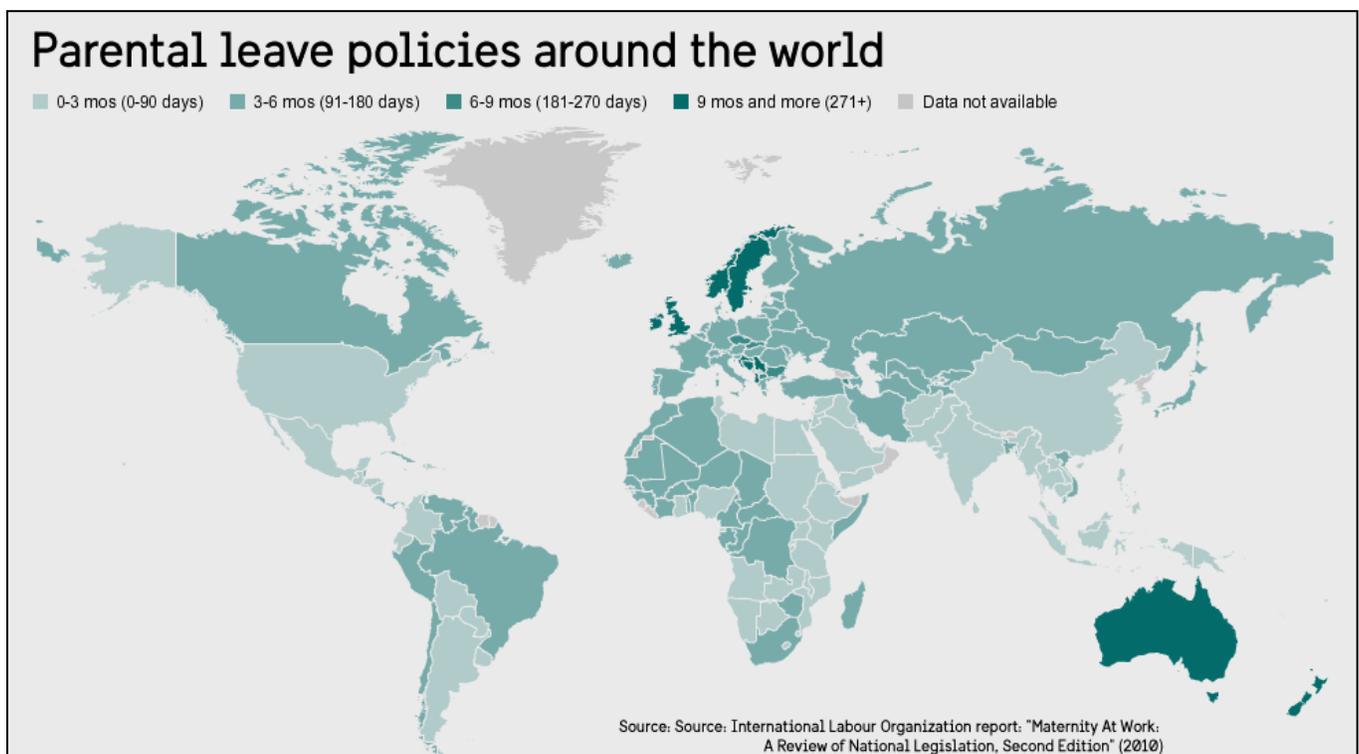


16 years old. Large families get extra money. For example, a family with 6 children would get \$126/month for each child PLUS \$494/month for having six.

After the child starts school, there will be times the kiddo gets sick. When a parent needs to stay home with a sick child, that parent gets the day off with 80% of their pay. Medical care is free for everyone up to 20 years old. Dental care is included. (Medical and dental care are low cost for adults, but not free.)

School is free all the way up through college, so parents don't pay for their kids to go to college.

Families get a lot of special help in Sweden. But anyone can get paid sick leave at 80% of their salary if they need it. Sweden also has a monthly retirement payment for everyone over 65 years old. Elderly people can get free meals, free help cleaning and shopping, and free transportation. When a Swedish person needs to move to a retirement or nursing home, the government pays for most of that cost too.



Adapted from 10 Things That Make Sweden Family Friendly at <https://sweden.se/society/10-things-that-make-sweden-family-friendly/>