



Parental leave checklist

Preparing financially for leave can help boost your confidence—enabling you to focus on what matters most: spending time with your growing family.

Use this checklist to help start building your parental leave budget.

Income changes during leave

Your benefits may impact your income during leave.

☒

Number of weeks paid leave

☒

Number of weeks partially paid leave

☒

Number of weeks unpaid leave

☒

Eligible for state-paid leave?

☐ Yes

☐ No

Amount

☒

Eligible for short-term disability payments?

☐ Yes

☐ No

Amount

☒

Eligible for adoption assistance?

☐ Yes

☐ No

Amount

Expense changes during leave

You may want to budget differently for certain expenses during your leave.

☒	Estimated out-of-pocket medical care costs	
☒	Monthly out-of-pocket health insurance premiums	
☒	Monthly cost of diapers	
☒	Monthly cost of formula or feeding supplies	
☒	Monthly change in groceries	
☒	Monthly change in utilities	
☒	Monthly change in fuel cost	
☒	Monthly change in subscription costs	
☒	Monthly change in non-essential shopping	
☒	Other monthly changes	

Getting a handle on your budget during leave is a great place to start. But growing your family is also an important time to evaluate your bigger financial picture. Your Northwestern Mutual financial advisor has knowledge and resources that can empower you to reach your goals.

Learn more at nm.com

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