EI Leave Plan

StormIt Motherhood in Canada

A one-page planning card for EI maternity/parental benefits or Quebec QPIP. Use it before you apply, before the HR meeting, and before you choose standard vs extended.

1. DATES TO CONFIRM

EXPECTED DUE / PLACEMENT DATE

LAST PLANNED DAY OF WORK

BENEFIT START DATE

PLANNED RETURN-TO-WORK DATE

EMPLOYER / HR CONTACT

2. CONFIRM YOUR SYSTEM

- [ ] EI outside Quebec
- [ ] QPIP in Quebec
- [ ] Self-employed EI registered 12+ months ago
- [ ] Not sure - call Service Canada / RQAP

3. CHOOSE THE BENEFIT SHAPE

STANDARD EI

55% up to $729/wk. Shorter leave, higher weekly cash flow.

- [ ] This is our current choice

EXTENDED EI

33% up to $437/wk. Longer leave, lower weekly cash flow.

- [ ] This is our current choice

QUEBEC QPIP

Basic or special plan. First application usually locks the plan.

- [ ] This is our current choice

4. MONTHLY CASH-FLOW SNAPSHOT

MONEY IN	MONEY OUT
EI / QPIP	RENT / MORTGAGE
EMPLOYER TOP-UP	GROCERIES
PARTNER INCOME	DEBT / BILLS
SAVINGS	BABY / CHILDCARE

NET CUSHION PER MONTH

5. SHARE, HR, AND APPLY

- [ ] Other parent weeks decided
- [ ] Top-up amount and return rule in writing
- [ ] Benefits, pension, vacation, seniority checked
- [ ] ROE timing confirmed
- [ ] Apply after stopping work - do not drift past 4 weeks
- [ ] Tax cushion set aside

KEEP BESIDE THE REAL SOURCES

This card is not a Service Canada form and is not legal, financial, tax, or employment advice. Confirm rules at canada.ca, RQAP/CNESST if in Quebec, and your provincial or federal employment standards. Communities can help you compare notes, but Service Canada/RQAP decide the claim.