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Paid Leave Oregon reminds dads that bonding leave is for them, too

Father's Day is a reminder that time to bond with a child matters for the whole family

Salem, Ore. — This Father's Day, Paid Leave Oregon is reminding dads across the state that paid bonding leave is for them, too.

Paid Leave Oregon gives eligible workers paid time away from work to care for themselves, care for loved ones, and bond with a new child. Bonding leave is available to eligible parents in the first year after a child is born, adopted, or placed in their home through foster care.

“Bonding leave is not just for one parent,” said Oregon Employment Department Director Andrew R. Stolfi. “When dads take time to care for and bond with a new child, it strengthens families. It helps parents share the work of caregiving, gives children important time with their fathers, and helps families begin a new chapter with more stability and support.”

[Research shows](#) that when fathers take time away from work after welcoming a new child, families benefit. Fathers who take leave are [more likely to stay involved](#) in caregiving after they return to work, and children benefit from strong early relationships with their parents. Research has also connected paid family leave with improved family economic stability, better infant and maternal health, and increased father engagement.

But many fathers have historically faced pressure not to take leave. For some, that pressure is financial. For others, it comes from workplace expectations, cultural

assumptions about caregiving, or fear that taking time away from work could affect how they are seen on the job.

Paid Leave Oregon helps reduce those barriers by making paid time off available to more working families. The program also includes job protections for workers who take leave, helping them return to their jobs after time away from work.

“For a long time, many dads have felt like they had to choose between being present for their family and protecting their paycheck,” Serratos said. “Paid Leave Oregon helps make that choice less painful. It gives more parents the chance to be there for the moments that matter.”

Paid Leave Oregon data also show that men are using the program, but continue to make up a smaller share of applicants than their share of Oregon’s workforce. As of November 2025, men accounted for 33% of Paid Leave Oregon applicants despite making up 50.46% of Oregon’s labor force. Father’s Day is an opportunity to remind working men that Paid Leave Oregon was created for them, too.

Eligible workers can take up to 12 weeks of paid leave in a benefit year. The amount workers receive depends on their wages, and some workers may receive their full wages while on leave.

Paid Leave Oregon is not only available to care for a new child. Eligible workers can also use paid leave to care for a family member with a serious health condition, take time for their own serious health condition, or take safe leave if they are survivors of sexual assault, domestic violence, harassment, bias crimes, or stalking.

Workers can learn more about Paid Leave Oregon, check eligibility, estimate benefits, and apply at paidleave.oregon.gov.

About Paid Leave Oregon

Paid Leave Oregon provides temporary, paid time away from work so employees can have financial security when experiencing significant life events. Covered events include welcoming a new child, recovering from a serious health condition, caring for a family member with a serious health condition, or addressing issues related to sexual assault, domestic violence, stalking, or harassment. Paid leave benefits help Oregonians stay connected to their jobs and maintain financial stability during these major personal events. Learn more at paidleave.oregon.gov.

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