

Information leaflet for parents of newborns



Patient information leaflet

How to register the birth of a child

A child's birth must be registered within one month of the date of birth of the child. The birth of a child is registered on the basis of an application within seven business days of submission.

An application for registration of a birth may be submitted by married and unmarried parents and by a single parent, provided that a healthcare provider has forwarded the data of the medical birth certificate to the population register.

Additional information on birth registration can be found at: www.eesti.ee

You can submit an application at:

- www.rahvastikuregister.ee;
- the Tallinn Vital Statistics Department;
- the city or local municipality government.

What registration of a birth entails

- The parents give their child a first and last name.
- Data on custody rights are entered into the population register.
- Paternity acknowledgement takes place.
- If desired, the child's birth certificate is issued to the parents. The birth certificate is in Estonian and its first issue is free of charge. You can order the certificate in a foreign language in the e-population register or by submitting an application to the local government at the county seat or an Estonian foreign representation of your choice.

Location of the Tallinn Vital Statistics Department

Pärnu mnt 67, Tallinn

Telephone 645 7480, www.tallinn.ee

At the Tallinn Vital Statistics Department, residents of Tallinn can apply for a childbirth allowance from the city of Tallinn (for a list of necessary documents, see the chapter 'Birth allowance paid by the city of Tallinn').

Citizenship and identity documents

A child is considered an Estonian citizen if at least one of their parents is an Estonian citizen. If the other parent of the child is a citizen of another country, the child can also acquire the citizenship of another country, depending on the laws of the other country, and the child then has dual citizenship. In this case, the child may have dual citizenship at birth. The child's parents can choose and decide which travel document or which country's documents (passport) to request for the child. Parents must contact the embassy of their country of citizenship to obtain a travel document for their child.)

In Estonia, the travel document is an ID card or a passport. Documents valid in Estonia (ID card, Estonian passport, foreigner's passport, residence permit card, refugee travel document, temporary travel document) can be applied for at the Police and Border Guard Board.

Additional information: <https://www.politsei.ee/et/>

If one of the child's parents is an Estonian citizen

State family allowances and the parental benefit

State family allowances and the parental benefit are paid by the Social Insurance Board. There is no need to submit an application for family allowances and the parental benefit. After registering the birth of a child, the Social Insurance Board will send an e-mail to parents, informing them of the types of allowances and parental benefits available. In order to be notified, it is necessary to verify the correctness/existence of an e-mail address in the self-service portal of the Social Insurance Board. There, you can also make choices on the types of allowances to be received by one parent or the other.

In general, eligibility for the parental benefit until the child turns 30 days of age rests with the mother raising the child. Later, parents can take turns using the benefit. However, the preferential right to the benefit belongs to the parent who is on parental leave.

The parental benefit is payable from the date on which the right arises until the child reaches three years of age for up to 605 calendar days per child, including the calendar days of maternity benefits, paternity benefits and shared parental benefits.

If the mother of the child was employed before the birth of the child, the duration of the shared parental benefit is usually 475 calendar days (the number of days may be higher if the mother used fewer days of parental benefit). If the mother of the child was not employed before the birth of the child, the total duration of the shared parental benefit is 515 calendar days.

In 2025, the amount of the parental benefit is 820 euros and is capped at 5265.09 euros per month. The parental benefit is calculated on the basis of the social tax declared for the earned income of the 12 calendar months preceding the nine months from the child's birth. For example, a child is born in October 2025. The amount of parental benefit is calculated on the basis of the income earned from January 2024 to December 2024. The recipient may continue working and earning income while they are receiving the benefit. If the income exceeds one half of the maximum benefit limit, the amount of the parental benefit paid out is reduced. Income exceeding €2632,54 must be reported through the Social Insurance Board's self-service portal.

Location of the customer service centre of the Social Insurance Board's Tallinn office

Paldiski mnt 80, Tallinn

Telephone 612 1360

www.sotsiaalkindlustusamet.ee

State family allowances

- Childbirth allowance (one-off): 320 euros.
- Child allowance (monthly, 80 euros for the first and second child and 100 euros for the third and each subsequent child).



- Allowance for a family with many children (monthly).
 - Families raising three to six children: 450 euros.
 - Families raising seven or more children: 650 euros.
- Single parent's child allowance (monthly): 80 euros.
- Allowance for child of a conscript or person completing alternative military service (per child, up to the end of conscription, monthly): 900 euros.

Allowance paid by a local municipality or city government

Most municipality and city governments pay an allowance to parents upon the birth of a child, having established certain conditions in this regard. The allowance is determined and paid out by the corresponding municipality or city government (the amount of the allowance varies).

Childbirth allowance paid by the city of Tallinn

You can apply for the childbirth allowance as soon as you register your child's birth through the Tallinn e-service.

You can apply for the allowance within six months of the birth of your child.

The subsidy rate is 320 euros, which is paid out in two parts: 50% after the application is submitted, 50% after the child reaches one year of age, provided that the child and his parents or a single parent have been residents of the city of Tallinn without interruption, according to the population register, from the child's birth until the child reaches one year of age. The allowance for twins is 1000 euros and it is paid in one part.

A child has the right to receive support if at least one parent or single parent's registered residence in the population register has been continuously in the city of Tallinn for the year before the child's birth. The place of residence entered in the population register of the other parent must be the city of Tallinn before the birth of the child. In addition, the child must live at the same address as the applicant of the allowance, according to the population register.

Newborn care package for residents of Tallinn

The infant care package is given to the child's parents, if the parents or a single parent has been a resident of the city of Tallinn one year before the child's birth, according to the population register.

Women who gave birth on Friday, Saturday or Sunday will receive their package on Monday while still in the maternity ward. If you didn't receive the package at the maternity ward, you can pick it up from the maternity hospital within two months. Please call 620 7394 to schedule a time to pick it up. You need to bring the child's birth certificate or the identity documents of both parents.

Paternity leave and paternity benefit

The father's parental benefit can be received by the child's father or one parent of the same sex who is not the child's mother. If the child does not have a father or the father has abandoned the child, the father's parental benefit can also be received by the mother's husband or registered life partner.

The father of the child or one parent of the same sex who is not the mother of the child is entitled to 30 calendar days of parental leave (in one or several parts), for which the Social Insurance Board pays the father's parental benefit, which can be planned by the other parent in the Social Insurance Board's self-service environment.

Paternity leave may be used from 30 calendar days before the estimated due date of the child as determined by a doctor or midwife up until the child reaches three years of age. The application for parental leave must be submitted to the employer at least 30 calendar days in advance unless agreed otherwise.

Health insurance

Children receive health insurance automatically if the child's place of residence in the Population Register is an Estonian address.

If you plan on travelling, apply for a European Health Insurance Card for your child. You can apply for it through the www.eesti.ee state portal or at the Estonian Health Insurance Fund's customer service office.

The application can also be sent to the Estonian Health Insurance Fund by post or e-mailed in a digitally signed form (info@tervisekassa.ee).

Location of the Health Insurance Fund in Tallinn:

Liivalaia 36, Tallinn
Telephone 669 6630
www.tervisekassa.ee

Those receiving the parental benefit are automatically covered by health insurance during the payment period. The Social Insurance Board will provide the Estonian Health Insurance Fund with the data needed to apply for health insurance.

Parental leave

Parental leave is granted to the parent caring for the child until the child reaches three years of age. One person can use the parental leave at a time. It can be taken in one part or in parts at any time. The applicant's employer must be notified at least 30 calendar days in advance of planned parental leave or interruption of parental leave unless agreed otherwise.

Family physician

All newborns are automatically registered with their mother's family doctor. You only need to submit an application if you want your child to have a family doctor other than your own family doctor.

If you want to register a family doctor in the register or change family doctor, this can be done on the basis of a written application. The necessary information can be found at <https://www.tervisekassa.ee/perearstiabi>. Vacancies in the lists of family doctors can be found: <https://www.tervisekassa.ee/inimesele/arsti-ja-oendusabi/perearstiabi/vabad-kohad-perearstide-nimistutes>

If you are a foreigner who has moved to Estonia and does not know the Estonian language, we recommend bringing an interpreter to the doctor's appointment. It is the patient's own responsibility to cover the costs of the interpreter. People from your support network (family member, relative, friend, etc.) can also be used as an interpreter.

If you are a recipient of international protection (including a recipient of temporary protection) or his family member, we recommend contacting the local government or the Social Insurance Board for free translation assistance.

Essential telephone numbers

EMERGENCY MEDICAL SERVICE	112
NATIONAL GENERAL PRACTITIONER HELPLINE (24h)	1220
VICTIM SUPPORT CRISIS HELPLINE (24h)	116006
EMOTIONAL SUPPORT (10:00-24:00)	116123
CHILD HELPLINE (24h)	116111
TALLINN CHILDREN'S HOSPITAL, Tervise 28	
Reception Room	697 7146
Emergency Room	697 7194
EAST TALLINN CENTRAL HOSPITAL WOMEN'S CLINIC, Ravi 18	
Breastfeeding counselling	666 1900
Paediatricians	620 7177
On-call midwife	530 80 874
Free midwife helpline (business days 08:00-16:00)	6067576

If you experience any health problems after childbirth (fever, mastitis), contact the East Tallinn Central Hospital Women's Clinic emergency reception..

For advice on any health problems experienced by a newborn baby up to one month of age, register by telephone at 620 7496.

The child's immunisation passport can be found on the health portal www.terviseportaal.ee.

For social affairs matters, call 620 7394 (a social worker at East Tallinn Central Hospital).

East Tallinn Central Hospital patient information line, 666 1900.

