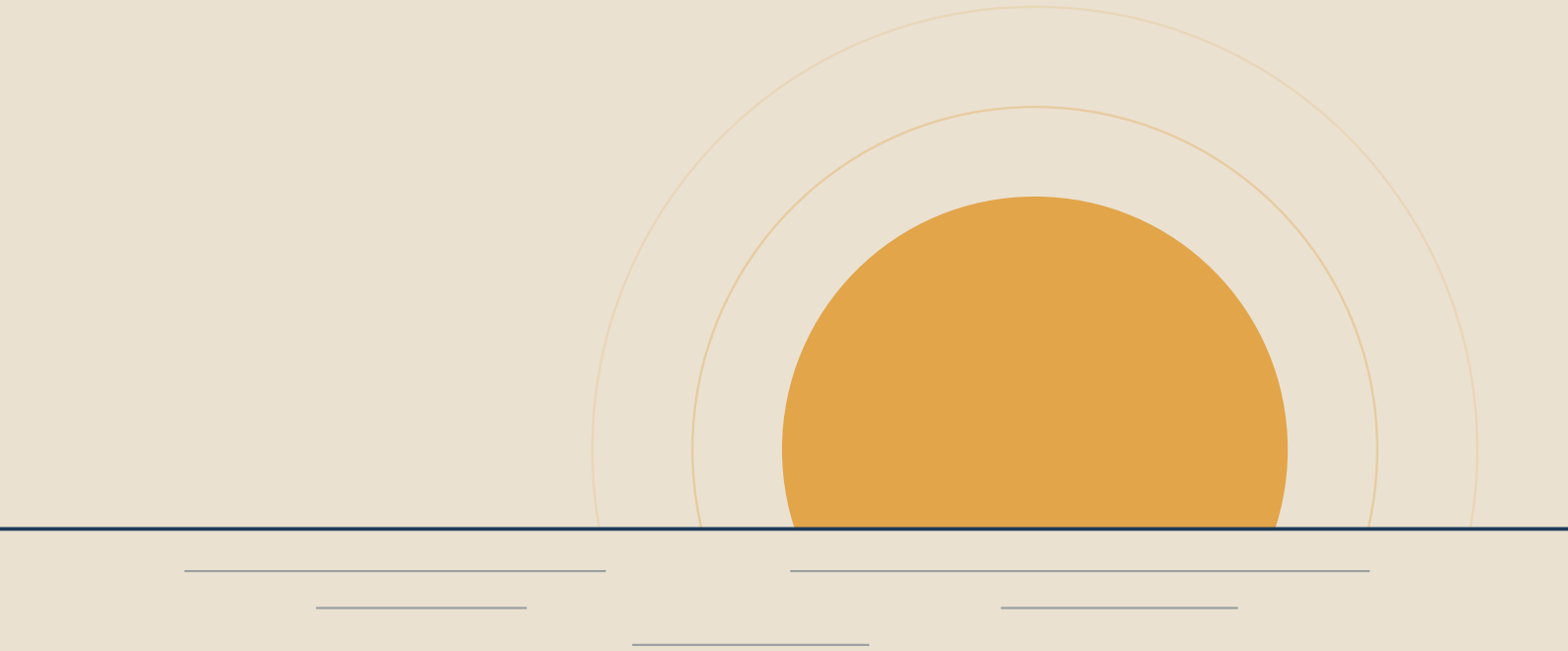
Mamavela

Having a Baby in Dubai and the UAE as an Expat

Insurance and waiting periods, hospitals, maternity leave, the birth certificate and your baby's residence visa.



Free sample

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Before you begin

Congratulations. Whether you have just seen two lines on a test in your apartment in Dubai Marina, or you are already counting the weeks in Abu Dhabi, you are about to have a baby in one of the most international countries in the world. Around you, in the waiting room, at the pharmacy, at the nursery gate, there will be parents from dozens of countries doing exactly what you are doing: finding a doctor, decoding an insurance policy, and working out which office issues which paper.

That last part is what this guide is for.

In the United Arab Emirates, the rules that shape your pregnancy come from several places at once. Your health insurance is regulated by your emirate: the Dubai Health Authority in Dubai, the Department of Health in Abu Dhabi, and federal or local authorities elsewhere. Your maternity leave depends on who employs you: the federal Labour Law for the private sector, separate laws for the federal government and for each emirate's government, and separate regulations again in financial free zones such as the DIFC and ADGM. Your baby's birth certificate is issued by a health authority, the residence visa by the immigration authority, and the passport by your own country. And none of these offices will tell you about the others.

This guide puts all of it in one place, in the order you will need it.

It is built on three promises.

First, every figure is checked. When this guide says that private sector maternity leave is 60 days, that a baby born in Dubai is covered under the mother's policy for 30 days, or that residents have 120 days to complete their newborn's documents, the figure was read on an official government page or an official regulatory document on 13 October 2026, and that page is listed in the bibliography at the end. Rules in the UAE change, sometimes quickly. When a figure matters to you, open the page and check it again: this guide tells you where.

Second, nothing is guessed. Where an official source did not state a rule clearly, this guide does not invent one. You will not find hospital prices here, because no official body publishes a price list for giving birth in a private hospital, and any number we gave you would be a guess. Instead, you will find the exact questions to ask, so that you get the real figure, in writing, from the people who will bill you.

Third, you are not alone in this. Having a baby far from your mother, your sisters or your oldest friends is hard in ways that are rarely said out loud. Chapter 8 covers support, and Chapter 10 is written for your partner, because they will be the one carrying the folder of documents from office to office while you recover.

> **This guide informs; it does not replace professional advice.**
>
> Your obstetrician knows your pregnancy. Your insurer, your employer's HR team, the health authority of your emirate, the Federal Authority for Identity, Citizenship, Customs and Port

> Security (ICP) or the General Directorate of Residency and Foreigners Affairs in Dubai (GDRFA), and your own embassy are the only bodies that can decide your case. Use this guide to understand the system and ask the right questions, then confirm with them. In a medical emergency anywhere in the UAE, call 998 for an ambulance.

How to use this guide

You do not need to read it in order.

- **Just found out you are pregnant?** Read Chapters 1 and 2 this week. Insurance is the first thing to sort out, and the earlier you read your policy, the more choices you have.
- **Choosing a doctor and a hospital?** Chapters 3 and 4.
- **Planning your leave from work?** Chapter 5 covers the private sector, the federal government, emirate governments and free zones.
- **About to give birth?** Chapter 6 is the paperwork, step by step, and Chapter 11 gives you the timeline.
- **Need to involve your home country?** Chapter 7 explains the embassy side.
- **Not married, parenting alone, or in a less common situation?** Chapter 9.

All amounts are in UAE dirhams (AED). "Dubai" and "Abu Dhabi" mean the emirates, not only the cities.

Chapter 1. How the UAE system fits together

Before the details, here is the map. Almost every confusion new parents run into comes from asking the right question to the wrong office.

What	Who is in charge	What it means for you
Your health insurance and what it must cover	Your emirate: Dubai Health Authority (DHA) in Dubai, Department of Health (DoH) in Abu Dhabi, other authorities in the Northern Emirates	Your policy, your network of hospitals, your maternity limits
Your prenatal care and the birth	Government hospitals and clinics (for example Dubai Health, SEHA in Abu Dhabi, Emirates Health Services) or private hospitals and clinics	Where you open your "pregnancy file" and give birth
Your maternity leave	Your employer's legal framework: the federal Labour Law for the private sector, the federal HR law for federal government employees, each emirate's own law for its government, and free zone rules in the DIFC and ADGM	How many days, how much pay, nursing breaks
Your baby's birth certificate	The Ministry of Health and Prevention (MOHAP) or the health authority of your emirate (DHA, DoH), usually through the hospital	The first official document of your baby's life
Your baby's residence visa and Emirates ID	The Federal Authority for Identity, Citizenship, Customs and Port Security (ICP), or the GDRFA in Dubai	Your baby's right to live in, and leave, the UAE
Your baby's nationality and passport	Your own country, through its embassy or consulate	Your baby's first passport

Three things that surprise people

1. Your baby's visa is your responsibility, with a deadline. The official UAE government portal, u.ae, states that residents have 120 days from the birth of their child to arrange the formal documents, which include birth certificates, passports, Emirates ID and visas. If the residence visa is not finalised within 120 days, u.ae says that a daily fine is charged and the baby will not be allowed to exit the country. Chapter 6 shows you how to finish well before that.

2. Being born in the UAE does not make your baby Emirati. On u.ae, the pages for expatriate families state that the baby carries the citizenship of the father, and foreigners can acquire Emirati nationality only through specific nomination routes. In practice, your baby's nationality comes from

your country or countries, and your embassy is where it is recorded. Chapter 7 explains why you should check both parents' countries.

3. Your insurance may have a maternity waiting period. In Dubai, the regulator allows insurers to apply a waiting period for maternity in some situations, notably for non-working spouses. If you are on your partner's policy as a dependent, or you have just changed jobs, read Chapter 2 before you book anything.

The documents you will use again and again

Keep copies of these together, in paper and on your phone. You will hand them over at the hospital, the health authority, the immigration office and the embassy.

- ☐ Both parents' passports, with valid UAE residence visas
- ☐ Both parents' Emirates ID cards
- ☐ Your marriage certificate, attested, and translated into Arabic if it is in another language (Chapter 6 explains attestation)
- ☐ Your health insurance cards
- ☐ A tenancy contract or other proof of address (often requested for visa steps)
- ☐ The sponsoring parent's salary certificate or employment contract (for the baby's residence visa)
- ☐ Passport-size photos of both parents, and later of the baby, to the specifications of each office
- ☐ Your UAE Pass digital identity, set up and working on your phone (many government services require it)

End of the sample

Thank you for reading this far. We hope these first pages already feel useful, and that you can see how the rest of the book is built: clear steps, pages to fill in, sources you can check.

The full book has 41 pages.

Get it here: https://mamavela.com/shop/having-a-baby-in-dubai-uae/

One-time payment, instant PDF.