



## Post Christmas Blues

**W**e find that many people hold out until after Christmas to end a bad relationship.

We have all heard horror stories about dysfunctional relationships post separation. But the people who suffer most are their children.

Children are pretty resilient. They will accept and learn to live with your separation but things become intolerable for them if they are not spared ongoing conflict between you.

So, if you're planning to separate, think of these strategies to help your kids through this traumatic time:

- Take some advice from a post separation counsellor about how you and your ex can manage your separation in an amicable way and how best to break the news to the kids.
- Speak to their teachers so they keep an eye out for sadness or

acting out at school.

- Don't share gory details or use your kids as confidantes. All your kids need to know is that they are loved, that it is not their fault, and subject to any risk issues, that they will be free to have an ongoing loving relationship with both of you.
- Try to reassure them that things for them won't change dramatically.
- Don't raise adult issues in front of the kids. Keep things civil and courteous.
- If you can, try to do things that are important to your kids together – first day of the new school year, birthdays, school events. This sends a message to your kids that they don't have to choose between you.
- Save for teenaged children who should have a voice, work out the parenting arrangements for your kids between you rather than asking them to shoulder that burden.



### FREE 10 MINUTE CONSULTATION

**For a FREE confidential 10 minute phone consultation, call Managing Director, Fiona Reid.**

*Fiona Reid is the Managing Director of Reid Family Lawyers, a boutique specialist family law firm with offices in Brookvale and Surry Hills. She is supported by a team of expert family lawyers. The firm has a wealth of experience in all facets of family law including complex property matters, parenting matters, child support and spousal maintenance issues, relocation, de facto and same sex issues, surrogacy and adoption.*



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