



Post Christmas rush

Many people ask me why January is the most common time for relationships to end.

The reasons for this are many and varied and include:

- Wanting a fresh start in the new year if a relationship is flagging;
- Not wanting to upset kids until after Christmas;
- Poor family relations over the Christmas period which exacerbate already fractious situations;
- New year's resolutions not to spend one more minute with this person!

While the end of a relationship is the second most stressful situation following the death of a partner, you can make your "conscious uncoupling" dignified, courteous and amicable by following these simple tips:

- Get some legal advice early after or before your decision to separate so you can negotiate with your ex from a position of knowledge;
- Get a post-separation counsellor on board. Not only can they help you navigate your separation they are a useful source of information about services for your kids and the best way to tell them about your separation;
- Be kind and patient. If you're the person ending the relationship, remember your ex needs time to catch up.
- Be generous - turning off the financial tap can only cause stress and grief and will make things worse between you.



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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