



How much time is too much?

For very young children, being separated from their primary carer can be an anxious time. Children form their primary attachments in the first five years of life. A child's primary attachment figure is the person from whom they draw comfort.

That relationship gives a child confidence to push boundaries and try new things knowing there's a safety net.

That's not to say that children aren't bonded and attached to their other parent. That relationship is important too.

But being away for consecutive nights from their primary attachment figure can cause a raft of problems for your kids. Children who were already toilet trained might start wetting the

bed, they might be clingy and unable to separate for daycare when this has otherwise not been a problem. They might be teary and fractious upon coming home. Long term issues include children not being able to form positive relationships in adulthood and anxiety and insecurity through adolescence.

This time won't last forever. Subject to issues of risk in their other parent's care, provided children are introduced slowly to changed arrangements following your separation they will adapt.

Being patient and prioritising your children's needs before your own is going to be a far more successful strategy for ensuring your children have a loving, strong and long-lasting relationship with both of their parents into the future.



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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