



My kids are too young for equal time

Children form their attachments in their first 5 years of life. Severing those attachments can have long term, damaging consequences for your kids.

While most children are bonded and attached to both of their parents, their primary attachment figure – usually the parent who does most of the caring – is the person from whom your child draws comfort. That parent provides a safety net, so kids feel comfortable to test boundaries, try new things and so on.

Understandably, following the breakdown of a relationship both parents want to maximise time with their children and believe this should be achieved by an “equal time” arrangement.

But for very young children, this type of parenting regime is not in their best interests. While your kids may not exhibit signs of anxiety when they are with their other parent, on returning to their primary attachment figure they might be unusually clingy, refuse to separate at daycare/pre-school or begin wetting the bed if this hasn't previously been a problem. These are signs that your child may not be coping with the time away from their primary attachment parent.

So, take things at your kids' pace. They won't be this young forever. Prioritising their needs at this early stage will help promote a happier experience for your kids in dealing with their parents' separation.



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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