



“I want to be a 50/50 parent!”

I'm sure what this client actually meant when we met was, “I want to be a 100% parent who spends time with our children 50% of the time”.

Separation invariably means you will not see your children every day and this can be very hard to accept. This reality prompts many parents to seek an equal time arrangement with their children, meaning out of 14 days the children spend 7 days with one parent and 7 days with the other.

But although this type of arrangement brings with it a sense of justice and fairness for parents, is it in the best interests of your children?

Of course every case is different, but, if your children are under 10, probably not. Young children do not cope with being separated from their

primary attachment figure for long periods of time. This does not mean they do not love their other parent or want to spend time with them or that they are not bonded and attached to them.

So, before insisting on (or agreeing to) an equal time arrangement, think about the logistics of that for your kids. Keep in mind that the number of days or nights each parent spends with their children is not determinative of the relationship they have with them in the long term. It is so much more about the quality of that time.

Being understanding of young children's emotional needs and putting those needs before your own will help to foster your children's resilience and emotional stability into adulthood. So be a 100% parent and put your kids first.



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 plethora 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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Ph: 9091 0220 | reidfamilylawyers.com.au