



# My ex has a new partner!

The first thing you need to know is that unless your ex's new partner poses some risk to your children, there is nothing you can do to prevent them meeting your kids.

Many people have some insight into the hurt it may cause their children to introduce a new partner too soon. But many don't. Because they're in love, they assume their children will be too.

## Here are some dos and don'ts for those of you who have moved on:

- Tell your ex before you introduce your new partner to the kids. Give your ex an opportunity to meet your new partner if they want to.
- Don't introduce your kids to your new partner too soon after you leave their mum/dad;
- Take things slowly. Introduce your kids to your new partner in a casual setting and on a number of occasions, before encouraging your new partner

to stay over when your kids are there.

- Prioritise your time with your children over your new relationship.
- Avoid encouraging your new partner to go to special events at school or to extra-curricular activities. You have plenty of time to spend with your new love outside these activities.

## And for those having to accept a new person in your kids' lives...

- The hardest thing is dealing with the fear of what this new person may mean to your children. In my experience, most kids don't want another parent so try to have some perspective;
- Be brave and meet your ex's new partner - it will be much easier for your kids this way;
- Avoid making snide comments about the new relationship to the kids. It will only make them feel awkward and uncomfortable.



## 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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