



What do we tell the kids?

Telling your children that you're separating will be the hardest conversation you ever have. But remember, it won't be the only conversation, so don't feel you have to unload all the gory details in one hit, or, in fact, at all!

You need to remember that except in cases where children are at risk, and even if they are, that most children love both of their parents. Mostly, children benefit from having both of their parents in their lives. The more people who love your kids, the better they will be.

It is obvious that no child wants their parents to separate. Typically though, children are fairly resilient. If they are spared being caught up in your conflict, they'll cope with your separation and learn that they still have one family, just in two different places.

If you can:

- Tell your kids together and agree on what you're going to say.
- Reassure your children that you love them and that your separation won't impact the things which are important to them, such as staying at the same school and being involved in the same activities.
- Don't place the burden of making parenting decisions on your children's shoulders. They don't want to and nor should they be asked to choose between you.
- Give the children some time to take in the information. Speak to them about their needs and concerns and address them as best you can. Arrange a counsellor for your kids if you think they'll benefit from having someone neutral to speak to.



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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