



## How much time is too much for young children?

There is a perception that when parents separate, the rule is for kids to spend equal time with each of them. This is not the case.

Much depends on the age of the child, whether they have special needs, their relationship with each parent and other significant people and each parent's capacity to provide for their child's emotional and physical needs.

While it can be difficult for the non resident parent to accept anything other than equal time, focus must be on what is in the child's best interests. For very young children, who form their attachments in their first five years of life, being separated from their primary attachment figure for long periods can cause anxiety and long lasting issues for them. A child's primary attachment

figure (usually the parent who has spent more time with a child from their early infancy) is the person from whom they draw comfort and the person around whom they can take risks and test boundaries. Maintaining that relationship is tantamount to a child's healthy development, both emotionally and physically.

This doesn't mean that your child isn't bonded and attached to their other parent or that their relationship with the other parent shouldn't be nurtured and encouraged.

Look at making parenting arrangements which foster your child's emotional health. This will ensure a healthy bond with both of you and help the transition to more time with the non-resident parent smooth sailing.



### 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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