



Getting it right for your kids

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Get informed

One of the biggest reasons disputes do not resolve is the fear of the unknown or misinformation. It is always a good idea to talk to a lawyer about what can be included in any agreement reached.

Find your inner Zen

It's an emotional time. Contact a psychologist or counsellor you trust to discuss coping strategies.

Having coping strategies will provide you strength and make you more open to resolving the dispute.

If you need referrals to psychologists or counsellors prior to mediation please contact us.

How do you want your agreement recorded?

- Parenting plan (in writing but not binding)
- Consent parenting order (binding court order without the need to go to court)



Your kids and the big decisions

Kids just want to know mum and dad have the important decisions sorted.

You need to think about:

For now

- what important decisions need to be made now
- what information should we get to make the decisions

For the future

- what important decisions might need to be made
- what information should you get to make the decisions
- what's the best way to contact each other about the kids (email, mobile, etc)

Types of big decisions

- religion
- school
- health

Children's time

It's not about you – it's about your children getting the best care from both parents. Usually, this means spending as much time as practicable with each parent (unless there are safety concerns).

Think about:

- distance between you
- work commitments

- school/kindy/day care
- what the children currently do during the week and at weekends (sport, dance, music, tutoring, etc)
- if you need help from extended family to care for the children
- if either of you meet a new partner, how will you each handle that with the children

Special time for the children

You need to think about arrangements for:

- each parent's birthday
- children's birthdays
- Mother's Day and Father's Day
- school holidays
- Easter
- Christmas
- other special events

Travel

You need to think about:

- whether the children should be able to travel outside Australia
- the information to be given to the non-travelling parent prior to the children travelling
- who holds the passports
- contact for the children with the non-travelling parent

Having kids is expensive

You need to think about whether:

- you want to use the child support agency
- to have a written agreement about school fees, health costs, etc

Every kid is different

Children of different stages have different needs. For instance, infants have different needs to pre-school children.

You need to think about:

- your child's health needs
- your child's age and stage

Safety and risk

Children and parents need to be protected from abuse and conflict.

You need to think about:

- have you or your children been hurt or abused by the other parent?
- are you at risk from harm or abuse?

If you fear for your safety, let us know as we can help.

DVConnect (Ph: 1800 811 811) (24 hour/7 days a week)

Policelink (Ph: 131 444)

Parenting courses

Kids are hard. Sometimes we need help.

For help call:

Triple P (Ph: 13 74 68)