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SOLICITORS

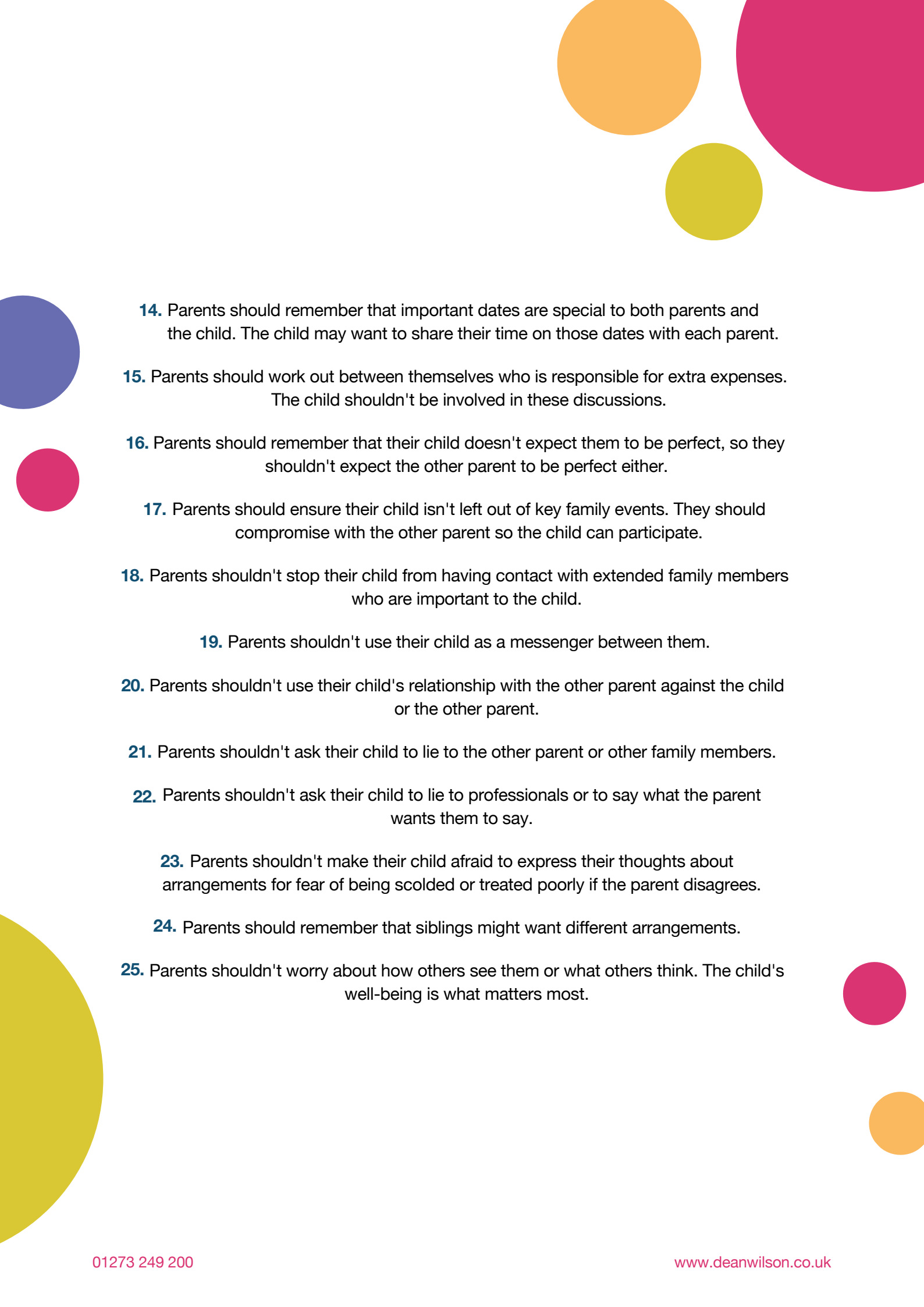
Considering your children when separating

Navigating a separation from your partner is often challenging and affects not just the two of you, but the entire family, especially the children

It is critically important that you consider your children's feelings when going through a separation. If you don't this could negatively impact their mental health and relationships, both now and in the future.

We've put together a list of important things to consider about your children when you are separating from your partner.

1. Children have the right to see both of their parents, as long as it is safe for them.
2. Children can have a relationship with their other parent's partner without changing their love for either parent.
3. Parents should maintain good communication with each other, as it helps the child. They should speak to each other respectfully.
4. Parents should keep each other updated about the child's needs and what's happening in their life. The child might need help from both parents.
5. Parents shouldn't speak negatively about each other, especially within the child's earshot. Children can often overhear conversations or see social media comments.
6. Parents should remember that it's okay for their child to love and have a relationship with the other parent.
7. Parents shouldn't make their child feel guilty about spending time with the other parent.
8. Parents shouldn't make permanent decisions about their child's life based on temporary feelings. They should consider how the child feels now and might feel in the future. The child's wishes might change.
9. Parents should be open to change, flexible, and willing to compromise when agreeing on arrangements for their child.
10. It's okay if parents don't do things exactly the same. Children understand that their parents are different individuals.
11. Parents shouldn't be possessive over their child or the child's belongings. They should make it easy for the child to take necessary items when spending time with the other parent
12. Parents should keep their child informed about any changes to arrangements.
13. Parents shouldn't feel hurt if their child chooses to spend time with friends instead of them. The child is growing up.

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- 14.** Parents should remember that important dates are special to both parents and the child. The child may want to share their time on those dates with each parent.
 - 15.** Parents should work out between themselves who is responsible for extra expenses. The child shouldn't be involved in these discussions.
 - 16.** Parents should remember that their child doesn't expect them to be perfect, so they shouldn't expect the other parent to be perfect either.
 - 17.** Parents should ensure their child isn't left out of key family events. They should compromise with the other parent so the child can participate.
 - 18.** Parents shouldn't stop their child from having contact with extended family members who are important to the child.
 - 19.** Parents shouldn't use their child as a messenger between them.
 - 20.** Parents shouldn't use their child's relationship with the other parent against the child or the other parent.
 - 21.** Parents shouldn't ask their child to lie to the other parent or other family members.
 - 22.** Parents shouldn't ask their child to lie to professionals or to say what the parent wants them to say.
 - 23.** Parents shouldn't make their child afraid to express their thoughts about arrangements for fear of being scolded or treated poorly if the parent disagrees.
 - 24.** Parents should remember that siblings might want different arrangements.
 - 25.** Parents shouldn't worry about how others see them or what others think. The child's well-being is what matters most.



How can we help?

Our guiding principle is that whatever else may be at stake, the interests of your children must come first, and we pride ourselves in putting children at the forefront of our minds at all times.

It is all too easy for children to become unwilling pawns in a warring relationship or for their feelings to be suppressed or ignored. We will do everything we can to reduce the impact of separation on your children and, where necessary, we can help you find additional help from organisations that specialise in supporting families through troubled times.

Our primary focus will always be to encourage you to reach a negotiated resolution, either through direct agreement, Mediation or the Collaborative process. Our team has considerable experience in securing Orders within the Court process to include complex areas such as children's relocation.

Contact us

Get in touch with us today and our friendly team will be happy to assist you. Call 01273249200 or email enquiries@deanwilson.co.uk

Julian Hunt
Partner, Family Department
jbh@deanwilson.co.uk

Sarah Phillips
Partner, Family Department
scp@deanwilson.co.uk

Jennie Apsey
Solicitor, Family Department
ja@deanwilson.co.uk