

PRE-SEPARATION CHECKLIST - KIDS



PLANNING

- Keep a diary** of key events. You may need that level of detail later if you need to make a police statement and/or provide an Affidavit.
- Do not vent online on social media or forums** about your relationship or about your kids. Imagine if a Judge might read it one day.
- Do not send texts or emails** you would not want to be read by a Judge.
- Do not relocate interstate or overseas** with the kids without legal advice and/or **without permission** from the other parent or a court. Unless it is high risk, the court will usually order you to return.
- Think about **where you want to live**. If you want to stay in the home, if possible, don't move out without legal advice. If not, start looking for new accommodation.
- Don't drastically change your work schedule** without legal advice.
- If possible, **gather birth certificates, passports, medical blue books and take copies of photos** and keep them in a safe place.



SUPPORTS

- Unless it is an emergency, **get legal advice** before moving out with the kids.
- If the kids need therapeutic support, get them linked in with **counselling/ psychological support before you separate** with the other parent's consent to help with the transition.
- Think about **what supports you need** and seek them out - your EAP, an understanding GP, a counsellor, a psychologist, a friend/ family member who will truly listen.
- You may wish to consider some **parenting courses and parenting supports**. Organisations like Marymead, Relationships Australia, CAMHS, and the Child and Family Centres in Canberra can offer support.

NOTES