

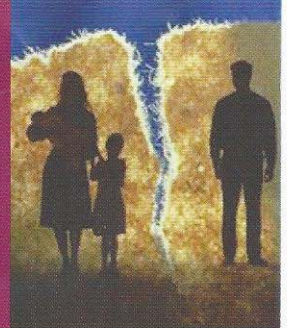
Avoiding Family Court



With Dr. Bob Jacobs
- The Parenting Centre

WHEN PARENTS SEPARATE IT IS DIFFICULT FOR EVERYONE INVOLVED.
IT CAN BE PARTICULARLY DEVASTATING FOR CHILDREN.

Children have no control over their parents' relationship, no responsibility for their parents' problems, and often have no idea that their parents are on the brink of separation. Children don't get to decide whether their parents stay together or separate. Long after Mum and Dad have resumed "normal" lives, often with new partners and new families, children find themselves having to go back and forth between Mum and Dad. It is simply NOT FAIR.



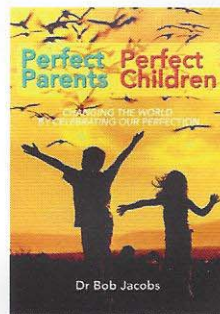
Research shows conclusively that children's emotional development and well-being can be compromised by conflict between their parents, and these emotional scars continue well into adulthood.

Children are quite literally composed of 50% from each parent. They can't be angry or disappointed with a parent without subconsciously directing some of those emotions at themselves. Also, children learn about the world by believing what they learn from their parents. It is developmentally important for children to believe in their parents. When parents separate, and in particular when they fight, it is devastating for the children. It can shake the very foundation of a child's understanding of the world.

When children go back and forth, they must adjust to different homes, different rules and different parenting styles. This is challenging in the most amicable situations, but when parents are in conflict it is almost impossible emotionally. Children are often uncomfortable about showing, or even feeling, emotional attachment to the other parent. When children are struggling emotionally, they tend to express it in their behaviour, which we refer to as "acting out". When we understand what an emotional struggle this can be for children, it is hardly surprising that children find transitions so difficult, and often are "not themselves" before they leave and after they return from the other house. They are desperately trying to navigate an emotional nightmare that can only be repaired when the parents stop the conflict and start working together.

Unfortunately, in our society, when separating parents cannot agree on co-parenting, their only option has been to go to court. Courts, by definition, are adversarial. They set one side against the other in a contest to see who can "win". But when parents fight, it is the children who lose. So our system, by pitting parents against each other as enemies, inevitably creates additional conflict between parents, and children suffer. Parents who are enemies cannot co-parent positively.

Here on the Sunshine Coast, options are being explored for providing parents with alternatives to court that work on reducing conflict rather than increasing it, and focus on helping parents work together on sustainable, positive co-parenting. These alternative options provide a meaningful way to support and protect children going through separation.



Perfect Parents, Perfect Children:
Changing the World By Celebrating Our Perfection
is not a book about techniques or "do's and don'ts". It looks at a new way of parenting and challenges our traditional ideas about the nature of children and what it means to be a parent.
by Dr. Bob Jacobs RRP \$8.95

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COMPLETE SEPARATION SOLUTIONS An Alternative to Family Law Litigation

Parents who cannot agree on Post-Separation Parenting now have an alternative

Complete Separation Solutions Offers:

- A better outcome for children
- A better outcome for parents
- A significantly less expensive process
- A significantly faster process
- A positive and harmonious process

About Dr. Bob Jacobs

Dr. Jacobs is a Clinical Psychologist, Mediator and Family Lawyer with over 30 years experience working with children and families. Having watched the devastating impact of separation on children, Dr. Jacobs has focused his career on helping separating parents reduce conflict and develop positive, sustainable co-parenting arrangements.

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