



# Breaking up - parenting

A Canadian Bar Association series supporting legal wellness

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You can save time, money, and stress when you get legal information and advice early.

By getting legal help with parenting decisions when you are separating, you can:

- Focus on your children’s needs, and make decisions in their best interests.
- Help your children keep a good relationship with both parents, even if it’s hard at first.
- Plan ahead and avoid conflict.
- Get information about free and low-cost services that could help your family.
- Keep decisions about your children’s future in the family, instead of handing decisions to a judge who does not know you or your children.
- Spend your money on your family instead of on a court case.
- Protect yourself and your children immediately when you’re at risk of abuse.
- Protect yourself financially.
- Get support for yourself. Separating is difficult.
- Find lasting solutions that work best for your family.

### How to help your children adjust to separation

- Let them love the other parent.
- Keep them away from conflict.
- Consider their wishes and interests in decisions that impact them.
- Inform yourself about your rights and about the effects of separation on your family.
- Settle things without delay so they have stability in their lives.
- Get help when you need it.
- Protect them and yourself from domestic violence.
- Spend wisely so you have money for their future.

**LAW. YOU. CHECK IT OUT.**



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