



**Caldwell  
Martin  
Cox**  
Solicitors

## FACT SHEET



### Parenting Series – Not allowed to spend time with your kids?

If you and your partner separate, emotions sometimes get in the way of both parents encouraging the children to have a meaningful and positive relationship with each other. This becomes especially important if you are the parent not living with the children full-time. Emotions sometimes cloud the issue to such an extent that one parent completely blocks any sort of contact between the children and the other parent. How do you restore the balance and maintain a key role in your kids' lives?

The first option is to raise the issue with your former partner. This communication can be over the phone or in writing. If this doesn't work you should seek legal advice and have your solicitor write to the other parent proposing that you spend time with your children at specific times. The Family Law Rules make it compulsory that you attempt to negotiate with the other parent before instituting Court proceedings, and this negotiation can take the form of letters or something more structured, such as mediation. Mediation can be organised through community organisations, or with the involvement of family lawyers who specialise in trying to help people to reach agreement about their children.

If these attempts at settlement don't work, then your final option is to commence Court proceedings. This can be a lengthy, emotional and expensive process, but if your attempts at negotiation simply don't work, then don't be afraid to seek the assistance of the Court to restore a balance into the lives of your children so that they spend time and have a meaningful relationship with both parents. Delay in taking action to see your children can jeopardise your chances of spending time with them in the future so you should act quickly.

#### **About Caldwell Martin Cox**

Caldwell Martin Cox is a law firm established for over 50 years in Narellan, Camden, Picton and Tahmoor. Our specialist lawyers advise clients on family law, the purchase and sale of property, criminal and traffic law, litigation and dispute resolution, business law, personal injury matters, commercial law, wills and estates.

We have a team of five family lawyers, including a Law Society Accredited Specialist in Family Law, who operate from all four offices and serve clients across a broad region.

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