



Listed below is a checklist of important areas of consideration around separation in relation your children. Separation can be a traumatic experience for your children, so it's important to consider each point to reduce the disruption to their environments. If you have any questions around points within this checklist please call us on **1800 609 685**

**Most Importantly, let your children know its not their fault that the separation is occurring and that you both love them.**

✓	Point of Consideration	Your Notes
	How are you going to tell your children about your separation. Will it be together or separately?	
	Prepare points of what you will say to your children in advance when discussing your separation	
	Discuss where will your children live and who will take care of them	
	Discuss how much time your children will spent with each parent	
	Discuss how you will communicate your separation with your extended family and friends	
	Create a plan for your children to continue their usual activities	
	Discuss when your children will spend time with their extended family (grandparents and cousins)	
	Discuss and create a co-parenting plan to reduce the disruption to and distress to your children	
	Contact your childrens school, make them aware of the separation and provide updated contact details for each parent	
	Make the teachers aware of your separation and ask them to notify you of any behavioural issues or changes	
	Safeguard the childs passport if there is a chance the other parent will take them overseas without your consent	
<b>Keep or arrange the collection of:</b>		
	Clothes and personal items, including shoes and bathroom items	
	School uniforms, school books and library books	
	Equipment and clothes for and sporting clubs they are enrolled in	
	Medications or prescription medication	
	Favourite toys or comforters	
	Important documents like Medical, Immunisation, Birth Certificates, School Records	
	Significant childhood items like foot or hand prints, baby scans, lock of hair, height chart	
	Any Photos	
	Any documents that may later be relevant if parental arrangements are in dispute. This may include emails, information on computers, tablets, phones	
<b>Consider Mediation (Family Dispute Resolution) if you are having trouble agreeing – Find our more at <a href="http://www.mediatoresolve.com.au">www.mediatoresolve.com.au</a></b>		