

# Why am I going to see a Family Consultant



# Why am I going to see a Family Consultant?



Now that you have two homes, your Mum and Dad need to decide about things like how much time you spend with each of them and other important things about you.

*Your parents have been seeing a family consultant*



*who helps adults decide these things  
The family consultant also talks to kids.*

Now it's your turn  
to see the family  
consultant.

If you have  
brothers or sisters  
they will usually  
see the family  
consultant  
too.



# What is a Family Consultant





## Who gets to know what I say?



The family consultant talks to your Mum and Dad about your feelings and ideas to help make plans that are good for you.



You will not have to make choices about your mum or dad.

Family consultants help kids and their mums and dads with problems

If you are worried that what you say might upset your Mum or Dad, tell the family consultant first.

Lots of families see family consultants



## What does a Judge do?

If your parents are still not sure about what might be best for you, they then talk to a judge.

Parents talk to the judge in a courtroom. Kids do not go into the courtroom – so the family consultant will talk to the judge about your feelings and ideas.



After listening to your Mum and Dad and the family consultant, the judge will then decide what's best for you and your family.

## What happens next

After the judge decides, there might be some more changes in your family –



or things may stay the same.

If you want to  
talk to someone else,  
the Kids Help Line can help.



We care.  
We listen.

Call  
1800 55 1800

or go to  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

**Kids Help Line**  
is Australia's only  
free, confidential and  
anonymous, 24 hour  
telephone and online  
counselling service  
specifically for  
young people aged  
between 5 and 25.