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Tips from the **Divorce Support Club**

Navigating fatherhood and
divorce

1 Family Court is not against men

There is an ongoing belief that Family Courts are bias against men. Many fathers share the same fear; "I don't want to lose my children".



It's easy to get sucked into the vortex of negative stories surrounding fathers and the family courts, but the positive stories are out there.

People often feel like they're going to be 'on trial', this is not the case. The courts are not there to take your children away.

In any case, you don't have to go to court. Contact a solicitor, there are many options, such as mediation, that you can try before going to court.

2 Co-parenting **isn't** 50/50

The first thing many fathers say when dealing with child arrangements after divorce is "I want 50/50", but this isn't always realistic or the right thing to do.

- The most important thing to consider is what is best for the child or children. If you're thinking about the situation fairly, and practically, you might not be able to split your time with the children exactly evenly.
- Whatever is best for the children is the right thing to do.



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