



Children have the right to:

- Love and be loved by both parents
- Have contact with both parents
- Be free of their parents' conflict
- Not take sides with either parent
- Spend time with each parent without feeling guilty
- Be supported financially by both parents
- Spend time with each parent regardless of financial support
- Have their own bed and space at each parents' home
- Take things between, and keep personal things at, both parents' houses
- Be safe and looked after when with each parent
- Not be hurt by either parent
- Be listened to and supported by people they trust when times are difficult
- Take part in discussions about things that affect them
- Be free from having the final say about parenting decisions
- Have their parents make decisions in the children's best interests
- Be clearly informed by both parents about the when and how they will have contact with their other parent
- Rely on both parents knowing about their school interests, sport, friends and health
- Have carers when parents aren't around whom they feel safe with and can trust
- See other adults as long as this is positive for them and their parents
- Maintain friendships and have contact with their uncles, aunts, grandparents, friends, brothers, sisters and step-brothers/sisters, as long as it is safe.