

Parenting Mediation/Family Dispute Resolution



As a Family Dispute Resolution Practitioner (mediator), I am an independent third party. It is my role to help you discuss and resolve the issues in dispute. I do not give legal advice or make decisions for anyone.

All parties will get the opportunity to express their views and are free to talk about issues of concern. The conference is confidential so everyone can speak freely. However, information that indicates a risk to a person or a child's safety, intentional damage to property, or the commission of a crime must be disclosed to the relevant authorities.

Parties must be willing to listen to each other, be genuinely ready to compromise and committed to reaching a solution. Everyone must also be prepared to follow the process. Time will be made for you to meet privately with me and to take a break if you need one.

The time, location and format of the mediation (including whether it will be a shuttle or face-to-face mediation) will be determined by me, in consultation with the parties, to ensure that it is safe and so all parties can fully participate.

You should allow 4 hours for the mediation session, unless a shorter or longer session is agreed.

What will happen at mediation/FDR?

The FDR/mediation process involves:

- each party explaining why they are attending mediation and what they want to discuss
- identifying the issues which need to be resolved
- speaking respectfully and listening to each other's views without interrupting
- sharing relevant information
- exploring ideas and options
- thinking of the children's best interests
- testing possible solutions
- putting decisions and agreements in writing.

What parenting issues should we discuss?

Some things that might be helpful to discuss at the FDR/mediation are:

- Where the children will live.
- Who the children will spend time with and what arrangements are needed.
- School holidays.
- Special occasions, public holidays and pupil free days.
- Communication with children.
- Decision making for children.
- Communication between parents about the children.
- Grandparents and other important people.
- Discipline.
- Children's medical issues.
- Children's school and education.
- Extra-curricular activities.
- Children's expenses.
- Overseas travel.
- Any courses, counselling, group programs or apps that could help your family.
- Resolving problems or making changes in the future.
- Review period.

Click here for more suggestions



Do I need legal advice?

Yes! Legal advice will help you prepare for mediation and give you a better understanding of your rights, obligations and options in your circumstances.

Find a private lawyer

Queensland Law Society > [Click here](#)

Find free legal advice

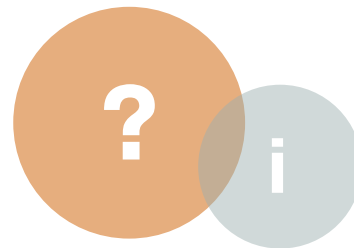
Community Legal Services > [Click here](#)

Access Legal Aid (if eligible) > [Click here](#)

What legal advice do I need?

Ask your lawyer about:

- "Children's best interests."
- Parental responsibility – rights, obligations and decision making for children.
- Living arrangements for children.
- Spending time and communicating with children.
- Options you are considering.
- Child support and children's expenses.
- Types of agreements – Parenting Plan, Consent Orders.
- What happens if there is no agreement?
- Court process and costs.
- Family violence and family violence orders.



What else should I do before mediation?

Some further information which could help you prepare for the mediation:

Because It's for the Kids

Brochure about the effects of parental conflict on children's development, and on managing post-separation relationships. > [Click here](#)

Child Support – Services Australia

Parent's guide to child support, estimate calculator, application forms > [Click here](#)

Where else can I get help for my family?

- Triple P Positive Parenting Programs > [Click here](#)
- Organisations which provide post-separation and domestic violence counselling, education and support:
 - [Relationships Australia](#) > [Click here](#)
 - [Family Relationships Online](#) > [Click here](#)
 - [UnitingCare](#) > [Click here](#)
 - [Anglicare](#) > [Click here](#)
 - [Centacare](#) > [Click here](#)
- Psychotherapy and Counselling Federation of Australia (find a private counsellor) > [Click here](#)
- Your GP – Mental Health Treatment Plan for referral to a psychologist or other health professional < [Click here](#)
- DV Connect – domestic violence help lines for women and men < [Click here](#)
- Co-Parenting Apps < [Click here](#)

