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Benefits for Children

- The continued love, care and protection from both ~~Mummy and Daddy~~.
- Balanced exposure to male/female role models, while growing up.
- No need to make loyalty choices between their parents.
- Each child can have two homes and two parents.
- Protection of child's self esteem. They continue to have real meaningful relationships with both parents.
- Potential for reduced conflict in custody/access arrangements.
- Both parents sharing the care, means less stressed parents, less stress transfer onto the children.
- Minimise trauma of separation and sense of guilt by the child particularly the effective loss of one parent in sole custody.
- Research shows increased adherence to child maintenance responsibilities by both parents.
- Protection of the child's sense of identify and family tree roots, through continuing the involvement with both parts of the extended family network.
- Incidence of delinquency/anti-social behaviour reduced by the high level of active involvement by both parents.

Benefits for Mothers

- Relief from the burden of sole responsibility for the children. Removal of the Martyr Mother syndrome.
- Greater freedom to pursue their individual life-enriching activities, increasing their sense of independence and choice.
- Greater access to career opportunities, education, social interaction etc.
- Greater financial independence, leading to less reliance on the welfare system.
- Reduced stress levels by sharing responsibilities for the children.
- Potential for reduced conflict with the father over access/maintenance issues.
- Better relationship with the children over the long term.

Benefits for Fathers

- Removal of fear of losing their children.
- Maintains, validates and promotes a healthy, mutually beneficial father/child relationship.
- Retains his self-esteem and value as a parent.
- Provides the space for father to define and develop his own individual relationship with his children.
- Replaces the inclination for a separated father to "buy" the child's affection during the unnatural process of limited access visits.
- Reduces the stress level on fathers and the feelings of Isolation, loneliness, worthlessness and alienation.
- Enables fathers to pass on their particular value system and sense of family history to their children.
- Increases the sense of belonging and involvement which encourages fathers to participate fully in the care and maintenance of their children.
- Gives fathers a deeper insight into family system care and encourages them to reconcile the balance of family life and career responsibilities.
- Enables fathers to participate fully and freely in helping their children to develop.
- Fathers can fulfil their constitutionally binding obligations as guardians, in a practical day to day sense, safeguarding their children's social, physical, moral and educational welfare.
- Greater potential for men to develop aspects of their personalities often suppressed in the traditional peripheral father role.
- Provides the incentive for separated fathers to have a "home" of their own with their children with increased personal self-esteem.

Benefits for Extended Family

- Joint Custody maintains and develops the active involvement of both sets of extended families.
- Grandparents, uncles, aunts, cousins all have a lot to offer to children as they grow up.

- Both sets of Grandparents can pass on the experience and wisdom of age, the stories of their youth and family history.
- Grandparents get great solace and pleasure from spending time with their grandchildren, from giving love and care often in ways which stressed parents cannot do, often speaking up for the child, and having time to listen to children.
- Cousins create a sense of bonding and familiar friendship. Disconnection as a result of sole custody can cause great harm and guilt to children's relationships.
- Extended family, if they support the family system in breakdown and show respect for both parents, can offer the potential of resolving many parental disputes.
- Extended family can provide support in times of illness, unemployment, need etc.