

What can I do to help me get my children back?



FAMILY VIOLENCE LAW HELP

www.familyviolencelaw.gov.au



Every legal problem is different. This is especially the case when it comes to legal problems about children, as what is best for every child is unique.

You should get legal advice about what may help you get your children back in your situation.

There are no guarantees, it will depend on what is best for your children. But here are some practical tips about things that could help.

Follow contact arrangements



If there are any contact arrangements in place for you to speak to or spend time with your children, it's important to follow those arrangements. This may include times when it makes you very sad to spend time with your children, or to say goodbye to them after you see them.

- Keep a diary or journal. Write down the dates and times when you are meant to speak to or spend time with your children.
- Write notes about how the contact went for your records.
- If you can't go, let your caseworker and your children's carer know and tell them why you can't make it.

Keep appointments

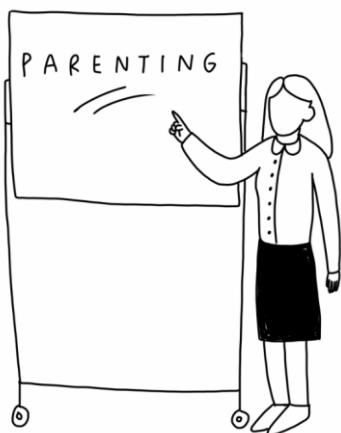
Make sure you go to your meetings and work with any support services or programs that have been recommended to you.



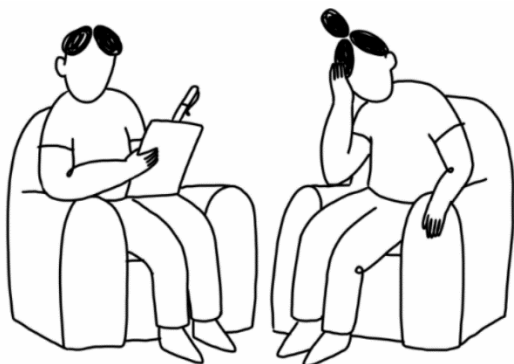
- Write down the contact details for any services you work with and your appointment dates in your diary.
- Try to attend all your sessions and keep notes.
- If you can't go, let your caseworker and your children's carer know and tell them why you can't make it.
- Keep a record of all courses you attend. Keep any certificates you are given.

Think about extra steps you can take

If you have experienced domestic and family violence, you may want to:



- Get counselling or join a support group for people who have experienced domestic and family violence.
- Stay away from the person who was violent towards you and get a Domestic Violence Order for your protection.
- Do a parenting program, for referrals, you can contact the Family Relationship Advice Line on **1800 050 321**.
- Learn as much as possible about how domestic and family violence affects children.
- Find out if you're eligible for support through a victim's compensation scheme. Each State and Territory have their own scheme and different laws about what support they offer, time limits and who is eligible.
- Sometimes they can help with things like paying for security upgrades to your home. For more information, contact your victim's compensation scheme.





Think about extra steps you can take

If you have used domestic and family violence, you may want to:

- Do a Men's Behaviour Change Program or counselling.
- Do a parenting program, for referrals, you can contact the Family Relationship Advice Line on 1800 050 321.
- Learn as much as possible about how domestic and family violence affects children.



Try to stay in contact with your caseworker

- Let them know what steps you are taking to get back on track, and ask them if there's anything else you can do to help your case.
- Take notes in your diary whenever you talk to your caseworkers. Write down who you spoke to, when and what was said.



Get legal advice

- Show a lawyer your Care Orders and any other paperwork you have.
- If you need a copy of your orders, you can ask for copies from your lawyer or from the Children's Court or Youth Court where the orders were made.