



## New Relationships

### **Q - Do you need to tell your ex about a new relationship?**

**A - There is no single answer. There is no legal requirement to. It is your business. But if/when your ex-partner finds out you are likely to be asked why you kept it secret. The practical issue is whether your children come to know about this relationship. In most cases it is sensible to keep your relationship with a new partner separate from your relationship with your children for quite a while until you know what the new relationship is going to be.**

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“In a pink a fluffy world you would tell your ex, provide some limited info and offer reassurance.”

“If you do tell your ex, then keep it short and simple, give reassurance that your kids are still your priority. Do not expect to have the ‘favour’ returned.”

“ In an ideal world I would tell, but this isn't an ideal world. I'm just wondering what the obligations are.”

“ I started introducing my new partner gradually to my kids last summer outside (an afternoon, then a day etc) and it was my kids who asked my new partner to come back for dinner one of the days. We've tried to make it very child led and it's up to them if they want to see or play more with my new partner. Thankfully, they get on really well, I'm not sure how our relationship would have gone if they didn't (my new partner and I discussed this at length).”

“ Inevitably the kids will share with the other parent what they've been doing and you ex will find out. For me this blew up and my ex-partner was furious, stopped all contact and I didn't see them for 6 weeks. Cue the allegations which the sheriff promptly dismissed.”

“ I went back and forth in my head whether I should tell my ex but I'm glad I didn't.”

“I settled on if my ex knew in advance the kids would be influenced to not like my new partner (turns out this was true, as this was tried when contact was stopped).

“But by introducing the kids first without telling my ex, they've already got a strong first impression and relationship that they're starting to build with my new partner. This is harder to dissipate (though I'm not saying impossible) if my ex tries to influence after the fact.”

“Ultimately my main concern is between my kids and my new partner. Not if my ex accepts my new relationship.”

“ Everyone is different and every situation is different”

“ There is a danger of quickly introducing a child to a new partner and then have to explain when things go bad and deal with emotional attachment which already existed and you meet a new partner and the same possibly happen or fear within them that it might happen again.

“Taking it slowly might help but every situation is different.”

“ I was planning a little by little approach down the road.”