



### **What really does "best interest of the children mean"?**

Every person who has been involved in a child custody hearing has probably heard the phrase "best interest of the child". It's easy to throw this kind of terminology around without really know what that means. Generally, speaking it is often in the child's best interest to have frequent and close contact with both parents. The goal is to raise healthy, happy, and secure children despite the divorce. In California, the court will consider all relevant facts to determine how to award physical custody. Some factors the court will consider are:

- Child's need for stability and continuity
- Child's age
- Child's health
- Emotional bonds
- Child's adjustment to school
- Any disabilities
- Income disparity
- History of domestic abuse or violence
- Siblings
- Child's preference

Remember that the judge doesn't know you or the other parent or the child. So it's your job to present facts to the court in an objective manner. If you present facts that suit your schedule and your needs only, the odds of you getting what you're asking for decrease.

Going through a custody battle can be a daunting process. Furthermore, proving yourself as the best caregiver for a child can be even more difficult. You don't have to do it alone. If you need assistance in this difficult time please contact attorney Silky Sahnán, via telephone at 925-276-0789 or email at [attorney@legalservicesca.com](mailto:attorney@legalservicesca.com). For additional resources please visit <http://www.legalservicesca.com>.