

## TESTIMONIALS



These are a few comments from parents with children who have gone through The Parenting Apart Programme and wanted to share with you their experiences. You can find many more on our website.

### Mother

*"I could not be happier with the service that the Claire Field Consultancy provided. Not only was it professional throughout, I can honestly say that it was incredibly supportive through some of the more difficult times. The support continued after court was finalised also and I couldn't be more thankful for that."*

### Father

*"The PAP has helped me to work out differences and compromises for the well-being of my son. It's also taught me how to engage with my ex and communicate in a good manner as a baby can pick up on behaviours... I would recommend Claire to anyone in the situation I have been in as I now to get to spend quality time with my son which is important for his upbringing."*

### Mother

*"After a difficult break up with my ex-partner and the stressful, scary and emotional process of going to court over contact issues we were introduced to Claire Field... The Parenting Apart Programme has enabled us to build a positive relationship with my ex-partner that has been immeasurable for our son in so many ways."*

### Father

*"The PAP is a more cost effective solution to the Court process and furthermore, Claire's involvement leads to an easier/softer path as contact progresses. No parent should want to embroil themselves in litigation if it can be avoided..."*



## HOW YOU CAN ACCESS THE PARENTING APART PROGRAMME...

In most cases you could be directed to Claire Field Consultancy through one or both solicitors as the PAP is well known and respected as another form of dispute resolution to assist and support families going through conflict, separation or divorce (please see website for local family law firms).

You can also self-refer and contact us directly and we can send information of the PAP to you and the other parent for your consideration.

For more information on the PAP please use the contact details below.



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email [Claire@clairefieldconsultancy.com](mailto:Claire@clairefieldconsultancy.com)  
website [www.clairefieldconsultancy.com](http://www.clairefieldconsultancy.com)

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Please visit the website for Parents testimonials  
[www.clairefieldconsultancy.com](http://www.clairefieldconsultancy.com)

# The Parenting Apart Programme

Supporting Parents going through conflict, separation or divorce, and most importantly supporting the emotional wellbeing of Children throughout.



[www.clairefieldconsultancy.com](http://www.clairefieldconsultancy.com)

# ARE YOU FEELING...



- Fragile and alone
- Can't talk to each other?
- Anxious
- Stopped communicating?
- Scared
- Angry and frustrated?
- Broken hearted & sad
- Don't know where to start?
- No where to turn
- Worried about the children?



The Parenting Apart Programme (PAP) has been specifically produced to support you through all of these emotions with hands on support and advice through an initial 5-week programme.

Children have an amazing capacity to cope with all sorts of challenges, as long as the adults in their lives remain constant and consistent – these are the two main ingredients in the Parenting Apart Programme.

The PAP allows both parents to have impartial support but most importantly, it also gives good advice on how to establish a better parent working relationship, whether you have either agreed to separate or divorce.

We fully appreciate that you are coming from a personal perspective where you may be full of mixed emotions towards each other but, the consistency of the PAP, and time...with good support and advice, will allow you both to start to look forward and slowly recover.

The PAP respects the emotional wellbeing of you all, but most importantly your child/ren, they need to have their Mum and Dad who can communicate respectfully and make joint decisions on their behalf regardless to what decisions you have made about your personal relationship.



## WHAT IS THE PARENTING APART PROGRAMME?

The Parenting Apart Programme (PAP) by the Claire Field Consultancy team is offering you a supportive environment to communicate as parents, to form a respectful Parent Working Relationship, and to compile a Parent Working Agreement (PWA) which outlines all details for the child/ren's emotional wellbeing.

### The programme consists of:

- An initial 5 week period of sessions that firstly holds individual meetings which allows both parents to discuss how they feel in their present situation and what they hope to achieve for everybody's emotional wellbeing. From this point joint sessions are held for both parents to start communicating with support and to identify a mutual understanding of their responsibility as parents.
- By being fully committed to the PAP and working in the best interests of the child/ren it will enable you to make joint decisions as parents and eliminating the possibility of the Court process.
- The PAP enables your child/ren to be reassured that their parent/s are engaging in communication with support which can instantly reassure them. This has been evidenced that this also helps the child/ren emotionally to handle the ongoing changes.
- If parent/s feel that they need further support after the initial 5 weeks, then this is available.
- The PAP can be accessible prior, during and post any Court proceedings.

The PAP works to re-engage both parents and to support them to have a respectful Parent Working Relationship which works towards supporting the emotional wellbeing of their child/ren.



## THE DIFFERENCE BETWEEN MEDIATION AND THE PAP

The PAP helps, supports and advises through strong impartial advice for the voice, wishes and feelings of the children of parents going through conflict, separation or divorce. The PAP enables you to communicate with input and advice about the children's wellbeing and their emotional needs. Alongside this, the PAP helps facilitate any support outside the programme by helping to re-establish relationships between parents and children, supporting handovers between parents and reassuring children their parents are working to re-engage through supported active communication.

Mediation is to facilitate a venue to help parties reach a solution to their problems and to arrive at an outcome that both parties are happy to accept. Mediation does not give out advice.

