

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 Parenting Apart Programme 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 PAP to anyone in the situation I have been in as I now 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 PAP... 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, PAP 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...

The Parenting Apart Programme is identified by Courts, Solicitors, and other professionals, as another form of alternative dispute resolution to assist families going through conflict, separation or divorce.

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.



☎ 01562 700447

✉ enquiries@parentingapartprogramme.co.uk

🌐 www.parentingapartprogramme.co.uk

The Parenting Apart Programme

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

www.parentingapartprogramme.co.uk

Are You Feeling...



The Parenting Apart Programme (PAP) has been developed to support you through all of these emotions.

PAP wants to make a positive difference for children. We believe that parents play an irreplaceable role in the lives of their children. This is because parents provide the fundamental role of support, nurturance, and guidance for their children. This vital relationship positively impacts a child's physical, mental, and emotional well-being. There is strong evidence that children are likely to have better health, social and communication skills, achieve higher grades in education if they have parents who are sensitive to their needs and emotions.

Children have an amazing capacity to cope with all sorts of challenges, as long as the adults in their lives remain constant and consistent.

We know that majority of the parents we have supported love their children. We also know when parents are in conflict it becomes harder for adults to think about the child/ren. The relationship has ended between the adults, but your role as parents has not stopped. That is why parents need to get help, especially when communication has broken down or if your child/ren is not having time with the non-resident parent.

The support through the programme enables the outcome to be positive and beneficial to the whole family whilst prioritising the emotional and physical wellbeing of the children. Children need to know that Mummy and Daddy still love them. They need reassurance that their parents can still make decisions on their behalf even though they are not living together.

What Is The Parenting Apart Programme?

The Parenting Apart Programme (PAP) is offering you a supportive environment to communicate as parents, to form a respectful parent working relationship, and to compile an Parent Working Agreement (PWA).

The PWA has proven to be invaluable when compiling and agreeing any childcare arrangements.

It is important to note that if you go to Courts in the future, it is likely that judges will expect you to have started a PWA. This outlines all the details of the child's wishes, emotional and physical wellbeing covering practical issues including transition of care, childcare arrangements, residency, holidays, and schooling.

The programme consists of:

- The Parenting Apart Programme is bespoke in offering an initial 4 week programme, which involves 5 meetings over a period of 4 weeks. These meetings will usually take around an hour and a half, which are face to face or virtual.

At the start of the programme, we will conduct a one-to-one session with each parent to establish trust and develop a positive approach.

3 joint sessions with both parents to begin communicating together in a supportive environment to form a respectful parent working relationship, that results in a Parent Working Agreement which both parents agree to abide by.

Develop a Parent Working Agreement that can be filed alongside Court Orders if relevant.

The PAP enables your child/ren to be reassured that their parents are making changes. It has been evidenced that this can help the children emotionally to handle ongoing changes.

- Practitioners are trained to support parents to practically overcome common challenges that arise after an agreement has been made. For example, they can attend the initial transition of care sessions with parents, role-modelling appropriate behaviour and language, involving children whenever appropriate.
- The PAP can be accessible prior, during and post any Court proceedings.

The Benefits of the Parenting Apart Programme

- Reduces the time and expense of Court proceedings and Solicitors fees
- Improved communication skills between parents
- Reduces parental stress and anxiety
- Children to continue to have relationships with both parents
- Improved emotional and mental well-being of children
- Creating a more stable environment for children between homes
- A better co-parenting relationship
- Giving parents a better understanding about what is best for their children
- Improves relationships between parents and children when a significant change has taken place.

Children of divorce are 30% more likely to suffer serious emotional and behaviour issues.

50% of children whose parents are in conflict don't have regular relationships with their non-resident parent.

