

The Parenting Apart Programme

Supporting parents & the emotional wellbeing of children through separation and divorce.



PAP Practitioner

Contact details

The Programme

The Parenting Apart Programme supports parents who have made the decisions to separate or divorce. The programme offers unique and individual advice and support which enables the outcome to be positive and beneficial to the whole family whilst prioritising the emotional and physical wellbeing of the children.

The programme is facilitated over a six-week period and includes individual and joint face to face sessions, a personal working parents' agreement, follow up session, telephone support and continued advice and guidance throughout its duration.

Week One:



**Practitioner meets
Parent 1 and 2
apart**

Week Two:



**Practitioner meets
Parent 1 and 2
together**

Week Three:



**Practitioner meets
Parent 1 and 2
together**

Week Four:



**Practitioner meets
Parent 1 and 2
together**

The Benefits

A crucial part of the programme is to enable parents to communicate together, creating a more stable environment for the child/ren which benefits them physically, mentally and emotionally. This reduces the risk of any significant emotional harm to the child/ren during any parental disputes.

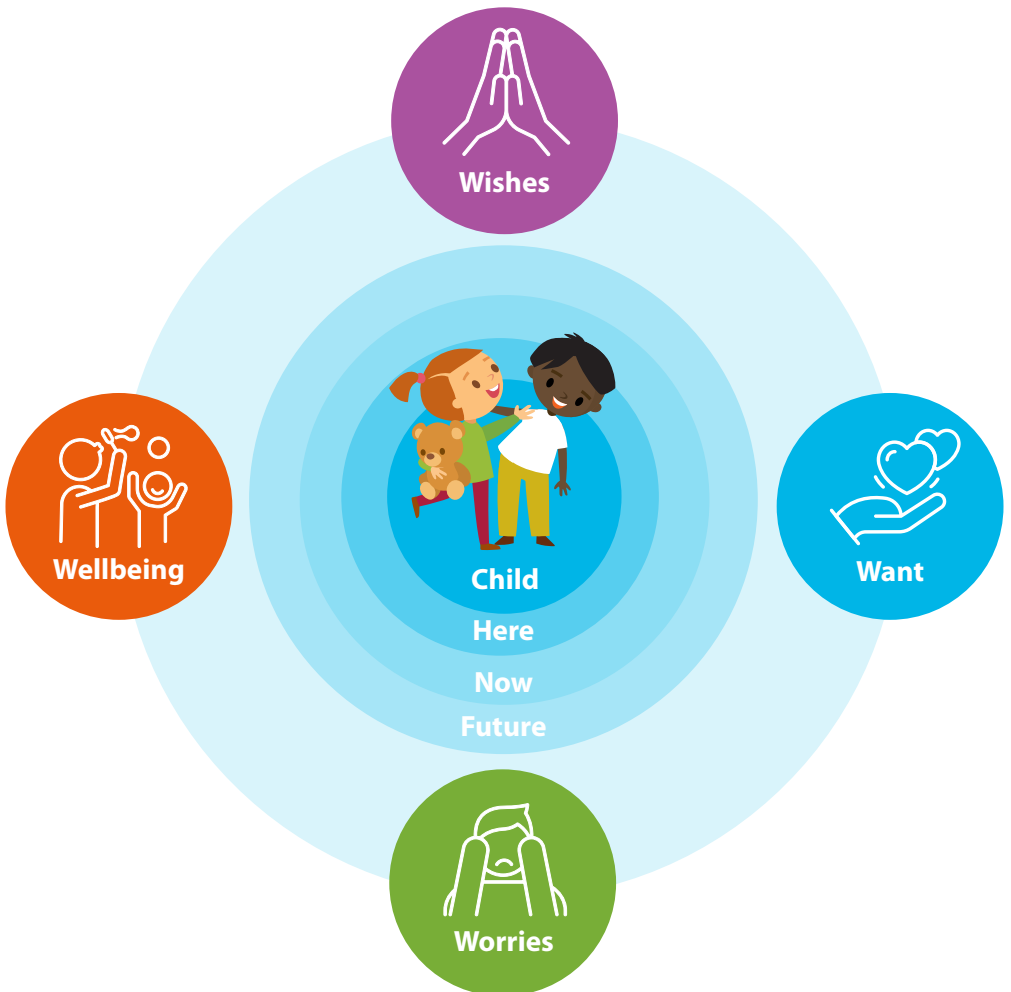
The fact that the programme enables parents to make their own decisions on future plans, the outcomes/solutions are extremely beneficial to the whole family as they have made their own choices and commitments.

The Parenting Apart Programme may also reduce or prevent the need for costly court proceedings. Court proceedings can be extremely traumatic and cause complete breakdown of communication between parents. It can also alleviate the huge time delay which can be caused where the non-resident parent and child/ren have no contact with each other.

The programme can not only avoid court proceedings, but it also gives parents back the control and responsibility on making decisions about the future for their child/ren, rather than it being decided by a third party.

The Parents Agreement

During the Parenting Apart Programme, parents are supported and guided to form their new 'parenting relationship' whilst reducing parental conflict, ensuring that the child's **WISHES, WANTS, WORRIES AND WELL BEING**, are prioritised. This allows parents to create their own joint working agreement which they commit to in the best interest of their child/ren. The working parent's agreement can include contact arrangements, residency, holidays, special days and schooling.



More information

"14,000 children in Warwickshire are affected by parental conflict and children can suffer emotionally. This can result in depression and anxiety, issues with physical health, behavioural problems and struggles at school. Conflict can also have negative effects when a child grows up on things like their adult relationships, employment and mental wellbeing. All relationships have tricky moments, what's important is solving any problems and getting help."

Please scan the QR code to watch a short Warwickshire animation about supporting healthy family relationships.



If you are interested in taking part in the Parenting Apart Programme, please either speak with your children's social worker or support worker about making a referral for you or contact the **Family Network** Service on:

Telephone: 01926 414147

fns@warwickshire.gov.uk

If you have any comments or complaints about our service, or should you require access to this information in a different format e.g., braille, large print or in another language, please contact us.



**CHILDREN
& FAMILY
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**Warwickshire
County Council**