

**Family Network Service**

# The Parenting Apart Programme



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

**PAP practitioner**

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**Contact details**

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# The programme

The Parenting Apart programme supports parents who have made the decision to separate or divorce. The programme offers unique 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 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 children which benefits them physically, mentally and emotionally. This reduces the risk of any significant emotional harm to the children during any parental disputes.

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

It may also reduce or prevent the need for costly court proceedings. Court proceedings can be extremely traumatic and cause breakdown of communication between parents. It can also alleviate the time delay which can be caused where the non-resident parent and children 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 children, rather than it being decided by a third party.

# The parents agreement

During the 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 wellbeing are prioritised. This allows parents to create their own joint agreement which they commit to in the best interest of the children. The parent agreement can include contact arrangements, residency, holidays, special days and schooling.

## Wishes



## Wellbeing



## Here

## Now

## Future



## Want



## Worries

# More information

*“Things have gone really well. We have not had any arguments and have been able to have good conversations in front of our child. I’m really glad we did the PAP.”*

parent

*“Regret not having the opportunity to engage earlier and before our issues were so advanced.”*

parent

**1 in 10**  
children  
live with one  
or both parents  
who are  
struggling  
with conflict

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



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For more information or to take part in the Parenting Apart programme, please speak with your children’s social worker or support worker about making a referral or contact the Family Network Service.

[www.warwickshire.gov.uk/familyrelationships](http://www.warwickshire.gov.uk/familyrelationships)

If you require this information in a different format e.g. braille, large print or in another language, please contact:

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