**Parenting Plan**

The Parenting Plan is a written plan worked out between parents after they separate, and it covers the practical issues of parenting. The Plan can help clarify the arrangements you need to put in place to care for your children after separation, without having to go to court. Website below explains this in further detail.

<http://www.cafcass.gov.uk/grown-ups/parenting-plan.aspx>



You can create your parenting plan via the link below.

<https://www.splittingup-putkidsfirst.org.uk/home>



Separate parent’s information plan

The course helps parents learn the fundamental principles of how to manage conflict and difficulties and how to put your children first. The Court have the power, by making a court order, to ‘direct’ parents to attend a programme aimed at promoting safe contact with children. Cafcass is usually asked to advise the court if it is suitable for you. The website below provides further detail in regard to this course.

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/separated-parents-information-programme/>



Getting it right for children (online parenting programme)

Getting it Right for Children is a 4-step programme which uses real life situations to show how things can go wrong and how they can be done better and it is free to use. Parents who have completed the programme say they find it easier to: talk to their partner about childcare arrangements, find solutions to childcare issues as they arise, stay calm when talking to their partner. The website below offers further information and how to get started.

<https://theparentconnection.org.uk/programmes/programmes/getting-it-right-for-children-when-parents-part>



Mediation information assessment meeting/mediation

Family mediation is where an independent, professionally trained mediator helps you and your ex to work out an agreement about issues such as: arrangements for children after you break up (sometimes called custody, residence or contact), child maintenance payments, finances (for example, what to do with your house, savings, pension, debts). The website below offers further information.

<https://www.familymediationcouncil.org.uk/>



Sorting out separation

The website below offers information on helping you deal with a breakup. <https://www.sortingoutseparation.org.uk/>



**Click – relationship issue website**

This website offers advice and support on a range of relationship issues and also provides a safe space to chat online with a trained relationship worker called the Listening Room.

https://click.clickrelationships.org/home/all-issues/

**2Houses App**

This useful app can be downloaded to a phone or tablet and helps parents keep track of finances calendars and activities. If you are “techy” then this is a great way of communicating and sharing parenting.

<https://www.2houses.com/en/>

