






Planning Together for Children Signposting




Signpost	Details
 <p>Parent Talk</p> <p>https://parents.actionforchildren.org.uk/</p>	<p>Provides down-to-earth parenting advice you can trust, including information/advice on the following topics:</p> <ul style="list-style-type: none"> • Early parenting • Development and additional needs • School life • Home and family life • Feelings and behaviour <p>A FREE and confidential webchat or WhatsApp messaging service with a parenting coach.</p> <p>Available Monday – Friday (apart from Bank Holidays), and evenings on Monday and Thursday.</p>
 <p>Cafcass</p> <p>Website: https://www.cafcass.gov.uk/</p> <p>Top tips: Top-Tips-for-parents-who-are-separated.pdf</p>	<p>Covering all aspects of separation and the court process.</p> <ul style="list-style-type: none"> • Our Child’s Plan • E-Learning Materials <p>Top Tips pages, including but not limited to:</p> <ul style="list-style-type: none"> • Parents who are separated




<p>Our Child's Plan: https://www.cafcass.gov.uk/parent-carer-or-family-member/my-family-involved-private-law-proceedings/resources-help-you-make-arrangements-are-your-childs-best-interests/how-parenting-plan-can-help</p>	<ul style="list-style-type: none"> • Children and young people affected by domestic violence • Supporting Children's Mental Health • Online contact
 <p>Action for Children: Worried about a child</p> <p>https://www.actionforchildren.org.uk/how-we-can-help/worried-about-a-child/</p>	<p>If you have concerns about a child's welfare or need some parenting advice, here's what to do:</p> <ul style="list-style-type: none"> • Action for Children doesn't investigate reports of abuse or neglect. • They will help you to find advice and who to contact if you have concerns about a child or young person.
 <p>Sidekick</p> <p>https://sidekick.actionforchildren.org.uk/</p>	<ul style="list-style-type: none"> • Sidekick is a confidential helpline for young people in the UK. • Children from 13 can text or email about anything that is bothering them • Texting is free if you have free texts included in your mobile plan. If not, it • will cost the normal rate charged by your provider.

Websites

 <p>Resolution</p> <p>https://resolution.org.uk/</p>	<ul style="list-style-type: none"> • A group of family lawyers and other professionals committed to taking the conflict out of family disputes. • They are solution-focused and bound by a code of practice, acting in the best interests of the child/ren. • This page includes fact sheets alongside guides and offers information on the divorce process, alternatives to court, and how to handle the issues surrounding money and housing.
 <p>Splitting Up</p> <p>https://www.splittingup.com/</p>	<ul style="list-style-type: none"> • This website helps guide you through the basics of family law by answering some popular questions regarding divorce, financial issues, and child disputes. • It presents as a self-help one-stop shop to help answer what you need to know and who to contact if you're separating. • You can request a free consultation with a solicitor through this site.
 <p>Relate</p> <p>https://www.relate.org.uk/</p>	<ul style="list-style-type: none"> • Online relationship advice and information, covering a range of topics, including parents who are, or have, separated. • They provide support with counselling and signpost to support your area. • They also offer 30-minute 'chats' with a counsellor over the phone, if you need to access support a little faster.
 <p>Family Lives</p>	<ul style="list-style-type: none"> • Set up to ensure parents have somewhere to turn, before reaching a crisis point. • Early intervention for struggling families is key to good mental well-being. They have worked to provide a confidential helpline,

<p>https://www.familylives.org.uk/</p>	<p>alongside live online chat and email support.</p> <ul style="list-style-type: none"> • Parenting advice and online courses, such as supporting children’s mental health
 <p>Samaritans (116 123)</p> <p>https://www.samaritans.org/</p>	<ul style="list-style-type: none"> • Offers a lifeline to individuals who are struggling with mental health challenges by providing confidential emotional support 24/7 through phone calls, emails, and online chat services. • They create a safe space where people can express their feelings without judgment. • By fostering connections and offering compassionate listening, Samaritans help individuals navigate their mental health journey with hope and resilience.
 <p>Right’s of women</p> <p>https://www.rightsofwomen.org.uk/</p>	<ul style="list-style-type: none"> • Their mission is to advise, educate, and empower women • They provide free, confidential specialist legal advice • Educate women on their legal rights • They are campaigning to ensure that women’s voices are heard, and law and policy meet all women’s needs.
 <p>National Association of Child Contact Centres</p> <p>https://naccc.org.uk/</p>	<ul style="list-style-type: none"> • A UK-based charity dedicated to child contact • They provide safe spaces where children can meet with adults they do not live with

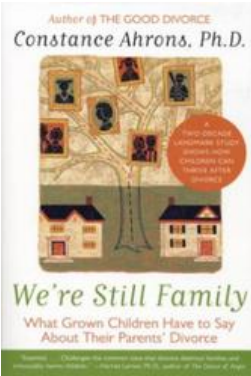
 <p>Gingerbread</p> <p>https://www.gingerbread.org.uk/</p>	<ul style="list-style-type: none"> • They campaign against the inequalities and injustices that single parents face every single day. • Working to challenge the stigma and negative perceptions around being a single parent. • Providing expert advice and information to support all single parents so that they have the tools to support their children and themselves. • Access to a support network so that no single parent is ever alone.
 <p>Childline</p> <p>https://www.childline.org.uk/</p>	<ul style="list-style-type: none"> • Childline is free to children in the UK aged 19 and under. • Allows access to support with ANY issue they are going through • They can access a trained counsellor, for free and confidential advice, day or night
 <p>Woman's Aid</p> <p>https://womensaid.org.uk/</p>	<ul style="list-style-type: none"> • They empower survivors by keeping their voices at the heart of their work • They provide a LIVE CHAT • An email service to a domestic abuse support worker • Help and support women's housing and safety planning • Provide a community of supportive domestic abuse survivors.

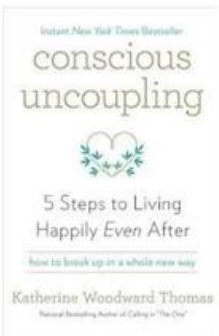
 <p>Refuge</p> <p>https://refuge.org.uk/</p>	<p>Supporting mainly women and children, however, they do extend their support to men</p> <p>They can provide support for:</p> <ul style="list-style-type: none"> • Housing • Legal help • Financial support • Refuge accommodation – securing safety • Help with tech abuse
 <p>Men's Advice Line</p> <p>https://mensadvice.org.uk/</p>	<ul style="list-style-type: none"> • Help specifically for male victims of domestic abuse • They offer web chat • Telephone support – with male and female support workers, please note that if you require a different support worker you can request this and you will be transferred to one • Email support
 <p>Family Mediation Council</p> <p>https://www.familymediationcouncil.org.uk/</p>	<ul style="list-style-type: none"> • A charity that promotes and supports mediation • You can use this site to find qualified mediators near you • Mediators help provide an alternative to court, if it can work • The resource section provides lots more help and support, signposting

 <p>Sorting out Separation</p> <p>https://www.gov.uk/separation-divorce</p>	<ul style="list-style-type: none"> • Separating or divorcing page on the government website <p>Signposting to you to what you need to know and do when separating from a partner</p> <p>It includes signposting for:</p> <ul style="list-style-type: none"> • financial division • arrangements for childcare • divorce
 <p>A Father's Friend</p> <p>https://www.afathersfriend.co.uk/</p>	<ul style="list-style-type: none"> • They will spend time getting to know you and your situation via an initial consultation • Strategy and planning appointment, where the court process is explained, and go through how to start your child arrangement journey • Find the right solution for you, apply for mediation, family court, and respond to solicitors • Help finalise position statements and help with expectations from Cafcass • Details of the fees are highlighted as 'fixed priced.'
 <p>Zones of Regulation</p> <p>https://zonesofregulation.com/</p>	<ul style="list-style-type: none"> • The Zones of Regulation is a trusted, research-based framework that builds emotional regulation and behavioral skills for life. • Grounded in cognitive behavioral science, it gives individuals and communities a common language for navigating

	<p>emotions—and the practical strategies to do it well.</p> <p>Why It's Different:</p> <ul style="list-style-type: none"> • Supports neurodivergent and neurotypical learners alike • Enhances learning, focus, and resilience • Build capacity for co-regulation and connection
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Books for parents

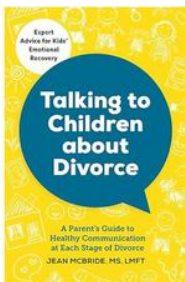
	<p><i>We're still family: What grown children have to say about their parent's divorce</i></p> <p>Constance Ahron's, Ph.D</p> <p>Constance Ahrons explores the long-term effects of parental separation on adult children. Through candid interviews, Ahrons reveals how these individuals navigate their evolving relationships with both parents, emphasizing resilience and the potential for positive outcomes despite initial hardships. The book highlights that, while divorce is undeniably challenging, it can also lead to personal growth and strengthened familial bonds. It offers a hopeful perspective, demonstrating that families can adapt and thrive even after significant changes.</p>
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Conscious Uncoupling: 5 steps to Living Happily Ever After

Katherine Woodward Thomas

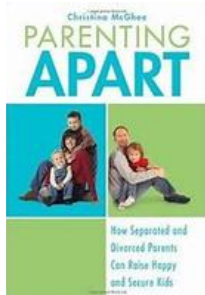
This book offers a transformative approach to ending relationships with grace and positivity. It outlines five steps to help individuals navigate breakups in a way that fosters self-love, personal growth, and emotional healing. By embracing these principles, readers can learn to cherish their own worth and thrive even amidst the challenges of heartache and change. Thomas emphasises that through conscious effort, it's possible to part ways amicably and lay the foundation for a brighter, more empowered future.



Talking to children about divorce

Jean McBride

Offers practical advice for parents on communicating with children about divorce. The book emphasises open communication, reassurance, stability, and validating children's feelings. It provides strategies for long-term support, promoting resilience, self-esteem, and mental health in children.



Parenting Apart

Christina McGhee

This book is described as the ultimate resource for separated and divorced parents

It provides a comprehensive and empowering guide that is practical, providing effective ways to minimise the effects of divorce on children

Providing immediate responses for those parenting apart, for issues such as how and when to tell the children about the divorce, guiding children through transition, dealing with finances, managing a difficult ex-partner and more.

Books for children



I, Cosmo

Carlie Sorosiak

Cosmo, a dog, and Max, a boy, navigate their family's challenges in a heartwarming tale about love and resilience amidst a divorce. The story combines canine dance and the pain of separation


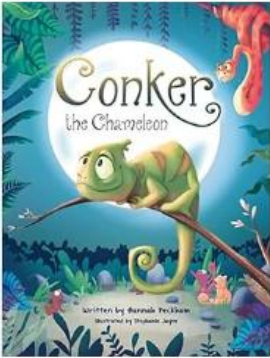
Suitable for readers aged 8 and above, with some challenging vocabulary.

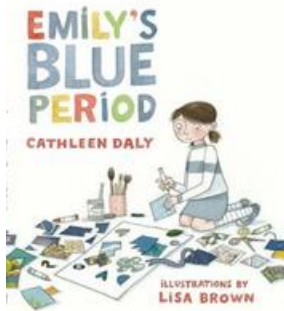


Where did you go today?

Jenny Duke

A little girl has a fun day at the park with her dad, exploring imaginary adventures. They have a

	<p>wonderful day, and Dad takes her home, where he cheerfully says goodbye.</p> <p>The book depicts a positive story of a separated dad spending time with his daughter. It includes diverse representation and is suitable for early primary school children.</p>
	<p><i>My Family's Changing</i> Pat Thomas</p> <p>The book simplifies the topic of divorce with colourful illustrations.</p> <p>It encourages interactive discussions between children and adults through questions.</p> <p>As well as a guide, glossary, and reading suggestions, making it ideal for young children coping with divorce.</p>
	<p><i>Conker the Chameleon</i> Hannah Peckham</p> <p>Can you imagine what it would be like if you could tell how someone was feeling just by looking at them? But sometimes, looks can be deceiving... In a world where chameleons have lost the words to explain how they are feeling, they have all got in a bit of a muddle! Poor old Conker, who can't change his colour like the others, is feeling very fed up. Then he discovers that what makes him different also makes him special. This heart-warming story will engage young children while encouraging them to talk openly about their feelings.</p>



Emily's Blue Period

Cathleen Daly

This book will not provide a simplistic and positive spin; instead, it tackles the fact that family change can be consumingly sad, it can be uncomfortable and it can take time to adapt to.

In the story Emily is an artist, and we experience her journey through her artwork.

A great conversation starter, looking at the importance of adapting to change and how we can feel our feelings, experience them as they pass.

Focused on children between 4 and 7 years

Podcasts

Interviews with Christina



“Divorce doesn’t make you a bad parent; it makes you a parent going through a bad time,”

Includes interviews with divorce lawyers, solicitors, and experts on her podcasts and provides practical advice and support to parents separating