

## **PARENTING APART PROGRAMME OVERVIEW**

When relationships breakdown children can find it difficult to understand how changes may affect their lives. This programme aims to support the parent in communicating with their child about the situation, deal with the challenges they may experience and provide secure and effective parenting as the family adapt to this new situation.

### **Session 1 - The Emotional Divorce**

This session looks at the reality of relationship breakdown on both the parent and child. It gives an opportunity to explore the chain of events and feelings experienced before, during and after separation.

### **Session 2 – The Co-Parental Divorce**

This session focuses on the negotiation of parenting roles following separation. It encourages parents to ensure the child remains the priority when dealing with the changes which happen when relationships alter.

### **Session 3 – The Community Divorce**

This session concentrates on the changes that can occur in relationships with friends, family and community. It considers how children benefit from maintaining important relationships with grandparents and extended family during this time.

### **Session 4 – The Legal Divorce**

This session explores the ending legalities involved when parents separate. The session gives information on the most common legal orders, which may be in place. Feelings and practicalities around the division of assets are explored and parents will explore both the rights of the child and how the situation can be managed in the best interest of the child.

### **Session 5 – The Economic Divorce**

This session will explore the impact changes to finances may have on the family. It considers how these changes can affect both the resident and non-resident parent in their provision for their child and encourages parents to spend time with their child in affordable activities.

### **Session 6 – The Psychological Divorce**

This session is aimed at supporting parents in the process of moving on. It will look at the concerns of both parent and child when new relationships are formed and explore the impact of new family units. The session will ensure parents are aware of the supports available within the community.