

- **Parent communication** – you will be asked to discuss a prepared scenario and look at it from the perspectives of the mother, father and children
- **Emotions** – you will be able to look at the emotional impact of separation and divorce and think about your options for moving forward

Q. Will I have to pay?

If you have been referred through the court system then there is no charge for this programme. However this programme can be accessed through Relate direct and this would involve a fee of £150 per person

Q. What do I do next?

- Cafcass or the Court has given us your details, which is why we have contacted you. All you need to do now is confirm your availability for courses discussed or contact us if you have not spoken to a member of staff direct..
If none of the dates are suitable we will try to arrange a session to suit your needs or refer you to another provider who may have other dates and times which are more suitable
- If you have any questions, please do not hesitate to contact us
- Please let us know if you have any particular requirements and we will do our best to meet your needs



Separated Parenting information
Programmes are delivered at:

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relate
the relationship people

Hull and East Yorkshire

**Separated Parenting
Information Programme**

Most people agree that parental conflict is not good for children: however you may feel that there is very little that you can do about it and wonder why you have been asked to attend a programme like this one.

One of the main aims of the programme is to think about the impact of separation on children. Many parents who take part in the course say that it helps them to see things in a different light and to see the situation through the eyes of their children.

This leaflet will give you more information about the programme and what to expect when you are asked to attend

Frequently Asked Questions

Q. I've been told I've got to attend a Parenting Information Programme (SPIP), what does this mean?

- This programme is not the same as a standard parenting course
- It is designed to help you increase your knowledge about the impact of separation and divorce on children
- Ideas will be offered to help you reduce conflict and to improve communication
- It can be used as a preparation for mediation

Q. Who is it for?

- The SPIP is for family members who are in conflict over child contact and have been ordered or directed to attend
- Usually parents but can also be grandparents or other family members

Q. Why have I been sent?

- The court have decided that it is in the best interests of children that parents are given advice and support about how to reduce the impact of conflict on children

Q. Do I have to attend?

- Yes if you have been ordered or directed. If you don't attend you will be in breach of a court order. Please be aware that if you do not comply with the court order you may be held in contempt of court

Q. Will my ex partner have to attend?

- In most cases both parents are required to attend as this is most beneficial to children, however in some cases the Court may decide that only one parent attends
- You will not attend at the same time as your ex partner or those detailed on your court order

Q. How long is the SPIP and what can I expect?

- The SPIP is usually delivered to mixed groups of up to 10 applicants and respondents in a one 4 hour session. You must attend the whole programme

Q. What will be reported back to the Court?

- Relate will report back on your attendance only and will not make an assessment of your responses. The exception to this is if it is thought that an adult or child is at risk of harm
- You will be asked to complete evaluation forms, these will be fed back to Cafcass for monitoring purposes

Q. What is the programme about?

- The separation and divorce process – you will be encouraged to think about your current situation and options for your future
- What children need – you will watch a powerful DVD made by young people, that follows a separating family over six months