

Parenting on separation: Resources and information

For adults

Websites

www.nspcc.org.uk (0800 800 5000)

Help and advice for adults.

www.parentlineplus.org.uk (0808 800 2222)

24 hour helpline offering help and support to parents regarding all issues.

www.oneparentfamilies.org.uk

Offers support and advice to lone parent families.

www.fnf.org.uk

Provides information and support on shared parenting and issues arising from separation irrespective of gender.

www.divorceandchildren.com

Offers helpful information, practical advice and tips for separated parents on how to help children manage family change.

www.cafcass.gov.uk

Contains information about the role of Cafcass in court proceedings as well as resources for children.

www.reunite.org

Information and advice in relation to child abduction and tips on how to prevent it.

www.resolution.org.uk

Very useful fact sheets and advice for parents. This is the organisation to which all members of the team belong.

www.bristolfamilymediation.org.uk

Information relating to mediation and how to access the service.

www.bridgefoundation.org.uk

A local, means tested service that offers counselling to children, parents and families.

www.samaritans.co.uk

Confidential emotional support.

www.womensaid.org.uk

Information in relation to domestic violence and how to get help.

www.alcoholics-anonymous.org

Help for those have a problem with alcohol.

www.famanon.org.uk

Support to anyone affected by drug abuse of a family member.

www.mentalhealth.org.uk

Information on all aspects of mental health and emotional difficulties, including addictions.

Books

Helping children cope with divorce - Rosemary Wells

Guidance to deal with practical and emotional problems to help minimise stress and explain separation to children.

The truth about children and divorce - Robert E. Emery

Guidelines for divorcing parents on how to manage a divorce and its aftermath, discussing such topics as the benefits of constructive fighting, handling the legal side of a divorce appropriately, and therapeutic parenting.

Putting your children first - a guide for separating parents -

www.defes.gov.uk/consultations/downloadabledocs/planner_draft.pdf

For children

Websites

www.childline.co.uk (0800 1111)

Free 24 hour helpline for children and young people

www.itsnotyourfault.org

Practical information for children and young people about divorce and separation.

www.help-counselling.org.uk

A counselling service based in the South West for 9 - 25 year olds

www.talktofrank.com

Advice and information for children and young people about drugs.

www.cafcass.gov.uk

Information for children about court proceedings and the role of Cafcass.

Books (all available from Amazon)

Dinosaur's divorce - Marc Brown & Laurie Krasny Brown

Aimed at children aged 4-8 addressing common concerns.

Children don't divorce - Rosemary Stones & Nicola Spoor

For younger children. Looks at separation and divorce from the child's angle.

My family's changing - Pat Thomas & Lesley Harker

Explains facts gently but seriously and encourages interaction between parents and children.

Divorce helpbook for kids - Cynthia Macgregor

For older children. A guide to dealing with the divorce of parents, discussing various reasons for divorce, the emotions experienced by the children, and ways of coping with the change.

The suitcase kid - Jacqueline Wilson

Aimed at 8-12 year olds. A story following the adjustment of a child with divorced parents.

DVDs

Lemons 2 lemonade: How to handle life when things go sour between Mom and Dad – Christine McGhee & Stephen Loughead

A programme put together for children dealing with the topic of divorce. Designed for 5 - 12 year olds.

When parents part - Young Voice: www.young-voice.org

A film made by young people for separating parents and their children.

If you require this information in an alternative format, such as audio, large print or Braille, please contact Natasha Volkk on 0117 917 8948