

Resources for separated couples and parents

There is a wealth of information available to assist separating couples, and both parents, children and other family members deal with the issues arising from relationship breakdown.

Below is a selection of online resources that you may find helpful. These organisations are but a small selection of many online resources, and their inclusion is not to the exclusion of other organisations or websites that you may find helpful.

Each resource listed is responsible for its own content and Weightmans cannot guarantee the accuracy or availability of those resources listed.

Child support

CMS calculator: <https://www.gov.uk/calculate-child-maintenance>

Court forms

Family court forms: <https://www.gov.uk/government/collections/family-law-forms>

Divorce

Online divorce: <https://www.gov.uk/apply-for-divorce>

Key legislation

Financial settlements/S25 factors: <http://www.legislation.gov.uk/ukpga/1973/18/section/25>

Children disputes/S1 Checklist: <http://www.legislation.gov.uk/ukpga/1989/41/section/1>

Mediation

Family Mediation Council: <https://www.familymediationcouncil.org.uk>

National Family Mediation: <https://www.nfm.org.uk>

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Support services: Adults

Citizens Advice Bureau: <https://www.citizensadvice.org.uk>

Mind: <https://www.mind.org.uk>

Samaritans: <https://www.samaritans.org>

Relate: <https://Relate.org.uk>

Resolution: <https://Resolution.org.uk>

Support services: Children and young adults

Childline: www.childline.org.uk

Child and Adolescent Mental Health Services: <https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

National Youth Advocacy Service: www.nyas.net

Voices in the Middle: www.voicesinthemiddle.org.uk

Support services: Separated parents

BBC: www.bbc.co.uk/cbbc/shows/lifebabble

Lifebabble is a CBBC series aimed at children aged between 6 and 12. Episodes cover lots of different topics including 'Coping with family changes' which deals with adjusting to parents separating.

CAFCASS: <https://Cafcass.gov.uk>

CAFCASS Parenting Plan: <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-plan/>

CAFCASS How to listen to your child's voice: <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/childs-voice-separation/>

Our Family Wizard: <https://www.ourfamilywizard.co.uk>

This app is designed for co parents and their children. It features a parenting schedule, a tool to request time exchanges and an expense reimbursement request. The app has a Tone Meter to monitor the tone of messages to assist with reducing conflict.

Talking Parents: <https://talkingparents.com/home>

This app is useful if communication between parents is difficult. In addition to a calendar feature it provides reliable communication records. Records of communication can be printed and accessed as a PDF and are unalterable.

Additional support for separated parents

The Parent Connection www.theparentconnection.org.uk

Only Dads www.onlydads.org

Only Mums www.onlymums.org

Gingerbread www.gingerbread.org.uk

Emotional wellbeing and mental health

The importance of family therapy in assisting with the emotional and psychological aspects of divorce and separation is well known.

We can help guide you to find the support you need, including counsellors, child psychologists and other professional experts

Financial wellbeing

Financial worries on separation are widespread. We can help guide you, and direct you to support from financial experts including accountants, debt counsellors, independent financial advisors, actuaries and valuers.

Reading List

There are a huge amount of books available to assist separating couples, and both parents, children and other family members deal with the issues arising from relationship breakdown.

The below is but a small sample of books available. Their inclusion in this list is not a recommendation, just a suggestion, and their inclusion is not to the exclusion of books or resources that you may find helpful.

Divorce and separation

- Divorce and Splitting Up (Which? Essential Guides) – Imogen Clout
- Breaking Upwards – how to manage the emotional impact of separation – Charlotte Friedman
- Getting past your break up – Susan J Elliot
- The Mindful Divorce: How To Heal And Be Happy After Separation – James Brien

Parent's reading list

- 101 Questions Answered about Separating with Children – Only Mums and Dads Panel
- The Co-Parenting Handbook: Raising Well Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation – Karen Bonnell
- Talking to Children About Divorce: A parent's guide to healthy communication at each stage of divorce – Jean McBride
- How to talk to your kids about separation: A little guide for you to help your kids – Scott C Docherty

Young children reading list

- Two homes – Claire Masurel
- The Invisible String – Patrice Karst
- Living with Mum and Living with Dad – Melanie Walsh
- Dinosaurs divorce – L.K. Brown and M. Brown

Older children reading list

- The Suitcase Kid – Jacqueline Wilson
- Letting Go! Mindful Kids: An activity book for children who need support through experiences of loss, change, disappointment and grief – Sharie Coombes
- The Divorce Help Book for Teens – Cynthia MacGregor
- Divorce Survival Guide For Kids: Tips To Survive Your Parent's Divorce: For Kids, Written By Kids – Samantha and Alexa Smith

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Data Protection

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