

FACTSHEET No 2:

Being a Parent after Separation



a better way to settle

Parenting is a shared responsibility. You are both responsible for caring for your children. Children attach to their parents, irrespective of the amount of time each spends with them. Your children will adjust best if they can enjoy meaningful relationships with you both.

Parents have a shared interest. Your children's future is your paramount concern.

Be the decision makers. You remain parents and have to make relevant decisions about the children together. Children need to be consulted about, but not burdened by decisions which are , always your responsibility. You are parents forever.

Maintain family rules. Each of you, when caring for the children, must feel you are free to raise them as they see fit and that the other parent will not interfere. You should only ever think of interfering in circumstances in which a child is placed at risk of harm.

The children's interest must come first. You must always do what is best for your children – even at a cost to yourselves.

Separate marital and parenting roles. Parenting is paramount!

Allow the past to remain in the past. Let the bad memories and feelings about your relationship fade into the past and stay there! Work on building the foundations for the kind of business-like, working relationship that is essential for the successful shared parenting of children.

Further Information & Help:

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