



PARENTS PLUS

# Parenting When Separated

Family separation can put extra stress on both parents and children and brings new challenges. Drawing on the Parenting when Separated evidence-based programme, this 1:1 support identifies practical steps parents can take to help their children cope and thrive as well as coping successfully themselves

## **Practical and positive 1:1 support for parents who are preparing for, going through or have gone through a separation or divorce:**

- ❖ Solve co-parenting problems in a positive way that focuses on the needs of your children
- ❖ Cope with the emotional impact of separation and learn stress management techniques
- ❖ Help your children cope with the impact of the separation both emotionally and practically
- ❖ Enhance communication with your children and with your children's other parent

### **Your school's Family Support Service offers:**

- ❖ Introduction session with up to three further sessions of tailored support in a private, confidential space
- ❖ One or both parents can access individual support. Separated parents do not attend together
- ❖ Signposting or extended family support for more complicated problems

For further information on Parenting When Separated, contact Annabelle Walker (BCPFE Family Support Worker) on 01273 291478 or [annabellewalker@middlestreet.brighton-hove.sch.uk](mailto:annabellewalker@middlestreet.brighton-hove.sch.uk). You can also talk to your school SENDCo to find out more about the Family Support Service or visit our website [www.bcpfe.org.uk](http://www.bcpfe.org.uk)

  
**ParentsPlus**  
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

[www.parentsplus.ie](http://www.parentsplus.ie)



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