

The Parenting Apart Programme

**‘The Parenting Apart
Programme – Intervention to
Reduce Parental Conflict’**



A Parenting Apart Practitioner will work and support the family directly. Particular consideration will be made to the children's views, wishes, feelings in the context of the family dynamics and environment.

We can assure you that we are able to start direct work with the family within 14 days of receipt of the Letter of Instruction or completed Referral Form. This will be dependent on parent's availability.

Introduction to Mother and Father on an individual basis (1.5 Hours)

Meeting with Mother or Father to support introductions, explain about the Parenting Apart Programme, proposal of activities and allow the parent to discuss their thoughts and feelings. This meeting is to offer the parent the opportunity of building a good working relationship through good communication and for the parent to feel well supported throughout the process. Also, to help parents compile a Parent Working Agreement with regards to the children's routine and re-establishment of relationship with nonresident parent, but most importantly prioritising the emotional well-being of the children.

Joint Parent Meetings (1.5 Hours)

To help parents to communicate and to draw a line on any difficult personal past relationship circumstances or situations. This then allows parents to start to form and rebuild a respectful parent working relationship. Through positive and constructive communication and always supporting the voice of their child, this helps to change the mind set and for the parents to compile a Parent Working Agreement that both parties can adhere to. The parents are fully supported through the Parenting Apart Programme to be able to achieve the above.

Parent Working Agreement

The Parent Working Agreement is a document which both parents agree to abide by and can be filed alongside a Court order if necessary. The document outlines in detail how the parents agree to work together in the best interest of the child/ren and will cover practical aspects of parenting apart such as schooling, overnight stays, holidays, hand overs and transitions of care. These arrangements can include timings and flexibility.

During face to face consultation or Virtual meetings, parents will be supported to build trust and understand the practicalities of their situation.

They will be guided to form their new parenting relationship whilst prioritising the needs of the children.

Total Costs include all of the above- 10 Hours over an initial 4-week period, £1600.00 (ex VAT).

This includes a compiling a Parent Working Agreement.

Additional cost apply for:

Practical Support: In addition to the core programme, our Parenting Apart Programme Licenced Practitioners are trained to support parents to practically overcome common challenges that arise after an agreement has been made. For example, they can attend and support the initial transitions of care with both parents, role-modelling appropriate behaviour and language, involving children. Cost £100 (ex VAT) per hour.

Review Meetings: To overcome common challenges after an agreement has been made, additional meetings can be arranged with parents to review or support them with the Parent Working Agreement. Cost £100 (ex VAT) per hour.

Travel and Mileage: £45.00 per hour at rate of 45p per mile. **Court Report:** If a Court Report is required this will be at an additional cost of £500 (ex VAT). This will need be discussed with Practitioner and will need to be instructed through Court providing it is within 3months following end of Intervention. **Court attendance:** If Court attendance this will need to be discussed with the Practitioner in advance. Cost of £150.00 (ex VAT) per hour.

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Court attendance: If Court attendance this will need to be discussed with the Practitioner in advance. Cost of £150.00 (ex VAT) per hour.

We are pleased to confirm that a personal bespoke programme could be compiled to assist the family with all travelling arrangements and schedule of works.

NB

If further work is required for the family outside of this proposal then Parenting Apart Ltd can provide a further quotation for this piece of work.

If you require any further information please do not hesitate to contact us: Licenced Practitioner: Samantha Abraham

Website: www.samstoodstill.com/parenting

Email: Info@samstoodstill.com

Contact: +447872 565 318

<https://parentingapartprogramme.co.uk>