

## **PARENTING WHEN SEPARATED PROGRAMME** **Information for Parents and Carers**

The Parents Plus Parenting When Separated Programme is a seven-week evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

The aim of the programme is to support parents in their valuable role, highlight positive and practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves, whilst finding solutions to common challenges and problems such as:

- *Solving co-parenting problems in a positive way that focuses on the needs of children*
- *Coping with the emotional impact of separation and stress management techniques*
- *Helping children cope with the impact of the separation both emotionally and practically*
- *Enhancing communication with children and with the other parent*

Each parent is given a parent book at the beginning of the programme, this resource follows the group work topics during the life of the programme and includes helpful information and worksheets, relating to supporting both parents and children.

### *Taster Session*

#### An Introduction to the Programme

<i>SUPPORTING PARENTS TOPIC</i>	<i>Session 1</i>	<i>SUPPORTING CHILDREN TOPIC</i>
<b>The Impact of Separation on Parents</b>		<b>The Impact of Separation on Children</b>
<i>Session 2</i>		
<b>Establishing a Cooperative Co-Parenting Relationship</b>		<b>Helping My Child Cope</b>
<i>Session 3</i>		
<b>Communicating With My Child's Other Parent</b>		<b>Communicating With My Child</b>
<i>Session 4</i>		
<b>Being a Residential or a Non-Residential Parent</b>		<b>Managing Successful Contact and Handovers</b>
<i>Session 5</i>		
<b>Personal Coping and Stress Management</b>		<b>Dealing With Challenges</b>
<i>Session 6</i>		
<b>Parent Self-Care in the Long Term</b>		<b>Managing New Relationships</b>

*For further information on the programme:*

<https://www.parentsplus.ie/programmes-about/parenting-when-separated/>