

# FREE Resources

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## Domestic abuse or parental conflict?

- For Baby's Sake resources [Parental Relationships spectrum tool](#)
- Cafcass have a repository of practice aids to support assessment and reflection including Children's beliefs about parental divorce scale [Indicators of conflict which is harmful to the child | Cafcass](#)

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## Separated or Separating Parents

- Relate - [Co-parenting Toolkit](#)
- Family Lives - [Co-parenting Course](#)
- OnlyMums & Dads – [Family Separation Support Hub](#)
- One Plus One – [Separating Better Resources](#)
- See It Differently videos – [Co-parenting Conflict Scenarios](#) (see Chloe)
- Anna Freud – [Conflict Support for Parents and Carers](#)
- Young Minds – [Supporting Children Through Separation](#)
- AdviceNow – [Divorce and Finances Guides](#)
- Online Course *Understanding your relationships* - [Solihull courses for parents](#)

## Mediation

- [National Family Mediation – Information for Parents](#)
  - MIAMs (45 mins): £105 incl. VAT
  - Mediation session (90 mins): £185 pp incl. VAT
  - Free MIAM + 1 session if one party is eligible for legal aid
  - Family Mediation Voucher Scheme (£500)

## Parenting Tools & Apps

- [Separating better | OnePlusOne](#) helps you self-manage your separation.
  - FREE [Parenting Plan](#)
  - [Talking Parents – Secure Communication Tool](#)
  - [AppClose – Free Co-parenting Tools](#)
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## Resources to support children

- SeparateSpace – [Free Interactive Book for Children](#)
- Bucks - [Voice of the Child Booklet](#)
- Kooth – [Mental Health Platform](#)
- Childline – [Healthy Relationships](#)
- NSPCC – [Anger Management Support](#)

## Teenagers

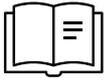
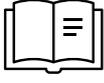
- Your Direction Workshops – [Teen Support 12+](#)
  - University of Exeter - [K3&4 Lesson Plans Rights of the Child when Parents Separate](#)
  - Intercom Trust - [Positive Relationships Guide for Parents of LGBT+ Young People \(p.26+\)](#)
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## Voice of the Child – Video Resources

- DWP.gov.uk - [KS1 Children Talking about their Parents Arguments](#)
  - Channel 4: Secret Life of 4 Year Olds - [Playground Drama](#)
  - RelationKit – [5 Video Scenarios<sup>1</sup>](#)
  - National Association of Child Contact Centres - [The Child of Separated Parents](#)
  - Dudley - [Parents in Conflict](#)
  - Daniel Siegel - [Hand Brain Model brain science to understand emotions](#)
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<sup>1</sup> *watching her words* and *passing on messages* about a daughter (about 11 years old) and her separated parents. *Meeting your needs, working together* and *saying sorry* show a couple parent arguing in front of their young son and in second video, their baby daughter

## Book resources for children of separated / separating parents

	Book and Author	Age range
	Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two by Isolina Ricci Ph.D	For older children 10+
	It's Not the End of the World by Judy Blume	For older children 9-12
	My Hidden Chimp by Professor Steve Peters	For older children
	When Mom and Dad Separate by Marge Eaton Heegaard	For younger children
	Mum and Dad Glue by Kes Gray and Lee Wildish	For younger children
	The Invisible String by Patrice Karst and Joanne Lew-Vriethoff	For younger children
	Two Homes by Claire Masurel and Kady MacDonald Denton	For younger children
	Dinosaurs Divorce: A Guide for Changing Families by Laurie Kransy Brown and Marc Brown	For younger children
	Ruby's Worry: A Big Bright Feelings Book by Tom Percival	For younger children
	Dear Dad, From You To Me: Guided Memory Journal To Capture Your Father's Amazing Stories by Journals of a Lifetime and From You To Me	Parent
	Dear Mum, From You To Me: Guided Memory Journal To Capture Your Mother's Amazing Stories by Journals of a Lifetime and From You To Me	Parent