

Managing Your Relationship After Separation

Each year, approximately 240,000 children in the UK have parents who separate. By the time a child reaches their 16th birthday, more than one in three will have seen their parents separate.

When family relationships break down, children can often get caught up in the emotional fallout.

Many Family Lawyers in the UK are members of Resolution, an organisation who believe in a constructive, non-confrontational approach to family law matters. Resolution give guidance on different areas of family law matters, including the following guidance on helping to manage your relationship with a former partner:

- Whilst your relationship has ended, your role as parents has not. It can be helpful, especially in the early stages of separation, to behave with a business-like attitude.
- Don't spend time and energy trying to control your ex or the situation. Just be the best parent you can and support your children.
- Try to address issues instead of hanging on to anger and hurt. Moving forward is important for you and your children. If you struggle to do so, try to find some help.
- Whatever your feelings about your ex partner, talk to them respectfully as the parent of your children. When discussing issues, avoid blame.
- Instead of springing a discussion on your former partner, let them know beforehand that you want to discuss something. Ask to arrange a time that is mutually convenient.
- Avoid using handovers as a time to discuss issues with them. It may be best to phone or send an email or ask to arrange a time to talk. Consider the best times for phone conversations and make sure children cannot hear them.
- Follow up agreements or details of conversations in writing. A written follow up can minimise misunderstandings about what was said or agreed.

For advice about Family Law matters, please contact Heather Weavill at Alison Fielden & Co on 01285 653261 or email hweavill@alisonfielden.co.uk