



Estrangement Parents Policy

At Calm Little Minds, we aim to promote the best interests of the child, working in partnership with all parents where possible. This policy is an attempt to clarify to all parties what is expected from separated parents and what can be expected from Calm Little Minds.

At Calm Little Minds we understand that issues around family breakdown and separation can be fraught. However, we expect parents to be courteous and respectful at all times in their dealings with us.

Consent

It is best practise for Calm Little Minds to have consent from both parents with whom have parental responsibility. Parents/carers are strongly encouraged to resolve any disagreements around consent without involving Calm Little Minds directly. We will use our professional experience to act in the best interests of the child/young person with regards to their emotional well-being as appropriate. We can continue our work with consent from one Parent. In any event whereby the parents being estranged is appearing to impact upon the child's emotional well-being and or safety of a child, we may seek professional advice/refer for the matter considered.

Agreement

Initial assessment: Both parents are always welcome to attend this appointment, and it is expected this will be agreed without the direct involvement of Calm Little Minds. During this initial assessment, we will assess your child's needs and be clear on the areas of work we feel are appropriate for your child.

Agreement of sessions, appointments and times for your child will usually be made with the main primary carer and Calm Little Minds, the appointment and time will be agreed with yourselves and Calm Little Minds.

The sessions we deliver are for your child. We provide a welcoming safe space for your child to discuss whatever they feel they wish too. Our non-judgemental approach provides a positive environment where the child feels listened to and provides strategies to manage how they are feeling. These sessions are confidential to your child, unless there is a safeguarding concern. This enables them to feel they have a space they can talk about anything and not feel disloyal to either parents.

We are happy to provide feedback to both parents, please see below for fees.

Please be aware, Calm Little Minds does not provide mediation for separated parents and will not tolerate discussions that are deemed to be inappropriate. Calm Little Minds focus solely on working with your child. If you wish to discuss your child with us, then we are more than happy to schedule a call.

Fees

Whilst we understand both parents would like to have feedback each week, this is not always possible. Where we feel it is necessary, we will provide feedback to the main carer. Please note, this may not always be after every single session, but when we feel appropriate.

Included in the package that you pay for is a 45 minute session each week with your child and one 15 minute phone call to a parent. If you wish to have separate phone calls then the second call will be chargeable. However, we can provide feedback in an email to both parents in place of a call.

Any additional reports that need to be written, aside from the end of service letter will also be chargeable for our time. These will be shared with both parents who hold parental responsibility. In extreme circumstances, where we feel that our report means a child may be at risk, this report will be shared with professionals only.

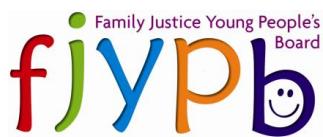
Additional phone calls – 15 minute call £10.00 per call, anything over 15 minutes will be charged at £1.00 per minute.

Report writing - £30.00 per report.

Please be aware that Calm Little Minds will not tolerate any abusive or aggressive behaviour, verbal or physical. If this should occur we will report the matter to the police.

For more information and guidance we recommend making contact with CAFCAS.
<https://www.cafcass.gov.uk>

We think the below guidelines from CAFCAS are really important to be aware of so have attached for your reference.



Top Tips

for parents who are separated



The FJYPB members are children and young people with experience of family law proceedings. They have devised these top tips for parents to help them think about matters from their child's perspective.

'Listen to your child'

You can find out more about the FJYPB at Cafcass.gov.uk

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| 1 | •Remember I have the right to see both of my parents as long as it is safe for me. |
| 2 | •I can have a relationship with the partner of my other parent without this changing my love for you. |
| 3 | •Try to have good communication with my other parent because it will help me. Speak to them nicely. |
| 4 | •Keep my other parent updated about my needs and what is happening for me. I might need their help to. |
| 5 | •Don't say bad things about my other parent, especially if I can hear. Remember I can often overhear your conversations or see your social media comments. |
| 6 | •Remember it is ok for me to love and have a relationship with my other parent. |
| 7 | •Don't make me feel guilty about spending time with my other parent. |
| 8 | •Don't make permanent decisions about my life based on how you feel at the moment. Think about how I feel now and how I might feel in the future. My wishes might change. |
| 9 | •Be open to change, be flexible and compromise when agreeing arrangements for me. |
| 10 | •It's ok with me if my parents don't do things exactly the same. You are both different and that's alright with me. |

11	•Don't be possessive over me and the things that belong to me. Make it easy for me to take the things I need when I spend time with my other parent, such as school work, PE kits, clothes, books, games, phone etc. Let me choose what I want to take with me.
12	•Keep me informed about any changes to my arrangements.
13	•Try not to feel hurt if I choose to spend time with my friends instead of seeing you. I am growing up!
14	•Remember that important dates (birthdays, celebrations, parents evening, sports day etc are special to you, me and my other parent. I may want to share my time on those dates with each of you.
15	•Work out between you and my other parent who is responsible for the extra things I need, such as new school shoes and uniform, school trips, dinner money and the cost of my hobbies or after school activities. I don't want to be involved in this.
16	•Remember that I don't expect you or my other parent to be perfect, so I don't want you to expect my other parent to be perfect either. Accept mistakes and move on.
17	•Make sure I am not left out of key family events. Please compromise with my other parent so I can join in.
18	•Please don't stop me having contact with extended family members who are important to me. Ask me how I feel about them. Don't assume my feelings are the same as yours.
19	•Don't use me as a messenger between you and my other parent.
20	•Don't use my relationship with my other parent against me, or them.
21	•Don't ask me to lie to my other parent or other family members.
22	•Don't ask me to lie to professionals., or to say what you want me to say.
23	•Remember that I might want something different to my brother or sister.
24	•Don't worry about how others see you or what they think. I am what matters.