



One-minute guide

Domestic Abuse: Safety Tips

Child Contact

- If unhappy about child contact arrangements, write a letter to the other party and try and reach an agreement that works for everyone. If children are of an appropriate age, include them in the decision making.
- If unable to come to an agreement, then seek legal advice as soon as possible.
- If there are concerns around contact, then this can be stopped whilst further information and advice is sought.
- Consider 3rd party support – this should be someone impartial and who is able to focus on the best interests of the child and is unlikely to side with either parent.

Signposting

- **Gingerbread** - <https://www.gingerbread.org.uk/>
 - **Child Law Advice** - <https://childlawadvice.org.uk>
 - www.onlymums.org
 - www.onlydads.org
 - **Parenting Plan** [Parenting Plan - Cafcass - Children and Family Court Advisory and Support Service](#)
 - **2house app** - Help separated parents communicate and become organised for the wellbeing of the children - [Divorced parents web & mobile app \(2houses.com\)](#)
 - **Our family Wizard** – Co-parenting app. - <https://www.ourfamilywizard.co.uk>
 - Alternatively, an email address could be created, and this could be used for any communication. This option would be free.
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- **Families Need Fathers - Home** ([Families Need Fathers - Home \(fnf.org.uk\)](#)) - Helping children and families to retain positive relationships after separation or divorce. FNF is the leading UK charity supporting dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation. We offer information, advice and support services helping parents to achieve a positive outcome for their children.
Our online Forum and our network of branches also offer free guidance of solicitors and others familiar with the operation of the family courts.



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