



Is this anything to do with my parenting?

This is not a general parenting course. It aims to help you understand what children experience when their parents are separated. The course will help you to focus on the positive aspects of your relationship with your children so that you can build on this in helping them adjust. It also gives you a chance to reflect on how you are dealing with the changes, and whether you might need any extra support.

How long does it take?

The SPIP is usually run either as a full day course or as two shorter sessions.

What will be reported back to the court?

Cafcass is only told who has attended and not about how they responded to the course. The exception to this is if it is thought that an adult or child is at risk of harm or if someone was disruptive and had to be asked to leave the course.

Parents who have attended the course said:

"This course has made me see things in a different light."

"The course really focused my mind on the children instead of my feelings towards my ex-partner."

Please let us know if you have any particular requirements and we will do our best to meet your needs.

If you have any questions, please do not hesitate to contact us.

07741 293685 or 02476 225863, or email us at SPIP@relatecoventry.org

The programmes are held at venues throughout Coventry and Warwickshire

They are available to attend at weekends and weekdays in small groups.

The postal address is:

Relate Coventry & Warwickshire
1110A Elliott Court
Coventry Business Park
Herald Way, Coventry CV5 6UB
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Separated Parents Information Programme (SPIP)

Information for Parents

Most people agree that parental conflict is not good for children. However you may feel that there is very little that you can do about it and wonder why you have been asked to attend a programme like this one.

One of the main aims of the programme is to think about the impact of separation on children. Many parents who take part in the course say that it helps them to see things in a different light and to see the situation through the eyes of their children.

This leaflet will give you more information about the programme so that you know what to expect when you are doing it.

Frequently Asked Questions

What happens on the course?

The separation and divorce process – you will be encouraged to think about your current situation and options for your future.

What children need – you will watch a powerful DVD made by young people, that follows a separating family over six months.

Parent communication – you will be asked to discuss a prepared scenario and look at it from the perspectives of the mother, father and children.

Emotions – you will be able to look at the emotional impact of separation and divorce and think about your options for moving forward.

Who is it for?

The SPIP programme is for family members who are in conflict over child contact and have been ordered or directed to attend. It will particularly help you if you identify with any of the following, in relation to your ex-partner:

- You find it difficult to focus on your children's needs because of ongoing conflict
- You find that your feelings and reactions to separation are getting in the way of being able to talk about your children
- You would like communication to improve, and you may be thinking about trying mediation.

Do I have to attend?

Yes, as it is most likely that you have been ordered by the court to attend. If you don't attend it means you will be in breach of the court and you may be held in contempt of court.



How does it work with my ex-partner?

You will both be ordered to attend, but you will attend separately. We recognise that you may currently have no contact with your ex-partner but whilst your relationship has changed with each other, you will always both be parents. We ask all participants to come with an open mind and pick the parts of the programme that you feel will be most helpful to your personal circumstances.

Will I have to share my personal experiences with a group of strangers?

The aim of the programme is to offer support and to help you find a way forward. At no time will you be asked or pressurised to share anything that you are not comfortable sharing. The most important thing is that you feel respected and are able to contribute and take what you need from the programme.

Will I have to pay?

If you have a Court Order to attend the programme there will no cost to attend. If you wish to self-refer onto the programme, please contact us and we can explain how the process works.

