

## Parents Plus Programme

### 'Parenting when separated'

(John Sharry, Michelle Murphy, Adele Keating)

Clarecare provides various parenting support programmes throughout Co.Clare. These Parents Plus Programmes ([www.parentsplus.ie](http://www.parentsplus.ie)) are facilitated by professionals from Clarecare's Family Support Team, two facilitators deliver this over 6 weekly 2 hour sessions. Each week the group focuses on a topic which is of relevance to parenting when separated. i.e the impact of Separation on parents & children, Learning to cope Post Separation, Communicating with your child about the separation, Conflict management/Dealing with challenges, Establishing a cooperative co-parenting relationship.

## Who is the Parenting when Separated Programme targeted at?

The PPPSP is targeted at all parents who are preparing for, are going through or who have gone through separation/ divorce or parents who have separated in the past. The groups are suitable for mothers and fathers, for parents of older and younger children.

The ***Parenting when Separated Programme*** was developed in consultation with a range of agencies who provide services to families who have experienced separation or divorce notably

- Child & Adolescent Mental Health Service
- Primary Care Psychology Service
- One Family

- Unmarried and Separated Families of Ireland
- Relationship Ireland

## What does it involve?

The Parents Plus – 'Parenting when Separated' programme aims to help parents:

1. Solve co-parenting problems in a positive way focused on the needs of children
2. Cope with the emotional impact of separation and learn stress management techniques.
3. Help their children cope with the impact of the separation both emotionally & practically.
4. Enhance communication with their children and with their children's other parent.

## Methods Used

Each week facilitators deliver this Parents Plus programme using worksheets, handouts and group exercises.

Group discussions and exercises give parents an opportunity each week to think about how they might put the ideas introduced in the programme into practice in their own homes.

Parents can engage in group discussion on topics of relevance each week, and share learning and experiences.

The **Parents Plus – Parenting when Separated Programme** was developed drawing on the findings of research evidence above. In this way it is designed to be

- Child focused
- Skills based
- Promoting communication between parents
- Encouraging positive co-parenting and conflict resolution skills

*If you would like to attend this course or find out more contact*

*Michelle Barnes, Parenting Support, Clarecare (065) 68 94246 or email: [parentingsupport@clarecare.ie](mailto:parentingsupport@clarecare.ie).*



[www.clarecare.ie](http://www.clarecare.ie)

Parents Plus Programme  
***Parenting  
When Separated***



A positive parenting programme to helping families manage separation & divorce