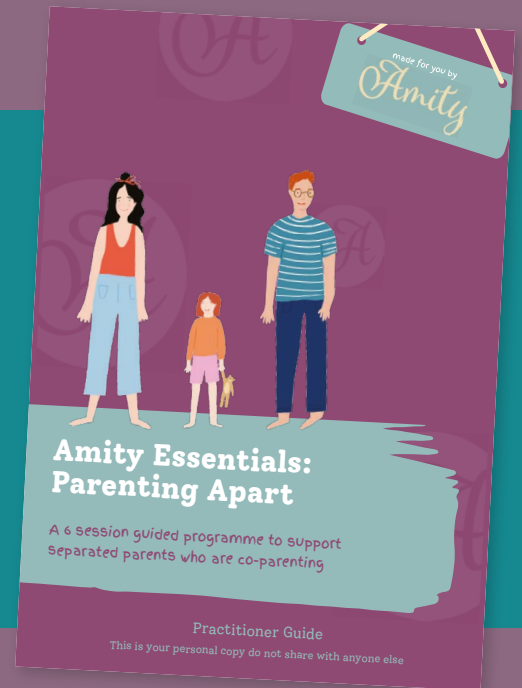


AMITY ESSENTIALS PARENTING CO-OPERATIVELY AFTER SEPARATION

Amity
welcome to the
relationship revolution

Support co-parents to work together again

Amity Essentials: Parenting co-operatively after Separation is a six-session resource designed by the relationship experts at Amity to support families navigating the challenges of separation. Delivered by trained practitioners, this evidence-based structured resource focuses on reducing co-parental conflict, fostering mutual respect, and prioritising children's emotional well-being. The sessions are designed to be worked through with one or both parents at their own pace.



WHAT'S INCLUDED?

Six structured sessions

Guided sessions help parents explore conflict dynamics, develop constructive communication skills, and work towards a mutual understanding.

Reflective homework for parents

Between sessions, parents complete restorative activities to deepen their understanding of co-parenting dynamics.

Communication pledge

At the end of the programme, parents make a commitment to manage future conflicts constructively with a focus on their child's well-being.

A team approach

Encourages parents to include wider family, friends, and new partners in creating a supportive environment for their children.

Why choose Amity Essentials: Parenting Co-operatively after Separation?



Child-centred approach: Co-parental conflict has profound effects on children's emotional and developmental outcomes. This resource helps parents reframe their relationship as a collaborative team effort, ensuring children feel safe, secure, and supported.



Evidence-based tools and strategies: Packed with tools, insights and activities, this structured resource enables parents to:

- Understand the roots of their conflicts.
- Reframe their communication more constructively.
- Focus on their child's needs while resolving disagreements.



Empowering practitioners: This programme builds practitioners' confidence and skills to:

- Address sensitive issues like co-parental conflict, the impact of other people amplifying the conflict, parental alienation, and domestic abuse.
- Facilitate solution-focused, restorative conversations.
- Use assessments and tools to measure progress and impact.

THEORY OF CHANGE:

Parenting Co-operatively after Separation

GOAL:
To reduce co-parental conflict and promote healthy, collaborative co-parenting relationships for the benefit of children.

INPUT:

- Six-session programme with reflective tools.
- Trained practitioners supporting families through structured guidance.

ACTIVITIES:

- Facilitate sessions on conflict resolution and child-focused communication.
- Guide parents through homework and reflective exercises.

OUTPUTS

- Parents gain practical skills for conflict management and mutual respect.
- Practitioners confidently address co-parental conflict and its effects.

OUTCOMES

- Constructive co-parenting relationships improve family stability.
- Children experience enhanced emotional security and well-being.
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LONG TERM IMPACT

- Families demonstrate resilience and collaborative dynamics, creating a stronger foundation for future generations.
- Children experience a safe and loving relationship with both parents and their wider network.