



## Parenting through Separation: Putting your Children First

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This week is the start of Good Divorce Week (29 Nov – 3 Dec). This annual initiative by the family justice organisation Resolution is to raise awareness of how families can separate amicably. Given the events since March 2020, never has such an initiative been so important.

As Sophie Hughes, Head of the Family Team at Watkins and Gunn says:

*“So often one hears of acrimonious splits which impact hugely not only the couple themselves, but most importantly the wellbeing of any children. We know that the pandemic has put huge pressure on families and even more so on those that are separating. At Watkins and Gunn, we have seen a huge increase in the volume of enquiries where parents and families are struggling and considering their options for separating.*

*Every parent wants to put their children’s interests at the heart of the decisions they make, but often don’t know where to turn for the best advice as to how to ensure that is and*

*remains their focus. It is vital for parents to have access to good authoritative and professional advice that helps them parent responsibly through a separation.”*

Sophie Hughes has joined with thousands of family law professionals to launch the ‘Parenting Through Separation Guide’ during divorce week. The aim is to provide practical, impartial and constructive advice to families going through the process of separation or even considering it.

Juliet Harvey, National Chair of Resolution, said:

*“I am really pleased to have Sophie Hughes’ support during Good Divorce Week. Resolution members like her do really important work in their community to help families separate in a constructive and amicable way. More families that know about the use of the free Parenting Through Separation Guide the better equipped they will be to navigate the challenges divorce and separation brings, particularly when it comes to putting children first.*

Here are Sophie’s top tips taken from the ‘Parenting through Separation Guide’ for discussing divorce or separation with your children:

- If your situation allows, try to have a joint conversation when all of your children are present. Keep this age appropriate.