



SPPD

Separated Parenting
Programme Directory

Connecting Parents with
Trusted Parenting Programmes

Helping Families Thrive After Separation



We all know the figures...

- About **2.5 million separated families** in Great Britain
- **4 million children** living in separated families

Source: https://www.gov.uk/government/statistics/separated-families-statistics-april-2014-to-march-2024/separated-families-statistics-april-2014-to-march-2024?utm_source=chatgpt.com

How parents separate matters...


SPPD
Separated Parenting
Programme Directory



The impact on children can be wide ranging and long lasting...



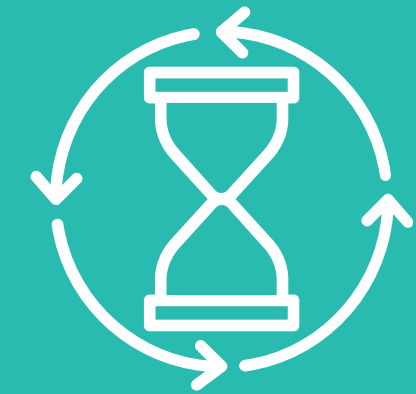
Academic & Social

Anxiety, depression, low self-esteem, aggression, and risk-taking.



Emotional & Behavioural

Lower school performance and difficulties with friendships.



Long-Term

Relationship struggles, job instability, and reduced life satisfaction.

Separated Parenting Programmes
provide **tools** and **support** to parents
so children have the childhood they
deserve.





Separated parenting programmes
help parents to:

- Reduce conflict
- Improve communication
- Focus on their children's needs

Let's keep *children's wellbeing* at the heart of the process!

A **single directory** that gives **early access** to **reliable, trusted** separated parenting programmes helping parents:



Focus on their
children's needs



Begin working together
as co-parents*

*when it's safe to do so



Know they're
not alone



Give their
children the best
chance to thrive

There are a range of different programmes so families can find the right support for their situation

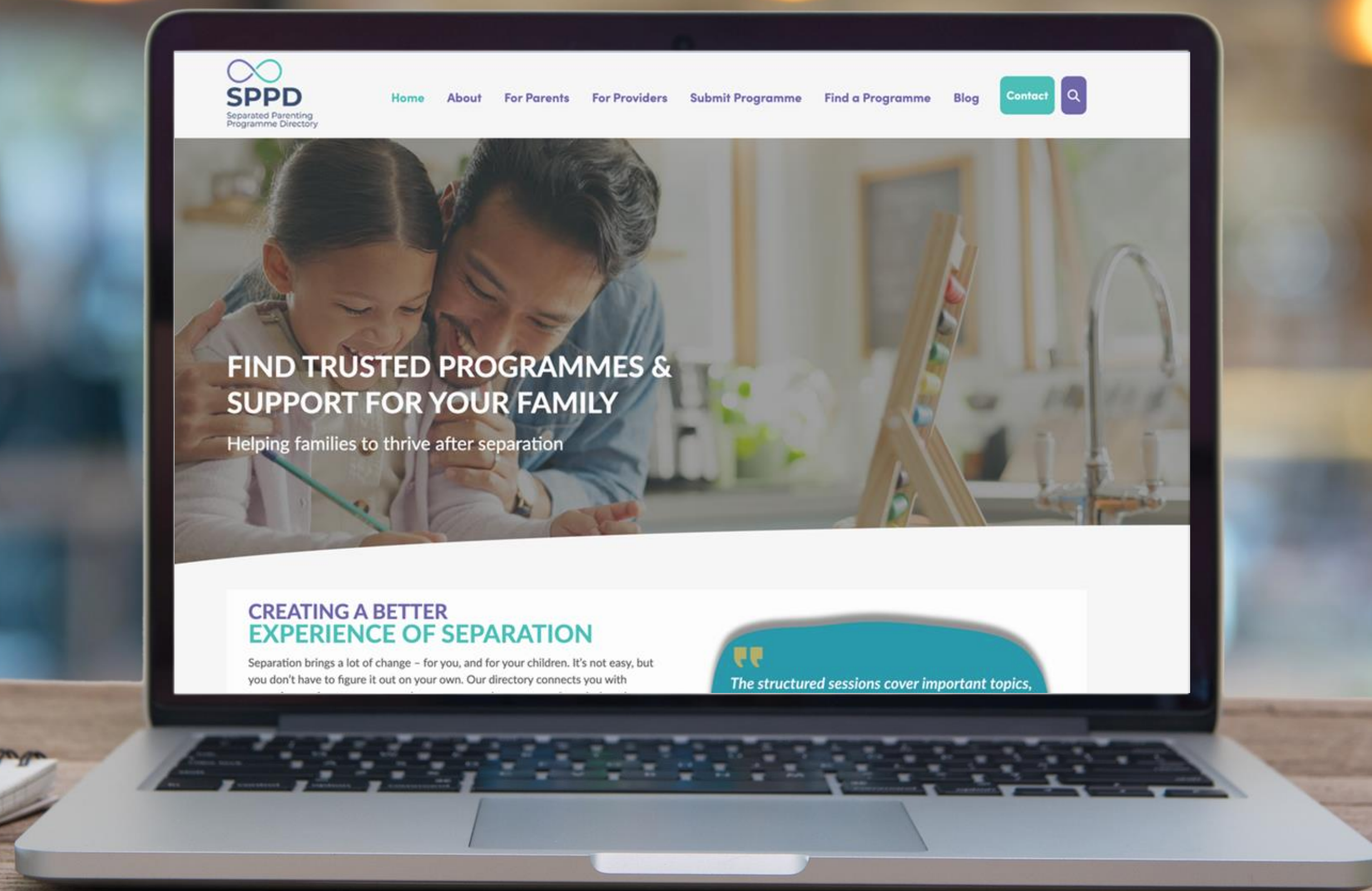


SPPD is a single trusted place to find a range of ***quality assured*** early support options





Scan me



Visit!

www.separatedparentingprogrammedirectory.org/



**Click to watch a short
video tour of the
website**

OUR PROGRAMMES

Each programme offers different learning styles and content. Use the filters below to help you understand what each course offers a make a better decision about which course is better suited to your family.

PROGRAMME SEARCH





FILTERS

Programme Type

- ☐ Individual or Couple Sessions
- ☐ Online
- ☐ Live
- ☐ Self-Guided
- ☐ In-Person
- ☐ Group Sessions

Costs

- ☒ Any
- ☐ Over £100
- ☐ Free
- ☐ Less than £100
- ☐ Help with costs may be available

Programme includes additional support and learning for

- ☐ Blended Families
- ☐ Teenagers
- ☐ Children with Sends

The Parenting Partnership: Parenting through Separation and Divorce



Cost: £100 per session

This 6-week, 1-2-1 online programme helps separated parents give their children what they need most: a childhood. With clear, practical tools grounded in research and experience, you'll learn techniques to...

[View](#)

The Parenting Apart Programme



Cost: From £120

The Parenting Apart Programme is an evidence-based intervention that supports separated parents or carers to reduce conflict, improve communication, and focus on their children's wellbeing. We provide structured individual and...

[View](#)

Eleda Consultancy: First Aid First Steps for Parents



Cost: £250 per person

A three-hour, research-based workshop to help separated parents navigate change with confidence and care. Using insights from experts like Professor Gordon Harold and Dr. John Gottman, it offers practical tips,...

[View](#)

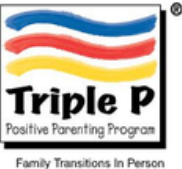
Triple P: Family Transitions Online



Cost: 8 modules, £87.60 (Inc VAT)

A flexible, self-directed online course that helps

Triple P: Family Transitions



Cost: The cost of the course varies, with many local authorities offering it free of charge

The Co-Parenting Method



Cost: Over £100

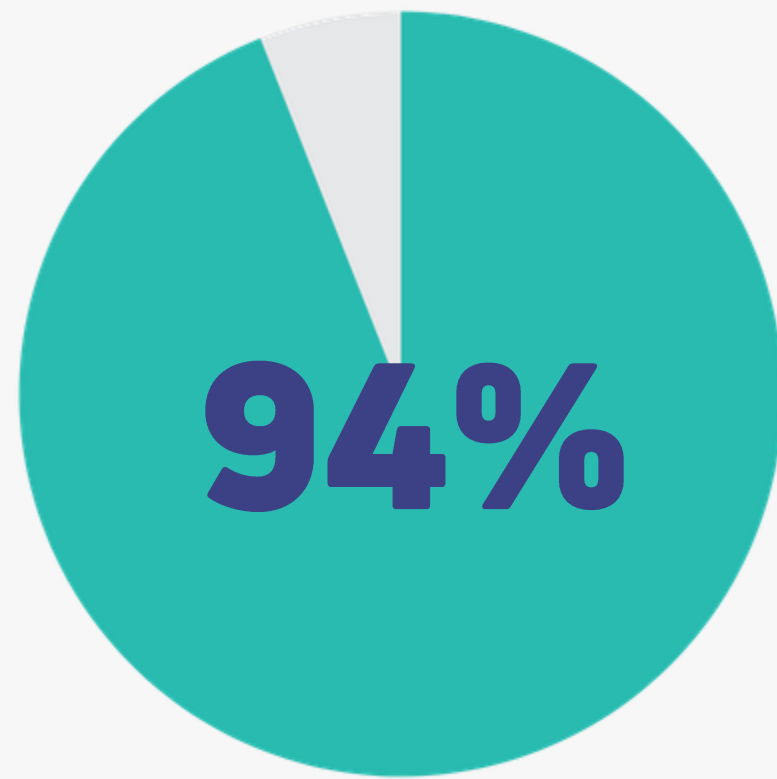
The Co-Parenting Method Programme combines evidence-based strategies with compassionate support to reduce conflict and



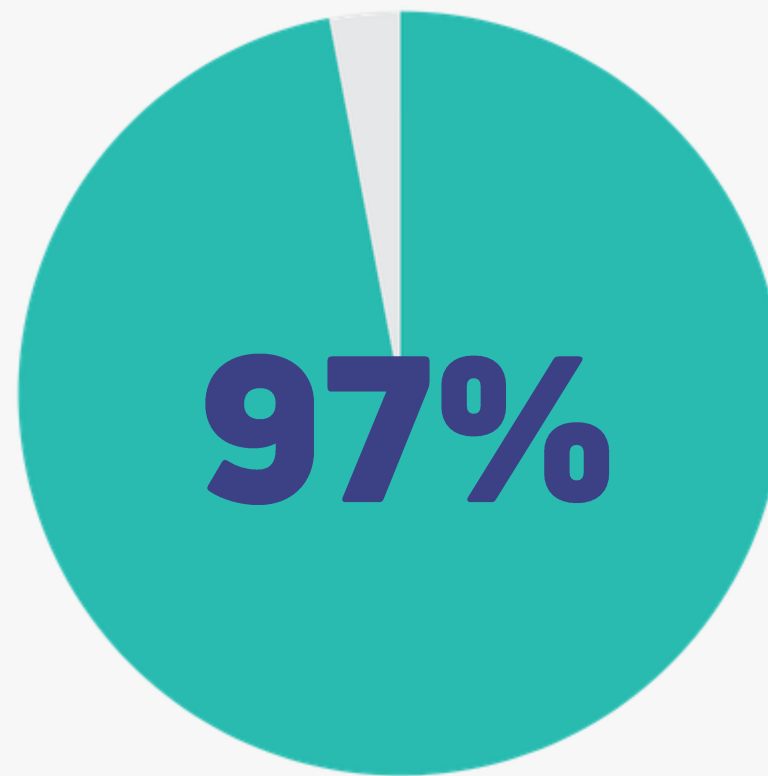
How these programmes make
a difference

Parents tell us **these programmes make a difference**

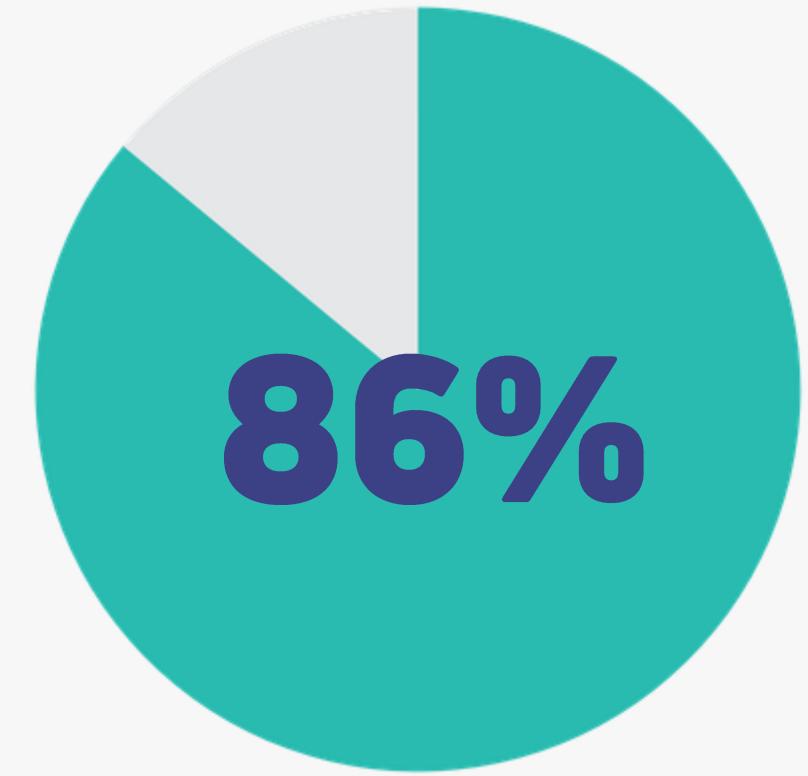
Based on feedback from nearly 2,000 parents who attended the Separated Parents Information Programme (SPIP)



Would recommend
attending



Found the
programme helpful



Said attending would have a
positive impact on their child



“

The structured sessions cover important topics, providing information and tools I needed to reflect upon and progress along with a practical plan to start rebuilding my life.

Susan, Mum of two

”

“

The programme has given me a much better understanding of my son, what drives his behaviour and how to respond in challenging situations.

David, Dad of one

”





' I now see things through **my child's perspective.** It's not about winning or losing - it's about **making them feel safe and loved.**'

A
participant



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Programme Directory

Tell your clients
today

