



# Quality programmes for separating parents - all in one place

*A trusted source for parents and professionals*

Our online directory provides an **easy way to find trusted separated parenting programmes** that meet agreed standards. Separation can be difficult, but finding good support to manage it well, for you and your children, shouldn't be.

## What is a Separated Parenting Programme?

Separated parenting programmes (SPP) are short courses and support sessions that help parents manage parenting well for their children after separation.

*"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*

## The Benefits

A separated parenting programme will help you, where appropriate, to:

- Create calmer, more positive communication with your co-parent
- Help your children feel secure and supported
- Build confidence in your new parenting journey
- Strengthen resilience for your whole family's future
- Reduce legal costs by helping parents resolve issues more easily.

## Proven Effective Support

A survey of over a thousand participants of separated parenting programmes reported:

**94%** Would recommend attending

**97%** Found the programme helpful

**86%** Said it would have a positive impact on their child

## Explore the Directory



Scan to browse all the programmes. Use the filters to find the best programme for your family, for example, online/in-person, live/self-paced options. Read clear summaries for all the programmes, then click to book directly with providers.



Separated Parenting  
Programme Directory

## Who is the Directory for?

The directory is designed for parents going through or considering separation, co-parents experiencing conflict or communication difficulties, parents navigating mediation or court, and those seeking guidance on supporting their children through family change. It's also a great resource for any professionals supporting families.

## Don't Delay!

**70%** felt it would have been helpful to attend a separated parenting programme sooner.



Find the perfect programme for your family

[www.separatedparentingprogrammedirectory.org](http://www.separatedparentingprogrammedirectory.org)

✉ [info@separatedparentingprogrammedirectory.org](mailto:info@separatedparentingprogrammedirectory.org)

## About Us

Separation can be a very challenging time for families but the right support can make all the difference. So we're on a mission to make sure every family with separated parents gets the support they need for children to thrive.

We bring together parenting programme providers from across the UK in one trusted directory, making it easy for parents and professionals to find high-quality support that meets a single set of agreed standards which can be downloaded from the SPPD website.

The Separated Parenting Programme Directory is the new name for NASPP a registered charity created by the leading voices in mediation, family law and parenting support.

Registered Charity Number: 1210466



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