



2 HRS

Start course

Supporting children's mental health when working with separating parents online course

By providing parents with practical strategies to support their children, you can reduce the impacts of separation on child and family mental health and wellbeing.

About this course

Parents are highly influential in how children experience parental separation and the impact on their everyday lives. Although difficult, parental separation doesn't have to be distressing or traumatic for children.

This course focuses on making children's wellbeing a central aspect of the conversations practitioners have with parents who are going through separation or divorce. It outlines the potential impacts of relationship separation on parents and their children, with a focus on children's mental health and wellbeing.

This course looks at four key aspects of practice, including:

- Supporting parents' wellbeing
- Supporting parenting and the parent-child relationship
- Supporting parents to support their children; and
- Supporting children through parental separation.

Why was this course developed?

This course was developed to increase practitioners' understanding of the potential impacts of separation on parents, the parent-child relationship, and children's mental health and wellbeing.

How was this course developed?

This course was developed in collaboration with academic stakeholders, child and family services and child mental health experts. Parents with lived experience of separation and divorce were also consulted about their experiences, and those of their children, to inform the development of this online course.

Who is this course for?

This course is intended to support a broad range of practitioners in health, social and community services who have contact with parents during separation and divorce, but who work outside of specialist family dispute resolution and related counselling services.

It recognises that practitioners who are not trained in family dispute resolution or counselling – including GPs, social workers, allied health professionals and teachers – often have contact with parents during separation. Sometimes, they are the first or only impartial people that separating parents see during this period. They have an important role in supporting parents, the parent-child relationship, and children's mental health and wellbeing.

What is included in the course?

This course features interviews with practitioners and parents, along with reading materials and reflective activities. It is designed to be undertaken individually, but can also be used as a prompt for conversations between colleagues.