



Quality support 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 reliable support 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.

Why do a separated parenting programme?

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

Programmes can often reduce legal costs by supporting parents to resolve issues more easily.

How to use the directory?

Scan the code to visit the directory



then...

- Browse all the programmes
- Filter by various options, including online/in-person, Live/Self-Paced
- Read clear summaries of each programme
- Contact providers directly to book



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.

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



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



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SPPD

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