

# Cafcass Positive co-Parenting Programme



The Cafcass Positive co-Parenting Programme (CPPP) has been designed to provide a forum for you to explore solutions that will meet both your and your child's needs. It has been developed to assist families to reach agreements, where possible, away from the court setting. Engaging with the Cafcass Positive co-Parenting Programme means that you're willing to consider ways of improving arrangements for your child/ren. It also recognises that post-separation co-parenting can be very difficult, but, that most parents would prefer an alternative to the court making a decision about their children.

## What to expect from the Cafcass Positive co-Parenting Programme

The Cafcass Positive co-Parenting Programme consists of four structured sessions, over approximately a 12-week period. As a parent, you will most likely take part in two of these sessions. At the start of the programme, the Cafcass Officer will conduct a one-to-one session with each parent. This is to:

- \* better understand what issues stand in the way of a resolution;
- \* build a picture of how each parent views their current situation;
- \* get a greater understanding of the network of relationships between involved parties, and the child; and,
- \* help the Cafcass Officer think about what will work for the parents as individuals and as co-parents.

These meetings will usually take around an hour and a half, so that the Cafcass Officer can really start to unpick what you hope to gain from these court proceedings, and what you see as the best arrangement for your child.

The third CPPP session will be a meeting between the Cafcass Officer and the child, or children (depending on the child's age), involved in the court proceedings. Cafcass, as an organisation, is committed to ensuring that the voice of the child is listened to, and accurately represented to court. This session with the child will seek to:

- \* hear from the child's perspective what they see as the best outcome from proceedings; and
- \* clarify their wishes and feelings.

The Cafcass Officer may encourage them to prepare a letter or drawing that they would like to share with their parents during the final CPPP session.

The final CPPP session is a joint meeting between both parents, that the Cafcass Officer will oversee and run. The session may take an hour and a half, this all depends on how you're feeling and how constructive the meeting proves to be. The joint meeting serves as an opportunity for both parents to discuss what they see as the best way forward for their child, and better understand each other. The Cafcass Officer, after speaking with all involved parties, will provide a short report to court. Importantly, this is an opportunity for the Cafcass Officer to present the information from their meeting with the child, from a neutral point of view. The child's letter will be shared, and when appropriate, parents will be asked to write a joint letter back. This joint letter can be used to express both parents' love for their child, what they'd like the future to look like, or maybe some promises that can be agreed upon.

After the final meeting with both parents, the Cafcass Officer will record any arrangements that have been agreed prior to the next hearing. The FCA will report the outcome of the sessions to court in a short Cafcass Positive Co-Parenting Programme report for the Judge to consider next steps.

At any point in the programme, your case could be returned to the normal court process if the case is no longer suitable for the Cafcass Positive Co-Parenting Programme. The Cafcass Officer will consider your individual case needs, and therefore it's possible that your experience with CPPP may differ from the outline above.

### How do I arrange the Cafcass Positive co-Parenting Programme sessions?

At the start of the programme, your Cafcass Officer will be in touch to organise the best time for these to take place, within the 12-week time frame. If there is ever an appointment you can't make, or need to re-arrange, please get in contact with your Cafcass Officer.

### How should I prepare for the Cafcass Positive co-Parenting Programme?

[The Parenting Together for Children course](#) will help to prepare you for your sessions with the Cafcass Officer. If you haven't already attended the course, please contact your Cafcass Officer who will be happy to help organise this for you.



### How is the Cafcass Positive co-Parenting Programme different to the usual court process?

The main difference between participating in the Cafcass Positive co-Parenting Programme in comparison to the usual court process, is that it offers you the opportunity to work in a different way with your Cafcass Officer to improve arrangements for your child. It attempts to give you more control over the outcome of your court case, by seeking to find resolution between both parents as an alternative to decisions being made by the Judge.

*"This is the quickest most effective, most practical piece of work I have ever seen," Circuit Judge.*

If at any time it is agreed that the programme is no longer suitable or required, the Cafcass Officer can ensure the case is returned to court for other options to be considered. The outcome of the discussions will be reported back to court where the judge will consider next steps.

If you would like to share any of your feedback on the Cafcass Positive co-Parenting Programme, [please contact us.](#)

