

# Kids Come First®

## Separated Parent Support Workshops

### Our Mission Statement

**Kids Come First** is a registered Community Interest Company established to provide support and training to separating/divorcing parents. As our name suggests, our mission is to focus entirely on the needs of children experiencing family breakdown.

What lies at the heart of **Kids Come First** is the principle and belief that by helping parents cope well during this difficult, emotional time – indirectly, we help children cope better too! Parents who attend our workshops not only benefit from specialist support but also our customised, child-focused training program. With our practical guidance parents can discover how to work successfully towards co-parenting beyond the divorce process.

Founders of **Kids Come First**, Steph Fattorini and Nicola Withycombe, worked alongside parents at various family mediation services for many years and were responsible for delivering a Cafcass training program to parents directed by the Family Courts. For over a decade they have been listening to the voices of brave children and distressed parents struggling with family breakdown issues. It became apparent that there is a desperate lack of therapeutic support readily accessible to separating parents and too few early intervention options available to consider before things possibly reached a hostile impasse.

In 2015 they decided to combine their experience, observational notes and feedback from parents to write a training program that creates a greater understanding and awareness of the many complex challenges facing today's separated parents and examines the potential emotional impact this can have on their children.

Reflecting on relationship breakdown, parents who get caught up in a conflict 'blame-game' situation have difficulty making practical arrangements and child-focused decisions during such an emotional, stressful time. This is why **Kids Come First** aims to reach as many parents as possible, as quickly as possible.

Research shows that 52% of relationships are breaking down these days and the average age of a child experiencing their parents' separation is between 7-9 years old. We collaborate with a network of family services and schools as they deal with the behavioral responses demonstrated by many struggling young people. With many parents locked in conflict and unable to communicate well, it's clear that children are not coping well with the emotional impact of the family breakdown process. There is clear evidence from our sources that it's children who are the real 'victims' of divorce.

**Kids Come First** offers parents the opportunity to share their experiences within group sessions or to arrange co-parenting workshops. We work to identify the issues, open up the dialogue and provide the skills to build a practical, positive working relationship. Our approach is a 3-pronged one: increasing awareness & understanding of children's responses & behaviour; creating practical 'toolkits' for their separated co-parenting; facilitating ongoing support by signposting where needed and by guiding parents into the process of mediation to sort out the other practical matters.

Contact [kidscomefirstuk@mail.com](mailto:kidscomefirstuk@mail.com) or call 0778 949 7275 for further info.  
**Kids Come First is a Community Interest Company No. 9918137**