

## How to manage child contact when there is conflict



When there has been domestic abuse in a relationship involving children, and the relationship has ended the abuser may use the children to maintain contact and to further abuse and control you.

You may try hard to maintain contact to allow the abuser to remain involved in the children's lives, the abuser may create difficulties by changing the agreed-upon day or time for seeing the children or failing to show up altogether without providing adequate notice or explanation. The abuser may also communicate with you through the children or act abusively towards you during drop-off or pick-up times.

### Here are some options to consider:

**Think about handovers.** Can you arrange handovers in a way that limits contact with the abuser? For example, can they pick up and drop off at a nursery or school? Can you have a family member or friend help with this?

**Set up an email address for communication.** This way, you can choose when and what to deal with, and limit direct communication.

**Use a communication book** to exchange information about the children. This will cut down on contact and the need for direct communication.

**Keep a diary** of what happens and when, in case you need it for court. This can help you to have a clear record of any incidents or issues that arise.

If the abuser is making things difficult by changing the day or times they see the children, bringing them back earlier or later than planned or being abusive at pick-up and drop-off times, **consider seeking legal advice and support.** Remember that **your safety and the safety of your children should always come first.**

### Seek legal support:

**Rights of women** website have information on children and the Law and the family court process: <https://rightsofwomen.org.uk/get-information/family-law/>

Flows: <https://www.flows.org.uk/>

Man Kind: <https://www.mankind.org.uk/help-for-victims/legal-support>