

I know you can't stand  
to see my face right  
now, but **we** have to  
figure this out however  
tough it is for us **both**.

I **need** you **to**  
understand that we are  
struggling **financially**  
since we separated. And  
I need your **support** for  
the sake of **our children**.

## Child maintenance

Help for parents sorting money  
arrangements for their children.



National  
Family  
Mediation

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Turn arguments... into agreements

## **Divorcing or separating?**

Is it hard to talk to your former partner about the things you know you have to discuss?

Do you need help settling finances and child maintenance issues?

Are you unsure or confused about the legal side of things?

If the answer to any of these questions is 'yes', then family mediation can offer you a positive way forward.

## **What is child maintenance?**

- It is regular financial support that contributes to your child's living costs.
- It helps give them the best possible start.
- It gives them greater opportunities and choices.
- It helps them reach their true potential.

## How do I make a child maintenance agreement?

You can arrange child maintenance yourself if you both agree. But if you find it hard to talk, family mediation will help you overcome the communication obstacles to reach a family-based child maintenance agreement.

Mediation **can be free** if you have a low income or are in receipt of certain benefits, qualifying you for Legal Aid.

Even if you're not eligible for Legal Aid, National Family Mediation offers a low-cost service.

If you can't agree child maintenance through a family-based arrangement, there are two other options :

- The Child Maintenance Service can set you up a 'collect and pay' arrangement. Charges apply for this service.

**Visit [www.cmoptions.org](http://www.cmoptions.org) for more information.**

- Alternatively, things can be settled by a court order as part of divorce and the division of assets.

Both these options can take time, be costly, and prove inflexible to your circumstances.

### **What can mediation provide?**

- A safe, neutral environment in which to discuss issues.
- A confidential service.
- An organised and constructive process.
- Options for you to explore.
- A lasting agreement for the future.

**Turn over to find your local family mediation service.**

## **About National Family Mediation**

National Family Mediation (NFM) offers high-quality family mediation and support services to all families affected by relationship breakdown, divorce or separation in England and Wales.

NFM mediators are carefully selected and trained to the highest standards.

They will help you to reach joint decisions about all the issues associated with your separation.

We also provide specialist services for children.

For more information please visit our website, or give us a call.

**[www.nfm.org.uk](http://www.nfm.org.uk)**

**Tel: 0300 4000 636**



@NatFamMediation



NatFamMediation

## Your local National Family Mediation service

National Family Mediation provides services in over 500 locations across England and Wales, so there's one close to you.

To find your local service you can call  
**0300 4000 636**

Or simply type in your postcode at  
**[www.nfm.org.uk/find-help-near-you/](http://www.nfm.org.uk/find-help-near-you/)**

Or scan this  
QR code



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