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/local**

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

Tel: 0300 4000 636

@NatFamMediation

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What is family mediation?

If your parents are separating it can be hard to know what you can do about things like:

- ✓ Where you will live
- ✓ When you will spend time with the parent you won't be living with
- ✓ What will happen during school holidays
- ✓ How you'll get to and from school

This leaflet explains how family mediation can help!

National Family Mediation

Decisions

Your parents will need to decide about lots of important things.

One way they might do this is to go to something called family mediation.

Family mediation is a safe place where a specially trained adult, called a mediator, will talk with your parents and help them make decisions that affect you.

How can family mediation help me?

Very often when people separate they are angry. A mediator can help parents make decisions in a calm way.

The mediator will help make sure your parents are thinking about what is best for you, their child. Not just what is best for them while they are feeling cross with each other.

Often there are things that parents who are separating don't agree about. Some of those things will be about their child or children.

How does family mediation work?

If your parents go to family mediation they will talk with the mediator about things that are important to them.

The mediator will help them find ways of making decisions that everyone can be happy with.

Your parents may sit down and meet the mediator together, or at different times.

How can I be involved?

It's not just your parents' future that they are talking about. It's yours too.

Sometimes parents want their child to be part of the conversations that decide these things.

So a family mediator might ask to meet with you to make sure your voice is being heard. They will ask you about the way you are thinking and feeling about the important decisions your parents need to make.

This is called Child Inclusive Mediation. The mediator is trying to help your parents think about what you need.

Do I have to talk to a family mediator?

No. Sometimes children find it easier to write the mediator a letter or draw a picture instead.

And if there is anything you want to tell the mediator that you don't want your parents to know, the mediator will keep it secret, unless it is very serious or you are in danger.

Remember: A mediator is a normal person, like you, but they are specially trained to help you all make decisions that are best for you.