

## Proposed child arrangements plan for James, Rachel and Jack

Bob is asking that you work together to come up with a plan for how to look after James, Rachel and Jack. Please read through the suggestions Bob has made. You're then invited to reply with any suggestions of your own.

You do not need to accept what Bob is proposing. Instead you can:

- use this form to suggest changes to what Bob is proposing
- start your own proposed child arrangements plan using the propose a child arrangements plan service on GOV.UK, or by finding a similar service
- use this form to suggest changes to what is proposing

### The benefits of getting a written agreement in place

If you and Bob can work together to make written child arrangements, you're more likely to avoid court. You're also more likely to get an arrangement that works for you. That's because people who go to court often find the judge makes decisions that don't suit parents or children.

### Top tips

- One of the main reasons people end up in court is that they are not willing to compromise to reach agreement. It may help you avoid court if you can work with Bob to find a compromise that's best for your children.
- Get your children's input into the arrangements you are making so that they feel included and their needs are met.
- Remember to always put your children's needs and feelings first.
- It may not be in the children's best interests to split time exactly between households.

### If you need more information about divorce and separation

Check GOV.UK to find what support is available. You can search for topics including:

- separating or divorcing: what you need to do
- making child arrangements if you divorce or separate

## Safety check

To make child arrangements you need to be able to state your needs and views without feeling intimidated. The other parent or carer must not be a threat to you or to your children's safety.

Do not continue with this process if there has been:

- any form of domestic abuse or violence, even if the abuse was not directed at the children
- actual or attempted child abduction
- child abuse or neglect
- misuse of drugs, alcohol or other substances
- any other safety or welfare concerns that place anyone at significant risk of harm

**If you have any concerns about safety, stop now. Find another way to make arrangements by visiting <https://helpwithchildarrangements.service.justice.gov.uk>**

## Getting help with abuse and domestic violence

To find out more about what is child abuse and neglect, visit

<https://www.nspcc.org.uk/what-is-child-abuse>. If you're unsure whether you're a victim of domestic abuse, visit <https://www.nhs.uk/live-well/getting-help-for-domestic-violence>.