



**REDUCING**

**PARENTAL CONFLICT**

**MEDIATION FOR PARENTS**

We know that conflict between parents (whether together or separated) can harm children. Not all conflict is damaging, but where it is frequent, intense and poorly resolved, it can be.

Tower Hamlets is offering a mediation service for parents in conflict. Mediation can help parents find better ways of resolving their difficulties and disagreements.

## What is 'Parental Conflict'?

By 'parental conflict,' we mean that there are lots of arguments and disagreements which do not get properly resolved, or start again quickly, and don't seem to stop.

We also mean that there is no physical violence and no significant power imbalance between the parents, even though there are lots of arguments.

If you are worried that you are experiencing domestic violence or abuse, we can link you to other services that can help. You can also find more details on support services by visiting [www.towerhamlets.gov.uk/domesticabuse](http://www.towerhamlets.gov.uk/domesticabuse)

## What is mediation?

In mediation, a trained, independent and neutral person – a mediator - will help you resolve the conflict you are in, so you can make arrangements for children and other family matters.

Mediation can be helpful when you and your partner (or ex-partner) are having serious levels of disagreement and conflict in your relationship.

The mediator will help you agree solutions and agreements which work for you both.

## Do we have to do this?

- Mediation is a voluntary process - you and the other person must both agree to take part.
- No-one will make you do anything you do not want to.
- You can withdraw from mediation at any point if you do not wish to continue.

# HOW DOES IT WORK?

1

The mediator will meet with each of you separately, and then with both of you together. This can happen on one day or with a gap in-between, depending on when you are both available.

2

In the individual meeting, you can talk things through with the mediator and work out just what it is you want to discuss and resolve.

3

In the joint session you will be helped to discuss things, consider your options, and come to an agreement that works for both of you.

## What are the benefits for me and my family?

- Mediation can help improve communication and help you sort out areas of family life you have been unable to agree on.
- It provides a less stressful way of dealing with difficult discussions.
- It can support couples who are no longer in a relationship to make decisions in relation to their children.
- The mediation process is confidential: nothing is shared outside of the process without your agreement, unless it is information that indicates somebody may be at risk.

## Who can be helped through mediation to reduce parental conflict?

- Parents who are in a relationship.
- Biological and stepparents.
- Other family members who are caring for children.
- Parents who have separated or divorced.

## How do I arrange mediation?

Please email **FamilyGroup.Conference@towerhamlets.gov.uk**



## CONTACT

For more details or support, contact the Early Help Hub:

🏠 Online enquiry form  
[forms.towerhamlets.gov.uk/service/ehenquiries](https://forms.towerhamlets.gov.uk/service/ehenquiries)

☎ 020 7364 5006 (option 2)

✉ [earlyhelp@towerhamlets.gov.uk](mailto:earlyhelp@towerhamlets.gov.uk)

Drop-in 9am-5pm to Children and Family Centres  
[www.towerhamlets.gov.uk/childrenandfamilycentres](https://www.towerhamlets.gov.uk/childrenandfamilycentres)