



# How to plan sustainable childcare

Working together to devise a childcare plan that is both practical and sustainable.

*Protect those who matter most*

**kiddrapinet**  
S O L I C I T O R S

# Working together to devise a childcare plan that is both practical and sustainable.

The dissolution of a marriage or separation of a couple is an emotionally challenging experience for both parents and children alike.

1. Division of childcare
2. Setting aside personal differences
3. Sharing educational & extracurricular activities
4. Holidays abroad
5. Professional Support to reach decisions

## 1. Division of childcare

Among the most significant decisions you face as parents is deciding the division of childcare responsibilities and arranging the care for your children. Although a difficult and complex process, there are several measures that you can take to facilitate the process.

## 2. Setting aside personal differences

Foremost, it is essential for you to prioritize the welfare and best interests of your children above all else. This necessitates setting aside personal conflicts or differences and focusing on what is best for your children. Open and honest communication is crucial, and parents should endeavour to engage in candid dialogue with one another, working together in a conciliatory way to achieve a solution that benefits all parties involved. We are aware that sometimes that seems impossible so it is possible to reach out for professional support with mediation/family therapist – see 'professional support to reach decisions'

## 3. Sharing educational & extracurricular activities

Another fundamental consideration when determining what childcare arrangements are appropriate is your children's age and developmental needs. Younger children may require more frequent contact with both parents, whilst older children may prefer greater independence and "vote with their feet". Both parents must also take into account their child's educational and extracurricular activities and ensure that where possible, both parents have equal opportunities to be involved.

Practical considerations are also of significance, including transportation, accommodation, and financial responsibilities. Parents must be pragmatic about their own availability and resources, working together to devise a plan that is both practical and sustainable.

## 4. Holidays abroad

Early communication is key – if you do not have a court order in place, trying to split the time fairly helps to avoid conflict.

You do not need consent from the other parent to take your child away for less than a month outside the UK if you are named on a Child Arrangements Order as the parent they live with. If you are not named on the order as the parent with whom the child lives you will need consent. If the other parent withholds consent, you can apply to the court for an order and they can decide if the holiday should go ahead.

When arranging holidays abroad handing over passports early can help to alleviate stress. It is also advisable for one parent to take responsibility for making sure your children's passports are up to date.

## 5. Professional Support to reach decisions

Professional guidance and support can be helpful to parents during this challenging process. This can include working with a mediator or family therapist to facilitate communication and agreement or seeking legal advice to address specific areas of conflict and ensure that the arrangements are legally binding and enforceable, and what options there are to navigate this process.

The key to successful childcare arrangements and maintaining a positive relationship with children is for parents to maintain a respectful and amicable relationship with each other. It will also mean placing the child's needs above all else and facilitating meaningful and quality time spent with both parents. By engaging collaboratively and seeking support when necessary, parents can work through this challenging process and ensure their children continue to thrive.

For further advice  
or to book a  
consultation, please  
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