

Co-parenting during COVID-19

March 2020

With the kids at home and the country in lockdown, it is an incredibly difficult time for all families right now, but even more so for those families where parents are separated or are separating.

Our family lawyers are seeing an increase in cases where COVID-19 is being used as an illegitimate excuse to defy child arrangements orders or to alter previously agreed routines. Whilst it is true that additional thought must be given to ensure that both children and parents remain safe, that should not be at the expense of quality time with each parent.

We would urge all separated parents to read the helpful Cafcass guidance "[Co-parenting and child arrangements in a global pandemic – advice for families](#)" and seize upon these difficult times as a positive opportunity to improve communication with your co-parent.

If home-schooling, parents should use this time as a chance to really understand their children's educational development and safely harness the advantages of sharing quality family time together. Technology can also greatly assist children with their schooling needs, exercise classes and staying in touch with friends and family. Indeed, social media sites have seen an influx of families coming together to make videos and "shorts" to entertain us all.

Thankfully, in the last two weeks, our lawyers have also seen many cases where these unprecedented times, coupled with the right guidance, have persuaded parents to set aside their differences and really prioritise their children's needs. We can only hope that once we've overcome the Coronavirus pandemic, parents continue with the same spirit.

[William Roberts-Phelps](#), [Vandana Chitroda](#) and [James McMullan](#) are all members of [Resolution](#), the community of family justice professionals who work with families and individuals to resolve their issues in a considered and constructive way.

If you're struggling to maintain the status quo, our family team are available to help and can assist you with any disputes over children. Call [William Roberts-Phelps](#) today.

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Note: This is not legal advice; it is intended to provide information of general interest about current legal issues.



As a precautionary measure against the spread of Coronavirus (COVID-19), we're working remotely, but our environmentally friendly paperless practices allow us to access all systems remotely as if we were in the office and to continue to offer you the same high-quality service you've come to expect from us.

What does this mean to you? Business as usual!