



Help Sheet

Supervised and Supported Contact

What is Supervised Contact?

- Supervised contact is when a child spends time with someone close to them (often a parent or family member) who they do not live with.
- This time together is watched by a professional or sometimes a family member.
- Supervised contact is used to make sure your child is safe and well.

Why is Contact Supervised?

- Social workers may say contact should be supervised for many reasons.
- One reason is if a parent has problems with drugs or alcohol. The social worker wants to make sure the child is safe.
- The court or social worker needs to be sure the parent does not do anything to harm or upset the child.

Where Does Supervised Contact Happen?

- Supervised contact often happens at a neutral place like a contact centre.
- It can also happen in the community, for example at a park or restaurant.
- Sometimes it may take place in a relative's or foster carer's home.
- You will be told before the session how long it will last.

What Does the Supervisor Do?

- The person supervising will watch what happens during contact.
- They will usually write notes about what they see.
- These notes can be used by social workers and sometimes in court.

What is Supported Contact?

- Supported contact is not the same as supervised contact.
- Supported contact means there is help for families, but no close watching of how the parent and child interact.
- It is usually for families who are separated and may not get along, but the child is not at risk.
- Supported contact is often run by charities or volunteers.
- They may help with handover, so parents do not have to meet each other directly.

Key Differences

Supervised Contact	Supported Contact
Child is watched closely for safety	Child is not watched closely
Supervisor writes notes	No detailed notes taken
Often used if there are safety concerns	Used when parents do not get along but child is not at risk
May take place at a centre, park, or home	Often run by charities or volunteers