**Information sheets**

* [Sample School Letter asking for information about your child](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=184&catid=17)
* [The Freedom Programme](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=179:the-freedom-programme&catid=2:general)
* [Mothers Day](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=178:mothers-day&catid=3:general)
* [Mistakes after divorce](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=157:mistake-after-divorce&catid=3:general)
* [When does a child's view count?](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=156:what-does-a-childs-view-count&catid=3:general)
* [What is a Guardian (and how to choose one)?](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=155:-what-is-a-guardian-and-how-to-choose-one&catid=7:support)
* [Domestic Abuse - It's Not Just Physical](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=152:domestic-abuse--its-not-just-physical&catid=2:general)
* [How private are the family courts?](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=144:how-private-are-the-family-courts&catid=3:general)
* [Custody battles can leave scars](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=138:custody-battles-can-leave-scars&catid=7:support)
* [Parenting from a distance](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=136:parenting-your-child-from-a-distance&catid=7:support)
* [Divorce](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=135:divorce&catid=7:support)
* [Children and Family Act 2014](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=134:children-and-family-act-2014&catid=7:support)
* [Mother's Day](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=133:mothers-day&catid=7:support)
* [Relocation issues](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=132:relocation-issues&catid=7)
* [Communicating without conflict](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=131:communicating-without-conflict&catid=7)
* [Focusing on what is important: Children](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=130:focusing-on-what-is-important-children&catid=7)
* [I have lost contact with my children – how do I locate them?](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=129:i-have-lost-contact-with-my-children--how-do-i-locate-them&catid=7)
* [Communicating with Schools as a Non-Resident Parent](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=127:communicating-with-schools-as-a-non-resident-parent&catid=7)
* [Reconciliation Tips](http://www.matchmothers-org.juicedhosting.co.uk/images/reconciliation.pdf)
* [Coping with Low Mood and Depression](http://www.matchmothers-org.juicedhosting.co.uk/images/low-mood-depression.pdf)
* [Litigant in Person (LIP) or supporting a LIP](http://www.matchmothers-org.juicedhosting.co.uk/index.php?option=com_content&view=article&id=105:litigant-in-person-lip-or-supporting-a-lip&catid=2)

If you have an idea for an information sheet please let us know [members@matchmothers.org](mailto:members@matchmothers.org)