

Template letter/email

Dear

I hope things are okay with you. It's been quite a while since we have talked or seen each other, so I/we am/are sending this letter/email in the hope that you will look again at the problems we're having as a family and consider agreeing for me/us to be in contact with [name]. You know I/we love and miss seeing him/her/them very much.

I/We want to make clear that I/we don't wish to take sides, judge or blame – I/we would just like us to find a way for [name] to have more contact with me/us. It has been a tough time for them because of the divorce/separation/split and I/we don't want to add any more pain.

Relationships with their extended family are important to a child because each side of the family is part of them, and I/we think this is one of the reasons why [name] misses out by not seeing me/us. People say that a strong sense of who you are and where you come from can help a child through difficult times and can make them more confident. Having other family who are close can be a comfort and a source of support, love and affection.

I/we also wanted to say that I/we am/are here and would welcome the chance to help like I/we did before. I/We can go back to picking up [name] from school sometimes, or give you some free time over the holidays by taking [name] like we used to. [Add any other suggestions about what you did to help out with your grandchildren in the past].

Please think about how [name] is losing out by not being able to have contact with me/us. Of course I/we want to see him/her, but my feelings and wishes are not as important as what he/she may be missing. We could take it step by step – maybe [name] could talk with me/us on the phone, or send emails, or social media messages? Simple things like that could make such a difference to all of us. When you have had time to think about all that I've/we've said, I/we hope that you will feel able to get in touch – even by email/post.

Please send [name] my/our love. Take care, and look forward to hearing from you.