

An example:

Dear Luke,

I am writing to you about your recent behaviour which I have found increasingly abusive. In particular I am referring to the text messages that you have been sending me, your aggressive behaviour in front of the children at handovers and the comments you have been making about me on Facebook. This behaviour is having a serious impact on me and on our children.

As you know I am planning to take the children on holiday to see their grandparents in Spain. You have said that you may not give us permission to travel. It would be very upsetting for the children if we had to cancel our holiday.

I would really like to resolve these issues amicably without the need for court proceedings. I would be grateful if you could agree to the following:

1. You give me permission to travel to Spain with the children as discussed
2. You won't make any further comments about me on social media
3. You won't be aggressive or angry towards me at handovers in front of the children
4. You will only communicate with me from now on by email, unless it is an emergency

Please can you email me back by Friday 1 March 2017 to confirm that you agree. If you do not agree, I intend to make an application to the Family Court for an order giving me permission to take the children on holiday. If you continue your abusive behaviour I will have no choice but to take appropriate legal action.

Regards,

Nadia