Using a Solicitor for Family Court Disputes

Published on: 2026-10-16

A solicitors appointment should start with your questions, not twenty minutes spent searching for documents, and chit chat about life and the news. Keep it focused on what you're there for, what the issues are, the route you want to take and the outcomes you want.

Having been through family court myself, I know how easily information becomes scattered across emails, screenshots, downloads and paper files. You know you have that important document somewhere, but finding it when someone asks can be another matter, this is why I developed Divorcify.

> A little preparation can help you make better use of your time with a solicitor, barrister or support organisation.

Start with a short summary

Write a few paragraphs explaining your situation, the stage your case has reached and what you need help with and keep it focused. You can explain the wider background when asked, but give the professional a clear starting point.

Gather the important paperwork

Include the latest complete court order, where relevant, alongside upcoming hearing dates and deadlines. Select documents connected to the matters you want to discuss. Ask beforehand what the professional needs, rather than assuming they want your entire case history.

Write down your questions

When you are worried or emotional, it is easy to forget something important. Prepare specific questions and put the most pressing first.

For example:

- What does this direction require?
- What should I prepare before the next hearing?
- What are my options?

Leave space to record answers and agreed next steps.

Check before you share

Check names, dates and figures. Make sure documents are complete and readable, and distinguish your own notes from original records. Agree an appropriate way to share sensitive information with the professional before sending it.

Here are the key points to do before every meeting with your solicitor:

- Write a brief summary of the situation and the help required.
- Include the latest complete court order, where relevant.
- List upcoming hearings, deadlines and important events.
- Select documents relevant to the matters being discussed.
- Prepare specific questions in advance.
- Check the information for accuracy.
- Share sensitive material only through an appropriate method agreed with the professional.

Bring everything together with Divorcify. I built Divorcify from experience to help make this practical preparation more manageable. Organise your case information and compile selected documents and exhibits into a PDF for professional review.

Sources checked on 10 October 2026:

- Divorcify app overview
- Divorcify's solicitor or mediator article

Divorcify does not select evidence or replace legal advice. Spend less of your appointment reconstructing the paperwork.