Frida Dahlqvist

Year of Call: 2014
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Overview

Frida Dahlqvist is a busy family barrister who joined 3PB in October 2024. Frida is instructed in both Public and Private family law proceedings.

Frida is commended by clients in Chambers UK and Legal 500 alike as "very compassionate with clients", a "calm but effective advocate", whose "forensic attention to detail is second to none and really shines through in complex cases, particularly with a medical element and with "a keen eye for detail which has been an asset in complex care proceedings cases concerning factitious illness and allegations of sexual abuse."

Frida is a highly effective cross examiner. She is very experienced in representing vulnerable clients and has completed the FLBA's "Advocacy & the Vulnerable" training.

Frida receives many plaudits as a highly effective and approachable barrister who works collaboratively with her professional clients to ensure continuity and efficiency from the issuing of proceedings through to their conclusion. Frida is skilled in giving forceful and necessary advice to lay clients whilst being empathetic and supportive. Her style of advocacy is thorough, forensic and impactful.

Frida moved from Sweden to the UK in 2006 to undertake her legal training and completed a dissertation in the LLB Law (Hons) degree on children's legal rights and children's status as national and international citizens. Her LLM Law focused on international human rights, gender laws and the state, children's rights, legal aspects of education and international human rights of women. Frida's dissertation addressed the legal rights of young girls internationally, including the Convention on the Rights of the Child.

Recommendations

Frida Dalhqvist handles public and private law cases involving children. She has extensive experience of representing vulnerable clients in cases of serious physical, sexual and emotional abuse. She is also noted for her work in adoption matters.
Frida Dahlqvist is ranked as a Leading Junior in **Chambers UK 2026** for Family: Children/Midlands Bar

Frida Dahlqvist is ranked as a Leading Junior in the **Legal 500 2026** for Family: Children & Domestic Abuse/Midlands Bar

Strengths: "Frida is approachable, technically sound and efficient."
Chambers UK 2025/Family: Children/Midlands Bar

'Frida Dahlqvist is extremely approachable, professional and personable. She is always well prepared and incredibly thorough: an experienced and effective advocate with clear communication skills.'
Legal 500 2025/Family: Children & Domestic Violence/Midlands Bar

"Frida is very compassionate with clients and is a calm but effective advocate."
Chambers UK 2024/Family: Children/Midlands Bar

Legal 500 2024/Family: Children & Domestic Violence/Midlands Bar

"Frida's forensic attention to detail is second to none and really shines through in complex cases, particularly with a medical element. She is empathetic and thoughtful in working with clients, which makes them feel confident and well represented."
Legal 500 2023/Family: Children & Domestic Violence/Midlands Bar

"Frida has a calm, unflappable and approachable manner that is a strength when working with both professional and lay clients.' `Frida has a keen eye for detail which has been an asset in complex care proceedings cases concerning factitious illness and allegations of sexual abuse."
Legal 500 2022/Family: Children & Domestic Violence/Midlands Bar

Academic qualifications

- BPTC, Very Competent, BPP Law School, London, 2012-14
- LLM Law, Merit, University College London, 2010-2011
- LLB Law (Hons), 2:1, Queen Mary College London, 2007-2010
- International Baccalaureat, final mark: 36/45, Per Brahe Gymnnasiet, 2003-2006

Professional qualifications & appointments

- Advocacy and the Vulnerable Training, FLBA

Professional bodies

- Honourable Society of Middle Temple

Expertise

Family

Frida Dahlqvist is an experienced, much-requested family barrister with a strong practice in care proceedings and private law children disputes.

Frida is a highly effective cross-examiner and has completed the FLBA's "Advocacy & the Vulnerable" training course.

Frida has extensive experience in cross- examining witnesses that are assisted by interpreters and intermediaries.

Public Law

In care proceedings, Frida Dahlqvist is frequently instructed by local authorities but also has extensive experience of representing parents and children, with her instructing solicitors appreciating her excellent client care and strong ability to effectively communicate with vulnerable and challenging clients.

Frida's busy caseload has seen her advise and appear in cases involving:

- Death of a child
- Serious injuries to children (such as skull fractures, rib fractures and fractured limbs)
- Sexual abuse of children
- False allegations of sexual abuse
- DOLs Orders
- Secure Accommodation Orders
- Forced Marriage
- Chronic neglect
- Induced/ fabricated illness
- Substance misuse
- Vulnerable parents
- Parents with learning difficulties

Frida appeared for the local authority, led by Louise Sapstead, in a recent high profile shaken baby case in the Midlands, whose murder by a teenager was widely reported in the media.

Other recent cases include:

A & B (Children) (Contested Adoption) 2022 EWFC 17: in this reported case, acted for the mother opposing the making of an adoption order after leave was granted because there had been a change of circumstances of a sufficient nature and degree and that the welfare evaluation that followed required leave to be granted. Both parents were drug and alcohol abstinent for several years and their home conditions are now very good.

A Council v K v B v B: acting for father of child after routine scans revealed the baby had rib fractures. Child had significant medical needs and was prescribed furosemide, raising the issue of how this had affected her bone strength. The court found that the force used could not be found to have been excessive and no evidence that the harm was likely to have been deliberate, malicious or intentional. Child was returned to the parents care.

A Council v D v D: Acting for the local authority in a case where a child had suffered an unexplained skull fracture. Question

was whether or not a fact finding hearing would be necessary against the background of child's overall care being of a high standard.

A Council v D-W and W: Acting for the local authority in a case where children's mother is deceased and where the oldest child, 15, has a different biological father. Until the proceedings commenced the child thought that W was her biological father and court made extensive findings about W sexually abusing, grooming and coercing the child into sexual acts. Both she and her sibling had also been smacked and hit.

A Council v. A v A v A: Acting for the mother in a case where she was alleged to have hit the youngest child with a belt and her hand numerous times. Mother was found to have frustrated efforts to provide support for the youngest child. Mother claimed that the allegations had been made by the youngest child as he had been coerced/coached by teachers and social workers to say these things as they were racist and prejudiced against her.

A Council v D v D v D v A Hospital: Frida represented the hospital which was made an intervener in the proceedings. The child had presented as very poorly some weeks after birth, was taken to the hospital and at that time rib fractures were discovered. Parents alleged that the fractures could have been caused by hospital staff, either accidentally during the birth or inflicted by a midwife whose care they expressed concerns about afterwards.

A Council v C v M v C: Acted for the local authority, and led by James Cleary, in a case of fabricated illness by the mother who then unnecessarily administered treatment, persisted in maintaining that the child had a range of allergies and illnesses and that the child needed to use a wheelchair - despite none of these being the case. The child wrongly believed that she was disabled and in pain. Mother also told the child that her brother had died as a result of which the child attended bereavement counselling, despite her brother being alive.

A Council v C v S v S v P: child (15 months old at the time of the fact finding hearing) had suffered 10 injuries that were deemed non-accidental (linear marks, bruises and red marks). Mother argued that they had been caused by Frida's client who had been present in the property supporting the mother with care of the child for the past few weeks. Other issues in the case included domestic violence, drug misuse, volatile and aggressive behaviours by the mother. At the fact finding hearing, no finding was made against her but all findings were made against the mother.

A Council v. A and others: Frida represented the Local Authority. The child presented with extensive bruising. One of the interveners was highly vulnerable. Extensive practical measures were taken within the courtroom to ensure that he was able to give evidence with the assistance of his intermediary. Frida carried out the questioning on behalf of all parties as part of those special measures.

Private Law

Frida Dahlqvist has extensive experience of representing both parents and children in private law proceedings.

Instructing solicitors appreciate Frida's communication style which is prompt and detailed. Frida enjoys having an ongoing working relationship with her instructing solicitors as a case progresses, which enables continuity in terms of advice and for prompt action to be taken subject to the developments in the litigation.

Clients appreciate Frida's ability to be empathetic and understanding of the emotional challenges and stresses that litigation involves. At the same time, she has an ability to advise her clients robustly, clearly and realistically as to their prospects of success, whilst also being fearless in advancing her client's case.

Frida has a particular experience and interest in cases where children are at risk of or have suffered emotional harm caused by complex family dynamics, intractable contact disputes and parental alientation. Frida is also frequently instructed in cases that involve serious allegations of domestic abuse (emotional, physical, sexual and/ or financial) in relation to parents and children. Her cross- examination style is forensic and detailed.

Frida has advised and appeared in cases involving:

- Domestic abuse

- Allegations of rape
- Sexual abuse of children
- False allegations of domestic abuse (physical/ sexual/ emotional etc)
- Substance misuse
- Domestic and international relocation
- Change of name
- Schooling disputes
- Prohibited steps Orders
- Specific Issue Orders
- Applications in respect of parental responsibility
- Applications for Non- Molestation and Occupation Orders
- Enforcement applications
- Children/ young adults giving evidence
- Applications to discharge Special Guardianship Orders

X v. X – Acting for the Father in private law proceedings where it was alleged that he had sexually abused his daughter. The Father made counter- allegations that the child had been manipulated by the Mother and/ or maternal family into making the allegations.

Z v Z –Acting for the Mother in private law proceedings. The Local Authority subsequently issued care proceedings. Extensive allegations were made against the Father including but not limited to: forced marriage, rape, coercive control and parental alienation. Concerns were also raised during the proceedings that there was a risk of abduction of one or more children as well as a risk of female genital mutilation. Extensive expert evidence was obtained in particular in respect of parental alienation. A further feature of this case was that the Mother commenced a sex change during the proceedings.

A v. B v. C v. a Local Authority and others – Acting for the intervener during a fact finding hearing. Allegations were made against the intervener that he had hit a child and that he had coerced and manipulated a stepchild into making allegations of sexual abuse against another family member. It was also alleged that he had caused her emotional harm by recording such discussions. The Court went further and made findings against the intervener relating to sexual abuse and sexual risk in relation to children. Ms Dahlqvist advised upon appeal and prepared relevant documents. The appeal was subsequently upheld.

A v. B –Acting for the Mother. The child made allegations of sexual abuse against the Father. The child gave evidence during the hearing via video link. Notwithstanding adverse findings having been made against the Mother, Frida subsequently secured an outcome whereby the parents shared care as opposed to there being a reversal in residence.

A Local Authority v. A v. B v. C –Acting for the Father in private law proceedings which subsequently became and concluded as public law proceedings. Both parents made significant allegations against each other of physical and emotional abuse. Both parents also alleged that the other had caused the child physical harm and/ or put the child at risk of physical harm. Despite some adverse findings being made against the Father, Frida secured extensive weekly contact with the Father as a final outcome