

Working Together for Your Child
Complete one sheet per topic or situation.

Topic: *(What are we discussing? e.g. bedtime, discipline, screen time, safety)*

Parent A Perspective

What I would do in this situation:

Why this matters to me:

How I was raised / what influenced me:

Are there any past experiences or influences that shape my view on this?

Parent B Perspective

What I would do in this situation:

Why this matters to me:

How I was raised / what influenced me:

Are there any past experiences or influences that shape my view on this?

Different approaches often come from different experiences understanding each other is the first step so that we can parent from the same song sheet.

Parenting Decisions Sheet



What Does Our Child Need?

(Focus on your child, not the disagreement)

Development (age & ability):

Emotional needs:

Safety considerations:

What approach best supports your child's wellbeing right now?

Our Agreed Parenting Approach

What we will do:

What we will avoid:

Parenting Decisions Sheet



How we will stay consistent:

If We Disagree in Future

How we will handle it:

When we will review this:

Review Date:

Navigating Family Court
Supporting parents to reduce conflict and focus on the needs of their child.