

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

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

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**Parent A Perspective**

What I would do in this situation:

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Why this matters to me:

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How I was raised / what influenced me:

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

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**Parent B Perspective**

What I would do in this situation:

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Why this matters to me:

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How I was raised / what influenced me:

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

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*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):

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Emotional needs:

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Safety considerations:

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

### Our Agreed Parenting Approach

What we will do:

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What we will avoid:

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## Parenting Decisions Sheet



How we will stay consistent:

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### **If We Disagree in Future**

How we will handle it:

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When we will review this:

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**Review Date:**

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