

Decision-Making Map

Knowing who decides what – so fewer things become arguments

Instructions: Review printed examples, cross out any that don't apply, then add your family's own decisions in the fill lines below.

Solo Decisions	Informed Decisions	Joint Decisions
My call	I decide / You know	We decide together
<i>Each parent decides independently within their own household.</i>	<i>One parent decides, but notifies the other before acting.</i>	<i>Both parents must discuss and agree before acting.</i>
Examples include:	Examples include:	Examples include:
<ul style="list-style-type: none"> ■ Bedtime and wake-up routine ■ Meals, snacks & screen time at home ■ Weekend activities & play dates ■ Décor, chores & house rules ■ Who visits your household 	<ul style="list-style-type: none"> ■ Minor illness & routine GP visit ■ School trip or permission slip ■ New extracurricular activity ■ Haircut or minor appearance change ■ Changes to drop-off / pick-up time 	<ul style="list-style-type: none"> ■ School enrolment or school change ■ Significant medical / dental care ■ Changes to the custody schedule ■ International or overnight travel ■ Therapy, counseling or assessment
Our decisions in this category:	Our decisions in this category:	Our decisions in this category:

Quick Guide: Not Sure Which Category?

Solo if...	Informed if...	Joint if...
"Does this only affect what happens in my home?"	"Does the other parent need to know about this?"	"Does this affect schooling, health, safety, or the schedule?"
<p><i>When we disagree about which category a decision falls in, we treat it as a Joint Decision until we have discussed it together.</i></p>		