Wendy Liverseed
NEUTRAL FAMILY SERVICES

CLEAR Parenting Decision Worksheet

Understand one issue and what your child needs

CLEAR helps you separate the decision that needs attention from the conflict surrounding it, consider your child's needs, and identify a workable next step. Use it independently or with professional support.
You do not need an agreement to make progress.

Keep this worksheet private unless you choose to share it. Consider who will receive it and how it may be used.
If you feel unsafe or pressured, seek individual support rather than joint discussion.

Your name and date

C Clarify the Conflict

Name the decision. Describe events without assigning motives.

What specific parenting decision needs attention?

What is happening? What information still needs checking?

What needs a parenting decision, and what concern needs separate attention?

L Look at What Matters

Consider your child's needs and the realities of everyday family life.

What does your child need? What have you observed or heard directly, and what are you assuming?

What concern matters most to you? What can you be flexible about?

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Compare options against everyday life

E Explore the Options

List at least two possibilities. An option is a proposal, not an agreement. Keep your child out of choosing sides or carrying proposals between adults.

Option 1: What could we do?

Does it address your child's needs? Is it practical? What needs checking?

Option 2: What could we do?

Does it address your child's needs? Is it practical? What needs checking?

Option 3 (optional): What could we do?

Does it address your child's needs? Is it practical? What needs checking?

Reality check
Would this work on an ordinary Tuesday? Consider schedules, transportation, cost, a late pickup, a sick child or a changed work schedule.

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Record progress and plan the next step

A Arrive at Workable Decisions

Identify what can be resolved now and what remains open. Keep your proposal, any confirmed agreement and unresolved questions clearly separate. Agreement is not required to complete this worksheet.

Which option do you propose, and why does it meet your child's needs?

What, if anything, have both parents agreed to? If nothing, write "not yet."

What remains open? What is needed before the decision can move forward?

R Roadmap the Way Forward

Record next steps. Label responsibilities, dates and communication plans as proposed unless confirmed.

What happens next, who will act, and by when?

How will details or changes be communicated between adults?

When will you review progress? What would tell you the plan needs another look?

Educational planning tool only. Record formal agreements or decisions through the appropriate process.
Completing this worksheet does not change an existing court order.