Appendix A: Survey Protocol

This is the full survey used in the paper "This just felt to me like the right thing to do": Decision-Making Experiences of Parents of Young Children. Please cite as:


Introduction

Dear parent,
Thank you for agreeing to participate in our study, we very much appreciate your time and effort.

In the following survey, we will ask you a few questions about health decisions you had to make for your children aged 5 or younger over the last year. Your responses will be collected anonymously without including identifiable information. Your participation is voluntary; you can refuse to participate or withdraw your participation at any time.

We estimate this survey will take approximately 45-60 minutes to complete. We would please ask you to fill out the survey independently, reflecting your own thoughts and choices, though you can suggest to a co-parent that they also complete the survey independently.

You will be compensated with $10 for your time and effort. A randomized code will be generated at the end of the survey which you can use to request payment on Mechanical Turk. We will review your responses for quality control before approving the payment.

By submitting this survey, you agree that your information will be recorded and made available for research purposes within the context of this study, including data analysis and publication of research findings. Potential risks of participating in this survey include loss of confidentiality of your data although we will take steps to prevent this risk. Your information will be kept on a secured server and with limited access to researchers affiliated with [our university].

You may request to have your information edited or removed at any time by emailing [researcher’s email]. If you have any questions or concerns, or feel you have been harmed by participating in this survey, please contact [researcher’s email]. If you have questions about your rights as a research subject, you may contact [our IRB].
I agree with the information I submit in this survey to be recorded for research purposes
- Yes
- No

I am 18 years of age or older
- Yes
- No

I have one or more children aged 5 or younger
- Yes
- No

→ If selected “no” for one of these questions, participants are directed to the end of the survey

Unfortunately you don’t qualify for this study based on the information provided. Thank you for considering to support our research.

Section 1: Family

How many children do you have? [free text]

Please provide the following information about your [based on number above] children listed from oldest to youngest:
Child 1
- Date of birth (mm/dd/yyyy)
- gender
Child 2
- Date of birth (mm/dd/yyyy)
- gender
Child 3
- Date of birth (mm/dd/yyyy)
- gender
Etc.

Please describe your parenting situation, e.g. are you a single parent, do you live with your co-parent or not, does your child have one or more step-parents, does your child live with other caregivers like grandparents, aunts or uncles etc.?
Section 2: Health management
The order of the sleep and nutrition category is counterbalanced.

Managing your child’s sleep

Please take a few seconds and think about decisions you had to make for your child(ren) aged 5 or younger over the last year on managing their sleep. This might include whether or not to do sleep training, decisions about where the child will sleep, decisions about whether to drop a nap, decisions about bedtime routines, whether to co-sleep, etc.

1. Please choose one decision you have made in the past year about managing sleep for one of your children aged 5 or younger. Describe the decision you made (e.g., decided to transition from a crib to a toddler bed), when you made that decision and for which child (e.g., older daughter, youngest child, etc.)
   - Please describe your decision, including what lead up to the decision and how you decided on it
   - When did you make that decision?
     i. I am still making that decision
     ii. In the last 4 weeks
     iii. In the last 2-3 months
     iv. In the last 3-6 months
     v. In the last 6-12 months
   - For which child did you make that decision?
     i. Age (please specify months or years):
     ii. Gender:

2. How confident did you feel when making this decision?
   - Not at all
   - A little bit
   - Somewhat
   - Very much
   - Extremely

3. Would you say that it changed over time?
   - Yes, I feel MORE confident now
   - Yes, I feel LESS confident now
   - No
   - To soon to tell

4. IF YES, I feel more confident: Please describe why you feel more confident

5. IF YES, I feel less confident: Please describe why you feel less confident
6. When making this decision on how to manage your child’s sleep, please indicate which of the following resources you used by selecting how helpful they were to you? [ORDER RANDOMIZED]:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Not at all helpful 1</th>
<th>Very helpful 5</th>
<th>Did not use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talked to my partner</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Talked to my child affected by the decision</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>My partner made the decision</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Talked to family members</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Talked to friends</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from book(s)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from parenting website(s)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from parenting group(s) on social media</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from pediatrician</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from news article(s)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Advice from parenting blog(s) or online communities</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Parenting class</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Results from scientific studies</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Data I recorded about my child's health using apps or monitoring devices</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>I listened to my intuition/It just felt right</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other:</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
7. Based on your answers above, please provide some details about the resources you used, e.g. if you selected "Advice from books", please specify which books you used, if you selected "parenting class", please specify what kind of parenting class and what the content was etc.

8. Is there anything you wish you had available to you when making your decision or that you would do differently now?

9. Is there anything about the decision process that you would like to share but we haven’t asked you about?

10. Do you keep / have you ever kept a record of any aspects of your child’s sleep? This might be a record you keep on paper and/or using technology.
   - Yes
   - No

11. IF YES: Please describe what you use/d and what you want/ed to learn from it?

Managing your child’s nutrition and eating habits

Please take a few seconds and think about decisions you had to make for your child(ren) aged 5 or younger over the last year on managing their nutrition and eating habits. This might include decisions around whether to use formula, when to wean, when to start solid foods, how to handle snacks and meals, decisions around allowing sweets, etc.

12. Please choose one decision you have made in the past year about managing nutrition and eating habits for one of your children aged 5 or younger. Describe the decision you made (e.g., decided to transition from formula to solid foods), for which child (e.g., older daughter, youngest child, etc.), and how you decided.
   - Please describe your decision, including what lead up to the decision and how you decided on it
   - When did you make that decision?
     - I am still making that decision
     - In the last 4 weeks
     - In the last 2-3 months
     - In the last 3-6 months
     - In the last 6-12 months
   - For which child did you make that decision?
     - Age (please specify months or years):
     - Gender:

13. How confident did you feel when making this decision?
   - Not at all
   - A little bit
- Somewhat
- Very much
- Extremely

14. Would you say that it changed over time?
   - Yes, I feel MORE confident now
   - Yes, I feel LESS confident now
   - No
   - To soon to tell

15. IF YES, I feel more confident: Please describe why you feel more confident
16. IF YES, I feel less confident: Please describe why you feel less confident

17. When making this decision on how to manage your child’s eating and nutrition habits, please indicate which of the following resources you used by selecting how helpful they were to you?
   [ORDER RANDOMIZED]:

<table>
<thead>
<tr>
<th></th>
<th>Not at all helpful 1</th>
<th></th>
<th>Very helpful 5</th>
<th>Did not use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talked to my partner</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>My partner made the decision</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Talked to my child affected by</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>the decision</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talked to family members</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Talked to friends</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from book(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting website(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting group(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from pediatrician</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from news article(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting blog(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Parenting class</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Results from scientific studies</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
Data from app or monitoring device │ ○ │ ○ │ ○ │ ○ │ ○ │ ○  
I listened to my intuition/It just felt right │ ○ │ ○ │ ○ │ ○ │ ○ │ ○  
Other: │ ○ │ ○ │ ○ │ ○ │ ○ │ ○  

18. Based on your answers above, please provide some details about the resources you used, e.g. if you selected "Advice from books", please specify which books you used, if you selected "parenting class", please specify what kind of parenting class and what the content was etc.
19. Is there anything you wish you had available to you when making your decision or that you would do differently now?
20. Have you ever recorded/Are you currently recording any aspects about your child’s eating and nutrition habits or have used/are using any technology to support your child’s eating and nutrition habits? Examples would be writing down their meals, using an app to record feeding times etc.

Additional Health Management Decision

In our previous questions, we focused on common health decisions parents have to make for their child around sleep, nutrition and eating habits. However, there might be other decisions parents face when managing their child's health and wellbeing, such as around making a major medical decision, how to evaluate developmental milestone, whether or not to hire a nanny, which preschool to send your child to, whether or not to vaccinate.
Please take a few seconds and think about decisions you had to make for your child(ren) aged 5 or younger over the last year apart from managing their sleep, nutrition and eating habit.

21. Please choose one decision you have made in the past year about your child’s health and wellbeing for one of your children aged 5 or younger. Describe the decision you made (e.g., hiring a nanny or making a major medical decision), when you made that decision and for which child (e.g., older daughter, youngest child, etc.)
   ○ Please describe your decision, including what lead up to the decision and how you decided on it
   ○ When did you make that decision?
      i. I am still making that decision
      ii. In the last 4 weeks
      iii. In the last 2-3 months
      iv. In the last 3-6 months
      v. In the last 6-12 months
22. How confident do you feel about this decision?
   - Not at all
   - A little bit
   - Somewhat
   - Very much
   - Extremely

23. Would you say that it changed over time?
   - Yes, I feel MORE confident now
   - Yes, I feel LESS confident now
   - No
   - To soon to tell

24. IF YES, I feel more confident: Please describe why you feel more confident

25. IF YES, I feel less confident: Please describe why you feel less confident

26. When making this decision, please indicate which of the following resources you used by selecting how helpful they were to you? [ORDER RANDOMIZED]:

<table>
<thead>
<tr>
<th>Resource</th>
<th>Not at all helpful 1</th>
<th>Somewhat helpful</th>
<th>Very helpful 5</th>
<th>Did not use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talked to my partner</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>My partner made the decision</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Talked to my child affected by the decision</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Talked to family members</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Talked to friends</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from book(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting website(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting group(s) on social media</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from pediatrician</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from news article(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Advice from parenting blog(s)</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Parenting class</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Results from scientific studies</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Data from app or monitoring device</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I listened to my intuition/It just felt right</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Other:</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

27. Based on your answers above, please provide some details about the resources you used, e.g. if you selected "Advice from books", please specify which books you used, if you selected "parenting class", please specify what kind of parenting class and what the content was etc.

28. Is there anything you wish you had available to you when making your decision or that you would do differently now?

29. Do you keep / have you ever kept a record about the health aspect concerning your child described above? This might be a record you keep on paper and/or using technology.

**Other influences**

21. Is there anything else about your background that might influence your parenting that we didn’t ask about otherwise. This could be your family’s cultural background, your profession, living in a different country, etc.

**Section 3: Scales**

*Order of scales presented is counterbalanced*

**Parenting Sense of Competence Scale**

Please rate the extent to which the following statements refer to you on a scale from 1-5 where 1 means "definitely not true of myself" and 5 means "definitely true of myself".

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Somewhat Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Somewhat Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.
2. Even though being a parent could be rewarding, I am frustrated now while my child is at his / her present age. (R)
3. I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot. (R)
4. I do not know why it is, but sometimes when I’m supposed to be in control, I feel more like the one being manipulated. (R)
5. My parents were better prepared to be good parents than I am. (R)
6. I would make a fine model for a new parent to follow in order to learn what he/she would need to know in order to be a good parent.
7. Being a parent is manageable, and any problems are easily solved.
8. A difficult problem in being a parent is not knowing whether you’re doing a good job or a bad one. (R)
9. Sometimes I feel like I’m not getting anything done. (R)
10. I meet by own personal expectations for expertise in caring for my child.
11. If anyone can find the answer to what is troubling my child, I am the one.
12. My talents and interests are in other areas, not being a parent. (R)
13. Considering how long I’ve been a parent, I feel thoroughly familiar with this role.
14. If being a parent of a child were only more interesting, I would be motivated to do a better job as a parent. (R)
15. I honestly believe I have all the skills necessary to be a good parent to my child.
16. Being a parent makes me tense and anxious. (R)
17. Being a good parent is a reward in itself.

Note: Scores on items followed with an “R” are reversed. Total of all items responses is PSOC score. The original scale consists of 23 items grouped into 4 subscales: Holistic-Big Picture, Holistic-Abstract, Inferential and Affective. However, due to inconclusive results on the validity of the Holistic-Big Picture subscale, the authors recommend eliminating its items at this point, which results in a remaining set of 19 validated items and 3 subscales.

**Types of Intuition Scale**

*We are interested in how you make decision and solve problems in your life. Read each of the following statements and rate the extent to which you would agree that that statement is true or false of you on a scale of 1-5 where 1 means "definitely false" and 5 means "definitely true". These items have no right or wrong answers; just respond based on what is true for you.*
<table>
<thead>
<tr>
<th>Definitely False</th>
<th>Mostly False</th>
<th>Undecided (neither true nor false)</th>
<th>Mostly True</th>
<th>Definitely True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. I trust my intuitions, especially in familiar situations. (I)
2. I prefer to use my emotional hunches to deal with a problem, rather than thinking about it. (A)
3. Familiar problems can often be solved intuitively. (I)
4. There is a logical justification for most of my intuitive judgements. (I)
5. I rarely allow my emotional reactions to override logic. (R) (A)
6. I tend to use my heart as a guide for my actions. (A)
7. My intuitions come to me very quickly. (I)
8. I would rather think in terms of theories than facts. (HA)
9. My intuitions are based on my experience. (I)
10. I often make decisions based on my gut feelings, even when the decision is contrary to objective information. (A)
11. I believe in trusting my hunches. (A)
12. I prefer concrete facts over abstract theories. (R) (HA)
13. When making a quick decision in my area of expertise, I can justify the decision logically. (I)
14. I generally don't depend on my feelings to help me make decisions. (R) (HA)
15. If I have to, I can usually give reasons or my intuitions. (I)
16. I prefer to follow my head rather than my heart. (R) (A)
17. I enjoy thinking in abstract terms. (HA)
18. When I make intuitive decisions, I can usually explain the logic behind my decision. (I)
19. It is foolish to base important decisions on feelings. (R) (A)

Note: Scores on items followed with an “R” are reversed. HA, Holistic-Abstract, I, Inferential, A, Affective. Total for subscales is score for subscales. There is no total score.

Section 4: Demographics

What is your age?

Are you...

Check all that apply
- man
- woman
- something else
- prefer not to answer
If you answered “something else” above, please specify

What is your highest level of completed education?
- High School
- Some College
- College Degree (B.A./B.S.)
- Some Graduate School
- Graduate Degree (M.S.)
- Advanced Professional Degree (PhD/MD/JD)
- Other:
  - Prefer not to answer

What is your current employment status?
- Employed full time (working 40 hours or more)
- Employed part time (working up to 39 hours)
- Unemployed and currently looking for a job
- Unemployed and currently not looking for a job
- Currently on leave
- Student
- Retired
- Self-employed
- Unable to work
- Prefer not to answer

What is your past or current occupation?
[free text]

What is your current yearly household income?
- Less than $25,000
- $25,000 to $34,999
- $35,000 to $49,999
- $50,000 to $74,999
- $75,000 to $99,999
- $100,000 to $149,999
- $150,000 to $199,999
- $200,000 or more
- prefer not to answer

Does your family currently have health insurance coverage?
- Yes
- No
- Other
- Prefer not to respond

Which of the following categories describes you?
Check all that apply

- White (e.g., German, Irish, English, Italian, Polish, French, etc.)
- Hispanic, Latinx, or Spanish origin (e.g., Mexican or Mexican America, Puerto Rican, Cuban, Salvadoran, Dominican, Columbian, etc.)
- Black or African American (e.g., African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.)
- Asian (e.g., Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese, etc.)
- American Indian or Alaska Native (e.g., Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Nome Eskimo Community, etc.)
- Middle Eastern or North African (e.g., Lebanese, Iranian, Egyptian, Syrian, Moroccan, Algerian, etc.)
- Native Hawaiian or Other Pacific Islander (e.g., Native Hawaiian, Samoan, Chamorro, Tongan, Fijian, Marshallese, etc.)
- Other race, ethnicity, or origin: [free text]
- Prefer not to answer

How would you describe the area in which you live in?

- City
- Suburb near a city
- Small town not near a city
- Rural or country area
- Prefer not to respond

Do you currently live in the United States? If yes, please indicate the state you are living in.
- Yes, State:
- No

IF NO ABOVE: What is your country of residence?

Thank you for your valuable feedback.
We very much appreciate your time and effort!

Please use this code to verify that you completed the survey and can receive your compensation.
Appendix B: Interview Protocol

This is the full protocol for the semi-structured interviews used in the paper "This just felt to me like the right thing to do": Decision-Making Experiences of Parents of Young Children. Please cite as:


PRE-SCREENING SURVEY

As we would like to represent parents of diverse backgrounds and with diverse parenting situations and decision-making styles, we will ask parents interested in the study to fill out a screening survey as a first step. Parents who are in a co-parenting situation will both fill out the screening survey. Answers will be matched up through a code the second parent will need to enter at the beginning of the survey based on a random code generated through the first parent’s survey,

Thank you for considering to participate in our study. In the following screening survey, we will ask you a few questions about your parenting situation as well as basic demographic information. At the end of the survey, we will ask you for your preferred contact information as well as your availability. While we will ask you to share identifiable information, your responses will be saved separately from your contact information and linked through a randomly generated code. Your participation is voluntary; you can refuse to participate or withdraw your participation at any time.

By submitting this survey, you agree that your information will be recorded and made available for research purposes within the context of this study, including data analysis and publication of research findings. Potential risks of participating in this survey include loss of confidentiality of your data although we will take steps to prevent this risk. Your information will be kept on a secured server and with limited access to researchers affiliated with [our institution].

You may request to have your information edited or removed at any time by emailing [researcher’s email]. If you have any questions or concerns, or feel you have been harmed by participating in this survey, please contact [researcher’s email]. If you have questions about your rights as a research subject, you may contact the [our IRB] or [researcher’s email].

I agree with the information I submit in this survey to be recorded for research purposes
- Yes
- No
I am 18 years of age or older
   - Yes
   - No

Do you have at least one child under the age of 5?
   - Yes
   - No

**FAMILY SITUATION**

First, we would like to learn more about your family
How many children do you have? [free text]

How old is your child? [free text]
OR
How old are your children? [free text]

Please describe your current parenting arrangement (e.g. are you a single parent, do you live with your co-parent or not, does your child live with other caregivers like grandparents etc.?)

**DEMOGRAPHICS**

*What is your age?*

*I identify as (optional)*
Check all that apply

- woman
- man
- Non-binary
- Prefer not to disclose
- Prefer to self-describe:

*What is your highest level of completed education?*

- High School
- Some College
- College Degree (B.A./B.S.)
- Some Graduate School
- Graduate Degree (M.S.)
- Advanced Professional Degree (PhD/MD/JD)
- Other:
- Prefer not to answer

*What is your current employment status?*

- Employed full time (working 40 hours or more)
• Employed part time (working up to 39 hours)
• Unemployed and currently looking for a job
• Unemployed and currently not looking for a job
• Currently on leave
• Student
• Retired
• Self-employed
• Unable to work
• Prefer not to answer

What is your past or current occupation? (depending on what the selected above) [free text]

What is your current yearly household income?
• Less than $25,000
• $25,000 to $34,999
• $35,000 to $49,999
• $50,000 to $74,999
• $75,000 to $99,999
• $100,000 to $149,999
• $150,000 to $199,999
• $200,000 or more
• prefer not to answer

Which of the following categories describes you?

Check all that apply
• White (e.g., German, Irish, English, Italian, Polish, French, etc.)
• Hispanic, Latinx, or Spanish origin (e.g., Mexican or Mexican America, Puerto Rican, Cuban, Salvadoran, Dominican, Columbian, etc.)
• Black or African American (e.g., African American, Jamaican, Haitian, Nigerian, Ethiopian, Somalian, etc.)
• Asian (e.g., Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese, etc.)
• American Indian or Alaska Native (e.g., Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Nome Eskimo Community, etc.)
• Middle Eastern or North African (e.g., Lebanese, Iranian, Egyptian, Syrian, Moroccan, Algerian, etc.)
• Native Hawaiian or Other Pacific Islander (e.g., Native Hawaiian, Samoan, Chamorro, Tongan, Fijian, Marshallese, etc.)
• Other race, ethnicity, or origin: [free text]
• Prefer not to answer

How would you describe the area in which you reside?
- Urban city
- Suburb near a city
- Small town not near a city
- Rural or country area
- Prefer not to answer

Thank you for your valuable feedback.
We very much appreciate your time and effort!

Contact Information
Please let us know your name and how you we can best contact you in case we would like to schedule you for the study session.

First Name:
Last Name:
Email:
Phone:
INTerview

For the first part, we will conduct a semi-structured interview with parents, where we want to get an understanding of the lived experience of how parents make health decisions for their children’s health. We will prompt them to share thoughts on what kind of resources they are using and particularly, how they experience using their intuition in decision-making.

Upon arrival at the participant’s house, the researcher engages with the participant in loose conversation to help facilitate a comfortable environment.

Introduction (5 min)

Thank you for agreeing to participate in our study. My name is [RESEARCHER’S NAME] and I am [ROLE] at the [our institution]. I am here today with my colleague [NAME] who will help me with recording and data collection. As mentioned in our previous conversation, we are interested in your experience when making decisions for your child’s health. In order to learn more about this, I will walk you through a series of activities where I will be asking you questions regarding your experience when making decisions for your child’s health. When answering my questions, please keep in mind that there are no right or wrong answers.

We estimate the study to take around 1.5 hour. Please remember that your participation in this study is voluntary and you have the right to stop at any point. We will ask for your contact information at the end of the study and you will receive a digital Amazon gift card worth $30 as compensation in a few days.

Is it ok if I videotape this interview? All names and identifying information will be anonymized. The camera will be facing the table so your faces won’t be visible. Is that ok with you?

Before we start I want to point out that by participating in this interview you agree that your information will be recorded and made available for research purposes within the context of this study, including data analysis and publication of research findings. Potential risks of participating in this interview include loss of confidentiality of your data although we will take steps to prevent this risk. For example, all information such as recordings will be kept on a secured server with limited access to researchers affiliated with the [our institution].

Do you have any questions before we begin?
Interview Protocol

I wanted to start with a short activity which will help with warming up to the topic and the activities we are going to do within the next hour. I brought this set of cards with me which illustrate different metaphors. In the following activity I will ask you to share our experience with different concepts and what they mean to you using different metaphors.

Exercise: Getting familiar with using metaphor cards (5min)

CARD: Being a parent
The first concept I would like to explore with you is “being a parent” [place concept card “being a parent” on table]. Please go through the deck and select 3 cards which best describe your experience of being a parent. Remember, there are no right or wrong answers.

It might be helpful to go through all of the cards first to familiarize yourself with them.

For co-parents interviewed together: Please each choose 3 cards but they can be the same. For each card: Why did you choose this card?

Activity #1: Decision Journey (20min)

In the next step I would like to talk to you about how you experience making decisions affecting your child’s health.

NOTE: Co-parents interviewed together might ask if they should talk about the same decision. We can point out that parents share their decisions separately in which case it will be interesting to ask the other parent what their perspective is on the decision.
Easy Decision (5 min)

For the first part, I would like you to think about a health decision you made for [child’s name] in the past that you felt was easy. If you want, you can also choose a decision you are currently trying to make.

If they have a hard time imagining: You can think about decisions related to [child’s name] sleep (e.g. whether to co-sleep or sleep train) or nutrition/eating habits (e.g. when to wean off of formula).

Q1: Please describe the decision you made.

Q2: What made it easy?

Hard Decision (15 min | 40 min)

Great, for the next few questions, I would like you to think about a health decision you made for [child’s name] in the past that you felt was hard. If you want, you can also choose a decision you are currently trying to make.

If they have a hard time imagining: You can think about a decision that took time or created conflict.

Q3: Please describe the decision you made.

Q4: We’re gonna ask you to map out a process of how you went about making that decision. But first I would like to ask if at the very beginning, did you have a sense of what you wanted to do?

Q5: Now I would like you to map out the decision-making process according to these prompt on this paper. Please use these sticky notes to write down everything that went into making this decision and then map them out on this paper.
Activity #2: Resources (5 min)

So it looks like you used [name resources]. Does anything else come to mind?

**Value of resources**

**Q7:** For each resource: *What was it about [resource] that influenced your decision?*

**Q8:** *Looking at all of the resources, which one would you think was the most important and why?*

**Q9:** *Is there anything that would have helped you feel better about the decision?*

**Q10:** *How do you feel about your decision now? Is there something you would like to change about your approach? Why?*

**For co-parents**

**Q11:** *What would you say was the role of your partner when making a decision?*
Activity #3: General Decision-making (5min)

Q12: Would you say that this is how you typically make decisions?

CARD: Making a Decision
I would like to come back to these cards, but this time I would like you to think about how you experience making a decision for [child’s name] affecting their health [place “Making a Decision” concept card on the table].
Please select 3 cards which speaks to this concept based on your own experience.

Q13: For each card: Why did you choose this card?

Activity #4: Internal vs External factors (5min | 55min)

Now I would like to encourage you to think about the decision and the resources you mapped out in terms of where they originated from. Some resources, such as advice from the doctor might be external while your own thoughts and feelings might be internal. If you had to map out your resources within that space, where would you place them?

Follow-up: From this perspective, is there anything you would like to add?
Prompt: Why did you place this here?

Activity #5: Using metaphor cards to explore parental intuition (15min)

So now that we have explored your experience when making decisions affecting [child’s name] health, I would like to focus on a specific aspect of decision-making. I recently surveyed parents about their experience when making everyday decisions for their children and found that many answers described decision-making as doing what feels right or basing it on one’s own intuition and I would like to explore
this topic a little further with you. Now, even in research there is no one definition of intuition so what I would like to do is for us to explore a little bit what intuition means to you as a parent.

**CARD: Intuition**

I would like to do the same activity, but this time I would like you to think about your experience with intuition as a parent and what it means to you [place “Intuition” concept card on the table]. Please select 3 cards which speaks to this concept based on your own experience.

**Q14:** For each card: Why did you choose this card?

**Q15:** Please choose one card and tell me a story in relation to this topic.

**Q16:** Are there any other ideas that come to mind when you think about how you experience intuition as a parent?

**Q17:** Now looking back at the decision you shared earlier, do you think that a sense of intuition played a role in your decision-making?

**Q18:** When thinking about your overall experience when managing your child’s health, are there decisions where you rely more on a sense of what feels right to you or your intuition than for others?

**Q19:** Do you feel like your intuition has ever been in conflict with anything, such as advice or other resources?

**Q20:** Do you feel supported by your environment in relying on a sense of what feels right to you when making decisions for your child’s health?

**Q21:** So after everything we talked about today, what would you say intuition means to you as a parent?

**Wrap-up**

Great, these are all the questions I have for you today. Is there anything you want to add or feel like we should have talked about?

Thank you again for your time and valuable reflection.
Please feel free to reach out in case you have any questions.
# APPENDIX_C_CODEBOOK

This is the full codebook for the publication "This just felt to me like the right thing to do": Decision-Making Experiences of Parents of Young Children. Please cite as:


<table>
<thead>
<tr>
<th>Theme</th>
<th>Code</th>
<th>Description</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspects concerning decision process</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decision Process</td>
<td>DP_takes_time</td>
<td>Parents describe how decisions take time, for example when implementing them or until they reach a decision</td>
<td>This was a difficult adjustment and it took about three months to get her to go to bed calmly with the the sippy cup followed by teeth brushing</td>
</tr>
<tr>
<td></td>
<td>DP_rev_iterative</td>
<td>describes how decisions often require experimentation and are iterative; this often means they have to be revised because things change and decisions evolve</td>
<td>We decided to wean her off of the bottles finally when she was two and a half because we were worried about the bottle causing overbite problems. However by taking away the bottle of this disrupted her sleep routine and e was very upset and would fight going to sleep. We instead let her have to sippy cups of milk before bedtime and then she had to promise to brush her teeth, and then she would get no more milk throughout the night.</td>
</tr>
<tr>
<td></td>
<td>DP_wish_knew_earlier</td>
<td>Parents mention how they wish they would have acted earlier or made their decision earlier</td>
<td>I wish I had made this decision earlier, that's it. It's easy to let your child play an app or watch cartoons but it takes a lot of energy to chase them around in an open area. It's not difficult overall because they see it as fun time.</td>
</tr>
<tr>
<td></td>
<td>DP_right_time</td>
<td>Parents mention how they are seeking the right timing; this can either be that they want to know when the right time is to make a change or that it seemed to be the right time for a change</td>
<td>The only resources I used was feeling like it was the time for her to start sleeping in her bed. My partner agreed so we went from there.</td>
</tr>
<tr>
<td>Hard Decision</td>
<td>hd_easy_out</td>
<td>parents describe a decision as hard because there is an easy way out to not implement the decision or an easier alternative</td>
<td>So that was hard. Um, and the fact that there was an easy out or like as soon as you put the diaper on, he would go most times. So the fact that there was like an easy solution, that wasn't the right thing, but it was easy. The fact that he didn't want to do it.</td>
</tr>
<tr>
<td></td>
<td>hd_disagreement</td>
<td>parents describe disagreement being a factor of what makes decisions hard</td>
<td>And then I think, um, the fact that, uh, my wife and I had a differing opinion was also the probably the third thing that made it particularly difficult.</td>
</tr>
<tr>
<td>Trigger</td>
<td>How parents make decisions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------</td>
<td>---------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>hd_child_resistance</strong></td>
<td>parents struggle with resistance from the child in implementing a decision</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>hd_societal_expectations</strong></td>
<td>parents describe having to fight against societal expectations and preconceived norms when making a decision</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>hd_personal_interests</strong></td>
<td>Parents describe &quot;selfish&quot; reasons or interests as part of struggling with decisions</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_hypothesis</strong></td>
<td>The decision was triggered by a hypothesis the parents were forming</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_natural_development</strong></td>
<td>The decision was triggered by natural development, meaning that the child is growing and their needs are changing; this is also related to transitions that are happening or have to happen</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_feeling_or_observation</strong></td>
<td>Parents make a decision because they felt like something needed to change or happen; this is also based on observations</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_breaking_point</strong></td>
<td>The decision was triggered by the parents reaching a point where they needed to change something; this is connected to mental and emotional exhaustion</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_urgent_need</strong></td>
<td>The decision was triggered by a need or situation that had to be addressed immediately or in a timely manner; this could be a safety concern or medical need</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tr_circumstance</strong></td>
<td>There is no one trigger, it is more the circumstance the parents and family is currently in</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How parents make decisions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Collaboration</strong></td>
</tr>
<tr>
<td><strong>Coll_inbalance</strong></td>
</tr>
<tr>
<td>Coll_on_same_page</td>
</tr>
<tr>
<td>Coll_on_my_own</td>
</tr>
<tr>
<td>Coll_convince</td>
</tr>
<tr>
<td>Coll_disagree</td>
</tr>
<tr>
<td>Coll_parent_dynamic</td>
</tr>
<tr>
<td>Coll_consider_work</td>
</tr>
<tr>
<td>Information Work</td>
</tr>
<tr>
<td>IW_domain_knowledge</td>
</tr>
<tr>
<td>IW_behavior</td>
</tr>
<tr>
<td>Knowledge Work</td>
</tr>
<tr>
<td>----------------</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Emotion</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Resources parents used (what and why)</strong></td>
</tr>
<tr>
<td><strong>Resources</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Res_prof_expertise</strong></td>
</tr>
<tr>
<td>------------------------</td>
</tr>
<tr>
<td><strong>Res_own_upbringing_(culture)</strong></td>
</tr>
<tr>
<td><strong>Res_what_feels_right</strong></td>
</tr>
<tr>
<td><strong>Res_just_knew</strong></td>
</tr>
<tr>
<td><strong>Res_common_sense</strong></td>
</tr>
<tr>
<td><strong>Res_personal_over_expert</strong></td>
</tr>
<tr>
<td><strong>Res_online</strong></td>
</tr>
<tr>
<td><strong>Res_own_knowledge</strong></td>
</tr>
<tr>
<td><strong>Res_friends_family</strong></td>
</tr>
</tbody>
</table>
Parents describe consulting their partner and talking to them about the decision.

Okay. Thanks for sharing that. Yeah. Um, so focusing on the resources you mentioned, I was like the internet past experience and discussion with my wife. Um, what will you say, what were, why, why were these, the ones that you chose or why were they helpful?

Parents seek out specific resources because they provide them with certain expertise which can be medical or parenting expertise.

My pediatrician said to absolutely not to take her around unvaccinated children.

Parents seek out specific resources because they are scientifically grounded.

My husband and I were both in agreement that we should listen to established science, rather than pseudo-intellectuals.

Parents describe how they use resources because the resources don't agree and they are looking for further evidence and feel like

I mostly used advice from his doctor and some handouts he gave me with some information that were scientific results. I talked to my partner and some family members and used my intuition as well because they all felt right.

Parents describe using a resource because they confirm their beliefs or thoughts.

I think I just want to hear its ok cuz I dont want to fight with my daughter over it.

Parents describe using a resource based on trusting the source.

I wish I would have done more research, but I really did not have the time myself. Our pediatrician is amazing and I trust her. My wife has been a nurse for a decade now and she has always stayed abreast on all the research behind this stuff and I of course trust her as well. I just wish I would have been a bit more hands on about it.

Parents describe how they would like more data and information.

I wish there were more studies done on children who bedshare, it seems like the majority of information about bedsharing has to do with children who've died from SIDS and whose parents were drinking/smoking/using drugs.

Parents describe how they want resources which represent their context and lived experience.

We did not consult any resources because most parenting guides would have assumed that children would be weaned off of bottles by such a late age.

Parents describe how they wish they would have been able to do more, either during the process or before.

I just wish I would have been a bit more hands on about it.

Parents describe a desire for technology to support their decision-making experience.

I wish I had a sleep monitor that could more accurately track sleep patterns. I'm on the fence about this because I'm not sure if I want her to have a "wearable." Other than that, no.

Parents want information to me more easily accessible and tailored to their needs.

I wish that I had some very easily digestible information available with the various options for children that refuse to sleep.
Parents describe how they want resources to better self-manage their child's health without having to rely on outside resources like doctors

A better doctor with more answers. They seem to cause more problems than they cure. Mainly my bank account. I do wish I was able to log everything she eats in a better way.

Parents describe how they want to find a way on how and when to listen to their intuition

I mean that's like the one example where I wished that I would have, I would like, I wish I would've listened to myself, but I didn't. Um, and you know, I think as a, as a first time parent, there's a lot of fear about what you're doing. No second time parent, I can totally see. Oh yeah. You know, I remember this. I just do it like this, you know, it'll be fine. Um, you know, I don't want, won't cut up, won't cut up the, the pieces of food and did the tiniest bits that I can possibly imagine. Yeah.

Parents are expressing awareness that the decision they are making is affecting others outside of the family

the number of people who choose not to vaccinate their kids is a lot higher than you would expect. it makes it even more important that you do choose to vaccinate them.

Parents are expressing awareness of societal expectations and norms that they might or might not adhere to

There has been some pushback from grandmas, and society at large likes to 'push' candy on kids, but so far it has gone ok.

Parents are taking into consideration how others within and outside of their social circle are treating their child and what influence they might have on them

I have to be very protective of my children because my in-laws are, for lack of better word, trash, and if they feel like they can get into my house, they will. They don't vaccinate, they drink like fish and they steal. I have to do a lot of work to keep them away from my children and their belongings.

Parents have to think about finding a balance between the costs and benefits of a decision

We were initially not in favor of this, as it encourages more television watching than we would care to let them do

the decision needs to work for the whole family which is why parents often have to consider everyone's needs

We decided to keep the oldest child out of school for a year. The younger boy has autism and keeping them together for another year was beneficial to him

describes how decisions are often part of a bigger goal or context or how they bring certain implications with them

That first week was really hard because I felt like, Oh maybe I should have done more. I should have tried more. My insurance had bought me a pump as well. And so I had one at home. I was like, “So I could give this another shot.” But then I started getting more sleep and I was able to be more with her and we started bonding more. So it seemed like a better thing than just being a pump machine, I guess.

Parents consider good or bad outcomes based on internal or external factors

No pre-school. […] Mostly news articles with bad things happening influenced me a lot.

parents describe how their own confidence impacts their decision-making experience which sometimes

Because the transition has not went so well or as well as it did with my first child. We are still working on the transition and its making me less confident that it will ever be fully done.
<table>
<thead>
<tr>
<th>Contextual_Factors</th>
<th>CF_financial_sit</th>
<th>Parents consider their financial situation when making a decision and it might influence the options they have available.</th>
<th>They're for the two of us are both very worn out from are demanding jobs and we are sometimes very worn-out to the point that we have trouble keeping up with our kids needs, but financially we cannot afford additional child care to help us out.</th>
</tr>
</thead>
<tbody>
<tr>
<td>CF_temporality</td>
<td>describes how time factors into the decision of parents</td>
<td>And like that was like an easy decision and like there's no time pressure, you know, it wasn't like, Oh we have to do it right now, but it still required like research and ratification and all that type of stuff.</td>
<td></td>
</tr>
<tr>
<td>CF_time_scarcity</td>
<td>Parents talk about how their job doesn't allow them a lot of time for their caregiving.</td>
<td>I work 60 hours a week. I have no time for social media or parenting classes.</td>
<td></td>
</tr>
<tr>
<td>CF_external_pressure</td>
<td>parents describe how they perceive their family and social circle exerting pressure on them in the decision-making process.</td>
<td>Her fathers family pushed and bullied me not to, made me 2nd guess myself.</td>
<td></td>
</tr>
<tr>
<td>CF_cultural_background</td>
<td>Parents mention how their cultural background plays a role in how they are parenting.</td>
<td>I grew up in Russia. Now I am a naturalized American citizen. I guess my parenting is a mixture of European and American approaches.</td>
<td></td>
</tr>
<tr>
<td>CF_add_caregiving</td>
<td>Parents describe how they have to provide care for additional family members like their own parents which can impact their caregiving situation.</td>
<td>I live at home and take care of my disabled mom as well.</td>
<td></td>
</tr>
<tr>
<td>CF_support(_neg)</td>
<td>Parents describe existence or lack of support through their partner or their environment.</td>
<td>My parents, both in their 70’s, are temporarily living in an apartment in our city and occasionally watch our children and pick-up our oldest daughter from school.</td>
<td></td>
</tr>
<tr>
<td>CF_family_health</td>
<td>Parents describe how the health status of other family members impacts their caregiving situation.</td>
<td>We believe he has Aspergers and had a very emotionally hard time with the thought of our baby. didn't want her in the beginning. He still has emotional outburst, has his bad days but loves her sooo much. But looking at his family history of bipolar, depression; it worries me. I feel it makes every health decision I make for her 10 times harder. I have to worry that her diet will bring out any of these personality disorders. More so when I see her have a tantrum.</td>
<td></td>
</tr>
<tr>
<td>CF_evry_child_diff</td>
<td>Describes how parents need to consider that every child is different and they might not be able to rely on their previous experience.</td>
<td>I tailor it to each child and what they have the ability to grasp.</td>
<td></td>
</tr>
</tbody>
</table>

*Perceived role of intuition*
<table>
<thead>
<tr>
<th>Intuition</th>
<th>Int_main_res</th>
<th>Parents describe only using their intuition when making the decision</th>
<th>I would say it's most useful in predicting how he will be in a situation that hasn't occurred yet. So sort of future planning or problem solving. You know, we're getting ready to go on a trip or an outing. I can usually trust my intuition to know, well, this, this isn't going to be a good situation. We'll stay home or, uh, packing the right supplies so that it'll be successful. So that's, that's intuition and planning, are usually the most.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Int_reflect_on_res</td>
<td>Parents describe intuition as a reflection on how they felt about other resources</td>
<td>I mostly used advice from his doctor and some handouts he gave me with some information that were scientific results. I talked to my partner and some family members and used my intuition as well because they all felt right.</td>
<td></td>
</tr>
<tr>
<td>Int_final_call</td>
<td>Parents describe using their intuition to make the final decision</td>
<td>I could find about the pro's and cons and in the end I listen to my heart and knew I had to protect her.</td>
<td></td>
</tr>
<tr>
<td>Int_not_enough</td>
<td>parents describe how they feel that just going off their intuition is not enough</td>
<td>Um, I don't think that I could have done any of it without the internet. Okay. Okay. Cause like, you know, if you, if you know Kayla, she needs to have facts and she needs, if you tell her that you read a study, she wants to see the citation and she wants to see if they did proper controls. Um, so like without hard facts and like me being, like, if it was just my intuition, I wouldn't have been able to have this discussion. So it has, yeah. So,</td>
<td></td>
</tr>
<tr>
<td>Int_ambivalence</td>
<td>parents describe their perception of intuition as ambivalent, like it is there but they are not sure how to apply it to decision making</td>
<td>Yeah, I think so. Yeah. Now that you mentioned that, um, the intuition there being, he's probably not going to just get it on his own, that we've got to be that external motivator to do it. So, yeah, I guess I wanted to lean into the intuition that he would come to it on his own, but the more likely one is that no, he's not, that we need to push him.</td>
<td></td>
</tr>
<tr>
<td>Int_prompt_dec</td>
<td>Inuition is described as prompting a decision or the first thing that comest up</td>
<td>Um, the, the only in the, uh, the, the way the intuition played a role, at least in that particular decision for me was more along the process of how we are going to solve it. Like I said, I'm way more comfortable with intuition and process than actual doing. My gut feeling was I'm pretty sure that this is a common thing and that we should look up, look it up. That was my intuition and that turned out to be correct, but it was like, it's like actually is the most common thing with body training is that they want to eliminate waste in their diaper. So that was my intuition and that was absolutely right. Everything else was research based.</td>
<td></td>
</tr>
<tr>
<td>Int_partner</td>
<td>parents talk about reflecting on their partners intuition</td>
<td>Um, I would say the other part of intuition is understanding when I can have that conversation with my wife, um, because I know her really well, but, uh, emotions are inherently not preplanned. Um, so you have to use intuition on knowing, um, she would be receptive to this conversation right now or, um, you know, you might blow your chance and talking about it because if she's had just a really hard day, she might just shut down completely and I'd have to wait two more weeks and if I just waited one more day, I could have done it right then. So, yeah.</td>
<td></td>
</tr>
</tbody>
</table>
### Int_vs_expertise

Intuition is described in comparison to expertise. Um, and I would say like, my intuition was like, he wasn't ready, but we did it anyways cause the doctor said to do it. The doctor was very strict about like, you need to be getting them off of milk for his growth and all that type of things. Uh, and he had a choking incident on, um, like a Gerber, you know, has, it's like a, I don't know, little bits what it's called.

### int_faith_based

Intuition is rooted in religious or spiritual beliefs.

I would never do anything or make a decision if my spirit man gut was telling me otherwise. My spirit or my inner being, my gut, was telling otherwise.

---

### What parents share about their parenting philosophy

<table>
<thead>
<tr>
<th>Parenting philosophy</th>
<th>PP_parenting_values</th>
<th>PP_know child</th>
<th>PP_what_works_for_us</th>
<th>PP_parenting_identity</th>
<th>PP_be_on_the_same_page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What parents share about</td>
<td>Parents are sharing their parenting values, convictions and principles;</td>
<td>Parents expressing how they are the experts for their own children</td>
<td>Expresses an awareness that not just every child is different but also that every</td>
<td>Parents expressing how they see themselves are parents; this is also connected to how parents can be seen as role model for others</td>
<td>parents want to be on the same page about their decision and as a consequence make compromises</td>
</tr>
<tr>
<td>their parenting philosophy</td>
<td>It's easy to let your child play an app or watch cartoons but it takes a lot of</td>
<td>Well, I would say that like, nobody knows your kid, like you know, your kid.</td>
<td>family and have to decide what works best for them, Parents expressing how they are</td>
<td>Yeah. I guess you could say. I mean, the discussion with wife is basically, yeah,</td>
<td>Um, I didn't want to disrupt his routine and I also don't want her to be resentful of me that I'm trying to do something beyond her context. So I'm only</td>
</tr>
<tr>
<td></td>
<td>energy to chase them around in an open area. It's not difficult overall because they</td>
<td></td>
<td>acting based on what works for their family</td>
<td>that would be like, I need to be on the same page of her</td>
<td>gonna do something if I have her blessing and she's also on board.</td>
</tr>
<tr>
<td></td>
<td>see it as fun time</td>
<td></td>
<td></td>
<td>because as, because I know growing up that I did not have that unified</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>front with my parents. And what that meant is that I always acted up,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>um, when, uh, you know, my dad wasn't around.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>