

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:

Susanne Kirchner, Dawn K Sakaguchi-Tang, Rebecca Michelson, Sean A. Munson, Julie A. Kientz. 2020. "This just felt to me like the right thing to do": Decision-Making Experiences of Parents of Young Children. In Proceedings of the 2020 on Designing Interactive Systems Conference (DIS '20). Association for Computing Machinery, <https://doi.org/10.1145/3357236.3395466>

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]:

[illegible]

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. 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:
13. How confident did you feel when making this decision?
 - Not at all
 - A little bit

[illegible]

Data from app or monitoring device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to my intuition/It just felt right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Advice from parenting blog(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parenting class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Results from scientific studies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Data from app or monitoring device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listened to my intuition/It just felt right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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".

Strongly Disagree	Somewhat Disagree	Disagree	Agree	Somewhat Agree	Strongly Agree
1	2	3	4	5	6

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.

<i>Definitely False</i>	<i>Mostly False</i>	<i>Undecided (neither true nor false)</i>	<i>Mostly True</i>	<i>Definitely True</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

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, 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 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:

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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 year **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 | 40min)

*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.*

Participant ID:

What was the reason for
making the decision?

What informed the
decision?

How did you implement the
decision?

|

|

Potential prompts (if not mentioned):

- When did you make the decision?
- What lead up to this decision?
- How did you form a decision?
- How did you implement the decision?

Q6: *We asked you to choose a decision that was hard, what made it hard?*

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>

Participant ID:

Internal

External



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:

Susanne Kirchner, Dawn Sakaguchi-Tang, Rebecca Michelson, Sean A. Munson, Julie A. Kientz. 2020. "This just felt to me like the right thing to do": Decision-Making Experiences of Parents of Young Children. In Proceedings of the 2020 on Designing Interactive Systems Conference (DIS '20). Association for Computing Machinery, <https://doi.org/10.1145/3357236.3395466>

Theme	Code	Description	Examples
<i>Aspects concerning decision process</i>			
Decision Process	DP_takes_time	Parents describe how decisions take time, for example when implementing them or until they reach a decision	<i>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</i>
	DP_rev_iterative	describes how decisions often require experimentation and are iterative; this often means they have to be revised because things change and decisions evolve	<i>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.</i>
	DP_wish_knew_earlier	Parents mention how they wish they would have acted earlier or made their decision earlier	<i>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.</i>
	DP_right_time	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	<i>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.</i>
Hard Decision	hd_easy_out	parents describe a decision as hard because there is an easy way out to not implement the decision or an easier alternative	<i>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.</i>
	hd_disagreement	parents describe disagreement being a factor of what makes decisions hard	<i>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.</i>

	hd_child_resistance	parents struggle with resistance from the child in implementing a decision	<i>Number one is he didn't want to do it which was a source of friction. I don't, you know, you would tell him August you go potty, go make brown in the potty. No, no, he didn't want to screaming, yelling, didn't want to, um, to the point where like he didn't want to go to the on the potty at all. So like we didn't even want to go to, to make yellow as we call it. So that was hard.</i>
	hd_societal_expectations	parents describe having to fight against societal expectations and preconceived norms when making a decision	<i>But, our culture has so many opinions that really got into my head a lot more than I thought they did.</i>
	hd_personal_interests	Parents describe "selfish" reasons or interests as part of struggling with decisions	<i>And then I also don't want to disrupt my wife's schedule cause I know it's difficult for her with the two kids when I'm not around. So it's like everyone, I feel like it'd be effected by my decision, which I feel ultimately comes from me making a selfish decision.</i>
Trigger	Tr_hypothesis	The decision was triggered by a hypothesis the parents were forming	<i>We decided for both children that we were going to offer vegetables at every meal. They weren't getting enough and we decided that even if they refused, we would keep trying.</i>
	Tr_natural_development	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	<i>I thought it was time because they were getting bigger and I felt they were responsible enough.</i>
	Tr_feeling_or_observation	Parents make a decision because they felt like something needed to change or happen; this is also based on observations	<i>We simply observed that my younger daughter was not eating sufficient amount of food at dinner time and we were able to equate that with late afternoon cups of milk that we were giving her.</i>
	Tr_breaking_point	The decision was triggered by the parents reaching a point where they needed to change something; this is connected to mental and emotional exhaustion	<i>He was two and was still waking up throughout the night to nurse. We couldn't handle it anymore.</i>
	Tr_urgent_need	The desicion 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	<i>It would certainly hamper our interactions with her and it would also get in the way of her interactions with children her own ages. Also she tended to be violent in her interactions with her older sister rather than using her words</i>
	Tr_circumstance	There is no one trigger, it is more the circumstance the parents and family is currently in	<i>We had to stop co-sleeping with her. We rearranged rooms and were able to move her into a room with her older sister.</i>
<i>How parents make decisions</i>			
Collaboration	Coll_inbalance	describes that there was an inbalance in who did the work in the decision-making process	<i>I talked to my partner but ultimately I made the decision for my kid to test it out.</i>

	Coll_on_same_page	describes that decision was a joining effort and that the parents valued to be on the same page	<i>It was mainly just talking to my husband about the decision so that we were on the same page. We didn't want her to struggle with waking up in the morning, especially when all of her siblings are in school already.</i>
	Coll_on_my_own	describes how the parent didn't receive much support during the decision-making process from partner or environment	<i>I don't have much of my own family and her father is not any help. I rely on myself, my intuition and a lot on Facebook parenting groups.</i>
	Coll_convince	describes how parents needed to convince each other	<i>It's usually we're always having to convince each other of what we're trying to do. And so it's, you know, you're trying to plug in a, a US prong into a European power outlet, I guess. Right. Um, and so that's why I chose those three. Great.</i>
	Coll_disagree	describes how parents have to negotiate if they disagree about an approach	<i>I would say that was hard in the fact that like you [addressing PI_2] and I had a disagreement about it, like you were ready to give up and I was not ready to give up on it.</i>
	Coll_parent_dynamic	When working together towards a decision, parents describe taking into consideration their parenting dynamics	<i>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</i>
	Coll_consider_work	parents mention that they consider the work the decision brings with it	<i>No. Because it was just so much time. Because then you're pumping and then you're washing this stuff and then you're feeding the baby and then she's awake again. Then she needs to eat again and you just start over and somewhere in there you were supposed to sleep. But I don't know when.</i>
Information Work	IW_do_research	Parents describe doing research in order to gain information about a certain subject	<i>No. So the way that we make a lot of our decisions, I think, is that one of us cares about it and decides that they're going to look into it and then presents what they found to the other person to make sure that it's ... that we're good to go.</i>
	IW_domain_knowledge	Parents describe having to gain a certain amount of domain knowledge when making a decision	<i>I found a few doctors online that specialize in KETO and read all their material plus watched all their youtube videos. I also watched a lot of youtube videos about how to make certain foods so that I knew that I would be able to feed my family with things they would eat. I would read any medical journals that the doctors would post on their websites. I also talked with some friends who were eating a low carb diet and got advice from them.</i>
	IW_behavior	Parents describe gathering knowledge and information by observing their child	<i>Again this was a case where we didn't really consult with any books. We simply observed that my younger daughter was not eating sufficient amount of food at dinner time and we were able to equate that with late afternoon cups of milk that we were giving her.</i>

Knowledge Work	KW_method_experimentation	Describes how parents are experimenting and going through a trial and error practice when trying to figure out what to do; this does sometimes also mean that parents go through an iterative process when trying to figure out what works.	<i>As I've experimented with new ways of tweaking the recipes, he's began to eat more things that he didn't before.</i>
	KW_method_tracking	Parents use tracking in order to learn about the child, each other or to maintain knowledge about a certain area	<i>I created a Google sheet in which I recorded bedtimes and wait times for my youngest daughter, as well as the number of night time feedings at night time waking that she would experience.</i>
	KW_parent_expectations	Parents describe how they have the expectation to know how to do everything for their child and if they don't it feels like a failure	<i>When you're talking about an issue of like cleanliness, which is something that you're solely responsible for. Like that is, feels like a failure as a parent. Like, I shouldn't, I, you know, we should have scrub more. We should have had this. And like, even though we know that there are children that don't potty train until they're four, you still feel like oh, I'm solely in charge of this cause they're not motorically.</i>
Emotion	E_emotion_reg	describes how parents need to regulate their emotions, e.g. overcoming worries or guilt when making a decision	<i>Like, well, you know, could I have done something that could have prevented us from having to go? So I think there's also that stress.</i>
	E_emotion_pain	Describes physical pain that the parent or child went through	<i>So for two whole months, every time I breastfed, I was like, "Ugh." I thought it was like someone was just chopping my nipple off with a knife. But, no.</i>
	E_self_doubt	Parents describe having to work through feelings of self-doubt and pressure	<i>So I did basically everything except for the pumping and then trying to breastfeed her for the first two weeks and still most of it through the entire time. And so I think you felt a bit ... I think you asked me one time, will you be a bad mom.</i>
Resources parents used (what and why)			
Resources	Res_what_others_do	Parents often mention how they turn to others and see what they would do in a similar situation	<i>I also follow some parenting groups on facebook where I mostly just see what other people are doing with their kids</i>
	Res_past_parent_exp	Parents use their past experience as parents to inform their current decision	<i>When she's 6 or 7 months old, we'll sleep train her the same way we did our son</i>
	Res_observation	Parents use what they or others observe about their child to make decisions	<i>We simply observed that my younger daughter was not eating sufficient amount of food at dinner time and we were able to equate that with late afternoon cups of milk that we were giving her.</i>
	Res_no_ext_res	Parents describe how they don't consult any external resources and just rely on themselves or their partner	<i>my wife and I just talked about it and decided on our own.</i>

	Res_prof_expertise	Parents consult others with professional expertise, this can be their partner or a medical professional	<i>My wife is a mother/baby nurse and is the one who did most of the online and medical research behind it</i>
	Res_own_upbringing_(culture)	Parents describe their own upbringing as a source for information on how to make a decision. This also includes cultural aspects	<i>Yeah. So I'm really allergic to sulfur medication. And this got to the point of I evidently I ballooned up as a baby and they said you give it to him again and he's probably going to die. And so there's this eye medication that they get within their first couple of days, for the first day that's sulfur based and I had decided prior to the doctor ... prior to this point to not do it because I was worried about her having an allergy. And so it turned into a multistage discussion. We'd love doing it because the doctors ... from multiple doctors we got the informational it's not going to ... it doesn't trigger the allergic reaction in the way that its usual.</i>
	Res_what_feels_right	Parents describe relying on their intuition or what felt right to them	<i>I went with what I felt was right because I was concerned about my child's health and not eating.</i>
	Res_just_knew	Describes how parents often say that they just know what to do or knew it was the right thing to do. This also includes parents saying they relied on their common sense or that a decision made sense.	<i>I just did what seemed to be the common-sense solution to me and my husband</i>
	Res_common_sense	Refers to parents making decision or acting based on what made sense to them; this also applies to descriptions of rational or logical thinking	<i>I just did what seemed to be the common-sense solution to me and my husband</i>
	Res_personal_over_expert	Parents describe how they rather follow advice from friends/family over professional or medical expertise	<i>Our pediatrician recommended sleep training, but we decided not to pursue that after we looked into the process. We had some friends that allowed their kids to fall asleep to television at night, and we tried it</i>
	Res_online	Any information parents obtain through online search	<i>A lot of Google searches to be honest. Lots of valuable information on the web from many, many different sites out there. Sometimes Reddit. Reddit has a lot of great information.</i>
	Res_own_knowledge	Parents describe how they have knowledge about a certain aspect which might be related to their personal background	<i>I am very knowledgeable about the subject</i>
	Res_friends_family	Parents describe consulting their friends and family when making a decision	<i>I put parenting class for dads on there. I also talked with my mom. And then ... those were the really big things I think as I look things up online and I did originally check out some books, but I never read them because I got so overwhelmed by the information. So really it was just talking through with therapists and making a plan for what I would do in the hospital.</i>

	Res_partner	Parents describe consulting their partner and talking to them about the decision	<i>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?</i>
Value_of_resource	VoR_provide_expertise	Parents seek out specific resources because they provide them with certain expertise which can be medical or parenting expertise.	<i>My pediatrician said to absolutely not to take her around unvaccinated children</i>
	VoR_science	Parents seek out specific resources because they are scientifically grounded	<i>My husband and I were both in agreement that we should listen to established science, rather than pseudo-intellecutuals</i>
	VoR_seek_agreement	parents describe how they use resources because the resources don't agree and they are looking for further evidence and feel like	<i>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.</i>
	VoR_confirmation	parents describe using a resource because they confirm their beliefs or thoughts	<i>I think I just want to hear its ok cuz I dont want to fight with my daughter over it</i>
	VoR_trust	parents describe using a resource based on trusting the source	<i>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.</i>
<i>What parents wish they had</i>			
Desire	D_more_data	Parents describe how they would like more data and information	<i>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.</i>
	D_align_w_context	Parents describe how they want resources which represent their context and lived experience	<i>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</i>
	D_wish_done_more	Parents describe how they wish they would have been able to do more, either during the process or before	<i>I just wish I would have been a bit more hands on about it.</i>
	D_tech_support	Parents describe a desire for technology to support their decision-making experience	<i>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.</i>
	D_easy_access	Parents want information to me more easily accessible and tailored to their needs	<i>I wish that I had some very easily digestible information available with the various options for children that refuse to sleep</i>

	D_better_self-management	Parents describe how they want resources to better self-manage their child's health without having to rely on outside resources like doctors	<i>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.</i>
	D_listen_to_int	Parents describe how they want to find a way on how and when to listen to their intuition	<i>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.</i>
Factors which influence decision making			
Social_Context	SC_decision_affects_others	Parent is expressing awareness that the decision they are making is affecting others outside of the family	<i>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.</i>
	SC_societal_expectations	Parent is expressing awareness of societal expectations and norms that they might or might not adhere to	<i>There has been some pushback from grandmas, and society at large likes to 'push' candy on kids, but so far it has gone ok.</i>
	SC_manage_social_influence	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>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</i>
Consideration	Con_cost_benefit	parents have to think about finding a balance between the costs and benefits of a decision	<i>We were initially not in favor of this, as it encourages more television watching than we would care to let them do</i>
	Con_everyone's_needs	the decision needs to work for the whole family which is why parents often have to consider everyone's needs	<i>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</i>
	Con_big_picture	describes how decisions are often part of a bigger goal or context or how they bring certain implications with them	<i>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.</i>
	Con_outcome	Parents consider good or bad outcomes based on internal or external factors	<i>No pre-school. [...] Mostly news articles with bad things happening influenced me a lot.</i>
	Con_confidence	parents describe how their own confidence impacts their decision-making experience which sometimes	<i>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.</i>

Contextual_Factors	CF_financial_sit	Parents consider their financial situation when making a decision and it might influence the options they have available	<i>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</i>
	CF_temporality	describes how time factors into the decision of parents	<i>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.</i>
	CF_time_scarcity	Parents talk about how their job doesn't allow them a lot of time for their caregiving	<i>I work 60 hours a week. I have no time for social media or parenting classes</i>
	CF_external_pressure	parents describe how they perceive their family and social circle exerting pressure on them in the decision-making process	<i>Her fathers family pushed and bullied me not to, made me 2nd guess myself</i>
	CF_cultural_background	Parents mention how their cultural background plays a role in how they are parenting	<i>I grew up in Russia. Now I am a naturalized American citizen. I guess my parenting is a mixture of European and American approaches.</i>
	CF_add_caregiving	Parents describe how they have to provide care for additional family members like their own parents which can impact their caregiving situation	<i>I live at home and take care of my disabled mom as well</i>
	CF_support(_neg)	Parents describe existence or lack of support through their partner or their environment	<i>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</i>
	CF_family_health	Parents describe how the health status of other family members impacts their caregiving situation	<i>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</i>
	CF_evry_child_diff	Describes how parents need to consider that every child is different and they might not be able to rely on their previous experience	<i>I tailor it to each child and what they have the ability to grasp.</i>
<i>Perceived role of intuition</i>			

Intuition	Int_main_res	Parents describe only using their intuition when making the decision	<i>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.</i>
	Int_reflect_on_res	Parents describe intuition as a reflection on how they felt about other resources	<i>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.</i>
	Int_final_call	Parents describe using their intuition to make the final decision	<i>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.</i>
	Int_not_enough	parents describe how they feel that just going off their intuition is not enough	<i>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. Yeah. So,</i>
	Int_ambivalence	parents describe their perception of intuition as ambivalent, like it is there but they are not sure how to apply it to decision making	<i>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.</i>
	Int_prompt_dec	Intuition is described as prompting a decision or the first thing that comes up	<i>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.</i>
	Int_partner	parents talk about reflecting on their partners intuition	<i>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.</i>

	Int_vs_expertise	intuition is described in comparison to expertise	<i>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.</i>
	int_faith_based	intuition is rooted in religious or spiritual beliefs	<i>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</i>
<i>What parents share about their parenting philosophy</i>			
Parenting philosophy	PP_parenting_values	Parents are sharing their parenting values, convictions and principles;	<i>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</i>
	PP_know child	Parents expressing how they are the experts for their own children	<i>Well, I would say that like, nobody knows your kid, like you know, your kid.</i>
	PP_what_works_for_us	Expresses an awareness that not just every child is different but also that every parent and family have to decide what works best for them, Parents expressing how they are acting based on what works for their family	<i>I feel more confident now because I have seen the positive results of the decision. We are all better rested and sleep better at night. I know some might disagree, but it works for us and was a good decision for our family.</i>
	PP_parenting_identity	Parents expressing how they see themselves are parents; this is also connected to how parents can be seen as role model for others	<i>Yeah. I guess you could say. I mean, the discussion with wife is basically, yeah, that would be like, I need to be on the same page of her because as, because I know growing up that I did not have that unified front with my parents. And what that meant is that I always acted up, um, when, uh, you know, my dad wasn't around.</i>
	PP_be_on_the_same_page	parents want to be on the same page about their decision and as a consequence make compromises	<i>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 gonna do something if I have her blessing and she's also on board.</i>