Parenting Plan for Co-Parenting with a Narcissist

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Parties involved

Parent A's full name:

Parent B's full name:

Child(ren) involved

Child's full name:

Date of birth:

Child's full name:

Date of birth:

This parenting plan is designed to facilitate effective co-parenting between Parent A and Parent B while considering the unique challenges of co-parenting with a narcissistic individual. It aims to prioritize the well-being and best interests of the child(ren) involved.

General guidelines

1. Communication

All communication between the parties will be conducted through this contact information, such as email or a coparenting app, to maintain a written record.

Notes:

Communication will be respectful and focused solely on matters concerning the child(ren).

Response to non-urgent communication will be provided within the number of days of receipt.

Notes:

Protocols for emergency situations:

Notes:

2. Decision making

Major decisions regarding the child(ren)'s education, healthcare, and extracurricular activities will be made jointly after thorough discussion and mutual agreement.

Process for resolving disagreements, possibly involving a neutral third party or parenting coordinator:

Notes:

3. Custody and visitation schedule

The custody and visitation schedule shall be as follows:

Notes:

Any deviations or changes to the parenting schedule must be communicated and agreed upon by both parties in advance, except in cases of emergency.

Schedule for holidays, vacations, and special occasions:

1. Date:

Event:

Duration:

2. Date:

Event:

Duration:

3. Date:

Event:

Duration:

4. Date:

Event:

Duration:

5. Date:

Event:

Duration:

6. Date:

Event:

Duration:

7. Date:

Event:

Duration:

8. Date:

Event:

Duration:

9. Date:

Event:

Duration:

10. Date:

Event:

Duration:

4. Transportation and exchange

Transportation responsibilities will be shared equally between both parents unless agreed otherwise.

Exchanges of the child(ren) will occur at a neutral and safe location, with minimal interaction between the parents to avoid potential conflict:

Notes:

If one parent cannot meet their transportation obligation, they must provide timely notice to arrange alternative transportation while minimizing disruptions to the child's routine.

5. Parenting conduct

Both parents will refrain from speaking negatively about the other in the presence of the child(ren) or involving them in conflicts or disputes.

Each parent will encourage and support the child(ren)'s relationship with the other parent, fostering a positive and healthy co-parenting environment.

6. Child's emotional well-being

Both parents will ensure that the child will receive the necessary emotional support, possibly including therapy.

Strategies to protect the child from emotional abuse:

Notes:

7. Boundaries and conflict management

In the event of disagreements or conflicts, both parties will attempt to resolve issues through mediation or professional counseling before pursuing legal action.

A designated third-party mediator or counselor may be consulted to resolve disputes if necessary.

Strategies to minimize conflict and maintain focus on the child's best interests:

Notes:

Guidelines for handling parental alienation attempts:

Notes:

8. Legal safeguards

Clauses to address potential false claims or manipulation of the legal system:

Notes:

In case disputes escalate, the involvement of a family lawyer or returning to family court may be necessary.

Consequences for violating the parenting plan or court order:

Notes:

9. Modification of the plan

This parenting plan may be modified by mutual agreement of both parties or by court order upon demonstrating a substantial change in circumstances affecting the child(ren)'s best interests.

Agreement

We, the undersigned, acknowledge that we have read, understood, and agreed to the terms outlined in this parenting plan. We affirm our commitment to abide by these guidelines for the well-being of our child(ren).

Parent A's signature:

Date:

Parent B's signature:

Date: