

# Parenting Plan for Co-Parenting with a Narcissist

Date:

## Parties Involved

Parent A's Full Name:

Parent B's Full Name:

## Child(ren) Involved

Child's Full Name and Date of Birth:

Child's Full Name and Date of Birth:

## Introduction

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

Guidelines	Notes
All communication between the parties will be conducted through [method of communication], such as email or a co-parenting app, to maintain a written record.	
Communication will be respectful and focused solely on matters concerning the child(ren).	
Response to non-urgent communication will be provided within [timeframe] of receipt.	

## 2. Decision Making

Guidelines	Notes
Major decisions regarding the child(ren)'s education, healthcare, and extracurricular activities will be made jointly after thorough discussion and mutual agreement.	
In an emergency requiring immediate decision-making, the parent present with the child(ren) will have the authority to make decisions, with the obligation to inform the other parent promptly.	

## 3. Parenting Schedule

Guidelines	Notes
The parenting schedule shall be as follows: [Specify the schedule, considering the child(ren)'s best interests and the availability of each parent].	
Any deviations or changes to the parenting schedule must be communicated and agreed upon by both parties in advance, except in cases of emergency.	

## 4. Transportation Exchange

Guidelines	Notes
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.	

## 5. Parenting Conduct

Guidelines	Notes
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. Conflict Resolution

Guidelines	Notes
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.	

## 7. Modification of Plan

Guidelines	Notes
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: \_\_\_\_\_