

Parenting Plan for Co-Parenting with a Narcissist

PARENT INFORMATION

Parent 1 Name: _____ Parent 1 Contact Information: _____

Parent 2 Name: _____ Parent 2 Contact Information: _____

DETAILED CUSTODY AND VISITATION SCHEDULES

Specific days, times, and locations for custody and visitation

COMMUNICATION PROTOCOLS

Communication method

Court-approved app (e.g., OurFamilyWizard) Email only Other written documentation

Response time requirement: _____

Communication restrictions

- No phone calls except emergencies
- No in-person conversations except emergencies
- BIFF method required (Brief, Informative, Friendly, Firm)
- All messages limited to one paragraph

DECISION-MAKING AUTHORITY

Clearly separated parental responsibilities

EXCHANGE PROCEDURES

Neutral exchange location: _____ Exchange time: _____

Explicit exchange rules

HOLIDAY AND VACATION SCHEDULES

Predetermined holiday schedule

Predetermined vacation schedule

EMERGENCY CONTACT PROCEDURES

Emergency contact pathways

Clear escalation procedures

DISPUTE RESOLUTION PROCESS

Mediation requirement before court action

Dispute resolution procedures

DOCUMENTATION AND RECORD KEEPING

Documentation requirements

Maintain screenshots of all communications

Save all emails

Keep records of all exchanges

Document all agreement violations

SIGNATURES

Parent 1 Signature

Date: _____ dd / mm / yyyy

Parent 2 Signature

Date: _____ dd / mm / yyyy