

Strategies for dealing with narcissistic behaviors in co-parenting

Stay away from the label “narcissist”	Legal professionals tend to brush off this accusation—and the related behaviors.
Focus on the narcissistic behaviors	Be specific, and explain how the behaviors impact your child.
Create a detailed parenting plan	Minimize discussion about issues that are already settled.
Document everything	Use a co-parenting app to automatically document everything and to show the truth.
Set firm boundaries	Clearly describe the behavior you won’t tolerate. If it happens, ignore it or get help.
Go to therapy	Get neutral, insightful feedback and guidance during a confusing and painful time.
Communicate clearly	Stay brief, informative, friendly, and firm (BIFF) to minimize the emotional back-and-forth.

Specific strategies for protecting your kids, yourself, and your new partner

Protect your kids	Protect yourself	Protect your partner
Document abuse or neglect.	Manage your mental health.	Warn your new partner what to expect.
Get your kid in therapy.	Recognize gaslighting.	Advise them not to engage.
Teach healthy skills for coping, relationships, and communication.	Seek support from friends and family.	Don’t overload your partner—lean on your therapist, lawyer, family, and friends, too.