



Recommended Reading List For Parents Dealing With A Narcissistic Co-Parent

The Nurturing Coach
Get Court Ready

It is crucial to educate oneself about attachment, trauma, and parallel parenting when dealing with a narcissistic co-parent. Narcissistic parents are possessive, critical, and controlling of their children, and they fear their children becoming independent. [They will humiliate and shame their children to prevent them from becoming independent](#). Co-parenting with a narcissist is a challenging and frustrating struggle, and it is impossible to co-parent with them. [At best, one can adopt a method of parallel parenting with strict boundaries and legal protection](#).

Parallel parenting is a good option for a parent to carve out a new life without the narcissistic parent but can also be a struggle to implement. [It must be accompanied by strong boundaries and solid legal paperwork](#).

A trauma bond is the type of emotional attachment that forms between abusers and victims, such as narcissistic parents and children. [Trauma bonds are forged over time as a narcissistic parent trains a child to respond in particular ways to feed their ego and narcissistic needs](#).

Educating oneself about attachment, trauma, and parallel parenting can help one understand the dynamics of the relationship with the narcissistic co-parent better. [It can also help one identify the signs of co-parenting with a narcissist and take necessary steps to protect oneself and the child](#).

I have therefore compiled a list of recommended resources to help you educate yourself.

Ebooks

[Guide To Parallel Parenting](#)
[Hostile Aggressive Parenting Assessment](#)
[Empowering Your Child](#)
[Co-Parenting Handbook](#)
[Co-Parenting With A Narcissistic Mother](#)
[Communicating With A Narcissist](#)

Courses

[Co-parenting With A Narcissist Masterclass](#)
[Circle of Security](#)

Videos

[Raising Emotionally Secure Children](#)
[Empowering Yourself As A Parent](#)
[How Do I Put Boundaries In Place?](#)
[Protecting Children From An Unstable Parent](#)
[Emotional Recovery - How Do You Survive Co-Parenting With A Narcissist](#)
[Protecting Children From Narcissistic Co-Parent](#)
[Parallel Parenting Principles](#)

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Books

[Raising a Secure Child](#)

[Understanding Attachment Injuries In Children](#)

[The Parallel Parenting Solution](#)

[Divorce Poison](#)

[Co-Parenting with a Toxic Ex](#)

[Help My Child Is Being Used As A Weapon](#)

Personalised Support

We offer specialist counselling and coaching services to help you navigate a co-parenting relationship with a narcissistic ex to support you with the emotional impact as well as practical day to day strategies for coping with your exes tactics to gaslight you and the children, triangulate them into conflict or rejecting you, and alienation. Take a look and book a free initial consultation at www.thenurturingcoach.co.uk