

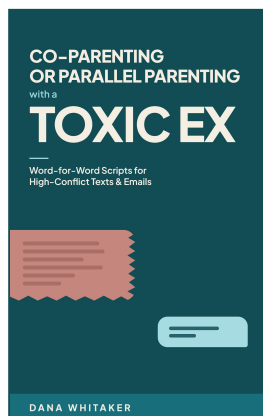
BOTH HOMES PRESS

Plain-language tools for the hardest conversations of family life.

Co-Parenting or Parallel Parenting with a Toxic Ex

Word-for-Word Scripts for High-Conflict Texts and Emails: What to Send, What Never to Send, and How to Keep a Clean Record — Even with a Narcissistic Ex

Dana Whitaker



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ABOUT THE BOOK

You can't control what lands on your phone. You can control what your side of the thread looks like. A pickup time becomes a character trial. A dentist bill becomes a referendum on the divorce. If you share a child with a high-conflict ex, you already know the messages: the 2 a.m. rant, the ambush bill, the holiday renegotiation. What you need is the exact reply — short enough to send, calm enough to keep the record clean, and firm enough to hold the agreement.

The book gives word-for-word scripts for the 55 situations parents actually face — scheduling fights, money ambushes, holidays, school and medical decisions, new partners, broken agreements, hostile bait — each with the message to send, the one never to send, and the escalation move.

- 55 word-for-word scripts to copy, adjust, and send
- The Clean Record Method: Pause → Trim → Send → Log
- The Five-Sentence Rule and the Pre-Send Checklist
- A full section on parallel parenting for when cooperation isn't possible
- A safety chapter with verified resources for when scripts are not enough

General information, not legal advice. The win is a calm record and kids kept out of the middle.

ABOUT THE AUTHOR

Dana Whitaker writes practical guides for parents navigating high-conflict co-parenting — plain-language tools for the conversations divorced and separated parents have every day. She also hosts The Clean Record, the book's companion podcast.

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