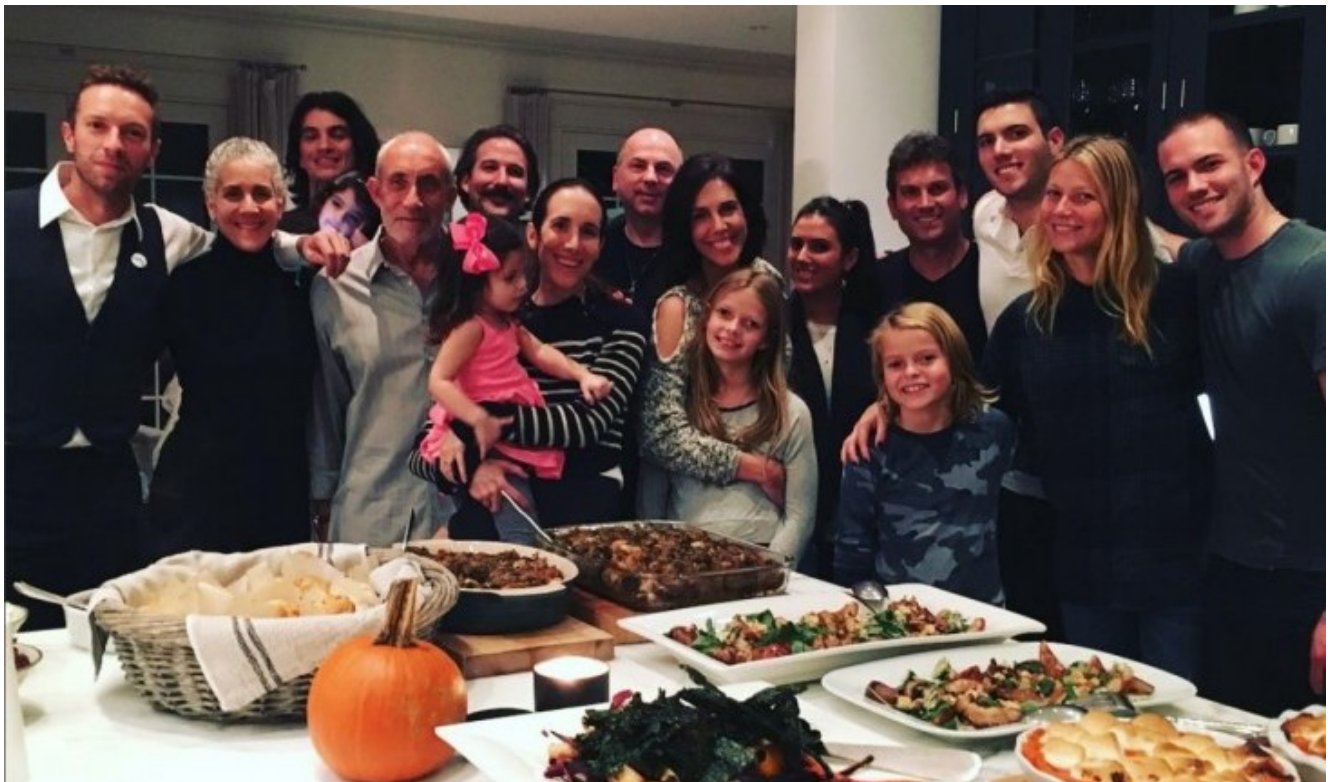


Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together



By Katie Gray

In latest [celebrity news](#), former [celebrity couple](#), actress Gwyneth Paltrow and Coldplay front man Chris Martin, spent Thanksgiving together with their celebrity babies. They went through a celebrity divorce and have a tumultuous history, but they remain a united front for the children's sake. According to [UsMagazine.com](#), Paltrow had stated on her Goop website after the separation that they were going to remain close as parents, but simply "consciously uncouple."

This former celebrity couple is doing what's best for the kids. What are some ways to remain civil with your ex for your children?

Cupid's Advice:

It's important to always take the high road in life and to remember to stay positive. After you have split from your partner via separation or divorce, it can be very hard for you to be around your ex. It's crucial that you remain civil if there are children involved. Cupid has some tips:

1. Talk it out: Even though you are no longer together, you are still connected to each other because of your children for life, so you must get it together. It's good to talk to your ex about every aspect concerning the children's lives to make sure you are on the same page and know what's going on!

Related Link: [Celebrity News: Brad Pitt Is Handling Thanksgiving Turkey for Angelina Jolie and Kids](#)

2. Showcase mature behavior: Divorces and separations are always hardest on the kids. When interacting with your ex, make sure that you put up a happy front for their sake(s). Don't argue or say anything passive aggressive. If the children see tension, then it will make them feel like they did something wrong, and they shouldn't be in a position where they feel pressured to pick sides.

Related Link: [Single Celebrity: Kate Beckinsale 'Doing Fine' After Len Wiseplan Split](#)

3. Watch what you say: When talking to your relatives or friends, make sure your children can't hear when you are discussing their mother/father. If you are going to talk about

your ex, do it when they are not around, or make sure they can't decipher who you are talking about. Remember, say what you mean – just don't say it mean.

What are some ways that you and your ex remain civil for your children? Share your stories below.