

Celebrity Co-Parents: See How Stars Manage To Raise Their Children Post-Split



By [Marissa Donovan](#)

Co-parenting is a lifestyle choice that many celebrities find to be a healthy way to stay close as a family. [Celebrity break-ups](#) happen, but ex couples with children have come to the mutual agreement that parenting comes first. According to the [University of New Hampshire Cooperative Extension](#), the long term advantages of co-parenting include less feelings of abandonment and a sense of stability. Co-parenting after a split can be done by meeting with the other parent and making an agreement on future goals and family gatherings.

Like a [celebrity parent](#), it can be hard to find balance between raising a child and working out a mutual schedule with your ex. Check out these co-parenting tips to understand how to find the happy medium of raising a family after a break-up:

1. Have positive conversation about your family members: Even when the other parent is momentarily unavailable, it is important to tell your children that they are still loved. [Ben](#)

[Affleck](#) spoke highly of [Jennifer Garner](#) in an [EOnline.com](#) interview calling her a “superhero mom” and being thankful they can co-parent together. Speaking compassionately to your children about their other parent shows them that you both genuinely care about their well being.

Related Link: [Parenting Tips: How To Set a Good Example For Your Child](#)

2. Meet as a family: Coming together as a family is something you and your ex should consider when co-parenting. Holidays may be the easiest time to share a meal or do an activity together. As seen on *Keeping Up With The Kardashians*, [Scott Disick](#) and [Kourtney Kardashian](#) go on vacations with their children to spend quality time together as a family. Spontaneous changes in schedules may arise, but you must move forward and plan another family day.

Related Link: [Celebrity Interview: Katherine Heigl Says “Family Comes First”](#)

3. Understand your strengths as overall parents: It’s good for your child to spend quality time alone with his or her mom or dad. Actor Ryan Phillippe opened up to [ETOnline.com](#) about his arrangement with [Reese Witherspoon](#) to have one parent have alone time with their children. When each parent has their children separately, the pair can understand their strengths when handling a situation with their child. Mom might be better at helping with school projects, or Dad might be better at handling temper tantrums. Applying your skills as individual parents will help the development of your children.

Do you know of any other co-parenting tips? Share your experiences in the comments below!