

Mel Gibson vs. Oksana Grigorieva: Restraining Orders



[RadarOnline](#) reported Friday that 54-year-old actor Mel Gibson filed a sealed restraining order against ex-girlfriend Oksana Grigorieva, the mother of his seven-month-old illegitimate daughter, Lucia. However [TMZ](#) reported an hour later that Grigorieva filed a domestic violence restraining order against the actor, claiming he was violent towards her. Gibson's restraining order was filed to keep his ex from releasing certain information, as well as ensuring child visitation rights.

How do you deal with child visitation after a not so amicable

break up?

Cupid's Advice:

While no breakup is immune to problems, there are ways to ensure your children don't bear the burden of your issues.

1. Ask for help: If you and your ex can't stand to be in the same room together, find a close friend or family member that can assist with figuring out a schedule that works for the both of you.

2. Hire a mediator: A professional can meet with each of you separately and come back with an arrangement that gives both parents equal time with the kids.

3. Include the children: Ask the older ones about their wishes. It's important to include them in your decision if you can. This will go along way to help them understand the breakup isn't about them.