

Celebrity Exes: Britney Spears & Kevin Federline 'Don't Have Much of a Relationship'



By [Ahjané Forbes](#)

In [celebrity news](#), these [celebrity exes](#) don't have much of a relationship with each other. Instead, [Britney Spears](#) and ex husband Kevin Federline have a cordial relationship with each other. The two plan to focus on their [celebrity kids](#) Preston, 14 and Jayden, 13. According to *UsMagazine.com*, a source said, "Britney does not have much of a relationship with Kevin other than everyday co-parenting stuff."

These celebrity exes are definitely not close, though they share two kids. What are some ways to keep things civil with your ex when children are involved?

Cupid's Advice:

A change in your family situation is not always easy to navigate. What you call "home" has now been broken. This can create tension between both individuals and creates stress in the family unit. Cupid has some advice on how to keep a solid co-parenting relationship with your ex:

1. Don't dwell on the past: When you break up with your partner, it often leads to digging up details about what happened throughout your relationship. For the sake of your kids, try to avoid negativity while speaking about your ex-partner. This will not happen overnight. However, it is important that you show respect toward the person you are co-parenting with, because this will show your children and that both of you are mature adults.

Related Link: [Parenting Advice: Collaborative Parenting](#)

2. Try not to invade their personal lives: If your ex-partner starts dating again, avoid intervening or saying something about it. It is not your place. You too have agreed to complete a job together regarding your children. You don't have to be happy that they are moving on, but you must respect them.

Related Link: [Celebrity Exes Chris Pratt and Anna Faris Give Co-Parenting Tips!](#)

3. Be friendly, but not too friendly: You both have agreed to end the relationship. Therefore, there is no longer a sense of

entitlement. Both parties are responsible for their respective activities with the kids. You don't need to get into deep conversations or details about your social life outside of the kids. One or both parties might still be hurt from the break-up. You will need to get into the right mindset to be able to be cordial with with your ex-partner.

How did you handle co-parenting with an ex partner? Share experiences in the comments below!