

Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting



By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes Ben Affleck](#) and [Jennifer Garner](#) have kept an amicable coparenting relationship amidst “underlying tension.” According to *UsWeekly.com*, Garner has high expectations for Ben, and it’s difficult for him to live up to it, sometimes. However, the couple has agreed to keep their three children out of their “former problems.”

These celebrity exes work at a civil relationship, but they still have tension when it comes to coparenting. What are some ways to work together on parenting?

Cupid's Advice:

Whatever brought about the divorce, coparenting can be an absolute nightmare if not fleshed out correctly. You're trying to keep the peace with the kids, but it's hard when you and your ex are not seeing eye-to-eye. If you're having trouble keeping the conflict down and putting the children first, don't worry! Cupid has some [parenting advice](#) for those struggling to work together:

1. Communicate when you're in a good emotional place: When it comes to tension with an ex, it's important to take time to cool off. Keep calm, and put your emotions by the door. Keep the conversation about coparenting duties brief, informative, and respectful. You don't need more fuel for the fire.

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2. Focus on the children: At the end of the day, it's what's best for the kids that should take priority over the divorce. Creating a new life and keeping a healthy family dynamic is way more important than outwardly battling with an ex. Find time, together, to figure out what would be best for your children before moving forward.

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3. Find a support network for difficult times: Coparenting

after a divorce can revolve around tensions after tensions. It's important for both of you to have someone to talk with when things have become more difficult in this department. Whether that be a friend, a religious leader, or even family, finding someone who helps you see clearly about both sides make such a difference in how you handle situations going forward.

How have you led a successful coparenting relationship? Let us know down below!