

Jon Gosselin Has Life Advice for Ex-Wife Kate



Kate Gosselin spoke out to [People](#) expressing concern about her family life after her show *Kate Plus 8* was cancelled, and now her ex, Jon Gosselin, has some harsh pieces of advice for her.

Speaking to [RumorFix.com](#), Jon said, "Reality TV is not a career. Get back to a normal life – a simple life." The bitter exes played out the end of their marriage on TV in in 2009. Since then, they have quarreled about their kids and the reality TV life they lead. "Things will work out the way they should work out," said Jon. "Obviously, there are families out there that have several kids – people work normal jobs, and things work out."

How do you make life normal for kids after a divorce?

Cupid's Advice:

Sometimes when a divorce is sparked by big differences and involves a lot of bitterness, it can be tough to make life normal for your kids during the process. Cupid has some tips:

1. Establish a routine: One of the best things you can do during your split is to keep a routine for your children. If things are always up in the air and unstable, it'll make them uneasy. Keeping a consistent schedule is reassuring.

2. Be civil to your ex: No matter how bitter your breakup may be, suck it all in while in the presence of your children. It's important to portray a united front no matter the circumstances.

3. Keep your differences quiet: Your child's life won't be normal if he or she has to decide which side of an argument to believe. Keep your fights and disagreements behind closed doors so that your children aren't forced to pick favorites.

What are some other ways to keep your child's life normal during a divorce? Share your thoughts below.