

Celebrity News: 'Biggest Loser' Stars Sam Poueu and Stephanie Anderson Split Before Baby's Birth



By April Littleton

Sam Poueu and Stephanie Anderson, former contestants on *The Biggest Loser* are in the process of getting a divorce just two months before the birth of their first child, reports [UsMagazine](#). On the separation between the two, Anderson said, "It is with great sadness that my marriage to Sam Poueu is ending." The couple met while filming the third season of *The Biggest Loser*. The couple announced Anderson's pregnancy in January.

What are some ways to remain civil post-breakup for the sake of your children?

Cupid's Advice:

Your relationship is officially down the gutter, but you can't just pack up and move on. You still have kids to take care of. You might think it's impossible for you to hide your feelings of resentment toward your ex around them, but the fact is, it's necessary. Here are some ways to remain cool, calm and collected around the kids:

1. Don't bad-mouth your ex: Kids pick up on a lot, especially if there's tension between the two people they love the most. Your children don't need to be put in the middle of a war between their parents. Call a friend if you need to blow off some steam, but don't let your children overhear you bashing their other parent. You may only be able to see the negative traits in your ex, but your kids still love them and it's not up to you to change their view of them.

2. Work together: Whether you like it or not, you will always be a part of your ex's life through your children. You may not see eye-to-eye with each other, but it's important for the two of you to develop a visitation schedule for the kids. The children shouldn't be punished for the breakup, they deserve to spend just as much time with you as they do their other parent.

3. Kids first: Ultimately, the only thing that should matter is your child. It's not about you and your ex anymore. You don't even have to be friends with him! But you have to be willing to put your differences and feelings aside for the sake of the kids.

Do you have children with an ex? How do you remain civil? Comment below.