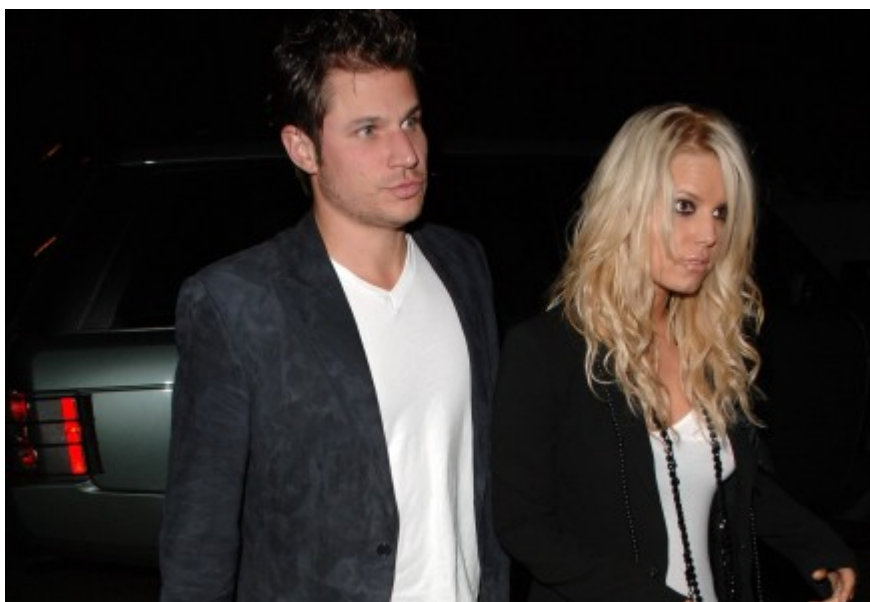


Nick Lachey Wishes Jessica Simpson 'the Best' After Birth of Baby Ace



By April Littleton

According to UsMagazine.com, when E! News asked Nick Lachey if he still speaks with ex-wife, Jessica Simpson, Lachey said, "We're not in touch." Simpson gave birth to her second child, Ace Knute Johnson on June 30. "I certainly wish her the best, and I would like to think the same on her end, but we don't speak," Lachey said. The two have been divorced since 2006.

What are some ways to remain civil after a divorce?

Cupid's Advice:

Going through a divorce is one of the hardest things a person can deal with. Once a divorce is finalized, you might still be involved in your ex's life, especially if you have kids

together. If the divorce was amicable, it shouldn't be too hard to remain friendly with your former spouse. However, it may be a little more difficult to remain on good terms if the breakup was nasty. Cupid has some advice:

1. Know your limits: Now that the two of you are no longer a couple, it's important to set personal boundaries. Your ex doesn't need to know the details of your love life and he/she shouldn't be discussing dating with you either. You may still consider each other a friend, but that doesn't mean you should continue to tell each other everything. Choose what you tell your ex-spouse wisely. If possible, stay away from personal topics altogether.

2. Get a third party: The best thing to do when dealing with an ex-wife/husband is to always seek out a person who can do the mediating between the two of you. If you're still at the stage where everything ends in a fight, find someone who is unbiased in the situation to help with final decisions (ex. visitation schedules for the kids) and to help smooth things over.

3. Give each other space: Take the time to move on from the divorce and all of the bad feelings that come with it. Refrain from making contact with each other for awhile. Putting some space between you and your ex will help both of you move on and you might eventually be able to form some kind of friendship later in the future.

How did you remain civil after a divorce? Comment below.