

Orlando Bloom Says He and Ex Miranda Kerr 'Love and Cherish Each Other'



By Brittany Stubbs

After three years of marriage, Orlando Bloom and Miranda Kerr announced their amicable separation earlier this year. Despite their split, [People](#) shares that they've maintained a healthy and happy friendship for their son Flynn, who will be 3 next month. "We both love and cherish each other," Bloom told E! Online on Monday. "What [our son] reads and knows about when he's a grown-up is more important to me than anything."

What are some ways to remain friends with your ex after you part ways?

Related Link: [Miranda Kerr and Orlando Bloom Reunite in NYC with Son Flynn](#)

Cupid's Advice:

1. Have a separation period: When building a friendship with someone you have a romantic history with, it's important to make sure all the feelings from your past don't get in the way. You can't truly have a healthy relationship if one of you is still bitter or hasn't recovered from the breakup. One way to avoid this is by making sure you have some time apart from one another after the initial split. This approach allows you each the space to heal and move on before jumping into a friendship.

2. Set boundaries: Despite the fact that you both are over one another and are maybe even dating new people, there are still some boundaries you and your ex need to set to have a happy friendship. For example, you may be glad to hear your ex has a girlfriend, but you probably don't want to know the intimate details about their relationship. Being open and honest about what you feel comfortable sharing and discussing is key to remaining friends.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

3. Forget the bad: Regardless of why you and your partner split, there were probably tough times for each of you in your relationship. It's impossible to stay friends if old disagreements or unhappy memories keep resurfacing, so let the rough parts of your past go and focus on having a better future.

How have you remained friends with an ex? Share your experiences below.