

# Do Trista and Ryan Sutter's Kids Know How the Couple Met?



By Emily

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Although we know Trista and Ryan Sutter for being one of the most successful couples in *Bachelorette* history, their own children might not be as aware! According to [Wetpaint.com](http://Wetpaint.com), while Trista has been promoting her new book, *Happily Ever After: The Life-Changing Power of a Grateful Heart*, the 42 year-old confessed that her children don't know how their parents met. She admits, "They haven't seen it...I'm sure that we'll be answering questions, but I'm not ashamed of it by any means." The recent *Marriage Boot Camp Reality Stars* participant thinks her hubby will be the first one to show the kids their past. She revealed, "I'm much more protective. I'm very regimented. I like keeping to a schedule, and the reason I like it is because my children are happier if they get their sleep, if they do the things they are used to doing." It

seems Ryan and Trista will have some explaining to do!

**How should parents talk to their children about relationships?**

**Cupid's Advice:**

Every kid looks up to their parents, and it's only natural for them to eventually get curious about their mom and dad's relationship. Parents, then, have the opportunity to explain to their kids how to have healthy and strong love. Here are three things to remember when it comes to talking to your children about happy relationships:

**1. It's never too early:** It's never too early to bring up the topic of romantic partnerships with your children. It is actually better to discuss it before they begin forming their own relationships with others, so don't be afraid to approach the topic.

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**2. Make them aware of the truth:** It's important for these conversations to come up so that your children understand the components of a good and successful relationship. Making your kids learn the dos and don'ts of true love will help them in the future.

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**3. Let them know you're always there for them:** Make sure your little ones know that you want to help. Never suppress their feelings and acknowledge every issue that comes up. This will help your children get smart about relationships.

**What tips do you have for parents who want to talk to their children about relationships? Share below!**