

# Single in Stilettos Show: What Makes a Man Fall in Love?



Have you ever wondered how to make a man fall in love with you? If so, then this week's [Single in Stilettos](#) show is for you! Founder Suzanne Oshima talk to Professional Wingman's Thomas Edwards Jr. about the key qualities a man looks for in a woman, which include emotional stability, low drama, sexual compatibility, and a supportive and appreciative nature. If you're missing these characteristics, it's going to be hard to make your relationship last forever.

**Related Link:** [What Attracts a Man When You're Out](#)

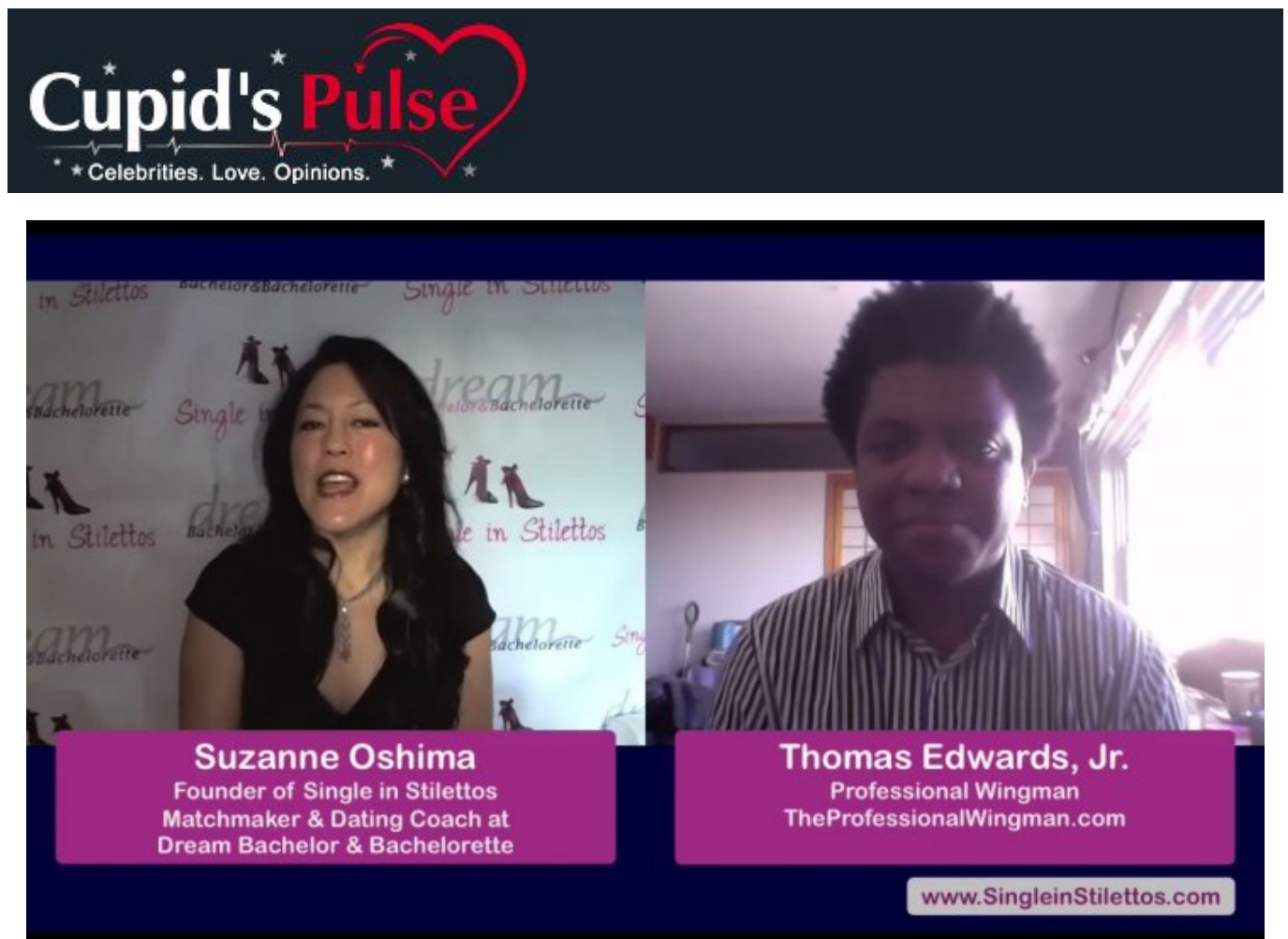
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Cupid wants to know: How do you know when a man is in love with you?

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# Make Your Relationship Count This Year



By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

**how to improve your love life in the new year**

Many couples come to me as part of my Date Therapy for Couples

protocol and ask how they can make their relationships healthier. Being each other's strongest support system and not taking each other for granted is key. These underlining core values are the bond that makes it all possible. So whether you've been married for over a decade or you're in a brand new relationship, you can still keep the romance alive. Here are five tips to help make your partnership the best it can be in 2014.

**Related Link:** [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

**1. Date night:** Love is easy and exciting in the beginning, but as we settle into real life, there's a noticeable shift. We're not always on our best behavior – which we automatically engage in during the courtship or “honeymoon” phase – but a date night can make a big difference. Keeping your romance fresh and making time for just the two of you is a great way to keep your love strong.

A date night can be as simple as preparing a romantic meal or as complex as planning a weekend getaway at your significant other's favorite bed and breakfast. Those of you staying at home can add a little extra romance with flowers and candles. Dress up and pretend like you're enjoying a fancy night out. Get creative and make this night your own!

**2. Conflict resolution:** All long-term relationships experience ups and downs, and it's important that you address the issues head-on. Find a moment in the nearby future to discuss it so neither one of you let the problem fester and get even worse. Gently, calmly, and thoughtfully share your feelings with your partner. Be sure to avoid using a fussy, loud, or defensive tone; instead, think of your situation as telling a story. Once you have the initial conversation, give yourselves about 15 minutes of alone time to fully digest everything; when you reconvene, I bet you'll work things out without any trouble.

**Related Link:** [3 Ways to Know He's Just That Into You](#)

**3. Trust:** Trusting each other enough to allow your partner the space they need is important. Take Jada Pinkett-Smith and Will Smith, for instance: While they are each other's strongest support system, they trust each other enough to enjoy their space apart as well. This time is key in allowing yourselves the blessing of missing each other. After all, they say that absence makes the heart grow fonder.

Plus, taking care of your own needs outside of your relationship will help you be a better partner. When we are nourishing ourselves, we can better nourish our joined energy, our love.

**4. Real expectations:** As we spend more time together, it's natural to inadvertently take advantage of your partner and vice versa. As I've said before, healthy boundaries are key. Be fair in your expectations of your partner. For those of you who are workaholics, even if you work with your significant other, your work is your work, and your relationship is just that: your relationship. Take time to nurture and enjoy it, and it will thrive.

Think of all of the celebrity couples that have experienced long-term love: Kyra Sedgwick and Kevin Bacon, Goldie Hawn and Kurt Russell, and Pauletta and Denzel Washington, to name a few. There are good and bad times in all relationships, but remembering why you love your partner and what first attracted you to them will help you get through the rough patches.

We all grow and change, and we need to allow our relationships do the same. Making new memories to tie into your growth as a couple will keep your love strong.



**Related Link:** [Kyra Sedgwick Opens Up About Love for Husband Kevin Bacon](#)

**5. Gratitude:** Remember that, in this day and age, whether

you're married, living together, or only dating, you always have the choice to stay or leave. Take your relationship day-by-day. Visualize where you want to be in five or ten years, and share this exercise with your partner. If you start each morning with gratitude for your partner, a day becomes a decade before you know it. True love is a gift, so be grateful for it!

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## Going Solo Again: Bold New Beginnings



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**Thomas Edwards, Jr.**  
Professional Wingman  
TheProfessionalWingman.com

[www.SingleinStilettos.com](http://www.SingleinStilettos.com)

By Cynthia MacGregor for Hope After Divorce



Ah...we're moving into a new year, and don't we all love new beginnings? It feels like a fresh start, a new chance, a do-over. It feels like an opportunity to "get it right this time." The reality is that we can make a new beginning, a fresh start, *any* time. We don't need a special date marked in red on the calendar or a month that we know is at the head of a whole fresh year.

I've never believed in New Year's resolutions, but that doesn't mean I'm against making a fresh start. I just don't confine such activities to the first month of the calendar year. For instance, the beginning of spring is a time of rebirth. Your birthday is always a good day to re-evaluate your life and see what needs re-calibrating. In truth, *any* time is a good time to begin anew.

**Related Link:** [Finding Yourself Again](#)

The point of this column, then, is to advise you *not* to limit your new beginnings to the start of the new year. Now, I am not telling you not to make a fresh start now. I am just telling you that, if your life is not satisfactory or it feels like things have grown stale, *any* time is a good time to take matters in your own hands and *do something about it*.

You did that when you got divorced, assuming you were the one who initiated the split. Your marriage was – for whatever reason – not what you wanted it to be. And instead of "putting up with it," you did something about it. You got divorced – a bold step, especially if it also meant that you would be raising your kids pretty much single-handedly from here on out.

Josh Brolin and Diane Lane are one A-list couple who recently broke up. They were introduced in 2002 by Brolin's stepmother, Barbra Streisand, and the two married in 2004. After being married for eight years, they announced their split last February. Sources reported them stating, "This was a hard

decision for both of them to make; the relationship just ran its course.”

**Related Link:** [Josh Brolin and Diane Lane Are Officially Divorced](#)

Maybe now you’re finding that being a solo, like Brolin and Lane, is a tougher gig than you anticipated. What you shouldn’t do is find the first available unmarried male and hitch up with him just so you’ll have help with the kids. Does the phrase “out of the frying pan and into the fire” resonate with you?

The same is true in other areas of your life too. Don’t assume that any change is automatically a change for the better. Sometimes it is; sometimes it isn’t. Maybe the change resolves one problem or set of problems but dumps a whole different problem or set into your lap and your life instead.

What are you unhappy with in your life right now? Is your income too low even with the child support money? What can you do about it? Can you switch jobs? Do you want to go back to school and study for a whole new career that pays better? Or do you want to approach your employer about a raise?

Do you see too little of your kids because you work eight hours a day and also have to figure in commuting time? Is it time to think of a job at which you can telecommute from home? Maybe it’s time to be really bold and start a business of your own from home.

Is your home unsatisfactory for whatever reason: too small, too difficult to maintain, dicey neighborhood, inconvenient location, or simply too many memories of when you lived there with your former husband? It may be time to move to a different place – even a rental house or apartment where the landlord or building super is responsible for repairs and upkeep and all that falls on your shoulders is housecleaning. Or a large house you can share with another single mom who can

help you with childcare, cooking, housecleaning, and expenses. Don't assume that, just because you're living now in a single-family dwelling that you own, you should confine your search for a new home only to another single-family dwelling you own. Be bold! What other arrangement would work better for you?

**Related Link:** [Maintaining a Positive Image During Divorce](#)

Are you dating a man you know you have no future with, just so you have "someone" in your life? Sure, that type of situation offers you companionship and perhaps other advantages as well. (Does he help with the kids? Fix things around the house for you? Make himself useful in other ways?) But if you don't love him – or even if you do, but you realize he's not your best choice in a life partner – now's as good a time as any to end the relationship. If you don't, it will be harder to meet your Mr. Right.

It's the start of a new year and a good time for new beginnings – but remember, as 2014 unfolds for you, that *any* time is a good time for new beginnings. Whenever you aren't happy with the status quo, stop and consider just what you could do to improve the situation at hand. Think creatively. Think outside the box. Be bold. And make the best of this year all through the year!

*For more information about Hope After Divorce, click [here](#).*





*Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include "After Your Divorce," "Divorce Helpbook for Kids," "Divorce Helpbook for Teens," "Solo Parenting," "'Step' This Way," and others. Forthcoming books include "The One-Parent Family," "Why Are Mommy and Daddy Getting Divorced," and "Daddy Doesn't Live Here Anymore." She hosted and produced the TV show "Solo Parenting," which was broadcast in South*

*Florida over WHDT. Cynthia writes for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [FamilyShare.com](http://FamilyShare.com) and [LAFamily.com](http://LAFamily.com). Contact Cynthia at [Cynthia@cynthiamacgregor.com](mailto:Cynthia@cynthiamacgregor.com), and visit her website.*

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## **Get Radiant Skin with the BioElixia BodyShaper Bundle!**





*This post is sponsored by BioElixia.*

By Leslie Chavez

For many women, the start of the new year means a renewed hope in their love lives – which means they want to look *and* feel their best. If you're seeking brighter and tighter skin for your next date night, the smart solution is BioElixia skin care products, which use science and a blend of natural ingredients to produce a unique skin treatment that really works. The formula is backed by 14 years of research that relies on key healing components, like multi-vitamins, anti-aging peptides, and moisturizing oils, that safely and effectively absorb into skin.

**Related Link:** [10 Most Beautiful Celebrity Couples](#)

The BioElixia BodyShaper bundle includes everything you need to revitalize your body in the middle of a dry winter. First, the Cellulite Contour Crème is proven to reduce the appearance of cellulite by an average of 57 percent. The Exfoliating Body Polish uses micro-crystals to refine the skin, while the Radiance Body Cleanser cleanses and

moisturizes with fruit enzymes and minerals. Next, the Firming Toning Body Lotion supports all-over skin tightness. Finally, don't forget the Stretch Mark Diminishing Crème, which improves the visible appearance of stretch marks by an average of 71 percent.

All of these products work together to give your body a toned look and smooth feel that your partner will love. The TPM Dermal Delivery Technology allows the active ingredients such as sweet almond, aloe vera, vitamin E, ginseng, fruit acid, and more to penetrate further into the skin and increase absorption by five times. And it gets better: BioElixia is free of formaldehydes and other harmful chemicals as well as artificial colors and dyes.

**Related Link:** [Katy Perry's Baby Doll Beauty](#)

Lucky for you, CupidsPulse.com will be giving away a bundle of BioElixia BodyShaper products – including all of the items mentioned above – to one lucky reader. After a few short weeks, you'll have firmer, healthier skin and the confidence that comes with it. You're sure to be glowing, gorgeous, and toned when your man surprises you with a romantic night out!

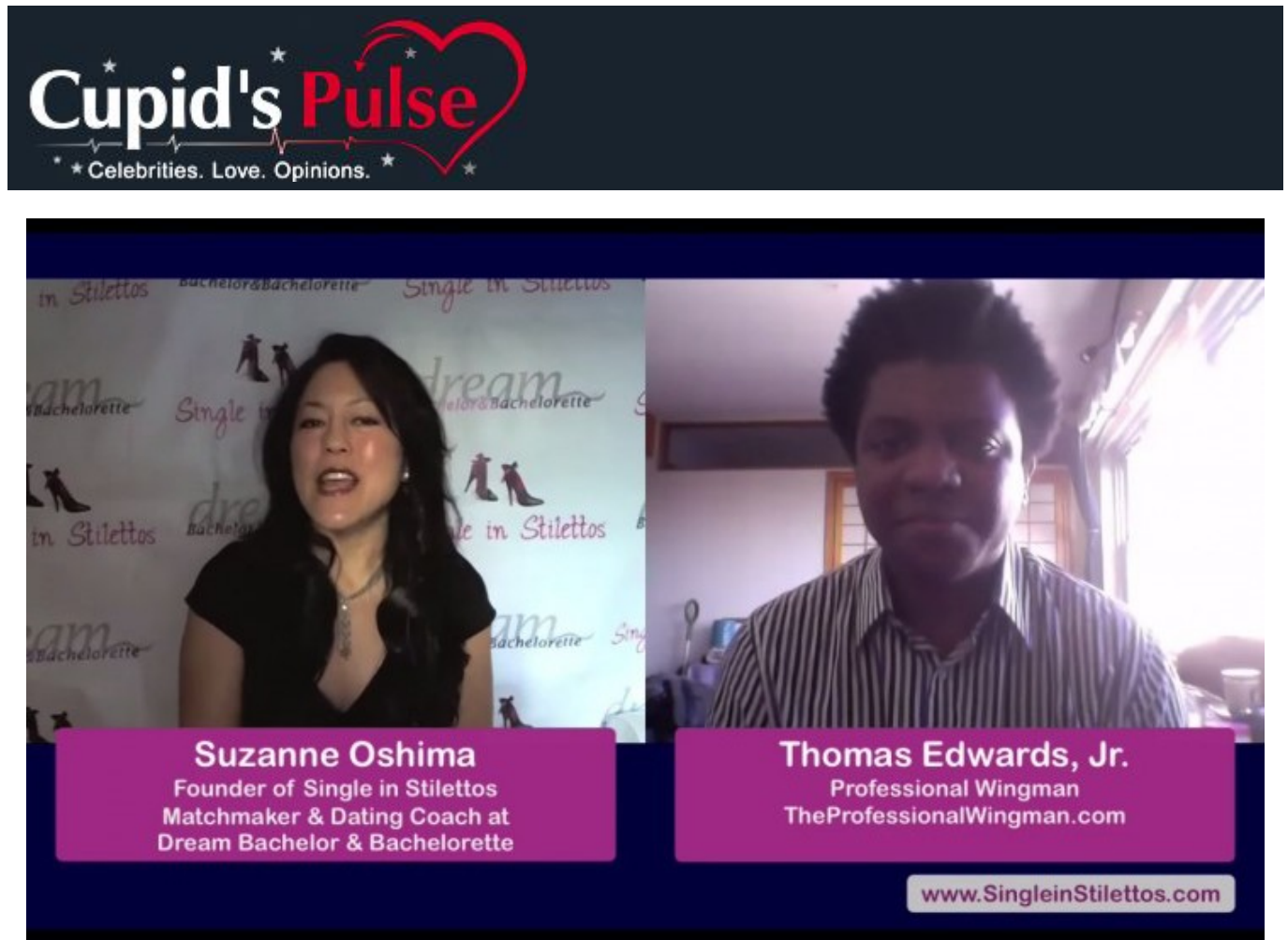
**~~GIVEAWAY ALERT: To enter for a chance to win the BioElixia BodyShaper bundle, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest. We will contact the winners via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is Monday, January 27th at 5 pm EST. Good luck!~~**

**Congratulations to Ann Marie Rehm!**

*Open to US residents only.*

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# Single in Stilettos Show: First Date Tips for Women



Dating coach Nando Rodriguez has helped his clients open their eyes to love and find The One, so it's only fitting that he shares his first date tips on this week's [Single in Stilettos](#) show. He discusses first date expectations and preparations; the biggest mistake you can make when it comes to dating; why your checklist may be keeping you single; why you should stop thinking so much; whether or not you should go on a second date with him; and more.

**Related Link:** [Five Conversations to Avoid on a First Date](#)



For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What's your best first date tip? Tell us in the comments below!

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## Q&A: When Is It Appropriate to Send an Event Invite via Facebook?



**Cupid's Pulse**  
★ Celebrities. Love. Opinions. ★

**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

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**Question from Amanda G.:** *My college roommate just invited me to a wedding reception via a Facebook “event”. While I understand the family’s need to save money, I find it classless and tacky. So when is it appropriate to send an event invite via Facebook? Should I let her know that I didn’t find this appropriate?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): While I’m not an etiquette expert by any means, if she sent you a Facebook event invitation to the wedding ceremony, that would be quite inappropriate. However, this is an invitation to the wedding reception. While a formal invitation to the reception would have been ideal...let’s face it, wedding receptions are very expensive. Apparently, she’s on a tight budget, so I’m sure she felt this was one of the ways she could cut back on expenses.

It is her wedding, so try not to be so judgmental about something so trivial as an invitation. And just try to be a good, supportive friend who is happy for her about her wedding – I’m sure you would want her to do the same for you!

[Robert Manni, Guy’s Guy](#): Being invited to a friend’s wedding is an honor. Although you wouldn’t choose a Facebook event for your own wedding invitations, this is a personal decision, and it isn’t *your* wedding. If you feel strongly about her choosing to use Facebook for the invitation, you can always decline...via the Facebook event page.

If you decide to attend her special day, leave your judgements at home. After all, you don’t know why she elected to use Facebook events for her wedding invitation. It could have been a financial issue, and if so, as a friend, you have to respect that and have the tact not to make her feel bad about it.

[Paige Wyatt, Reality Star](#): Finding new, innovative ways to make a wedding – and the wedding planning easier – is



important to every bride-to-be. That being said, a Facebook invite may be a little inappropriate for a wedding, but there is no point in bringing it up to your roommate since it's already been sent. Everyone has their own style and vision for their wedding, and maybe the reception invitation was less important to her than the other factors.

An appropriate event to send a Facebook invite for would be much more casual soiree, like the housewarming party *after* the wedding.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**When do you think it's okay to send an event invite via Facebook? Share your story below!**

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## **NoGamesLove    Dating    Video Tips:    Dating    Power Tools**





By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Dating Power Tools

Have you ever wondered what you need to bring on a date – not literally but mentally? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House reveals the dating power tools that “make you feel better and look better and prepare you for a date.” The dating expert covers everything from eating a base food (did you know asparagus helps to minimize your chances of having a hangover after a drinking date?) to depuffing to calming those butterflies in your stomach and increasing your confidence (hint: wear red). Good luck!

For more information about our dating mentor, click [here](#).

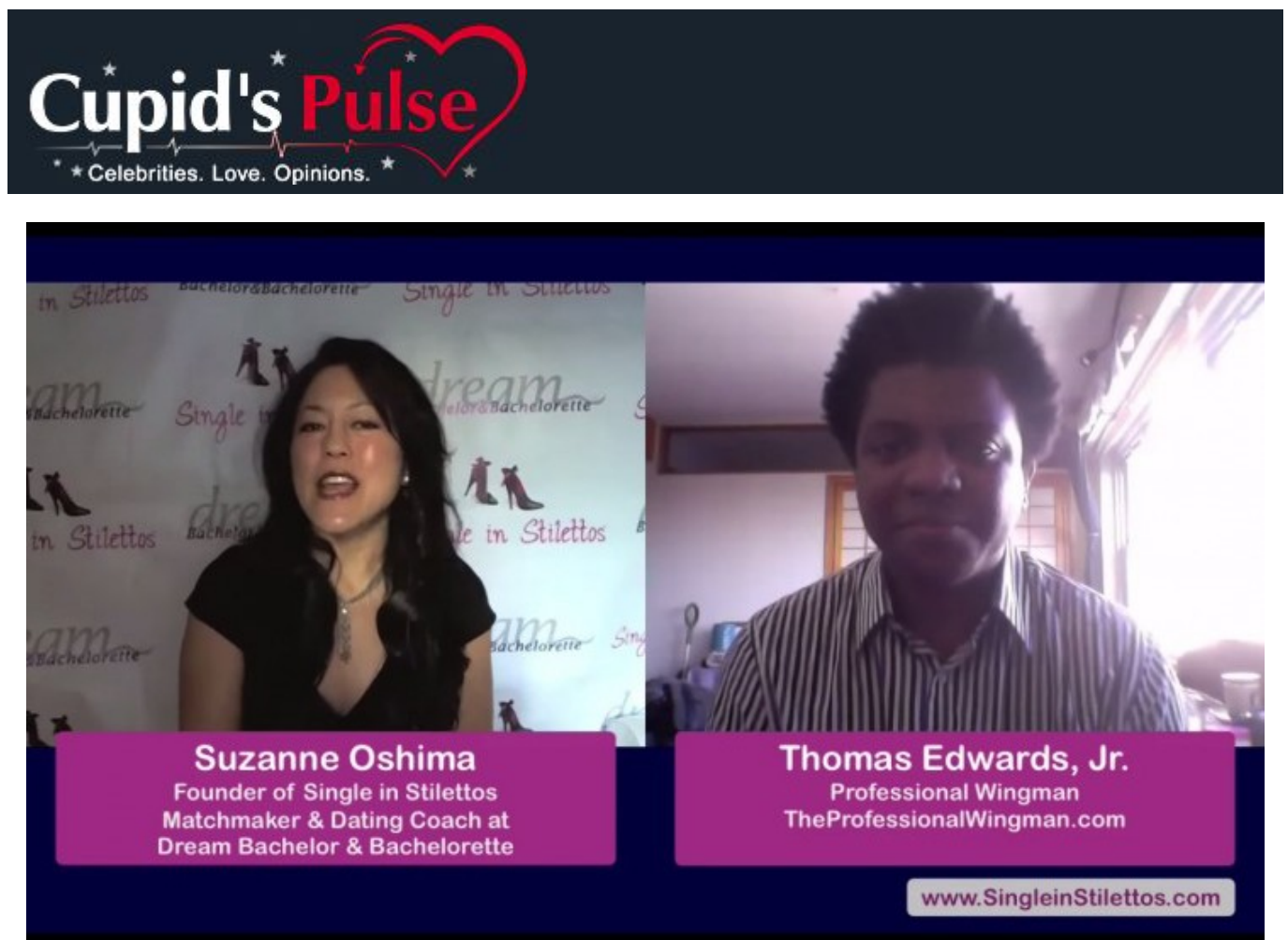
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Cupid wants to know: What are your dating power tools?

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# Trevor Silvester Shares How 'Lovebirds' Can Help Us Better Understand Our Relationships



By Leslie Chavez

When it comes to love, the phrase "treat others the way you

want to be treated” doesn’t always ring true. When we’re all so very different, it only makes sense that we would want and need to be treated in different ways specific to our individual personality types. Relationship coach Trevor Silvester agrees: He says that a lot of the difficulties that we come across in relationships are from the fact that we treat each other as if we’re the same. Once we understand how we’re different, creating intimacy becomes simple.

In his new book *Lovebirds: How to Live with the One You Love*, Silvester explores romantic relationships and personalities through a bird analogy. A series of quizzes divide people into two categories, sky birds and ground birds. They are then sorted into eight subcategories loosely based on the Myers Briggs Personality Inventory: sight, song, feeling, and thinking birds. After these differences are established, he explores the relationship dynamics between each personality type. We had the chance to talk to him more about this.

**Related Link:** [When Do Opposites Not Attract?](#)

**Congratulations on your book! You were a police officer before you became a cognitive hypnotherapist...so what inspired you to study relationships and write a book about love?**

Thank you! I think two parallel paths led me to the book. The first was discovering that, while I was in the police force, my calling was really to be a therapist. The second path was my spectacularly unsuccessful relationship history. Just about everyone I loved left me for someone else, and I think it made me curious about what goes on between people who start out loving each other but then can’t sustain a relationship. The answers I got from working with couples with this question in mind led to *Lovebirds*.

**You have said that one of the biggest mistakes we make is to treat other people as if they are just like us. What’s the first step in better understanding our lovers and their**

## **differences?**

Read my book! Seriously, assume that they've got a good reason for doing what they do and being the way we are. It's so easy to take it personally when a partner goes against the way you like things or sees the world a different way. When you see differences between you as just things to work out – and not as name-calling opportunities – you've got a chance to turn potential weaknesses in your relationship into strengths.

**With these differences in mind, you compare people to birds and define personalities as being either ground birds or sky birds. Can you describe these two types of birds in more detail?**

Ground birds are people who like order. They have rules for how things should work and tend to think that their way is the right way. They like to know the detail of things and work steadily toward a decision. Sky birds get bored by detail; they don't tend to have rules – or be very good at following them – and tend to make decisions intuitively. You can probably see how a combination of these types could create conflict very quickly.

**Related Link:** [Five Reasons Why Opposites Attract](#)

**On another note, you explain that relationships are never done – love is about relating, and relating never ends. So how can we get better at maintaining positive interactions and keeping communication open?**

That's a great question. I've often helped couples who love each other, but couldn't make each other happy, become closer by learning the things I point out in the book. One big bit of advice is to never make the argument about the relationship. Make that you're staying together a given, which then makes whatever the dispute is about something smaller that you can work on. I work on the basis that all behavior has a positive intention, so even when your partner is doing something that

annoys you, assume that, at some level, they have a good reason for doing so.

**Would you say that types of people who are similar (two ground birds, for instance) will naturally get along better than types who are opposite (a ground bird and a sky bird)? Are there any celebrity couples that come to mind to support your answer?**

Yes, I find that they do. A saying I have is that opposites attract, and then, they drive each other mad. People tend to like people best who are like them, so similarity is a good basis for any relationship, but – and it's a big but – our lives can be made so much richer by learning to embrace other people's differences. My wife sees the world very differently than me, and I think we both feel that that makes our world's bigger and more fun.

I hesitate to label people I haven't met, but I would say that President Obama is likely to be a sky bird, possibly an owl. The First Lady, I think, is a ground bird, probably a swan. Sticking my neck out even further, I'd say Brad Pitt is probably a sky bird, and Angelina Jolie is a ground bird. She seems to be the engine of the relationship.

**Related Link:** [Celebrity Couples Where Opposites Attracted](#)

**And finally, do you have any upcoming projects that we can share with our readers?**

I'm hoping to run some Lovebirds Workshops in the United States this year. My next book is called *How to Click*, and it's using *Lovebirds*-type information to help single people date. I also have another book in the pipeline: *Grow! Lessons from a Therapist's Chair So Your Child Never Has to Sit in One*. It's about raising resilient children, and it'll be out in the United Kingdom in 2014.

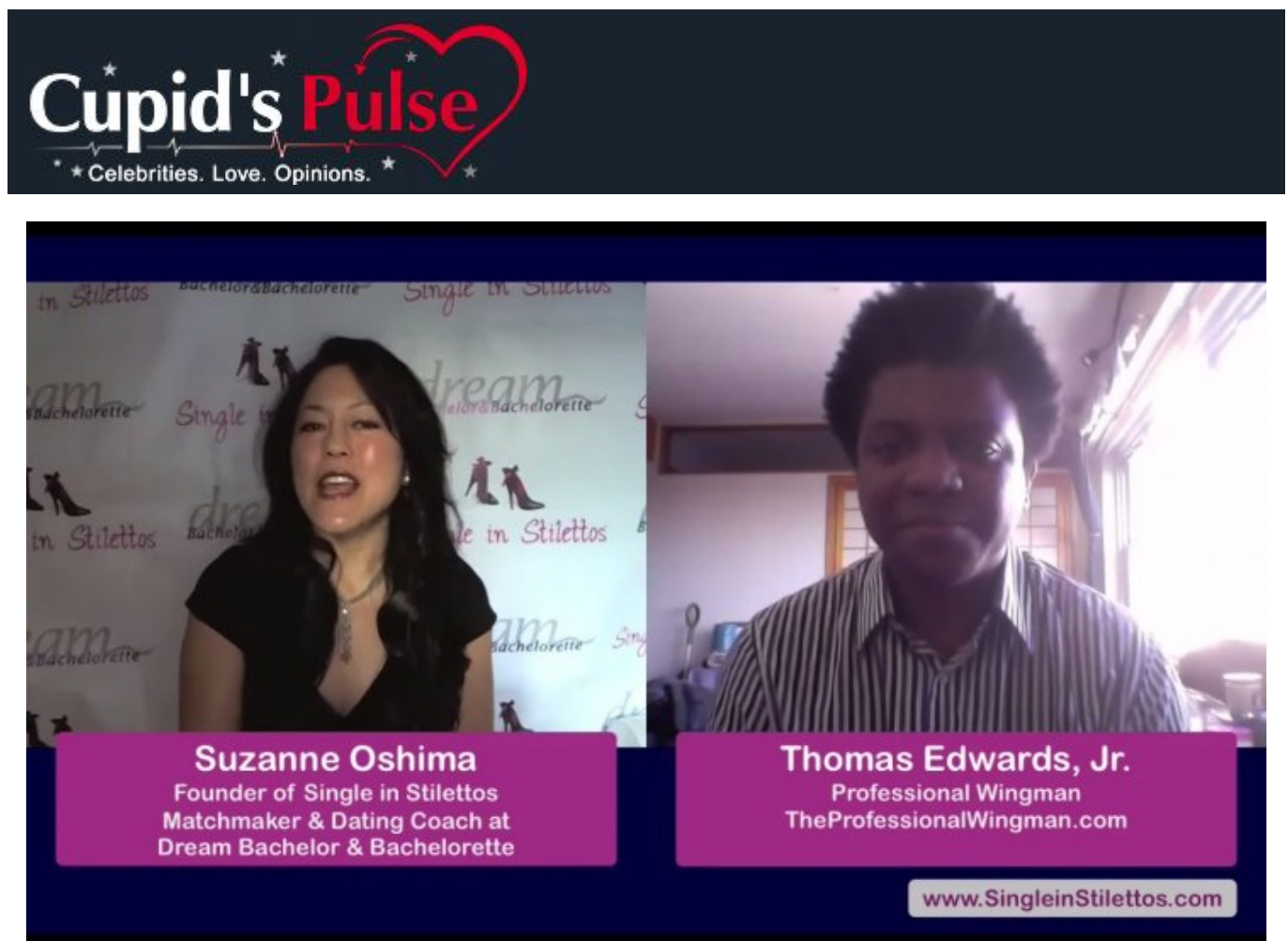
*To get more advice from Trevor Silvester on how to understand*



*your lover, purchase his book at [lovebirdsbook.com](http://lovebirdsbook.com).*

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# 10 Ways to Make a Long Distance Love Work



By [Whitney Johnson](#)

Long distance relationships aren't always easy, but that doesn't mean they're not worth the extra trouble. In truth, they *do* take a bit more effort, but with these 10 tips, you'll overcome the miles separating you and your significant other.

**1. Talk every day:** No matter how far apart you are, a simple phone call will work wonders. Hearing your loved one's voice

will not only make your day better; it'll also make you feel like a bigger part of your partner's day.

**2. Take advantage of technology:** Sure, you can't cuddle on the couch as you watch *Scandal* on Thursday nights...but that doesn't mean you can't enjoy it *together*. FaceTime or iChat will allow you to share in your TV-watching night; that way, when you're in the same place again, you'll both know what Olivia Pope and Fitz have been up to.

**Related:** [7 Secrets to Make a Long Distance Relationship Smokin' Hot](#)

**3. Talk about each other:** Just because your BFF may not know your boyfriend well doesn't mean you can't talk about him. Reminiscing about your last kiss or sharing your excitement over seeing him again with your girlfriends will bring the two of you even closer.

**4. Plan ahead:** In any relationship, it's important to have something to look forward to – whether it be a simple date night at your favorite Italian restaurant or a romantic trip to Turks and Caicos. When you live in different cities, it's even more important to pencil in your next get-together.

**5. Save up:** With that thought in mind, you have to save your money for those frequent plane tickets or road trips. You never want that big sale at Bloomingdale's to get in the way of seeing your someone special.

**6. Send presents:** On those weekends when you can't visit your man, send a sweet care package or simple card to let him know you're thinking about him. Even something silly like a box of his favorite cereal will show that you pay attention to what he says – a little thing that make a big difference.

**7. Text, text, text:** Yes, you need to try to fit in a phone call every day, but texts will help you stay even more

connected. If you get a supportive e-mail from your boss or totally screw up during your important presentation, shoot him a quick text to tell him how you're feeling. You can discuss your days in more detail later in the evening.

**Related:** [4 Ways to Make Your Long Distance Relationship Work](#)

**8. Stay positive:** Like any relationship, you'll experience ups and downs – only those low moments may be even harder to handle without his arms around you. Surround yourself with pictures and special mementos from your time together. They'll help remind you why you're putting up with the long distance in the first place.

**9. Feel confident:** Be sure of yourself when it comes to your relationship. It's easy to let the lack of physical closeness translate to lack of trust or jealousy.

**10. Think about the future:** At a certain point, you have to decide if you want to make a real commitment to your significant other. Are you willing to give up your job, your house, and your social circle to relocate for your love? If so, tell him you're ready to take that next step.

**Cupid wants to know: What's your best tip for making a long distance relationship last?**

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## Cupid's Weekly Round-Up: How to Be a Better Partner





By [Whitney Johnson](#)

If one of your resolutions is to be the best girlfriend you can be, we're here to help! Thanks to these great articles from our partners, you'll be off to a fantastic start.

**1. Reflect on your love:** The New Year is the perfect time to think back on the past twelve months and look forward to the future. Consider these touching quotes from well-known authors, artists, and poets. Maybe you'll even be inspired to write some sweet words of your own!

**2. Partner up:** Take a cue from *Real Housewives of New York* star Jill Zarin and join your man in supporting a cause that's close to both of your hearts.

**3. Make him happy:** Make your partnership the best it can be by focusing on your beau and what keeps him smiling. Guys aren't so complicated – it'll be easier than you think!

**4. Fully commit to your beau:** With next week's premiere of *The Bachelor*, you'll be obsessing over what lucky lady is going to win Juan Pablo's heart before you know it. Why not focus on your own man instead and help your relationship grow even



stronger?

**5. Take the next steps:** If you've been with your someone special for the past few weeks and know that he's a keeper, it may be time to take your relationship to a new level. Consider these five tips as you plan your first overnight date.

**How will you become closer to your partner this year? Tell us in the comments below.**

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## Celebrity Couples: What True Love Looks Like



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**Thomas Edwards, Jr.**  
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[www.SingleinStilettos.com](http://www.SingleinStilettos.com)

By Jared Sais



The start of a new year gives everyone a renewed sense of hope, and with this thought in mind, I decided to consider three celebrity couples who are happy in love.

**Amanda Seyfried and Justin Long:** These lovebirds have become a paparazzi favorite lately. In many photos, the couple appears surprised at their picture being taken. You'll see their eyebrows and eyes raised and their mouths just a bit open. Note that surprise is one of the seven micro-expressions that people make to indicate an emotion.

In another recent photo, we see the actress leaning towards her man, either for a kiss or to whisper something to him. This behavior shows how comfortable they are with each other. When people feel comfortable, they tend to get even closer into your "personal space bubble." It's an easy way to identify if two people are dating or just really close friends.

**Related Link:** [Amanda Seyfried and Justin Long Bond Over Her Dog](#)

As a side note, when flirting, if you're talking to someone you're interested in, whisper something every once in a while so the person has to lean in to hear you. It's a great trick for getting closer and making a move.

Notice Seyfried's eyes in many photos of the couple. They're often locked on Justin's lips; this is what desire looks like. As she gives a slight grin and looks at her man's wanderlust smile, there is nothing but attraction and lustfully gazing eyes. Likewise, the actor has a very loving smile with deep eye contact, which tells me he is very romantically invested in the blonde beauty.

You can also see the lack of space between them in the photo above and other photos, which indicates a romantic relationship or at least a very close trusting relationship.



**Drew Barrymore and Will Kopelman:** We have something special here: best friends *and* lovers. They have a dynamic that many couples strive for. You can tell they are truly happy in many of their photos; the facial expression of smiling is categorized as high cheeks, crows feet in the corners of the eyes, and raised outer corners of the lips. Sometimes, this body language is easier to see in photos than in live action. But knowing the difference between a true smile and a fake smile can make the difference between catching someone in a lie or knowing if your partner is truly interested in you.

When people are comfortable with someone, they usually talk with the cup in their hands; put the cup down and continue to use their hands in a conversation; or put the cup to the side of their body. In a picture of Barrymore and Kopelman at a sporting event, we see the actress talking with her cup in her hands, showing us that she's very comfortable in her husband's presence. She also leans in towards him, putting her weight on him – another sign of trust and love.

**Related Link:** [Drew Barrymore Goes Public with Second Pregnancy](#)

**Heidi Klum and Martin Kirsten:** You'll often see this pair walking at the same pace with locked hands or their arms around each other. This body language is considered mirroring each other, and all signs tell you that their relationship is going strong. They are a very real couple; they run together and share that interest. There's nothing better than an early run and coffee in the morning with your loved one.

Listen up, guys: Real men wear pink or hold their woman's purse. Yes, Kirsten often holds his girlfriend's purse, showing us what a gentleman he is. He is confident with himself and their relationship. Plus, it reveals just how close they are as a couple.

**Author's Note:** If you're looking for more in-depth non-verbal tricks, I will be holding a class in the New York City area.

The class focuses on everything non-verbal, including confidence building, how to become a better flirter, how to spot flirting that is directed your way, how to find quality men/woman, fashion tips and tricks, and etiquette coaching. Please email me at [jaredsais@gmail.com](mailto:jaredsais@gmail.com) for more information and to sign up. Tickets are going fast, and there is a 20-person limit! See you there.

*[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.*

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## Keep Talking to Your Kids After Divorce





By Rosalind Sedacca, CCT for [Hope After Divorce](#)

### **It can be tough – but necessary!**

As a divorced parent, you can never pay too much attention to your communication skills with your children. It keeps the doors open for a healthier, more positive relationship with them. It makes you more sensitive to issues of concern early on, so you can nip them in the bud. It also encourages your children to talk about what they are feeling, questions they have, and situations that are creating conflict for them.

**Related Link:** [Solo Parenting: Reconsidering Your Ex](#)

Don't sit down and say, "Let's talk." Instead, find a comfortable time and place where conversation can flow naturally and easily. Then, bring up related subjects in a casual way. Watching television or movies at home can often be a catalyst for valuable conversation. Driving in the car together is another great time for discussion, questions, and sharing feelings.

Consider Bruce Willis and Demi Moore. Despite being divorced

for over a decade, they're often seen at red carpet events with their three daughters, Rumer, Scout, and Tallulah. By maintaining a friendly connection with each other, these exes ensure that they both have a positive relationship with their kids and that their family unit stays intact.

Here are some tips that can help you ease into more productive communication with your kids.

- Asking *why* can be intimidating and close off your conversation. Instead ask *what happened* questions, which keep the dialogue open. Then, move into talking about *feelings* which provide insights into what's *really* going on with your child. Validate their right to their feelings, even if you're uncomfortable hearing about them. When they feel safe in expressing their emotions, you'll get real clues as to how your divorce is affecting them – and whether there are changes taking place worthy of your special attention.

- Be patient. Don't react or respond until you get the full message. Sometimes, it takes some meandering for your child to reach the crucial point of what they want to say. Don't coax – or shut them off too soon!

- Remember that preaching, moralizing, or "parenting" comments can put up barriers to clear communication. Listening is your most valuable skill and tool. Paraphrase back what you're hearing to make sure you're getting it right. "So you were annoyed at dad for forgetting to call you last night" is far different from saying "I don't blame you for being angry at dad. He's so undependable."

- Watch your judgments and put-downs, even with upsetting information. Don't belittle your children, call them names, or insult their behaviors. Talk *to* them – not *at* them. The difference is felt as respect. Be careful never to put down or disrespect your child's other parent in your conversations...as tempting as that may be at times. Keep your kids out of the

divorce drama as much as possible. That's when real emotional damage is done.


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

- Acknowledge your children for coming to you or sharing with you. Praise their braveness. If you were at fault, apologize honestly and discuss how you can make changes for the future. Sometimes, post-divorce parent-child communication can be a very slow process as you rebuild trust and a sense of security.

- Show that you accept and love them – even when their behaviors are not acceptable. Help them come up with some acceptable solutions they can understand and feel good about. Support and positive role modeling go a long way toward influencing your children in the right direction.

Put yourself in your child's place, and you will likely make wiser decisions when it comes to talking about sensitive areas in their life. Afraid to talk about touchy subjects? Get some help from a counselor. Good parents know it's essential to talk to your children and be there for them when they need you – especially when they're reluctant to start the conversation. Don't let them down!

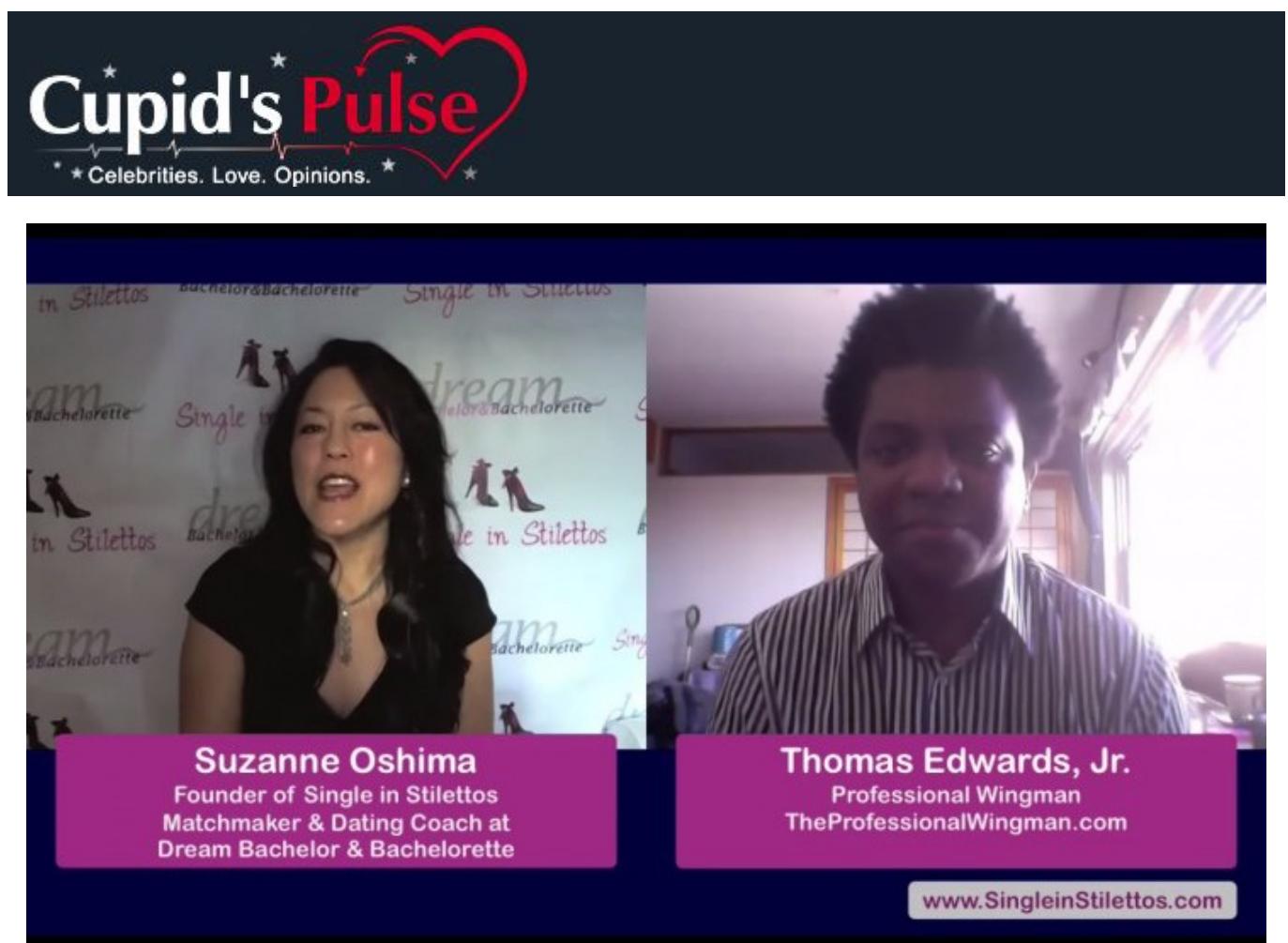
*For more information on Hope After Divorce, click [here](#).*

 *Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to break the news. Rosalind is a contributing expert at [HopeAfterDivorce.org](#), [DivorceSupportCenter.com](#), [FamilyShare.com](#), and [CupidsPulse.com](#). For her free ebook on Post-Divorce Parenting: Success Strategies for Getting It*

Right!, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's [site](#).

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# Single in Stilettos Show: How to Flirt With a Guy



If you're hoping to find love in the new year, this [Single in Stilettos](#) show is for you! Founder Suzanne Oshima chats with dating coach Hunt Ehthridge to uncover the secrets of flirting. Ehthridge, who believes that flirting is the best way to show a guy you're interested in him, shares his top three tips: eye contact is key; appropriate touching is allowed; and



playful teasing can be fun.

**Related Link:** [7 Ways to Flirt In a Web 2.0 World](#)

For more information about Single in Stilettos shows, click [here](#).

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**Cupid wants to know: What's your go-to flirting move?**

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## Dating with Dogs: Picking Out a Pet Together





By Eric Bittman, CEO/President of [Warren London](#)

Picking out a pet as a couple can be a cause of stress in a relationship. The biggest choice is usually deciding whether you want a big dog or a small one, but it can be much more complicated than that.

There are many factors in determining what breed you and your partner should choose. First and foremost, consider your family size and future plans. Some dogs are known to be great with kids, while many breeds are too aggressive for little kids. Some of the best breeds with small children in the house are Beagles, Poodles, Labs, and Golden Retrievers.

**Related Link:** [When Your Pet Is a Deal Breaker](#)

Another factor can be how much exercise you're able to give to your dog. Some dogs – like French Bulldogs and Pugs – need walks and exercise but would be great apartment dogs. Other breeds, including Huskies and Labs, require a lot more space and are quite energetic. If you and your partner aren't home much or live in a very harsh climate, a dog who is happy spending most of his time indoors would be ideal for you.

And sometimes, you have to choose a dog because of his personality. When my wife and I lived in New York City, our main concern was getting a pet that would be happy in a small apartment. My allergies to longer-haired breeds and a dislike for heavy shedding also narrowed our options, but we still had a big number of breeds to consider. One day, my wife told me that she saw a cute Boston Terrier on the street with the funniest personality, and after a little research, we were able to make a relatively quick decision. We loved the breed so much that, after a year, we added a friend for Maurice – our new pup, Brittney, also a Boston Terrier. We can't imagine our lives without these cuddly black and white pals.

**Related Link:** [Brandon McMillan Chats About Finding Homes for Pets on 'Lucky Dog'](#)

No matter how you decide what kind of breed to bring into your family, you'll know when you find the right dog!

*For more information about Eric Bittman, click [here](#). Stay tuned for next month's Dating with Dogs column.*

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## Giveaway: Keep Your Dog Clean and Happy with Warren London Products





*This post is sponsored by Warren London.*

By [Whitney Johnson](#)

It's no secret that many pet owners want what's best for their furry friends, and Eric Bittman was no different when he created [Warren London](#). Eric and his wife Sara are the proud parents of two Boston Terriers, Maurice and Brittney. When Maurice was six months old, he developed a number of skin allergies. Unfortunately, the recommended shampoo only left his skin drier and itchier, which is why Eric decided to develop his own line of grooming products.

Warren London's main goal is to make innovative luxury spa and grooming products that get great results. The company uses only natural ingredients to ensure that all items are top quality; they're even human tested on top of being dog tested. Each product is made with a simple belief in mind: "Every dog deserves a spa day!"

From shampoos and conditioners to paw revitalizers and facial cleansers, Warren London sells a wide range of products that are sure to keep your dog looking (and smelling) his best. We

all know that a clean dog makes a happy partner; after all, nobody wants to come home from a week-long business trip and be greeted by a smelly pooch who leaves muddy paw prints on their dry clean-only suit.

Plus, for a bit of added fun, the company also has quick-drying, non-toxic, water-based Pawdicure Polish Pens, available in 13 colors and perfect for dog nail art.

My husband and I used the Coconut 2-in-1 Shampoo + Conditioner on our Lab mix, Finn. Just a puppy, he loves to play and run around outside, which means he gets dirty quickly; even so, three days after his bath, he still smelled like coconuts. His coat was particularly shiny and seemed more moisturized despite the Colorado winter air.

We also used the Instant Ear Cleaner on Finn's sensitive ears. He happily obliged while we massaged the solution into his ear canals, and his floppy ears stayed much cleaner than usual.

Lucky for you, one lucky CupidsPulse.com reader will win a Warren London gift bundle that includes: Lavender Shampoo, Hydrating Butter, Deep Cleaning Paw Fizz Tablets, Paw Sani-Scrub, Cucumber Melon Foaming Facial, "Wet Kiss" Dog Cologne, Grapeseed Oil, Instant Ear Cleaner, three Polish Pens, Nail File, and Buffer Block. Grooming your dog should be easy, effective, and, most importantly, fun – and thanks to Warren London products, it can be!

**~~GIVEAWAY ALERT: To enter for a chance to win the Warren London gift bundle, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest and telling us something fun about your dog. We'll contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is Monday, January 13th at 5 p.m. ET. Good luck!~~**

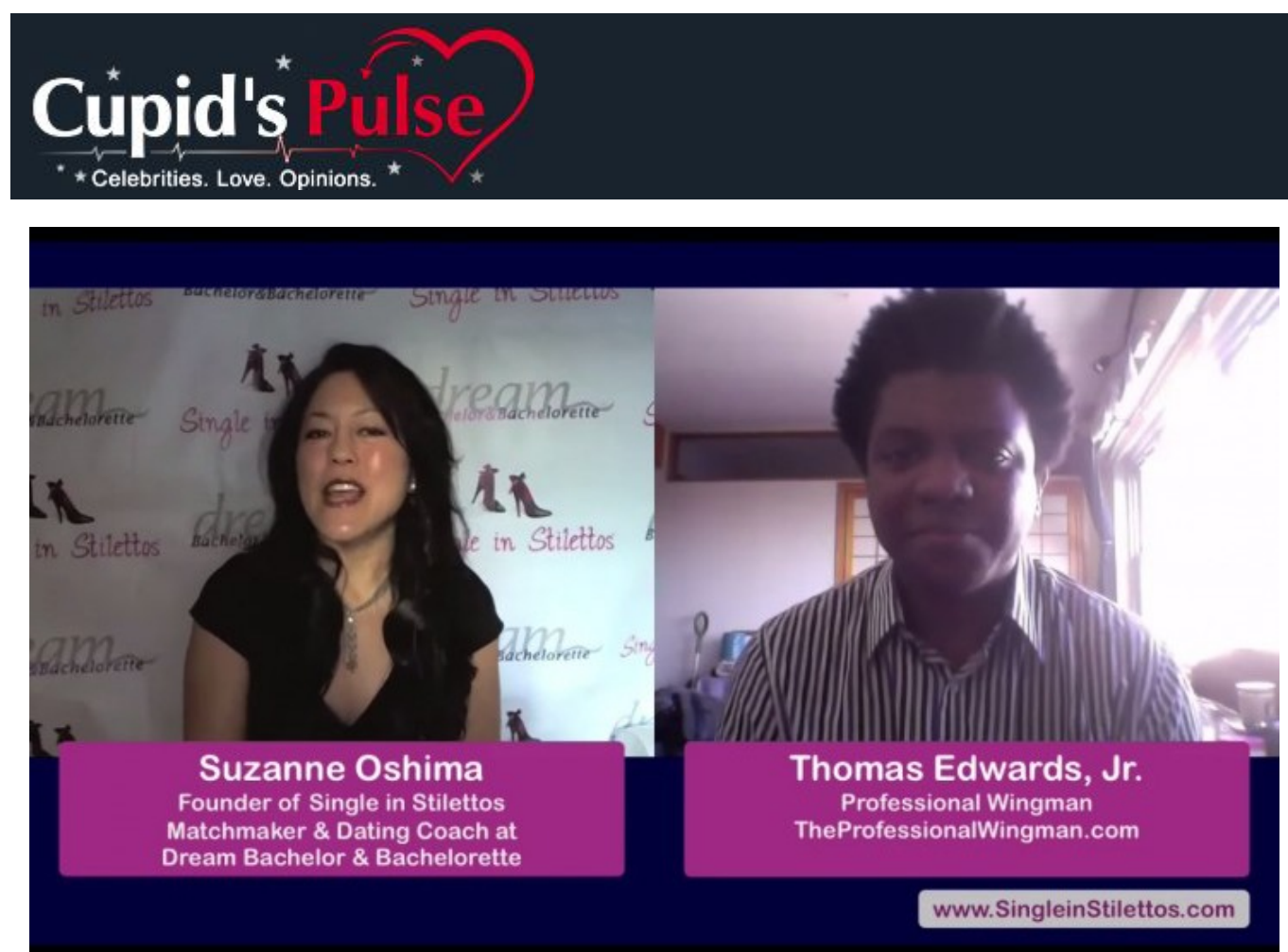
**Congratulations to Melissa Mazzur!**



*Open to US residents only.*

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# Cupid's Weekly Round-Up: Find True Love in the New Year



By [Whitney Johnson](#)

The start of a new year is like a blank slate. It's the perfect time to evaluate your goals and figure out what you want to accomplish over the next 365 days. If you're single and ready to settle down, use these great articles from our partners to open up your heart to love in 2014:

**1. Get inspired:** Thanks to these 50 romantic quotes, you'll be



more than ready to find the relationship you deserve. So snuggle up with a cup of hot cocoa and get ready to be inspired! (YourTango.com)

**2. Rediscover your passion:** It's easy for romance to take a backseat during the hustle and bustle of the holiday season. Whether you're partnered up with someone who you think may be your soulmate or you're working up the courage to say hello to your crush, these four tips will help you reignite your love life. (GalTime.com)

**3. Tap into technology:** If you want to settle down in the new year, it's time to change your approach to dating. Use this foolproof advice to perfect your online dating skills and meet the man of your dreams. (YourTango.com)

**4. Take a deep breath:** Former *Baywatch* star Gena Lee Nolin encourages us to enjoy this time of year – whether you're single, in a new relationship, or happily married with four children (like she is!). After all, "true happiness comes from within." (Celebrity Baby Scoop)

**5. Ring in the new year with someone new:** Just because you're single doesn't mean you can't have a fantastic New Year's Eve. Why not find a single guy and plan a first date for December 31st? Sparks may fly! No matter what you decide to do, reflect on the past year and set clear goals for the coming twelve months. (GalTime.com)

**How will you find true love in 2014? Tell us in the comments below!**

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# Celebrity Couple Predictions: Jessica Simpson, Miranda Kerr and Beyonce



By [Shoshi](#)

For today's column, let's consider three couples who have controversy currently surrounding them, whether it's because of baby weight, a surprise split, or anti-feminist song lyrics:

**Jessica Simpson and Eric Johnson:** This blonde pop star has come a long way, which makes it so easy to root for her success. Recently, she announced that she's going to stop acting and retire from the entertainment world. Her focus is now on being a business woman and mother.

All of that also means that she's finally ready to marry her baby daddy, Johnson. When I took a closer look at their relationship, it looks like everything is falling into place for them. The question of will they or won't they tie the knot is about to be put to rest. This time, the wedding *will* take place. It's a wonderful time for them to get hitched, now that they have two cute kids and Simpson has lost the baby weight.

This celebrity couple has a pretty normal relationship, and their wedding should be held in 2014. Don't expect too much drama – everything is going strong with them.

**Related Link:** [Jessica Simpson Welcomes Baby Boy Ace](#)

**Miranda Kerr and Orlando Bloom:** This beautiful couple has called it quits, which was a surprise to many people. Rumors have circled that Kerr cheated with Leonardo DiCaprio and Justin Bieber, while Bloom has recently been seen with Liv Tyler, causing the media to assume they're more than friends.

When considering the lost love between these exes, it looks like it just ran its course. Their relationship was well over before they made it official. They still care deeply for one another and always will, but it is more like a friendship. They tried to stay together for their child but realized it was just better to say goodbye.

Bloom will date around a bit before settling down again, breaking a few hearts along the way. He's going to enjoy being a single dad. As for Kerr, there are plenty of suitors circling her. After all, models hardly ever have a hard time finding rich men to love them.

**Related Link:** [Orlando Bloom Says He Still "Loves and Cherishes" Ex Miranda Kerr](#)

**Beyonce and Jay Z:** How can I not bring up this power duo considering the current controversy sounding them for the song "Drunk Love," in which Jay-Z compares their relationship to

Ike and Tina Turner? The lyrics have stirred mixed reviews from fans and feminists alike. How can a strong woman like Beyonce allow those lyrics on her album? Keep in mind that the singer has never called herself a feminist; other people just view her in this way.

This is all to say that these musical stars don't have the amazing relationship that most of their fans want them to have. I know some people will not like me saying it, but when I look into their marriage, it's not that great. There's a rumor that Beyonce thought about leaving Jay-Z because he didn't put his family first, and it definitely has many elements of truth in it. Plus, there are often reports of Jay-Z having relations with other women. His entrance into the sports world will put even more strain on their relationship.

It'd be awesome if they had the picture-perfect marriage that has been marketed. If you are one of the people who believe that they are crazy in love, it's all good. Just remember that, no matter how much money or fame someone has, we all go through the same ups and downs in our relationships.

*For more information on Shoshi, click [here](#).*

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## NoGamesLove Video Dating Tips: Get Over an Ex By Acting Like Him





By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on When to Move On

It's tempting to put yourself on a dating hold after you get out of a serious relationship, but in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a different approach. If you want to get over an ex, start acting like him! "Guys are amazing at getting over relationships, aren't they?" the dating expert asks. Girls, on the other hand, "saturate in the pain of the breakup." They tend to obsess and go on a life hiatus, just waiting for love to happen to us again. Here, House shares her quick tips for moving on from heartbreak.

**Related Link:** [Heartbroken? Heal and Move On...Like I Did](#)



For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How did you move on after a broken heart? Tell us in the comments below.

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# Single in Stilettos Show: My Biological Clock is Ticking Away!



**Suzanne Oshima**  
Founder of Single in Stilettos  
Matchmaker & Dating Coach at  
Dream Bachelor & Bachelorette

**Thomas Edwards, Jr.**  
Professional Wingman  
TheProfessionalWingman.com

[www.SingleinStilettos.com](http://www.SingleinStilettos.com)



In this week's [Single in Stilettos](#) show, our Executive Editor and Founder [Lori Bizzoco](#) chats with Suzanne Oshima about dating when your biological clock is ticking away. Still looking for The One when you're in your late 30s and early 40s can be tough, but it's worth the wait. Bizzoco offers her best three tips: don't freak out; communicate your feelings to your partner; and consider freezing your eggs. For more information about Single in Stilettos shows, click [here](#).

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

**Cupid wants to know: How do you handle a ticking biological clock?**

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## **Daphne Oz: "It's Such an Adventure Being Pregnant"**





By [Whitney Johnson](#)

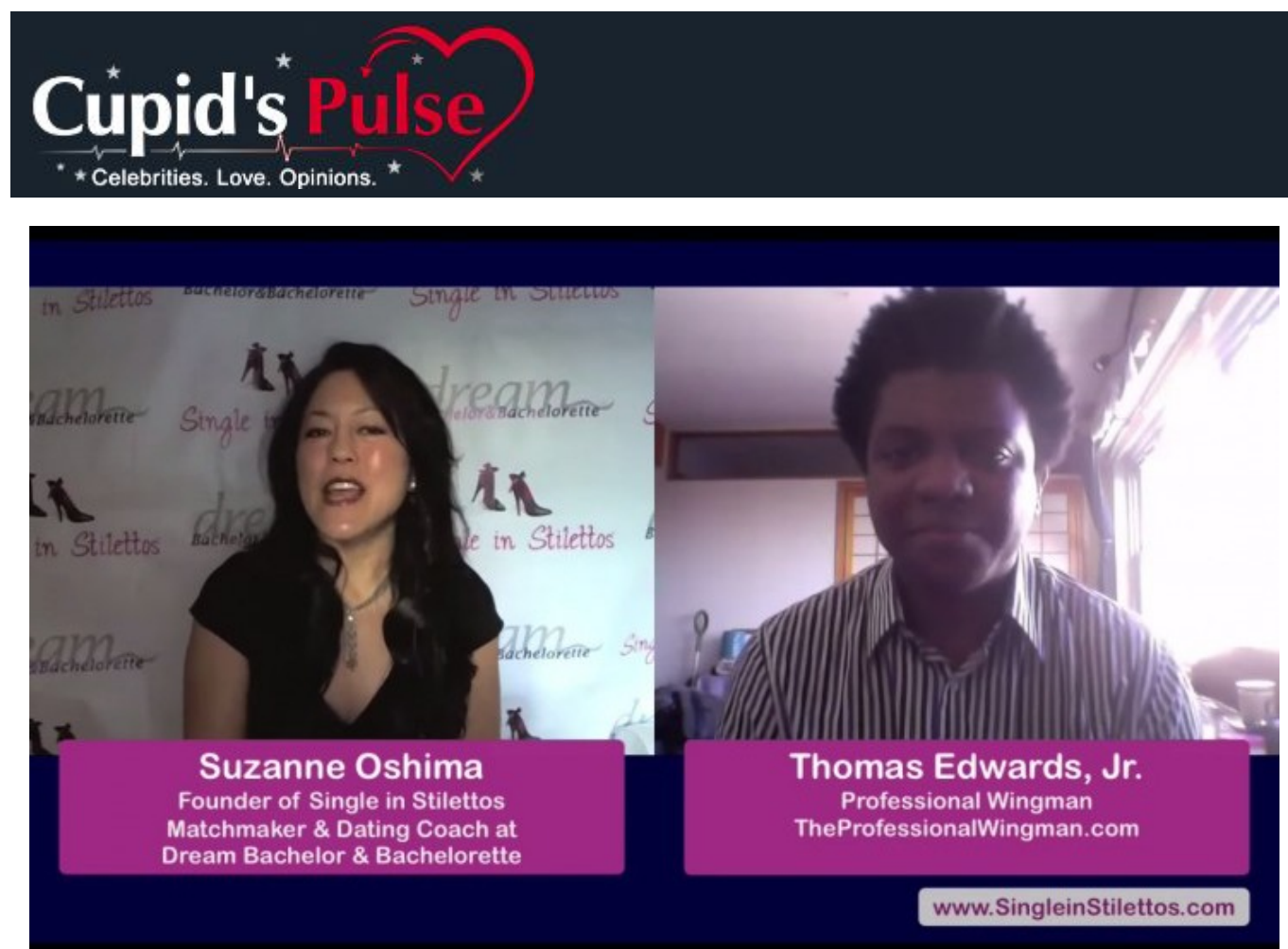
Like any mother-to-be, Daphne Oz has been excitedly preparing for her upcoming arrival. She recently took a big step and picked out baby furniture at Delta's Children showroom in New York City.

**Related Link:** [Emily Blunt Celebrates Her Baby Shower](#)

"I've loved every minute of being pregnant. It's such an adventure, and everything feels so new and exciting! Since we don't know what we're having, I've been designing the nursery in all neutrals – white, creams and grays – with lots of plush textures and soft things for baby," *The Chew* co-host recently told *Celebrity Baby Scoop*. "My mom has been helping me, which is so much fun as we create a welcoming environment for the newest addition to our family."

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# Cupid's Weekly Round-Up: Tips for Having a Fun Family Holiday



By [Whitney Johnson](#)

The holidays are meant to be spent with the ones you love most: your family. Whether you're a newlywed spending your first Christmas with your husband's family or new parents trying to survive those sleepless nights, it's important that you soak up this time together. With this thought in mind, CupidsPulse.com has pulled together these great articles from our partners, filled with the tips you need to have a fun-filled holiday with your family:

**Related Link:** [Drew Lachey Talks About Spending Time with His](#)

## Family

**1. Bond as a family:** It's no secret that your kids won't be little forever, so why not enjoy this time before it's gone? Take a look at these gift ideas to bring your family even closer. (GalTime.com)

**2. Show your bestie you care:** Many women find a BFF in their sister or mother, but even if you're not related to your best friend by blood, you probably still view her as family. These 37 friendship quotes will remind you how special your bestie is. (YourTango.com)

**3. Celebrate your loved ones:** Making people feel loved and special is important all year long, not just during the holidays. Here are four ways to show your family and friends just how much you care. (GalTime.com)

**4. Embrace your inner kid:** Take a cue from Alyson Hannigan and her husband of ten years Alexis Denisof and be a kid at heart. We promise you'll enjoy the holidays even more through the eyes of a child! (CelebrityBabyScoop.com)

**Related Link:** [Make Your Holiday the Best One Yet](#)

**5. Tell your partner you love her:** With the needs of your little ones filling you and your wife's days (and often your nights), it's easy for you to feel like you're missing out on time as a couple. Use these 15 tips to make sure your actions show your sweetheart just how much you love her. (YourTango.com)

**Cupid wants to know:** How will you bond with your family during the holidays?

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# Single in Stilettos Show: How to Get Into Shape for Dating



On this week's [Single in Stilettos](#) show, lifestyle and wellness coach Tracy Campoli talks to Suzanne Oshima about how to get your body in good shape before looking for love. Campoli reveals: the three body parts you should focus on to ensure that you feel confident when dating; her best tips for losing those last five to ten pounds; how to combat negative self-talk on the morning of a date; and why you shouldn't starve yourself or obsess over every little thing you eat. For more information about Single in Stilettos shows, click [here](#).

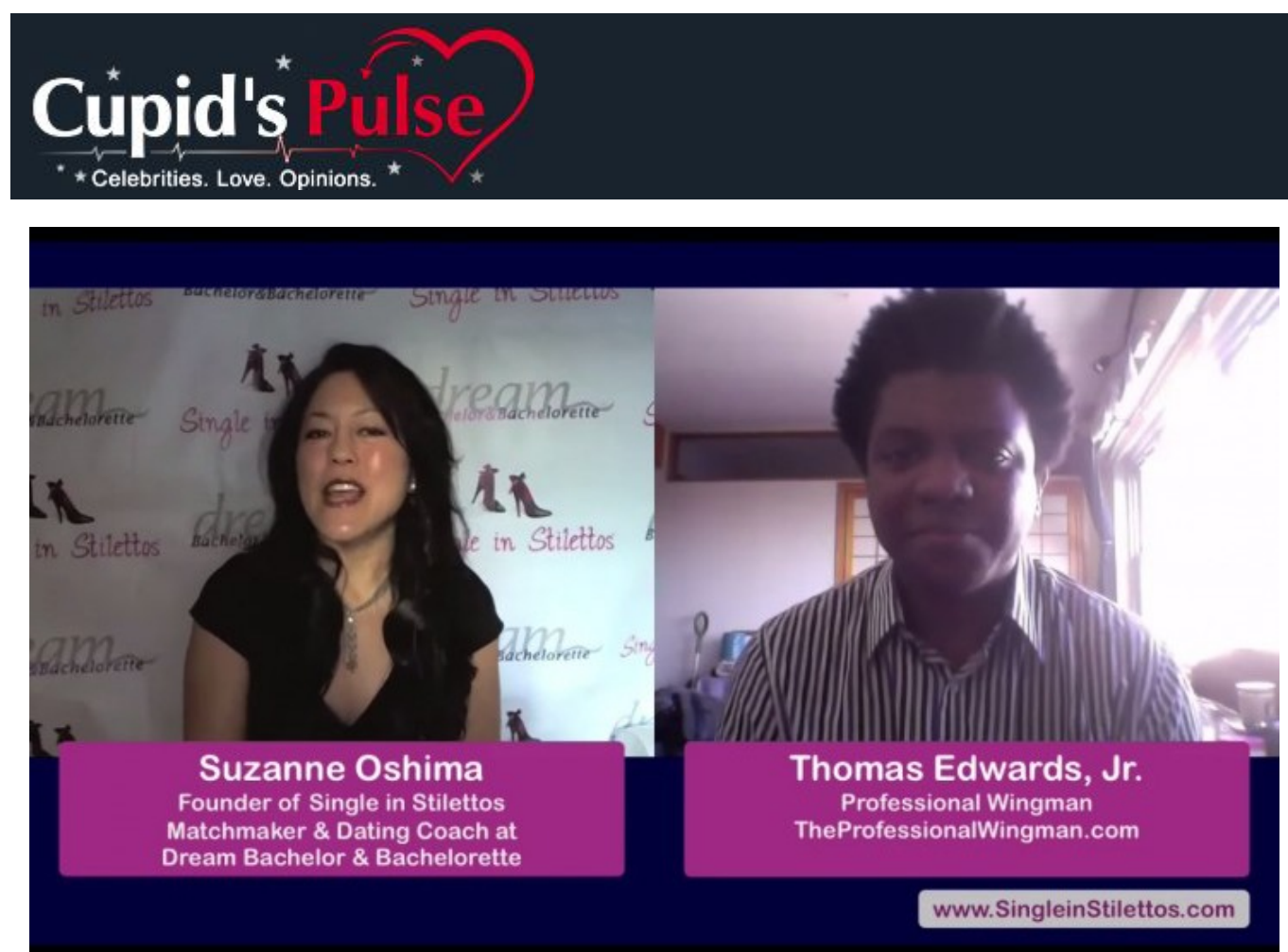
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How do you get into shape before date night? Tell us in the comments below!

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## How to Know When It's Time to Get Hitched



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

Deciding to get married is not a choice you should not make lightly. It's different for every couple, and timing is everything.

We're advocates of the popular rule of thumb that says it's important to see all four seasons of a person before deciding



on marriage. It's easy to love someone in less than a year, but it's hard to really *know* them in that short time frame. To truly know someone inside and out, you have to make sure you spend quality time with one another and make an effort to see each other consistently. You have to be with a person through happy times, sad times, and tough times in order to see their true colors.

**Related Link:** [Why Celebrities Prolong Their Engagements and Hide Their Wedding Plans](#)

It's easy to love someone when it's new and fun, but what would it be like if you lost everything that makes your relationship so secure? As cliché as it sounds, marriage has to endure "for better or for worse." Know yourself first. Are you the type of person who makes hasty decisions? Or have you always known what you want? Are you secure in where you are with your life personally right now? These are all questions to consider before jumping into a bond with another human that is meant to last forever.

Think about how much you've changed in your life to date. We live in a world of fast transitions – from schools to careers to friends to homes to hairstyles and everything in between. Before you make a vow, you have to be able to honestly evaluate whether or not you know what you want in the long term. It's easy to get swept away by love, but marriage is about permanence.

As far as length of engagement is concerned, it doesn't matter how long or short the two of you are engaged. If you want to plan a quick wedding and tie the knot immediately, that's great. If you have an engagement that lasts a few years – like Kristen Bell and Dax Shepard – then that's fine too!

**Related Link:** [Kristen Bell and Dax Shepard Are Married!](#)

Some couples want to be engaged and take that next step

together but put off the actual wedding because the timing for marriage isn't quite right. They may know they want to spend their lives together but recognize that they need time to sort out finances, job promotions, buying a house, whatever it may be.

It's impossible to base your love and marriage on statistics and what other people are doing. People are quick to give their opinions on other people's relationships. We've all heard of the couple who dated for five years and then broke up and met their true love. We've also heard about the couples who were engaged and married within six months and are still living happily ever after...and those who aren't.

The only real way to know if you're ready to be married is if you have zero doubts when it comes to being by your partner's side for the rest of your lives. No matter what, always make sure you're getting hitched for the right reasons.

*For more information about Project Soulmate, click [here](#).*

**How did you know when you were ready to get hitched? Tell us in the comments below!**

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## **Surviving Holidays as a Stepparent**





By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

***It doesn't have to be difficult.***

A stepparent who has different holiday traditions from the rest of the family, especially a stepparent with no child of their own, can feel left out of the celebration. All family traditions matter, and it's vital for everyone to be considered when planning holidays.

Actress Megan Fox is stepmom to hubby Brian Austin Green's son, Kassius. Word has it that she is a stepmother to the fullest extent. She has happily looked after Kassius since he was three years old. Fox is a good example of a stepparent who most definitely includes her stepchild in all holiday celebrations as well as every aspect of their family's life. It should be this way for all children in blended families.

As a stepparent, here are a few things you should consider when planning holidays:

**Related Link:** [Reinventing Home for the Holidays](#)

**Who is going to spend the holiday where?** Holiday plans can be predetermined by custody or shared parental agreements. If you have the flexibility of options, discuss them with the children and keep their desires in mind. Some families split up the holidays each year: "I'll take Halloween and you take Thanksgiving." Or some try to do both: "I'll take Christmas Eve" (Mom) and "I'll take Christmas Day" (Dad). Several people celebrate twice, once with each parent.

**Where will the gifts be opened?** Parents who purchase presents for their children like to see their reactions when the child is opening the gift. How would you feel if you didn't get to see their surprise? Make sure you think of all parties involved when making plans.

**Watch out for trouble on the stepsibling front when the kids have other plans.** Stepchildren can feel left out if there are "whole" kids in the picture. Try to keep the presents even and have the major festivities take place when all the children are present.

**Don't expect holidays to be as you had in the past.** Be aware the loss of the old ways of doing things is a disappointment for the kids *and* for you. Discuss how holidays were for each of you and have each person define which rituals are most important to them. This can be hard to hear, but it's important. Incorporate a few of these old rituals into your new holiday.

**Create new holidays.** If all the holidays seem to be taken up with stress and other people's claims ("But Thanksgiving is mine!"), you can always select another day (Cinco de Mayo, Arbor Day, Stepparents Day) to become an annual blow-out holiday. Acknowledge you are starting from scratch. There is a new excitement about having the opportunity to create holidays as you would like them to be. Aim for creating your own holiday spirit (with additions) and welcoming kids into it.

**If you won't have the children for the holiday, create an alternate festivity for yourselves.** Don't stay home and mope. Don't force false cheer. Make new memories. Get creative. Plan ahead and don't let yourself feel lonely or disappointed.

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

Here are a few more simple tips to keep in mind as well:

- The first few years, try to lower your expectations.
- Don't assume holidays will be calm and peaceful if daily life is full of conflict. There is no holiday from mixed feelings, and you cannot force fun, laughter, and family spirit.
- The winter holidays are traditionally a time of family togetherness. You and your partner can have private time too, but always take the children and stepchildren into consideration.
- Take into account the religions of those involved. It's important to keep family traditions alive with certain cultures.
- Be flexible and encourage flexibility.
- If things are tense, do not force get-togethers or minimize the amount of time spent together.

No matter the holiday, remember to celebrate. You are a real family!

*For more information about Hope After Divorce, click [here](#).*

*Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving*

*Teenhood. Michele is a contributing expert for  
HopeAfterDivorce.org, DivorceSupportCenter.com,  
FamilyShare.com, and CupidsPulse.com.*