

Mark-Paul Gosselaar & Lisa Ann Russell Split After 14 Years!



After 14 years of marriage and two children together, Mark-Paul Gosselaar (better known as Zack Morris from *Saved By the Bell*) filed for divorce on June 18 from Lisa Ann Russell. [TMZ](#) confirmed the split on Friday. The couple's rep told [UsMagazine.com](#) that they will remain "focused on their family and are jointly committed to their children."

How can you focus on the kids when you dissolve a marriage?

Cupid's Advice:

No one wants to end a relationship, but there are times when

parents find themselves sitting with lawyers to divide their assets – and figure out what to do about their children. Here are some ways to help alleviate stress when the kids are involved:

- 1. Let the older kids speak:** When dealing with something as permanent as divorce, always put the kids first. If they're old enough, talk with them and ask if they have any questions. If they're too young to understand, ensure that you spend positive quality time together as frequently as possible.
- 2. Play nice with your ex:** You may think this an easy task, but when a relationship ends, you're bound to strike an occasional sour note. Try to keep tempers and attitudes in check, especially if the kids are within earshot.
- 3. Separate the issues:** Ending your marriage shouldn't be a nasty fight to the finish. Work things out amicably and make sure you work out child custody arrangements. When the kids see that the two of you get along better now that you're apart, they may feel that the divorce was a better choice versus seeing their parents fighting constantly.

Mel Gibson vs. Oksana Grigorieva: Restraining Orders





[RadarOnline](#) reported Friday that 54-year-old actor Mel Gibson filed a sealed restraining order against ex-girlfriend Oksana Grigorieva, the mother of his seven-month-old illegitimate daughter, Lucia. However [TMZ](#) reported an hour later that Grigorieva filed a domestic violence restraining order against the actor, claiming he was violent towards her. Gibson's restraining order was filed to keep his ex from releasing certain information, as well as ensuring child visitation rights.

How do you deal with child visitation after a not so amicable break up?

Cupid's Advice:

While no breakup is immune to problems, there are ways to ensure your children don't bear the burden of your issues.

1. Ask for help: If you and your ex can't stand to be in the same room together, find a close friend or family member that can assist with figuring out a schedule that works for the both of you.

2. Hire a mediator: A professional can meet with each of you separately and come back with an arrangement that gives both parents equal time with the kids.

3. Include the children: Ask the older ones about their wishes. It's important to include them in your decision if you can. This will go along way to help them understand the breakup isn't about them.

It's A Boy for Sean Patrick Thomas!



A rep for actor Sean Patrick Thomas and wife Aonika Laurent Thomas announced the

birth of their son, Luc Laurent Thomas, in a [People](#) exclusive on Tuesday. He was born on June 9 in Los Angeles and weighed 7 lbs., 6 oz. The couple also has a 2-year-old daughter, Lola.

How can you ensure enough time for everyone when increasing family size?

Cupid's Advice:

Families are growing larger in the 21st century, which can often translate to family members – especially children – feeling left out. To combat this, you'll need to be strategic about your time. Here are some easy methods to keep the household from feeling neglected:

- 1. Create a routine:** From the moment you have a new baby, a routine needs to be worked out so older siblings can spend time with the little one, and also have one-on-one time with you.
 - 2. Offer special coupons:** Depending on the age of your older children, creating 'coupons' for together time can provide them with control over their needs. These tickets can be for hugs, story-time, or a game – anything to show your kids they haven't been forgotten.
 - 3. Special moments:** There are bound to be unexpected games, recitals, or plays you'll need to attend. If you've gotten short notice, make every effort to make it. Can't? It's time to bust out an IOU card.
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Halle Berry & Gabriel Aubry Take Nahla to Disneyland



Oscar-winning actress Halle Berry and her ex, model Gabriel Aubry, took their 2-year-old daughter Nahla to Disneyland in Anaheim, California last week, according to [UsWeekly](#). The three were spotted in the land of Mickey Mouse taking pictures, and of course, wearing smiles!

Is an outing with an ex (who also happens to be the biological parent to your child) an ideal situation when kids are involved?

Cupid's Advice:

Sure, as long as any disagreements or other dramas remain behind closed doors and away from the kids. Staying platonic

with your ex for sake of family ties can strengthen the bond you have with your children. If you're planning an excursion with an ex and the kiddies, Cupid has some tips for a successful day:

- 1. Lay the groundwork:** Talk with your ex in private beforehand. Communication is crucial to maintain peace and civility while you're out. Any ulterior moves from either of you will be counterproductive.
- 2. Keep it simple:** If it's your first attempt at devising this type of plan, keep it light. Instead of a huge theme park like Disneyland, try the local park – think swings, trees, and paths to stroll down.
- 3. Keep conversation light:** If you experience any awkwardness during the day, bring your focus back to the kids, and enjoy the time you've set aside for them.

Tiffani Thiessen Welcomes Her First Child





It's a girl! [People](#)

reported that actress Tiffany Thiessen and her hubby, Brady Smith, welcomed their first daughter, Harper Renn Smith, on Tuesday. Thiessen's rep said Harper, who weighed in at 8 lbs., 3 oz., is "doing great." This is the couple's first child.

What can first moms expect once the baby is born?

Cupid's Advice:

A lot! But with some basic tips and the help of family and friends, you can get through this exciting (and sometimes scary) new time.

- 1. You'll be tired – constantly:** Long gone are the mornings you can sleep in. Be prepared for this, and prepare your partner for this as well.
- 2. Don't expect anything...:** Since this is your first child, you don't know what to expect or what road you should take. Realize that you can only control so much.
- 3. ...but expect to be surprised:** What amazes most first-time moms is how fast time flies, and how quickly their newborn

turns into a walking, talking mini-mom or dad. Embrace the moments allow you to forget how stressed out you are, and remember that motherhood is a gift that shouldn't be taken for granted.

Adriana Lima Introduces Baby Valentina



[Hola!](#) [Brasil](#)

magazine introduces Adriana Lima's baby girl, Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now

that baby and mom have recovered, they want to share their lives with everyone.

What are some ways to prevent pregnancy complications?

Cupid's Advice:

Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances dealing with them.

- 1. Eat healthy:** This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.
 - 2. Listen to your doctor:** Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.
 - 3. Have your partner to join you:** Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.
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Jesse James & Ex-Wife Janine Battle for Sunny James





Last Friday, Jesse James allowed a long-awaited supervised meet-up between his 6-year-old daughter, Sunny James, with her mother, porn star Janine Lindemulder. The reason for the long delay? Up until the recent admission of infidelity by Jesse James, Lindemulder was considered to be the “bad” parent (Bitten and Bound). The former couple will be heading to court in two weeks to discuss more formal arrangements, provided Lindemulder has learned to put a filter on her conversations when near their little girl, as [US Weekly](#) reported.

Visitation is hard enough on kids these days. What can adults in this situation do to ensure equal, quality time?

Cupid’s Advice:

James and Lindemulder need to take their daughter into consideration when making plans to spend with their child. In any visitation battle, it’s best to take the necessary time to plot out important events so that all parties involved are able to have a successful, yet separate, relationship. Here are some ways to assist:

1. Make a list: Each adult needs to write out the special days

they wish to share with their child(ren), whether it's a holiday or a school play, then compare each list with each other and choose which days are the most important.

2. Compromise: Whenever there's a conflict, you must be willing to concede when appropriate. You should always consider the child and their needs first. Talk it out and see if both of you can share a special day.

3. Talk with your child(ren): Once the two of you have come up with a plan of action and are in agreement, consider sitting down with your little ones (if they're old enough to understand), and let them know what you've come up with. At this point, you can ask how they feel about the arrangements, or if they have any questions.

Families are the backbone of society. They support you when you venture out into the world, and they are there to comfort you when you stumble. If you're part of a family living in separate houses, it doesn't mean that it can't work.

Katherine Heigl Wants to Adopt Again





While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

Cupid's Advice

Plan for everything!

1. Expect the unexpected: One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain any semblance of normalcy.

2. Be flexible: You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this family dynamic, you need to be able to split up your time

effectively between the kids, your partner, and your own life.

3. Make time for yourself: You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.