

Celebrity News: Megan Fox Slams Ex Brian Austin Green for Sharing Halloween Photo of Their Son



By Nicole

Maher

In the latest [celebrity news](#), Megan Fox publicly slammed her [celebrity ex](#) Brian Austin Green for sharing a photograph of their son on Halloween. According to *UsMagazine.com*, Green posted an image of himself along with the couple's youngest son, Journey, to his Instagram. Fox was quick to comment on the image and questioned why her estranged husband did not crop their child out of the image. The [celebrity couple](#) officially split in May of this year after 10 years of marriage.

In celebrity news, there's definitely some drama between these exes, who share three kids together. What are some ways to iron out parenting differences with your ex?

Cupid's Advice:

It can be difficult to navigate co-parenting with an ex, especially if you have differing opinions on many fronts. If you are looking for some ways to iron out parenting differences with your ex, Cupid has some advice for you:

1. Establish predetermined rules: An easy way to prevent conflict or differences from arising in the future is to establish some predetermined rules. If you are against having your children featured on social media, or want a universal curfew for both of your houses, these are rules that can be established ahead of time. Be sure to keep these rules straightforward and collaborative to help eliminate as many parenting differences as possible.

Related Link: [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce From Christina Anstead](#)

2. Ask for permission: There will always be gray-area when it comes to parenting, whether you and your partner are still together or not. A great way to avoid differences is to simply ask for permission when you are unsure if what you're about to do will upset the other parent. The other person involved will appreciate the open communication and hopefully do the same when faced with a situation they are unsure of.

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3. Discuss differences privately: While it can be frustrating to navigate parenting differences, especially when they are repetitive issues, it's important to discuss these differences privately. Opening up your conflicts to many other people, such as posting on social media, will only add unnecessary tension to the strained relationship and make it harder to iron out differences in the future.

What are some other ways to iron out parenting differences with your ex? Start a conversation in the comments below.

Celebrity News: Machine Gun Kelly Says He's a 'Better Person' After Falling in Love with Megan Fox





By Nicole

Maher

In the latest [celebrity news](#), Machine Gun Kelly outlined how his new relationship with Megan Fox has made him a better person. According to *UsMagazine.com*, Kelly was struggling with addiction prior to meeting Fox, but their relationship allowed him to break the cycle and have the “biggest rise” of his life. The [celebrity couple](#) met while filming *Midnight in the Switchgrass* and moved in together one month after Fox separated from her estranged husband.

In celebrity news, Machine Gun Kelly credits Megan Fox for helping him become a better person. What are some ways a relationship can change you for the better?

Cupid's Advice:

There are many benefits to being in healthy and loving relationships, some of which may personally make you a better

person. If you are looking for some ways a relationship can change you for the better, Cupid has some advice for you:

1. More responsibility: Relationships come with a lot of responsibilities, from maintaining open communication to tending to the feelings of your partner. By taking on some of these responsibilities when getting into a relationship, you will gradually become more mature and better equipped to maintain other relationships and friendships in the future. This ability to handle more responsibilities can also translate to other areas of your life, such as your professional life.

Related Link: [Celebrity Couple News: Jacob Elordi & Kaia Gerber Confirm Relationship With a Kiss](#)

2. New social circles: The people that we choose to surround ourselves with can benefit or hurt us in the long run. Forming a new relationship can provide an opportunity to integrate new people into your social circle, which may lead to some more positive influences. Changing the people you surround yourself with can also provide an opportunity to stop falling back into old habits if it was something you shared with your past friends.

Related Link: [Celebrity News: 'RHOC' Alum Vicki Gunvalson Shoots Down Split Rumors](#)

3. Positive outlooks: Healthy and loving relationships should provide you with more things to look forward to in life. A relationship can better you as a person by giving you more outlets for excitement, which in turn can make you a happier and more pleasant person to be around. The happier you are, the more positively you will see yourself as well.

What are some other ways a relationship can make you a better person? Start a conversation in the comments below!

Celebrity Couple News: Megan Fox & Machine Gun Kelly Hold Hands in Puerto Rico



Williams

By Alycia

In latest [celebrity news](#), Megan Fox and Machine Gun Kelly were spotted at a luxury resort in Puerto Rico during their [celebrity vacation](#). According to *UsMagazine.com*, the [celebrity couple](#) flew to the Caribbean island on Wednesday, July 15, to resume filming their movie, *Midnight in the Switchgrass*. Fox and Kelly met on the set of the film in March and went public with their relationship shortly after her husband, Brian Austin Green, confirmed in May that the pair had split after 10 years of marriage.

In celebrity couple news, Megan Fox and Machine Gun Kelly are vacationing together. What are some ways traveling with your new partner can help solidify your relationship?

Cupid's Advice:

Sometimes vacations are extremely needed! Going on vacation with your partner can really strengthen your relationship. If you are looking for ways that traveling with your new partner can help solidify your relationship, Cupid has some advice for you:

1. Make memories: Traveling with your partner can create memories that you both will look back on for years to come. Holding onto these good memories will help you through the rough patches that you'll have with your partner.

Relates Link: [Travel Destinations: 5 Peaceful and Relaxing Vacations for Couples](#)

2. Increased passion: By trying new things with your partner, the passion in your relationship will grow stronger and stronger. The thrill of accomplishing any exciting activity will ignite a deep passion in your relationship, one you can only share with your partner.

Related Link: [Celebrity Getaway: Scheana Shay & BF Vacation With James & Raquel Amid 'Pump Rules' Firings](#)

3. Get to know each other on a deeper level: By vacationing with your partner, you have all the time in the world to spend with just you and your partner. You can learn new things about

each other that you haven't uncovered yet, and you can experience new things you never thought of. You'll be able to return to your day to day lifestyle with a new understanding of your partner, and who you both are as individuals.

What are some more ways traveling with your new partner can help solidify your relationship? Start a **conversation in the comments below!**

New Celebrity Couple Megan Fox & Machine Gun Kelly Confirm Relationship With a Kiss





By Alycia

Williams

In latest [celebrity news](#), Megan Fox and Machine Gun Kelly confirmed their relationship with a kiss after Fox's split from Brian Austin Green. According to *UsMagazine.com*, the new [celebrity couple](#) was spotted holding hands and kissing for the first time in the public eye.

In celebrity couple news, Megan Fox has moved on from Brian Austin Green with Machine Gun Kelly. What are some ways to keep hurting your ex to a minimum when you move on with someone new?

Cupid's Advice:

Once you break up with someone. it can take your ex a little bit longer to get over the relationship than it did for you. If you've moved on with someone else after a break-up, but you don't want to hurt your ex, Cupid has some advice for you:

1. Just tell them: Although this may seem like a hurtful tactic, letting your ex know before they find out from social media or a mutual friend is going to work out in their favor. This way they have time to adjust to your new relationship and when someone else brings it up to them, they won't be surprised at all.

Related Link: [Celebrity News: Brody Jenner is 'Happy' for Miley Cyrus & Ex Kaitlynn Carter](#)

2. Don't be spiteful: Your ex may still be going through a rough time getting over you while your in this new relationship, so don't do or say anything that you know would make them upset. Even though you may not be doing anything intentionally to hurt your ex, you could still be hurting them. Take a broader scope to all of your actions and do your best to be considerate of their feelings.

Related Link: [Celebrity Couple: Adam Levine Dating Nina Agdal After Behati Prinsloo Split](#)

3. Try to set them up: You've moved on and if your ex is open to it you should try to set up your ex with someone that you know. It'll help the healing process for your ex and they could possibly get into a new relationship as well.

What are some other ways to keep hurting your ex at a minimum when you move on when you move on with someone new? Start a conversation in the comments below!

Celebrity Break-up News :

Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage



By Alycia

Williams

In latest [celebrity news](#), pictures of Megan Fox and Machine Gun Kelly have surfaced, which has led many to suspect issues within Brian Austin Green and Fox's marriage. According to *UsMagazine.com*, Green shares in his podcast that he has split from his wife of ten years. Despite this [celebrity break-up](#), Green expresses that he will always love Fox, but that they've been trying to be apart since the end of 2019. He got choked up as he explains that he would rather be apart from Fox than be at odds, since they're best friends and have children together.

In celebrity break-up news, Brian Austin Green and Megan Fox are calling it quits. How do you know your relationship is beyond saving?

Cupid's Advice:

Relationships are bound to go through up and downs, which makes it hard to know when you should let go. For some clarity on when your relationship is beyond help, Cupid has some advice for you:

1. Is your partner being faithful?: If your partner truly loves you, they won't be unfaithful. If they are cheating on you or being dishonest, then they don't respect you enough to tell you that they don't want to be with you. And, in that case, there is no point trying to fix the relationship because you deserve someone that respects you enough to be faithful.

Related Link: [Celebrity Break-Up: Kenya Moore's Husband Marc Daly Reportedly Had Multiple Affairs Before Split](#)

2. Are you happy?: Your partner is supposed to make you happy. So, if you feel that that you've been unhappy lately, then that's a sign that something isn't working out. You should get to the bottom of your unhappiness, and if your partner is at the root of your unhappiness, then it's time to part ways.

Related Link: [Celebrity Divorce: Sarah Palin's Husband Files for Divorce After 31 Years of Marriage](#)

3. Do you love being around your partner? In a loving relationship you guys would never want to be apart and you'll always want to be around each other. If you find yourself trying to get as far as possible from your partner and not spending a lot of time together then you shouldn't try to save

the relationship anymore.

How else do you know your relationship is beyond saving? Start a conversation in the comment below!

Celebrity News: Brian Austin Green Shares Cryptic Post After Wife Megan Fox is Spotted with Machine Gun Kelly



By Ellie

Rice

In the latest [celebrity news](#), Megan Fox was spotted hanging out with rapper, Machine Gun Kelly, leading many to suspect a rift between her and husband, Brian Austin Green. According to *People*, Green posted a cryptic message on social media and was seen out and about without his wedding ring. The pair have had a rocky relationship, so this wouldn't be their first split. After meeting on set in 2004, the duo went on to have three kids together! We hope these two can work things out.

In celebrity news, Brian Austin Green came forward with a cryptic post, potentially referencing his wife Megan Fox after she was spotted with another man. What do you do if you suspect your partner is being unfaithful?

Cupid's Advice:

Infidelity can plague and ultimately ruin a relationship especially if one partner finds out about the other's bad behavior. If you suspect your significant other of cheating, Cupid has some advice for you:

1. Talk to them about it: Before you draw any conclusions, you need to have a chat with your partner. Something you may have seen or heard could have been misinterpreted or only a portion of the full story. While this is an extremely emotional situation, it's important that you leave your aggression at the door. Go into the conversation with a level head and open mind in order to understand the weight of what your partner has to say.

Related Link: [Relationship Advice: The Case of Elon Musk: Connecting Instead of Clashing](#)

2. Analyze the situation: Once you've heard your partner out, it's up to you to decide what to do with that information. Take some time to think about the situation and your feelings for this person. Is this something you're willing to work through? Can your relationship move past this? Once trust is broken in a relationship it can be very difficult to get back to where you both were. Even though you may love this person, you need to put your mental health first. Decide if this relationship is worth repairing or if it's a better decision to move on.

Related Link: [Celebrity Exes: Megan Fox Finally Confirms Past Romance with Shia LaBeouf](#)

3. Find your support network: If you've decided that your relationship cannot move forward after infidelity, it's important that you have a support network to help you through this time. Dealing with a cheating partner comes with a lot of hurt and feelings of betrayal. Surround yourself with friends and family and always save time for self-care. This group of people will be there to help you through every step of your breakup and when you're ready, they'll be by your side when it's time to date again!

What would you do if your partner was cheating? Start a conversation in the comments below!

Celebrity Exes: Megan Fox

Finally Confirms Past Romance with Shia LaBeouf



By [Courtney Shapiro](#)

[ey Shapiro](#)

In [celebrity news](#), Megan Fox has finally admitted she was in relationship with Shia LaBeouf while on the set of *Transformers*. According to *UsMagazine.com*, Fox clarified and said the [celebrity relationship](#) was “on-set romance that didn’t go anywhere afterwards.” Labeouf, however, hinted that their relationship was more than an on-screen romance. The pair only briefly dated for six months, and Fox is currently married to Brian Austin Green.

These celebrity exes kept the fact

that they dated close to the vest. What are some benefits to keep your new relationship on the down-low?

Cupid's Advice:

How can you benefit from keeping your relationship on the down low? Cupid has some thoughts:

1. You and your partner can focus more on each other: Not involving too many people in your relationship will give you and your partner more time to be invested in each other. The relationship is between the two of you and will feel more special if the details aren't being spread around.

Related Link: [Celebrity News: Dakota Johnson Spends Thanksgiving with BF Chris Martin Along with Gwyneth Paltrow & Kids](#)

2. It's less stressful: You don't have to impress anyone or constantly talk about your relationship with other people. Do what makes you and your partner happy and forget everyone else.

Related Link: [Celebrity News: Halsey Responds to Rumors She's Dating John Mayer](#)

3. You and your partner are really get to know each other: If the relationship is still new, it is important that you and your partner take time to know each other before everyone else knows about it. When you feel ready, then you and your partner can give more details.

How did you benefit from keeping your relationship on the down low? Share with us below!

Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body



By

[Jessica Gomez](#)

Summer is here, and some of us have been procrastinating on getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential in reaching your goal.

Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

1. Hot Lemon Water: Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

2. Master Cleanse: This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

3. Baby Food Diet: To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day

and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

Related Link: [Celebrity Chef Recipe: Meal-planning Made Delicious](#)

4. Macrobiotic Diet: This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages "sea vegetables" as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

5. Apple Cider Vinegar Shots: Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can't take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

What are some diets you've tried that worked for you? Share below!

Celebrity Marriage: Brian Austin Green Opens Up About Taking Marriage with Megan Fox Day By Day



By

[Ashleigh Underwood](#)

Relationships are hard for everyone, and [celebrity relationships](#) are no exception. Recently, Brian Austin Green opened up about his celebrity marriage with Megan Fox on his podcast show. He spoke about how every marriage is hard and how they take work, but that he and Fox take things “day by day.” After coming close to a divorce in 2015, the [celebrity couple](#) reconciled, according to [UsMagazine.com](#). The two have

been working hard at their relationship and making it work ever since.

This celebrity marriage has seen its trials and tribulations. What are some ways to get through a rough patch in your marriage?

Cupid's Advice:

In a marriage, there are always going to be highs and lows. The key to a good relationship however, is making it through the hard times and celebrating the good ones. Here are a few ways to get through those rough patches:

1. Communicate: Communication is a huge element in every relationship. As a couple, you need to be able to go to each other and sort out your emotions in a healthy way. If something is bothering you, go to your partner and explain your feelings so you can work it out.

Related Link: [Celebrity Divorce: Audrina Patridge Files for Divorce from Corey Bohan](#)

2. Stay positive: It is very easy to become negative and hopeless when going through a rough patch. However, that negativity will only drag the relationship down further and instead you should focus on the positives. Every small win within your relationship matters, and they should be celebrated.

Related Link: [Celebrity Couple Mandy Moore and Taylor Goldsmith Are Engaged](#)

3. Look within: When you are fighting with your partner or feeling distanced from them, it is easy to place blame on one

another. This can be detrimental because nothing will ever be solved. Instead, take a step back and look within yourself. There may be something you can change or simply acknowledge that can have a major effect on your relationship.

What is your best advice for making it through a rough patch?
Comment below!

Parenting Tips: See How Celebrity Moms Raise Their Children Without Gender Stereotypes



By [Mariss](#)

[a Donovan](#)

Some [celebrity parents](#) such as Megan Fox break away from gender stereotypes and raise their children to make their own choices on what they want to wear or who they want to become. Fox has been seen letting her first son Noah wear dresses because that is what he is most comfortable in. As a parent, Fox wants her children to feel confident in the choices they make and gender stereotypes can be detrimental to a child's growth.

Check out how other [celebrity moms](#) are breaking away from gender stereotypes!

1. Jada Pickett Smith: Celebrity kids Jaden and Willow Smith has been making headlines for their actions, but Jada Pickett Smith always stands behind her children! According to [Usmagazine.com](#), Smith claimed to be a unconventional parent for how she allows her children to make their own choices instead of telling them what she validates as okay. Many people have been surprised by Jaden fashion choices and willow's choice to shave her head. She believes it's empowering to let her children put themselves first!



Jada Pinkett Smith
and Jaden Smith.
Photo: Facebook.com

Related Link: [Celebrity Children Who Are Just Like Their Parents](#)

2. Adele: Powerhouse singer Adele is not only a force to be reckoned with musically, but also has a voice when it comes to breaking gender stereotypes. In an interview with [Time.com](#), the singer expressed her excitement for the future of her son Angelo. She excited to see who he will fall in love with, who his best friends will be, and what movies he will enjoy! So far it looks like Frozen has been one of his favorites since the celebrity child wore a Princess Elsa costume to Disneyland!



Adele. Photo: Marco
Sagliocco / PRPhotos.com

Related Link: [Adele Is 'Thrilled' About Becoming a Mother](#)

3. Carrie Fisher: The legendary Carrie Fisher did not believe in enforcing gender roles on her daughter Billie Lourd. According to *Teenvogue.com*, the *Scream Queens* star was named Billie was one of ways Fisher showed that gender didn't matter. The celebrity mom took pride in showing her daughter that men and woman are equal and all that mattered was being a strong person!



Photo:
praisethelourd/Instagram

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4. Bryce Dallas Howard: Jurassic World star wanted her daughter to lead the way instead of instilling gender roles in Beatrice. According to [People.com](#), allowed her daughter to wear hand-me-downs from her brother Theodore. Her celebrity child was also bald for a long period of time and her gender did not appear prominent. Howard had no issue with what other people thought of her daughter because she was focused on letting Beatrice make her own choices.



Photo:

brycedhoward/Instagram

Related Link: [Celebrity Mom Jillian Michaels Admits It's Hard to Balance Workouts and Motherhood](#)

5. Jillian Michaels: Famous [fitness](#) trainer Jillian Michaels is okay with having her son Phoenix follow his daughter Lukensia's choices. According to [Huffingtonpost.com](#), Phoenix enjoys wearing heels and playing with dolls. Michaels does not tell her son these choices are off limits because she believes it's okay to like things that are traditionally stereotyped for girls only.



Jillian Michaels with daughter Lukensia. Photo: FAMEFLYNET PICTURES

Which celebrity mother is your favorite from our list? Let us know in the comments!

Megan Fox & Brian Austin

Green Welcome Celebrity Baby No. 3



By

[Stephanie Sacco](#)

There's a [celebrity baby](#) on board for Megan Fox and Brian Austin Green! The [celebrity couple](#) now have three little ones of their own. According to [UsMagazine.com](#), they named their newborn baby boy, Journey River Green. This [celebrity news](#) surrounding Fox and motherhood was discussed on Chelsea Handler's Netflix show, *Chelsea*. Fox said, "I knew I was always going to be a mother; I felt like that was always a big part of my path." Followed by, "But I never knew I was going to have three in such rapid succession." Fox and Green filed for divorced last year, but have put things on hold for family life.

There's another celebrity baby in the mix for Megan and Brian! What do you do if you find yourself pregnant and in the midst of a split?

Cupid's Advice:

Pregnancy can cause a shift in a relationship, and it's not always positive. It's one thing when you decide to have a child together, but when you realize you're pregnant in the midst of a split, it can get dicey. Cupid is here to help:

1. Communicate: Weigh your options with your partner (or ex-partner) and decide how best to handle it. Raising a child together is a big step, especially if you aren't on the best terms. Understand that you have other options, but don't make any decisions without them.

Related Link: [Celebrity Baby News: Megan Fox Reveals Third Pregnancy](#)

2. Make it work: Divorced parents and separated families make it work all the time. It isn't the easiest solution, but sometimes it's all you can do. Just try to be civil toward them for your kids and act accordingly in order to provide for them.

Related Link: [Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green](#)

3. Single parenting: If the situation is really bad and you can't bear to be anywhere near your ex, try raising the child on your own. The idea of a bad father being in the picture isn't good for anybody. With the help of your family, you can definitely have a strong support system without him.

How would you handle a surprise pregnancy? Comment below!

Megan Fox Talks Celebrity Baby To-Be with Estranged Husband Brian Austin Green



By

[Stephanie Sacco](#)

Megan Fox is ready to be a mom, again. In [celebrity news](#), this baby has a special gift. According to [UsMagazine.com](#), Fox has been able to communicate with her baby in the womb during her [celebrity pregnancy](#). She told Jimmy Kimmel, "You don't hear an audible voice, but you hear messages, if you're open to it." Fox already has two [celebrity babies](#) with ex-husband Brian

Austin Green, but this one is a little bit pushier. She continues, "We're moving to a whole different place in Los Angeles because I feel like that's where this baby wants to be raised." Fox has made her decision and the baby has spoken.

This celebrity baby has a voice prior to birth! What are some ways to prepare your home life for a new baby?

Cupid's Advice:

Sometimes you just have to listen to your kids. They might not all speak to you from the womb, but you have to know how to prepare for them. Cupid is here to help:

1. Nursery: Once you know if your baby is a boy or a girl you can start decorating the nursery. Buy all your essentials and stock up on diapers and bottles. If this is your first baby, be sure to buy everything and don't be scared to ask for help from a fellow mom.

Related Link: [Celebrity Baby News: 'DWTS' Pros Maks Chmerkovskiy & Peta Murgatroyd Are Reportedly Expecting](#)

2. Baby shower: If you don't already have a fully-stocked nursery then having a baby shower can help you get started. Invite all your friends and family to celebrate your big moment. You'll feel so much more prepared afterwards.

Related Link: [Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughters](#)

3. Baby proofing: Talk to your partner about baby proofing the house. Make sure you are aware of the stairs and sharp edges around your house that your baby might find. Keep your house

safe and sound for your little one.

How do you prepare for a new baby? Comment below!

Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green



By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity couple](#) has reunited and is moving back in together. Sometimes

it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

Related Link: [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't

getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity back into your relationship.

Related Link: [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

Please tune in to the 'Doctor on Call' radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are 'Shrink Wrap on Call', second Tuesdays are 'HuffPost on Call', and the last Tuesday of the month is 'Let's Talk Sex'! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on

love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Pregnant Megan Fox Is Rethinking Celebrity Divorce from Brian Austin Green, Says Source



By [Mary](#)

[DeMaio](#)

No relationship is all sunshine, but two people can share one umbrella and weather the storm together. According to UsMagazine.com, Megan Fox is contemplating the idea of getting

back together with Brian Austin Green after their celebrity vacation in Hawaii. This [celebrity couple](#) is expecting their third child after almost six years of marriage. They tied the knot in June of 2010 and Fox filed for a [celebrity divorce](#) last August, having been separated six months prior to her filing. In latest [celebrity news](#), Green has done everything to try to convince her to stay together, even planning this trip back to Hualalai where they made their vows, sources said.

This celebrity divorce may not be happening after all! What are some ways to give your failing relationship one last shot?

Cupid's Advice:

It's never easy saying goodbye. Watching the moments become faint memories, slowly fading into oblivion. Just because things may be getting more difficult, doesn't mean you have to give up the life you starting building with someone. Cupid is here to share some ways with you:

1. Go on a private getaway together: Remove the stressful demands of everyday life and go to a place where you can just focus on each other. Taking time out of a busy schedule is often the best medicine.

Related Link: [Famous Couple Brad Pitt and Angelina Jolie Enjoy A Weekend Celebrity Getaway Without Kids](#)

2. Find common goals: The aim is for both of you to share what you want your life to be about, where you want to end up and what these things mean to you. Look for anything that's common between the two of you and talk about ways to work toward that aspiration together.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

3. Communicate problems and differences: Bring any issues to the surface to see if they can be fixed before walking away. Suppressing your feelings can be detrimental, not only to the relationship, but your internal disposition. Communication is key.

How do you know if you should stay in a weak relationship? Share your experience below.

Celebrity Couple Predictions: Megan Fox, Trai Byers and Selena Gomez





By [Shoshi](#)

In the latest celebrity news, these famous couples have made headlines, whether it be Megan Fox's rumored divorce, the *Empire* stars secret wedding, and Selena Gomez's not-so budding relationship. Whose stepping out in Hollywood this time around hand in hand? Check out my predictions for these three [celebrity couples](#) and find out what's next in their love lives.

Celebrity Couples Predictions: Celebrity Relationships That May or May Not Last

Megan Fox and Brian Austin Green: When Megan Fox started showing a baby bump, the press went crazy speculating over who the "baby daddy" could be. Since Fox filed for divorce from Brian Austin Green last August, technically, the baby could be anybody's. But I never doubted that the baby was Green's. This famous couple has been on a roller coaster ride since they got together. Fox and Green used to break up and get back together all the time before they got married. The new addition to their family was not planned, but they say all is good,

they're happy now and plan to see where it all goes. Neither one of them were dating anyone else and they still lived in the same house. My prediction is that Fox and Green will not file for celebrity divorce. It may be bumpy between them every now and then, but their spiritual connection remains. My relationship advice to Fox is take a month or two vacation from Green every so often. That seems to do the trick when it comes to rekindling their love.

Related Link: [Celebrity Baby News: Megan Fox Reveals Third Pregnancy](#)

Trai Byers and Grace Gealey: Two stars from *Empire*, Trai Byers and Grace Gealey, got married in a quiet ceremony in the Cayman Islands. You could say that it was a whirlwind romance since they had a short and quick courtship. Will they last? Right now it looks good. The Hollywood couple have the same ideals when it comes to marriage and family. Around their fifth year of marriage will be a time of make it or break it. Oddly, none of their co-stars from *Empire* were invited to the celebrity wedding, because they wanted to keep the wedding small. That lets me know that the rumors are true. Byers is not happy to be on the show and there have been rumors circulating that he wants to quit. By the end of the year, let's say around November, there will be celebrity news that the pair is expecting their first child. They will have two kids together, a boy and a girl. After *Empire*, Gealey will focus on being mother and wife while Byers brings home the bacon.

Related Link: [Celebrity Divorce: Terrence Howard Splits from Wife No. 3](#)

Selena Gomez and Charlie Puth: Anytime Selena Gomez talks to anyone of the opposite sex, it causes a stir. This time around she is being paired with Charlie Puth. Puth does not have nearly enough swagger for Gomez. She likes bad boys and men with an edge. Puth is as wonder bread as they get. He's

talented but a bore. Gomez needs a guy that matches her fire and passion. If anything is going on with Puth, it's simply a friends with benefits situation. This rumored relationship has no steam. I actually see Gomez involved with an actor a little bit older. This new celebrity couple should blossom during the summer. Puth will keep having make out sessions with starlets.

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

What celebrity couples do you want to see predictions for next? Tell us in the comments below!

Celebrity Baby News: Megan Fox Reveals Third Pregnancy



By

[Cortney Moore](#)

In exciting [celebrity baby news](#), 29-year-old actress Megan Fox showed off her baby bump, effectively announcing her pregnancy, in a form fitting black dress and jacket combo at Monday's CinemaCon in Las Vegas. Fox was there to promote the *Teenage Mutant Ninja Turtles* sequel. According to [People.com](#), Fox filmed her role in the midst of her [celebrity pregnancy](#). Fox has not revealed details regarding if the father of her third [celebrity baby](#) is her estranged husband Brian Austin Green. Regardless, we can't wait to see this celebrity baby and Fox's two other children, Noah Shannon Bodhi Ransom all together!

This celebrity baby news has us scratching our heads. What are some ways to cope with an unplanned pregnancy?

Cupid's Advice:

A pregnancy is an exciting milestone to reach in your life, but sometimes you don't know what to expect. Cupid is here to help you navigate this surprise:

1. Gather support: The first thing you should do once you learn about your pregnancy is to tell people you can depend on. It's commonly said that it takes a village to raise a child, so you should find a select few who will support you through this transitional stage of your life.

Related Link: [Celebrity Baby News: Fetty Wap Was By Masika Kalysha's Side During Baby Girl's Birth](#)

2. Learn all you can: You're bringing life into this world. Buy a few books or find sources online that will help you

learn how to best take care of your bundle of joy. Even seek guidance from people you know that have children. There's always something that can be learned!

Related Link: [‘DWTS’ Pro Anna Trebunskaya Is Pregnant](#)

3. Nobody is perfect: This could also be a stressful time for you. Make sure to remind yourself that nobody is perfect. Just do your best and everything will fall into place.

Have you ever experienced an unexpected pregnancy? How did you handle it? Share your comments below.

Secret Celebrity Weddings





Justin Theroux and Jennifer Aniston

After a three-year engagement, this celebrity couple finally tied the knot in a secret celebrity wedding at their Bel Air home. They surprised their famous friends -- like Lisa Kudrow and Ellen DeGeneres -- by claiming it was a birthday party for Theroux. Photo: Emiley Schweich / PR Photos

Megan Fox Returns to Social Media After Celebrity Divorce Filing From Brian Austin

Green



By [Katie](#)

[Gray](#)

Megan Fox has her groove back, and her social media silence is over. The starlet posted a selfie photograph to her Instagram with the caption, "I'm still here." The actress has been keeping to herself and laying off of social media since filing for celebrity divorce from Brian Austin Green. According to [People.com](#), The 29-year-old, who was married to celebrity ex Green for five years and shares two sons, Noah, 2, and Bodhi, 19 months, with the actor, cited irreconcilable differences and requested joint custody of the kids in her filing.

Megan Fox went on hiatus after her celebrity divorce filing. What are

some ways to get some space after a traumatic life event?

Cupid's Advice:

Life is full of highs and lows. The best thing we can do is to learn to take the good with the bad. If there were not hard times, we wouldn't know how to fully appreciate the great times. After a traumatic life event it is important to allow yourself time to cope and to always remember that hope comes in many forms:

1. Family and friends: Nothing makes a person feel better then by spending time with family and friends. Your loved ones will encourage you, support you and offer you wise words of wisdom.

Related Link: [Gisele Bundchen Threatened Tom Brady With Celebrity Divorce](#)

2. Vacation: Everyone needs a break! When you are going through a traumatic experience, it is the perfect time to enjoy some rest and relaxation. Take a vacation somewhere nice and indulge in the pleasures that life has to offer. It's sure to instantly raise your spirits!

Related Link: [Christina Aguilera Admits to Separation](#)

3. Time for yourself: The most crucial thing you can do, is to take time for yourself when the times are tough. Allow yourself to cope and take a breather. Indulge in your favorite things and have quality "me time" to regroup your feelings.

How have you gained some space after a traumatic life event? Share your stories with us below.

Hollywood Couple Megan Fox and Brian Austin Green Separate



By

Mackenzie Scibetta

It's official! Another [celebrity divorce](#) is soon to be in the books, as Megan Fox and Brian Austin Green have called it quits. According to [UsMagazine.com](#), the couple is breaking up after an impressively long Hollywood romance of 11 years together. They were married for five years and have two children together, Noah and Bodhi. Fox and Green spoke numerous times about the highs and lows of parenthood, even once saying that the most important part of a relationship and love life is to "respect each other as parents". Ironically,

Fox told reporters in August 2014, “I don’t want to be boastful and say that we would never divorce, but I can’t imagine a scenario we couldn’t work through...”

This Hollywood couple joined the ranks of celebrity break-ups this summer. What are some ways to balance parenting with your relationship?

Cupid’s Advice:

Even Hollywood couples aren’t immune to the struggles of parenthood, so when you feel overwhelmed, it’s helpful to remember you’re not alone. Everyone wants to have it all, so Cupid has some tips to help you live a more harmonious life:

1. Family activities: An easy fix to balancing time between your lover and children is to combine the time you have with each and host a family outing. Heading to the zoo, traveling to an amusement park or having a picnic are all perfect ideas that the whole family can have fun with.

Related Link: [Celebrity Divorce: Terrence Howard Splits From Wife No. 3](#)

2. Set aside time for date night: The stress you get from taking care of children can put a damper on your relationship. This is why it’s crucial you and your loved one to set aside a day each week where you spend a few hours only with each other. It doesn’t have to be an extravagant night on the town. A simple Netflix marathon after the kids are asleep or a walk in the park is enough to enjoy each others’ company.

Related Link: [Celebrity Exes Ben Affleck and Jennifer Garner](#)

[Bring Kids to Orlando for His Birthday](#)

3. Help one another: Both of you in the relationship need to be equally committed to helping out. Contributing even in the smallest way, such as packing a lunch, can make all the difference and can help prevent many future fights. At the end of the day, don't forget to always thank your loved one for just being there. A simple "thank you" can help encourage more help in the future.

How do you balance your love life with children? Tell us in the comments below.

Celebrity Photos: Famous Couples and Their Exotic Honeymoons





Page 1 of 10



Mike Fisher and Carrie Underwood

The Nashville Predators hockey player and country singer got married in Georgia in July 2010, and then they hopped on a plane to celebrate their honeymoon in Tahiti. The celebrity couple spent their time soaking up the sun on this beautiful

island in French Polynesia. Photo: Flynet Pictures

Megan Fox: “It’s So Hard To Be A Working Mom”



By

Shannon Seibert

Hot momma Megan Fox gave birth to her second son Bodhi just five months ago, and she’s already set to hit the big screen on August 8th in *Teenage Mutant Ninja Turtles*. The actress, 28, is also the mother to 22-month old son Noah and wife to Brian Austin Green. Fox recently caught up with *Celebrity Baby Scoop* to talk all things motherhood, expressing her joy on being a parent.

CBS: Do you feel like a mom?

MF: “I’ll have these moments like the other day – three days ago actually – I was holding Bodhi, and Noah was running around. I was trying to manage both of them because my husband wasn’t feeling well. My sister was with me, and we were talking. We were having some sort of theological discussion and Bodhi peed through his diaper and onto me. I was so exhausted that I didn’t even bother looking for a wipe to clean me up. I was soaking wet, but I just let it air dry. I was too tired to be bothered with cleaning up my clothes or even my hands. My priority is making sure he’s fine, and if he’s fine, then whatever. That’s sort of one of those moments when you realize how much your life has changed – especially for me because, once upon a time, I was a germaphobe! The idea of that would have like sent me hiding under the covers. Now I just embrace it and wear it, and it is what it is.”

Related Link: [Daniel Radcliffe Says He Loves the ‘Idea of Lots of Kids’](#)

CBS: How has motherhood changed you?

MF: “From the moment I gave birth and when I was in the hospital with him, even when he would sleep, I wouldn’t sleep. I would wake up every 10 minutes and look at him just to make sure he was still breathing. I think that was the first time I was just like, I love something so much that I will never be the same again. I will never be relaxed again because I will always be worried about him and hoping he’s OK and safe and happy.”

CBS: How exactly do you juggle work and motherhood?

MF: “I’ve never been an extraordinarily ambitious girl or career-oriented but – especially when I got pregnant with my first son and now my second – it’s so hard to be a working mom, especially when your heart is not in your work, when your heart is with your family. I have to work sometimes! I have to

make at least one movie a year because I have to have a future and I have to be able to pay their way through college and be able to provide for them whatever they need in the future. I do need to work, and I do need to leave them. What that comes down to in terms of making movies is I'm looking for movies that shoot in Los Angeles – there are very few of them. I'm looking for movies or projects where I'm part of the ensemble so I can shoot in and out in 10 to 20 days. It's all about time and trying to spend as little time away from my kids as possible."

Related Link: [Alicia Keys Is Pregnant With Second Child](#)

What's it like having two kids under 2?

MF: "It's total chaos, obviously! Before you have kids, you really do not understand how much work it is and how consuming it is. Then you have one and you're like, my baby is my whole world – especially if you're trying to do it yourself. Every moment of the day is dedicated to this one baby. And then all of a sudden, you have two babies. What they need is so different. When I'm alone with them, it's really hard to manage because I also don't let them watch TV. It's not like I'm going to set Noah in front of the television so I can take care of Bodhi. I have to figure out how to incorporate Noah into the process and have him help me take care of Bodhi, and make sure he doesn't get jealous, and nobody's neglected, and everybody's needs are being met! It's difficult to manage that way, but also emotionally, I think for me at least as a mom, it's hard because I don't feel like I'm ever giving either one of them 100 percent of my attention or 100 percent of myself, so I carry a lot of guilt. Do they each understand how special they are and how much I love them and are they understanding that they're unique? It's hard to make each one feel like an individual when you have to raise them together and manage them together all the time."

For the rest of the interview,

visit www.celebritybabyscoop.com/2014/07/28/megan-hard-working !

5 Celebrity Couples Who Married Young



Littleton

By April

Lately, many celebrities are choosing to get married in their 30s or older. However, plenty of the Hollywood stars exchanged vows while they were still in their teens or early 20s. Here is Cupid's top five celebrity couples who married young:

1. Megan Fox and Brian Austin Green: The former *Transformers* star was 18 years old when she began dating Brian Austin

Green. At the time, he was 30. The lovebirds met on the set of *Hope & Faith* in 2004. They got engaged in February 2006, but broke it off three years later. In June 2010, the couple became engaged again. However, Fox claimed they never broke off the engagement in the first place. Fox and Green exchanged vows June 24, 2010 at the Four Seasons Resort on Maui. The duo have two sons together, Noah Shannon Green (born Sept. 27, 2012) and Bodhi Ransom Green (born Feb. 12, 2014). The *Teenage Mutant Ninja Turtles* actress is also the stepmother to Green's son Kassius from his previous relationship with Vanessa Marcil Giovinazzo.

2. Hilary Duff and Mike Comrie: The former *Lizzie McGuire* actress was just 22 years old when she married former NHL player Mike Comrie. The couple began dating in 2007, and became engaged in February 2010. The pair married in Santa Barbara, California Aug. 14, 2010. However, the lovebirds announced their separation Jan. 10, 2014. They have a son, Luca Cruz Comrie, who was born March 20, 2012.

Related: [5 Cutest Teen Celebrity Couples](#)

3. Olivia Wilde and Tao Ruspoli: The *Her* actress married the Italian filmmaker and musician when she was 19 years old. They exchanged vows on a school bus in Washington, Virginia. In an interview, Wilde explained the duo married in an old bus because the wedding was a secret at the time. The couple separated Feb. 8, 2011, and divorced Sept. 29, 2011. Since then, Wilde has been in a relationship with *SNL* performer Jason Sudeikis. They got engaged in January 2013 and are expecting a baby boy in May 2014.

4. Jessica Simpson and Nick Lachey: Simpson was 22 years old when she married Lachey. They duo married Oct. 26, 2002. Their relationship was documented on the reality TV series, *Newlyweds: Nick and Jessica*. The couple announced their separation in November 2005. They filed for divorce Dec. 16, 2005, citing irreconcilable differences. The divorce was

finalized June 30, 2006. Simpson dated Dallas Cowboys quarterback Tony Romo from 2007 to 2009. Currently, she's engaged to Eric Johnson. They have two children, daughter Maxwell Drew Johnson and Ace Knute Johnson.

Related: [Celebrities Who Have Gotten Back Together After a Cheating Scandal](#)

5. Avril Lavigne and Deryck Whibley: The *Girlfriend* singer was 21 years old when she married Sum 41 performer Deryck Whibley. The pair began dating when Lavigne was 19 years old. Whibley proposed to her during a trip to Venice in June 2005. They married July 15, 2006 in Montecito, California. The couple divorced Nov. 16, 2010 after a little more than three years of marriage. However, they continued to work together. Whibley produced her fourth album and the single, *Alice*. Currently, Lavigne is married to Nickelback singer Chad Kroeger.

What other celebrity couples married young? Comment below.

Celebrity Couples Who Keep Their Relationships Out of the Spotlight





By April

Littleton

Most of the famous and wealthy individuals we see on our TV screens and in the magazines enjoy having their love life on display for the whole world to see. However, there are a select few who prefer to keep their relationship out of harm's way. Cupid has a list of celebrities who manage to keep their private life – private:

1. Dolly Parton and Carl Thomas Dean: The country singer has been married to Dean since May, 30, 1996. They met at a Wishy-Washy laundromat on her first day in Nashville with his first words to her being, "Y'all gonna get sunburnt out there, little lady." Since marrying, Dean has only seen Parton perform once and he rarely makes any public appearances with his wife. Parton and Dean have no children together, but she commented on his romantic side in an interview stating that Dean does spontaneous things to surprise her and sometimes writes her poems.

Related: [5 Celebrity Couples who Are Still Friends After Divorce](#)

2. Beyonce and Jay-Z: This couple kept their relationship

under wraps for quite a while. It was rumored that the couple began dating after collaborating together on the hit single "03 Bonnie and Clyde". The lovebirds took it a step further by secretly marrying on April 4, 2008. When it comes to the status of their relationship, the couple have since eased up on their privacy, especially when Beyonce publicly announced her pregnancy during a live performance on the 2011 MTV Video Music Awards.

3. Morris Chestnut and Pam Byse: Who knew that *The Best Man Holiday* co-star was married? Well he is – and has been for 18 years now. Chestnut and his wife Pam have two children together, Grant and Paige. In an interview with *Upscale* magazine, the actor explained what makes their marriage successful. "I let my wife be the woman. You know? I let her be the woman... And she, in turn, when it comes down to it, she lets me be the man," Chestnut said.

Related: [Top 10 Celebrity Couples of 2013](#)

4. Rachel Weisz and Daniel Craig: These two lovebirds got married with only four people attendance, while the rest of the world didn't even know they were dating! Weisz and Craig tied the knot in a private New York ceremony June 2011. The *Oz the Great and Powerful* actress has since told *Marie Claire* magazine that the marriage gives her 'a wonderful feeling of stability.'

Related: [Top 5 Celebrities with the Most Marriages](#)

5. Megan Fox and Brian Austin Green: It's no secret that these two stars have been in an on-again, off-again relationship since 2004, but the fact that they managed to hide the birth of their firstborn for three weeks should speak volumes. Fox gave birth to baby Noah Sept 27, 2012, but didn't publicly announce the news until much later. Recently, the couple told the media that they are expecting their second child together sometime this year.

Are there any other celebrity couples who should be on this list? Comment below.

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.