

Celebrity Baby News: Pippa Middleton Confirms She's Pregnant and Expecting First Child



By Rhodesia Williams

In the [latest celebrity news](#), Pippa Middleton is expecting her first child. According to *EOnline.com*, [celebrity couple](#), James Matthews and Pippa Middleton, who is the sister of Kate Middleton, Duchess of Cambridge, can expect their bundle of joy in a couple of months. This [celebrity baby news](#) comes just weeks after the royal wedding of Meghan Markle and Prince Harry.

We're sure the Duchess of Cambridge is extremely happy for her sister's celebrity baby news! What are some ways to celebrate a friend's pregnancy announcement?

Cupid's Advice:

When hearing a friend is pregnant, it's easy to start planning as if it were your own. First instinct is to get the wine to celebrate but then remembering your friend cannot join the festivities. No fear! Cupid has some advice on ways to celebrate a friend's pregnancy:

1. Dinner: Besides the fact that your friend now has to eat for two, a nice dinner with close friends is a cute way to celebrate. A surprise dinner could be fun as well; this kind gesture will be something your friend won't forget. Make a toast, with virgin margaritas, of course, to your friend and their new bundle of joy!

Related Link: [Relationship Advice: The Baby Predicament](#)

2. Spa day: Whether you round up the girls or get your friend a gift card, this thoughtful gesture really shows your friend how much you care. This gift of relaxation will come in handy at any time.

Related Link: [Tips For A Happy Friendsgiving-It's Like Thanksgiving, But A Whole Lot Cooler](#)

3. Party!: Help is always needed when planning big events such as baby showers. You can either offer help to plan the future baby shower or you can surprise your friend with throwing a mini party to celebrate her good news. Either way, it is a time to celebrate! Find cute baby shower games to play and

enjoy the last bit of partying you can.

**What are some ways you would celebrate a friend's pregnancy?
Share below.**

Celebrity News: Pippa Middleton Is Pregnant With Her First Child



By [Jessica Gomez](#)

In [celebrity news](#), Pippa Middleton is pregnant with her first

child as her older sister Kate Middleton is giving birth to her third child. According to [EOnline.com](#), Pippa's baby with husband James Matthews is due in October. The [celebrity couple](#) gave the news to their fam and buds last week along with an ultrasound of the 12-week [celebrity baby](#) to be. We see that the Middleton family is growing, how cute! Congrats to them all!

It looks like the royal kids of Prince William and Kate will have a cousin pretty soon. What are some ways to foster a tight-knit family?

Cupid's Advice:

Having a close family is important to most of us. Cupid has some [parenting advice](#) on ways to bring and keep a family together:

1. Plan weekly outings: Whether they're actual outings or dinner night at home, it is important to schedule family time periodically. If it's on a specific schedule, even better. Just remember, quality over quantity. It is better to schedule thing when you can with everyone completely invested than making a bunch of plans that are not wholehearted.

Related Link: [Tristan Thompson Leaves Cleveland One Week After Birth of His Daughter With Khloe Kardashian](#)

2. Create a group chat: Keeping in constant contact with your family is a great idea to keep you guys close. You can keep each other updated on details of your life, big or small. Being in constant communication is something that creates bonds and keeps people close.

Related Link: [Product Review: Make Relaxation a Reality While](#)

[Traveling with Your Baby This Summer](#)

3. Take vacations together: Go big or go home! Plan awesome, big family vacations together. Get excited as you plan and look forward to a marvelous time. Take into consideration the desires of each member attending so that you can all get the most out of your family vacay. Making memories is important, and going away somewhere is the way to make plenty of memorable moments. Let the bonding begin!

What are ways you keep your family real close and tight? Share with us below!

Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs





By [Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet tips?

If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs guaranteed to help you during your

weight loss journey!

1. Bridal-body boot camp: Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

2. Girl squad boot camp: Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

Related Link: [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

3. Box it out: Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

4. Healthy lifestyle, healthy mind: Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. "I think the key to a happy, healthy lifestyle is being happy and healthy in your mind." Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

Related Link: [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

5. Vary your workouts: Shakira is practically known for her amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn't do the same workouts all the time. By switching it up, she's using different parts of her body and slowly toning them, enabling her to have a killer body.

What are your favorite diet tips? Share your thoughts below.

**Celebrity Wedding: Pippa
Middleton Marries James
Matthew in Front of Royal
Attendees**





By [Noelle Downey](#)

Ring the bells and throw some rice, according to [UsMagazine.com](#), Pippa Middleton and James Matthew have officially celebrated their [celebrity wedding](#)! Middleton and Matthew married at St. Mark's Church in Englefield, Berkshire, with a reception held at the nearby luxury 18-acre estate owned by Middleton's parents. The [celebrity couple](#), who announced their [celebrity engagement](#) in July of 2016, looked stunning, with Matthew in a tailored suit and Middleton dazzling in a lacy wedding dress, an original creation by famed stylist Giles Deacon. Pippa Middleton's famous sister, Kate Middleton, attended with her royal husband, Prince William, and two [celebrity children](#), George and Charlotte, who served as page boy and flower girl in the ceremony. Kate wore a gorgeous Alexander McQueen ensemble in a dusty rose color, a throwback to her own wedding when Pippa wore another dress by the same designer while walking down the aisle as a bridesmaid. Other celebrity guests included Kate and Pippa's brother, James Middleton, and [famous celebrity couple](#), Prince Harry and Meghan Markle.

This celebrity wedding was highly anticipated. What are some ways to add personal touches to your wedding?

Cupid's Advice:

Planning the details of a wedding can be stressful, here are the top three tips on how to add a perfect personal touch to your special day:

1. Create photo center pieces: If you're looking for a sweet way to remind your guests of all you and your partner have been through leading up to the big day, feature a photo of you and your sweetheart in the centerpieces at every table and have each table guess as a group what special moment this photo is referencing. For the most fun, pick a variety of precious photos from different milestones in your relationship, like the day you met, your first date, the day you moved in together, the day you said I love you, etc. This is a great way to get your guests talking and reminiscing about their favorite memories of you as a couple and get to know each other in the process too!

Related Link: [Celebrity Wedding: Meghan Markle Arrives in London for Pippa Middleton's Wedding](#)

2. Toast each other: Many weddings feature toasts from the maid of honor or best man, but it's rare that the bride or groom step up to the mic themselves. For a tear-jerking moment where all eyes are on you, take some time during your reception to share a special toast dedicated to your partner, and let your significant other and new spouse do the same for you as well. While you'll have already made some beautiful promises to each other in the vows, this is the perfect time

to share a funny story about when you knew they were “the one” or explain all the beautiful things you know are waiting in the future for you two!

Related Link: [How Kate Middleton Has Been Helping Pippa Middleton Plan Her Celebrity Wedding](#)

3. Ask for advice: Set up a decorative chalkboard and let your guests write their favorite pieces of advice for a happy and healthy marriage. When they’re done, you can hang it up in your apartment or take a picture to always remind you of all the wonderful ways your friends and family reminded you to take care of and love each other unconditionally. This is a great opportunity not only to learn the best tricks and tips for a happy marriage from couples you love, but it’s also a wonderful way to get some funny advice or crazy doodles from your single friends.

Do you have any plans to make your wedding extra special? Let us know in the comments!

Celebrity Wedding: Meghan Markle Arrives in London for Pippa Middleton’s Wedding





By [Noelle Downey](#)

It looks like things are getting really serious in Prince Harry and Meghan Markle's [celebrity relationship](#)! According to [EOnline.com](#), Markle recently arrived in London and made an appearance at Kensington Palace just days before she and Prince Harry are set to attend Pippa Middleton's [celebrity wedding](#) together. This is big news for the [celebrity couple](#), as Markle has never attended an event with Prince Harry's family before, or been photographed meeting them. Could it be this is Markle and Prince Harry's "meet the parents" moment when it comes their [Hollywood relationship](#)? It's hard to say, but either way, attending a wedding together, particularly one as high-profile as this with the rest of the royal family in attendance, is a major deal, especially given how private the pair has been up to this point. Although their relationship was confirmed last November, the two only made their first public appearance together this month, when Markle was spotted cheering Prince Harry on at a his charity polo match, and later stealing a discreet kiss in the parking lot.

This celebrity wedding marks Meghan Markle's first public interaction with Prince Harry's family. What are some ways to know you're ready to involve your family in your relationship?

Cupid's Advice:

There's no doubt about it, taking your partner to meet your family can be stressful! Here are the top three ways to know you and your sweetie are ready for that big step:

1. You feel secure in the relationship: You don't want to bring someone home who you're pretty sure won't be in your life by next month. If you're introducing your special someone to your parents and siblings, make sure that's just what they are; special. If you're secure in your relationship you can be sure that no matter how it goes with your family that your S.O. will do their best to be well-liked by people who are so important to you and that your family will recognize how amazing and special your partner is.

Related Link: [Celebrity Couple News: Prince Harry & Meghan Markle Are 'Doing So Well'](#)

2. Marriage is a possibility: If you feel like the one you're dating might just be *the* one, then you should definitely consider introducing them to your family. Even if such a big commitment could be months or years down the road for you two lovebirds, establishing a relationship with your family as a couple will only make your bond stronger and help your family adjust to the idea of an eventual addition to their inner circle.

Related Link: [Celebrity News: Source Says Prince Harry Is 'More Serious' About Meghan Markle 'Than He Ever Has Been' Before](#)

3. You've met their family: If you've already met your significant other's family, why not introduce them to your own? While taking your partner to meet your family can be scary and hard, especially if you have a complicated relationship with them, it may put a damper on your relationship if your partner feels they've been open and shared their family life with you and you haven't reciprocated. Show your partner that you trust and appreciate them by taking down your walls and allowing them to see behind the scenes of your life and upbringing.

Have you ever introduced a partner to your family? How did it go? Let us know in the comments!

How Kate Middleton Has Been Helping Pippa Middleton Plan Her Celebrity Wedding





By [Whitney Johnson](#)

Do we hear [celebrity wedding](#) bells? According to the latest [celebrity news](#) on [EOnline.com](#), [Kate Middleton](#) has been helping sister Pippa Middleton as she plans her dream wedding to fiancé James Matthews. Mark your calendars: The bride-to-be recently announced that her celebrity wedding will take place on May 20th at St. Mark's Church in Englefield. The royal family, including sister Kate, her husband [Prince William](#), and Prince Harry, will all be in attendance. Of course, the two littlest royals may steal the show: Prince George will serve as page boy, while Princess Charlotte will be a bridesmaid. The famous sisters recently celebrated Pippa's bachelorette weekend with a celebrity vacation to Meribel, France.

Mark your calendars for this celebrity wedding! What are some ways to help a loved one plan their

special day?

Cupid's Advice:

We can't wait to see pictures from this celebrity couple's wedding day – especially knowing the Duchess of Cambridge is playing a hand behind the scenes! If you want to help a close friend or family member plan their dream wedding, consider the love advice below:

1. Take a trip: No wedding prep is complete without a quick getaway to celebrate the lady of the hour and unwind a bit! If the bride-to-be is a beach girl at heart, jet away to somewhere sunny and spoil her with pina colodas while the waves roll in. If she, like Pippa, prefers to travel to snowy destinations, book a cabin in the mountains and hit the slopes. Either way, make the weekend all about her.

Related Link: [The 7 Most Hyped Celebrity Weddings of the Last Decade](#)

2. Offer your services: Whatever the bride wants, the bride gets! If she needs help addressing the invitations, break out your nicest calligraphy pen. If she wants you there as she tries on her wedding dress, go out of your way to make the event special. If she needs help picking her bridal party, flower girl, or ring bearer, brainstorm ideas with her.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

3. Be supportive: Most importantly, just give her all of the love and support you can. The days leading up to her wedding may be stressful, but if she knows she's got you in her corner, then she can do anything!

Cupid wants to know: How did you help your loved one plan their dream wedding?

Source Denies Rumor that Pippa Middleton and Nico Jackson Are Engaged



By Brittany Stubbs

Pippa Middleton's exciting engagement news is just a rumor! Although there was speculation about Middleton and her boyfriend Nico Jackson getting engaged during their trip to India earlier this month, a source tells [People](#), "It is not true." Although the couple has been dating for a year, it doesn't look like wedding bells are in the near future...at

least at the moment!

How do you keep your engagement under wraps?

Cupid's Advice:

Want your big news to stay a surprise for a while? There's a couple things you should consider:

1. Don't tell a soul: Even your most loyal friend might have trouble keeping your exciting news a secret. So until you're ready to tell everyone, don't tell anyone. It can be difficult holding the big news in, but just think of it as exciting and romantic that you and your partner are the only ones that know about your future plans.

Related: [Pippa Middleton is Dating Investment Banker James Matthews](#)

2. Don't go crazy on Pinterest: Okay, most of us are guilty of occasionally pinning the wedding dresses, cakes, and cute invites on Pinterest; no shame, ladies! But if all of sudden your friends see you've added 50 new pins to your "Dream Wedding" board in one night...they might assume something is up. If you can't resist, make your board private so you can get a head start on planning without giving your engagement news away.

Related: [Leighton Meester and Adam Brody are Engaged](#)

3. Avoid your best friends if possible: That sounds silly, but your friends know when something is going on with you. You may think you're playing it totally cool, but they notice when you're holding something back, randomly smiling, or seem eager about something; that's what makes them best friends. So until you're ready to shout your news from every rooftop, skip that girls' night offer and go get planning on exciting ways to share your engagement.

How have you kept your engagement under wraps? Share your experiences below.

Will Harry and Pippa Be Named Godparents to Prince George?



By Kerri Sheehan

Now that the Prince George has arrived the speculations about whom William and Kate will choose as godparents has begun. Members of the royal family traditionally have six godparents, three being women and three being men. Many are placing bets that William's bother, Prince Harry and Kate's sister, Pippa

Middleton will be among the chosen, but no one can be sure. Both Harry and Pippa are already closely related to Prince George so William and Kate may fill the six godparent roles with those who they wish to forge ties with. Ingrid Seward, editor-in-chief of *Majesty* magazine dished to [People](#), "Godparents don't have to be your best friend. Quite often it is quite the opposite, it can be somebody quite random. Prince George's christening is set to take place in the fall so speculations will likely continue until then.

How do you select role models for your new arrival?

Cupid's Advice:

With a new baby come new responsibilities, such as choosing what kind of people to share your bundle of joy with. Cupid has some advice about how to go about selecting roles models for your new arrival:

1. Keep them positive: Growing children are extremely impressionable, so try not to keep any 'Negative Nancys' too close. If your child grows up hearing "I can't," or, "I'm not good enough to do that," then the thought will likely rub off on them.

2. Be a role model: As a parent you've the one who your children will look up to most. Be your best you and your kids will strive to reach the bar you set.

3. Let them have a say: Each child is different; therefore the role models that each child needs will be different. You and your partner should consider your child's likes and personality when trying to pick out roles models for them.

How did you pick your child's role models? Share below.

Pregnant Kate Middleton Leaves the Hospital with Prince William



By Nicole Weintraub

After complications with her pregnancy, Kate Middleton was released from the hospital, according to [People](#). After suffering from severe morning sickness, the mother to be spent three nights and almost four days at King Edward VII Hospital. During her stay, Middleton was joined every day by husband Prince William and even her sister Pippa Middleton and their

mother visited. The couple left the hospital together Thursday morning and offered their thanks for the hospital for taking wonderful care of Middleton. The Duchess of Cambridge is in the very early stages of her pregnancy as she will now recover from her morning sickness at the couple's cottage home.

What are some ways to take care of your partner through the ups and downs of pregnancy?

Cupid's Advice:

Having a baby with your partner is a wonderful experience, though a difficult one as well. Here are some ways to take care of your partner through the ordeal of pregnancy:

1. Have a system: Along with pregnancy comes morning sickness, a spark in hormones and cravings. A good way to deal with these sudden changes is by implementing a system. For instance, prepare a morning sickness pack with bottles of water, wash cloths, etc.

2. Be supportive: It's easy to forget that while the both of you are having the baby, technically the female is the one actually having the baby. The female is the one whose body is going through changes, so do your best to be supportive.

3. Beware of hormones: We all get hormonal and have mood swings. When we experience these mood swings we may say things that we do not mean. Try not to get too offended if your partner's mood changes quickly.

What are some ways to be supportive through a pregnancy? Share your ideas with us in the comments below.

Pippa Middleton Is Dating Investment Banker James Matthews



By Jennifer Ross

Rumor has it, Pippa Middleton may be taken. For the past three weeks, the younger sister to the Duchess of Cambridge, Middleton has been seen out on several occasions with Investment Banker James Matthews, according to the U.K's [Daily Mirror](#). The two were even photographed having dinner at the Queen's Club tennis center in West London. A close source confirmed to [Usmagazine.com](#), "It's very early days but James really likes her." On one of their last outings, Middleton was photographed wearing a black dress, lace jacket, black tights

and heels.

What are some signs that you have a lot in common with someone?

Cupid's Advice:

In order for a relationship to have a chance at survival, both parties involved will need to have things in common besides mutual attraction. Personal goals, lifestyles, moral grounds and intimacy are important factors to consider. While having too much in common can lead to a very boring relationship, a healthy amount in each of you is at least 50%, leaving plenty of room to grow. To help you understand where you two stand, here are a few clues to look for:

1. You have unusual things in common: Many new couples have ordinary things in common and are mistaken that this means they are a match. A clearer sign is when you and your new partner have many unusual things in common. The more quirky habits or likes you two share, the better the relationship can grow.

2. "We" terms when times are bad: While all new couples will eventually think in "we" terms, the real clue is when you think this way when the chips are down. If one of you has a sudden problem and both of you think of it as a joint issue, you two are on your way to merging lives together. It is terms like these that will keep you two together through the hard times.

3. You finish each others' sentences: Suppose you begin a sentence and your mate is able to finish it with little effort, then your relationship has a great chance of surviving. Being able to finish each others' sentences shows that you both have more in common than not.

What convinced you that you had a lot in common with someone?

Tell us below.

Pippa Middleton Travels to New York to Visit Andre Balazs



By Nicole Weintraub

According to UsMagazine.com, Pippa Middleton, sister-in-law to Prince William, visited the United States to visit with hotelier Andre Balazs over the Labor Day weekend. According to rumors, Balazs is hosting Middleton for the duration of her

stay. The two dined at a restaurant in Shelter Island, New York, where Middleton went unaccompanied by bodyguards in the attempt to remain low key. After being recognized in the restroom, Pippa became embarrassed and “turned bright red” according to an onlooker who identified Middleton.

What are some things to consider about dating someone older than you?

Cupid’s Advice:

Dating an older person seems very appealing: established, experienced, mature. However, there are some things to consider before dating someone older. Here are some tips on how to decide if dating older is right for you:

1. Big age gap: Dating someone older than you definitely has its perks. The idea of dating someone who is mature, distinguished and experienced is appealing. Though, how old is too old? The more years there are in the age gap between yourself and your potential partner, the more difficult it may be to have things in common.

2. Different places: When trying to decide if dating someone older is right for you, think about where that person is currently in their life. The two of you may be looking for two completely different things. While you may be looking to casually date, they may be looking to settle down within the next year or so.

3. Age or maturity: One of the most alluring ideas of dating someone older is the impression that they will be more mature than people your own age. However, age does not go hand in hand with maturity. Maturity, experience and success differ from person to person. All of these positive traits are not guaranteed with dating someone older than you.

Have you dated someone older? How did you know if they were right for you? Share your experiences below.

Pippa Middleton and Boyfriend Alex Loudon Said to Have Split



Looks like love isn't in the air for Pippa Middleton, the younger sister of the new Duchess of Cambridge, Kate Middleton. According to [People](#), Pippa and boyfriend Alex Loudon who accompanied her to the royal wedding, have called it quits. The *Sun* reports that it was Middleton's newfound celebrity that put a strain on the relationship, though the pair will remain "good friends".

How do you know when it's time to call it quits?

Cupid's Advice:

It's hard to know when a relationship has truly run its course and it's time to end it. Cupid has some tell-tale signs:

1. Seems like a chore: If you feel like seeing your significant other everyday is more of a chore than something you choose to do, that may be a sign that the spark and excitement no longer exists in your relationship, and you should start moving on.

2. You want to go out and meet new people: If you're having the urge to go out, meet new people and imagine what things would be like with someone different, then it's most likely time to go with your gut and do just that.

3. You argue over everything: If you and your significant other seem to be getting into arguments over the tiniest things and it's a constant occurrence, maybe the two of you really aren't right for each other.

How did you know when it was time to call it quits? Share your stories below.

Pippa Middleton and Beau

Spend Weekend at Family Home



Pippa Middleton and her boyfriend of one year, Alex Loudon, left London on Friday to spend the weekend at her parent's home in the countryside. An insider told UsMagazine.com that Middleton spent her Friday afternoon in a short business meeting. Loudon picked her up in the early evening and they headed for her parent's house. "Soon it will be Pippa's time to shine," a source said.

When is it time to introduce your partner to your parents?

Cupid's Advice:

Not only is finding a significant other difficult, but introducing him or her to your parents is also a feat. If you aren't sure when it's best to have your partner meet your

parents, Cupid has some suggestions:

1. Serious relationship: Before introducing your partner to your parents, make sure you're in a serious relationship.

There's no use in going through the introduction stress if the relationship isn't going anywhere.

2. When they ask: If your parents specifically ask to meet your current partner and ask you both to dinner, don't refuse. If you say "no," they'll start to get suspicious and things will only be worse when you do decide to have them meet.

If you say "no," they'll start to get suspicious and things will only be worse when you do decide to have them meet.

3. Parent's reaction: Figure out how your parents would react. Some parents are more accepting than others, so make sure to gauge their reaction before you subject your partner to their scrutiny.

Some parents are more accepting than others, so make sure to gauge their reaction before you subject your partner to their scrutiny.

How did your parents react when you introduced them to your partner? Share your experience below.

Pippa Middleton and Ex-Boyfriend George Percy Enjoy Madrid Together





New media darling Pippa Middleton visited Madrid, Spain with friends over the weekend, reports UsMagazine.com. In attendance was George Percy, Middleton's ex-beau from her days at Edinburgh University nearly a decade ago. The two have remained close friends since their days at school. Middleton and her friends were seen partying at the popular Fortuna Nightclub and relaxing at Madrid's Retiro Park. Middleton's current beau, Alex Loudon, was absent from the trip.

Is it truly possible to be good friends with an ex-partner?

Cupid's Advice:

Remaining friends with a partner post-breakup is easier said than done. Here are a few factors that matter when considering your new "friendship":

1. The nature of your breakup: If you and your ex-partner suffered a nasty breakup, then friendship is probably not an option. However, if the split was mutual and relatively painless, then the two of you have a good shot at remaining close friends.

2. Time: It may be cliché, but time does heal all wounds. While hanging out with your ex may be painful now, your pain will greatly lessen a few months (or years, if needed) down the line.

3. Mutual friends: It's difficult to remain in touch with a person when the meetings between you are isolated and awkward. However, if the pair of you have mutual friends, it is much more likely that you'll adjust to each other's presence in a more gradual and comfortable manner.

Are you friends with your ex-partner? Feel free to share your story below.