

Would you holiday with your ex?

Meet the couples who love a breakation – even though they're now apart



'Holidays, we're together'... Chris and Gwyn with Apple

CHRIS AND GWYNETH

There aren't many couples who mark their separation with a family holiday, but that's exactly what Gwyneth Paltrow and Chris Martin did.

The pair, with children Apple, 12, and Moses, 10, headed to a private holiday home in the Bahamas the day before announcing they were 'consciously uncoupling' in March 2014.

And despite the fact Chris and Gwyn have now both moved on romantically, the family has continued to enjoy a number of trips away.

In April last year they were spotted on a sunshine break



The couple have always remained close

in Mexico, in May this year they celebrated Apple's birthday in Disneyland, and in April, Gwyn and the children jetted to Buenos Aires, where Chris' band Coldplay were performing.

Making sure the children always come first, Gwyneth revealed, 'We'll have a weekend all together... Holidays, we're together.'

BEN AND JEN

Actor Ben Affleck and estranged wife Jennifer Garner set tongues wagging when they were reportedly spotted kissing on holiday together earlier this year.

In May, the amicable pair flew to Paris with their three children – Violet, 10, Seraphina, seven, and Samuel, four.

Talking about their relationship recently, Ben admitted, 'Life doesn't always turn out exactly the way you want. We're doing our very best and we're putting our kids first. That's how we're focusing on our day-to-day lives. And we don't know what the future's going to hold.'



Has the City of Love worked its magic?

The breakation rules

'There are a myriad of reasons why separated couples might still holiday together,' says Hilda Burke (hildaburke.co.uk), psychotherapist and couples counsellor.

'It may be because both believe it to be good for the kids. It could also be that they've got to the point where there is a good friendship and wish to spend time together.'

'Or it may be that the holiday is a 'trial run' for getting back together. This may not even be openly expressed. Indeed the 'party line' might be that it's for the kids, but in actuality both know that's not the main reason.'

And with a quarter of Brits saying they would holiday with an ex to save money, it's important to make sure everyone knows where they stand.

'All parties should be on the same page in terms of what the holiday together means, starting with the parents,' says Hilda.

'And, if the ex-couple are sharing a room, it's crucial how they explain this to the children.'

'It's important there is honesty around the purpose of holidaying together – ie, is it to benefit the family unit, or is it a trial to potentially rebuild the relationship?'

'Once the couple have achieved consensus on that, then it needs to be explained to the children in an 'age appropriate' way.'

PROS

- * Children spend time with both of their parents
- * Models good relationships
- * Creates new happy memories

CONS

- * May raise children's hopes of a reunion
- * One person still has feelings for the other
- * Old wounds are reopened

DENISE AND LEE

Denise Van Outen and ex Lee Mead were a picture of family happiness when they holidayed with daughter Betsy earlier this year.

However, signs of a reconciliation were soon dashed when it emerged Lee and six-year-old Betsy had flown out to Dubai to join Denise and her boyfriend of two years, Eddie Boxshall.

While the 'very modern' arrangement may have caused raised eyebrows in some quarters, it clearly works for Denise, 42, and Lee, 35, who have remained good friends since splitting in 2013.

The pair, married for six years, were reunited at Easter

after Denise took part in a charity golf tournament.

The sporty star posted a string of snaps on Instagram. They included pictures of Betsy swimming, mum and daughter playing on the beach and the whole family dressed up for a night out.

But the couple don't shy away from spending time together. 'He comes round every Monday and we all have dinner together,' Denise recently revealed. 'I think we get on really well and we always put our daughter first.'



Denise, Lee (centre) and Betsy had a great time in Dubai



GARY AND DANIELLE

Football pundit Gary Lineker and ex-wife Danielle Bux didn't let the small matter of a pending divorce stop them enjoying a recent holiday together.

The pair, who split in January after six years of marriage, headed to Los Angeles just weeks after being granted a decree nisi.

Gary, 55, and Dan, 37, looked very much together as they enjoyed the LA sunshine and partied with friends, including TV presenter Richard Bacon.

Then in June, the pair were at it again. This time they holidayed in



Despite the split, the pair remain good friends

Miami and the model-turned-actress posted a seaside shot of her daughter Ella, 14, with Gary alongside the caption: 'When you're almost as tall as your stepdad #malibufarm #sunshinestate.'

In April, she also posted a glamorous shot of the two lying next to each other saying: '#tbt (truth be told) To Ibiza with my Bf and a huge mosquito bite.'

Speaking about their post-split relationship, Gary said, 'We're fine, we get on brilliantly. We have a lovely relationship, and that's how we are. And that's genuine.'