

PARENTING

# Love after 40: Not just romance, a practical support system for child's life pressures



ASKARI JAFFER

In your 20s, love is all about taking chances just because the moment felt right and the luxury to make mistakes. But, dating

in 40s is a different energy. It is more stable, calm, and grounded in life experience. By this age, people have lived enough to know what truly matters and what's merely noise. Young people imagine

love is like two pieces of a puzzle that complete each other. But mature daters know better; it is two complete individuals choosing to support and help each other grow.

In the last few years, love has taken on a whole new meaning for divorced, separated, and widowed singles with kids. It is not only about romance; it has become a real source of support. When life is a full

Love after 40 isn't about chasing sparks—it's about building stability, understanding, and shared strength. For single parents and those starting over, companionship becomes a support system, not just a romance. In this phase of life, love means choosing a partner who stands with you through real-world pressures, every day

plate, with kids to care for, aging parents, financial responsibilities, and society's prying eyes, having a companion who is there by your side through the thick and thin brings more than just joy; it brings the kind of strength everyone deserves. Carry-

ing all that burden alone is not easy; the right partner is not just a date or a romantic presence. They are the teammate who understands and shares that weight.

The dating journey after 40, one that is often seeking a second chance, brings a different kind of magic.

What was once viewed with suspicion is now beginning to be socially accepted, to the extent that specific apps have been built for people seeking love at a more mature age.

Standard dating apps fall short for people over 40. At this stage, especially for single parents, dating can be very different. It is not just swiping for fun and sparks; the checklist is rewritten, priorities shift, and what truly matters is finding a person who understands that life can throw a curveball at any point; they want maturity, reliability, and compatibility.

38% of daters beyond 40

look for emotional stability over the thrill alone; someone who will patiently listen without rushing to "fix" things, because sometimes you just need to be heard. A partner who doesn't judge their past or understands that, on most days, their child will come before everything. By the time you're 40, romance isn't about big declarations anymore; it's found in small, steady efforts.

Rebound's Founder and CEO, Ravi Mittal, added, "Love for single parents, or daters above 40, is definitely more than just romance. It's an ecosystem of support. Surveys show single parents are often looking for a match who understands that their plans depend on their kids' school schedule and even mood, and they might be extremely thorough during interactions because introducing someone new to a child's life comes with a lot of hope and fear." 3 in 5 daters with kids claim that finding a suitable partner who values maturity and respects their responsibilities is much easier through dating apps for second chances because these platforms tackle the realities of taking a second attempt at love, instead of brushing them under the rug.



## Tamannaah Bhatia shares her desi-style of enjoying tea in private

Actress Tamannaah Bhatia, on Tuesday, gave a glimpse into her personal moments by sharing how she enjoys her tea in true desi style.

Taking to her Instagram handle, the 'Baahubali' actress posted a candid video of herself, where she is seen enjoying tea in desi style—served in a plate. The post highlights how the actress takes a mindful pause at the start of her week, savouring her tea and embracing a calm, unhurried start to the day. The text on the clip read, "I didn't rush my Monday. I eased into it. These minutes are private until now. Just me and tea. And time." The clip features Tamannaah at her candid best, wearing a white night suit and eating soaked nuts before enjoying her tea. She added the trending track "Tame Impala" from Dracula as the background score.

Tamannaah Bhatia often shares updates about both her personal life and professional projects on social media. Recently, she opened up about portraying yesteryear actress Jayashree in V Shantaram's upcoming biopic.

In her latest Instagram

post, Tamannaah reflected on how the experience taught her far more than she had anticipated. She described stepping into the shoes of the iconic star as a deeply enriching journey.

Sharing a series of behind-the-scenes videos of her transformation into Jayashree, the 'Lust Stories 2' actress wrote, "Every bit of love that we have received on the poster of Jayashree ji for V Shantaram, is an ode to her. Ode to her grace, and her legacy. Thank you."

"Stepping into this world has already been intimate and deeply meaningful, even on the early days. V Shantaram's vision reshaped cinema long before its time. Becoming Jayashree has taught me more than I had imagined, and I look forward to everything this journey will continue to bring."

Tamannaah Bhatia will be seen alongside actor Siddhant Chaturvedi in the upcoming biopic. Directed by Abhijeet Shirish Deshpande, the film titled V Shantaram is a historical biographical drama that celebrates the life, legacy, and cinematic revolution sparked by one of India's most visionary storytellers.

# Here's how Alia Bhatt brings weekend vibes to a weekday

Actress Alia Bhatt showed how to keep things effortlessly stylish by bringing weekend vibes to an otherwise ordinary weekday.

Taking to her Instagram handle, the 'Raazi' actress, on Tuesday, posted a series of her stylish photos and videos from a recent award function. She simply captioned the post, "weekend wali vibe weekday pe." In the images, Alia, dressed in a black dress, can be seen striking different poses for the camera. The first close-up shot gives a glimpse of the actress's subtle makeup, while in the others she is seen posing sensuously for the lens.

December 15, Alia Bhatt made a

glamorous appearance at the star-studded Filmfare OTT Awards 2025, held in Mumbai. The 'Student of the Year' actress turned heads in a striking all-black Hervé Léger dress from 1993. Alia's black gown stands out with a plunging sweetheart neckline and wide halter-style straps.

Alia's stunning appearance at the Filmfare OTT Awards 2025 followed another major milestone in her career. The actress was recently honoured with the Golden Globes Horizon Award at the fifth edition of the Red Sea International Film Festival in Jeddah, Saudi Arabia.

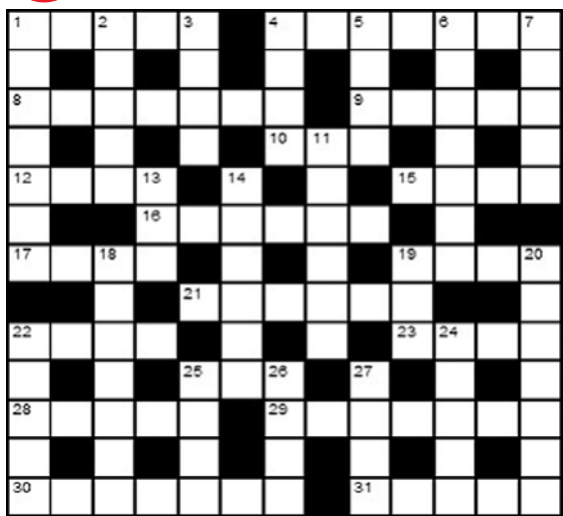
Speaking about receiving the

honour, she said, "The Golden Globes are an iconic part of the global awards universe and I am delighted to be part of it and look forward to continuing my career in telling more stories of powerful and deserving women."

On the professional front, Alia Bhatt is set to star in the upcoming film "Alpha," the seventh installment in the Yash Raj Films Universe. Helmed by director Shiv Rawail, the movie also features Sharvari and Bobby Deol. Produced under the Yash Raj Films banner, "Alpha" is scheduled for release on April 17, 2026, and is anticipated to be a landmark in India's female-led action cinema.



## CROSSWORD



### ACROSS

- Damp (5)
- Ennui (7)
- Splash a liquid (7)
- Surpass (5)
- Sarovar : bird sanctuary in Gujarat ? (3)
- Sporting side (4)
- Very small (4)
- Tear away forcibly (6)
- One pound sterling (4)
- Vice president, in short (4)
- One of the Fates (6)
- Polish (4)
- Ex-India all-rounder Ali (4)
- Fifty two in Roman numerals (3)
- Location of ancient Samos (5)
- Ex-P.M. Lal Bahadur (7)
- Scott's famous novel (7)
- It may develop when things don't seem to be going smoothly (1,4)

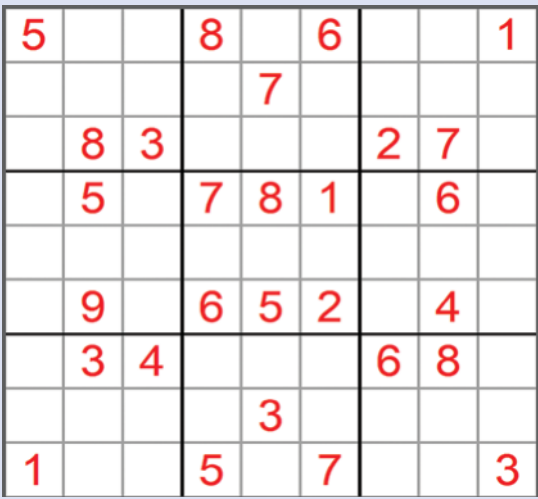
### DOWN

- Saqlain : Former Pakistan off-spinner (7)
- Ex-Mrs. Trump (5)
- Ballet skirt (4)
- Farm building (4)
- Monetary unit of Cambodia (4)
- Deterioration (7)
- Lactate (5)
- Possessions and resources (6)
- Insane (3)
- Centres of atoms (6)
- Spanish princess (7)
- Voice of America, in short (3)
- It's proof is in the eating (7)
- Small yeast-raised pancake (5)
- The conductor's wand (5)
- Plaster base (4)
- Words of comprehension (1,3)
- Japan's first capital (4)



Solution to December 16

## SUDOKU



Solution to December 16

## Sameera Reddy shares her go-to nature's real electrolyte drink for gut detoxification

Actress Sameera Reddy shared her go-to natural electrolyte drink, praising its detoxifying and gut-friendly properties.

Describing it as "refreshing, detoxifying, and gut-friendly," she highlighted how banana stem water can help flush out toxins, reduce bloating, and support healthy digestion—all without any complicated steps. Sameera explained that packed with high fiber, this natural drink not only aids digestion and weight management but also helps maintain blood sugar balance, healthy cholesterol levels, and kidney health. The 'De Dana Dan' actress also shared a method to prepare this gut-friendly detox drink. She recommends starting with fresh banana stem and cumin seeds. Reddy then advises blending the chopped stem and seeds together, then straining the mixture to extract the juice. She revealed that the drink is best consumed fresh in the morning on an empty stomach, allowing its cleansing and digestive benefits to kick in naturally. Sharing the video on Instagram, she wrote, "Refreshing, detoxifying, and gut-friendly! This simple banana stem water helps flush toxins, reduce bloating, and keep digestion happy—without any fuss. Comment 'DETOX' for more mindful recipes from our inner circle wellness community Benefits: High-fiber detox drink that aids digestion & weight management Supports blood sugar balance & healthy cholesterol Natural diuretic—great for kidney health & BP control. Drink fresh, preferably in the morning on an empty stomach. Light, cleansing,



and naturally healing—perfect for daily gut reset." Sameera Reddy often shares recipes for natural and wholesome treats on social media. Earlier, she had revealed the recipe for her healthy, chocolatey, and guilt-free cookies. She has also been sharing recipes using coconut. In terms of work, Sameera is gearing up for the release of her upcoming horror-thriller 'Chimni,' where she plays in the role of Kali. The film follows a grieving mother living in the haunted Chanderi palace, where a malevolent spirit has taken hold of her daughter.