



family MATTERS

The latest news and holistic views to
keep your clan in tip-top shape

GAME ON

New research shows that parents are using tablets and phones as a coping mechanism when children become 'difficult'. This isn't necessarily a bad thing, however, as another recent study suggests that interactive games, as opposed to simply watching a videos or movies, can have a positive social effect on children.

Subliminal habits

Parents who use food as a reward could be unintentionally teaching their children to rely on food to deal with their emotions. This may lead to comfort eating later in childhood, says a new study.

SKIN DEEP

48 percent of households with children aged up to seven are dealing with skin issues such as sensitivity, dryness and eczema. Soothe them naturally with Childs Farm, a gentle range developed for newborns, babies and children. (childsfarm.com)

COUNTING SHEEP

Children commonly snore from time to time, but if your little one is a frequent wheezer it could be a warning sign for conditions such as sleep apnea, enlarged tonsils or adenoids.

LIVING



Life support

Relationship expert
Jan Day shares her advice
(janday.com)

My husband of 25 years passed away in 2014. It took me a great deal of time to come to terms with his death, but eventually I managed to find a new normal. A few months ago, I met a gentleman who makes me feel very happy. I'd like to get to know him more, but I'm racked with guilt that I'm betraying my husband. How can I deal with my feelings and move on?

It's clear that you and your late husband loved each other very much and that you've been going through a deep grieving process that will probably continue. It's important to remember that the love you had for your husband will always be there, even if the physical bond has been lost, and it does not diminish if you now give and receive love from another person. The new man that you've met can love you and give you happiness and you can reciprocate, while still cherishing the memories of your late husband. To help you come to terms with this, I have a few different suggestions.

Firstly, imagine that you had died and the position was reversed. See yourself looking from beyond this world at your husband, grieving and missing you so much. And then see him meeting someone who could bring him happiness. Would you want him to be happy?

Secondly, you could try talking to him using a photo or even his grave. Express everything that you feel, including guilt and sadness, and also how much you love and miss him. Ask him what he would want for you and then listen quietly in the silence to his answer. I imagine that in this moment you will feel tears of joy because of the love you shared. Realise that in loving a new man, your heart expands. The capacity of your heart to love is not limited.

Thirdly, I suggest that, when you are ready and it feels right, you speak about your feelings with the gentleman that you have met. Tell him that he makes you very happy and you'd like to develop your relationship with him, but you will always hold your late husband in your heart. You could also suggest talking about your late husband in greater detail. This will help to bring everything into the open. I'm guessing that some of the guilt you feel is to do with not having brought this situation to light, which can make it seem hidden and wrong.