

LOVE IT



This week's
must do, see, buy

MEGAN MILLER



NEW UNDER THE SUN

With summer holidays and beach getaways approaching, cover kids in style with Harry & Pop's sun protection range. Each sunsuit, long-sleeved rashie and pair of swim shorts are UPF 50+ and made and designed in Melbourne from premium fabric milled in Italy from post-consumer waste, including plastic bottles. This makes them extra resistant to chlorine, sunscreen, salt, sand and sun. They come in cute pastels and retro stripes, up to size four. RRP \$52-\$79. HARRYANDPOP.COM.AU

WHEELY FUN

Pack the bare necessities – perhaps a duffel coat, red boots and marmalade – with this new Paddington Bear kids' hard suitcase from Trunki. Parents will love the 18-litre capacity storage and secure lockable catches, while travelling tots will love the ride-on factor and being up to the minute, with the new Paddington Bear flick in cinemas. RRP \$129.95. TRUNKI.COM.AU



SAVE THE DATE

With Christmas almost here and most of us scratching our heads wondering where the year went, start 2018 right with a beautiful calendar from homegrown boutique brand Rhicreative. Too pretty to relegate to the back of the dunny door, each is designed and printed in Australia on recycled card stock. Also, get diaries and family planners. RRP \$24.95-\$29.95. RHICREATIVE.COM.AU

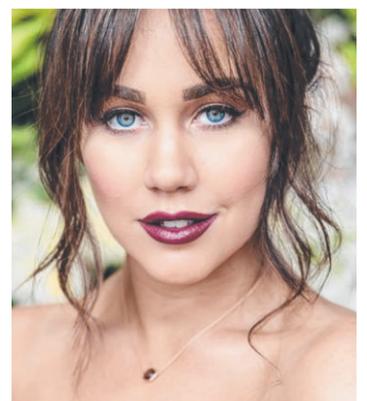
SWEET SURRENDER

Keep your favourite sweet tooth sweet this Santa season with Koko Black's festive range. Get handpainted snowmen, plum pudding bites, Belgian cinnamon biscuits and keepsake pencil tins filled with a selection of white, milk and dark chocolate. RRP \$3.50-\$140. KOKOBLACK.COM



SHINE ON

For the bling lover this Christmas come two limited-edition necklaces with heart from Temelli Jewellery and designed by mummy blogger Sophie Cachia. Part proceeds go to Berry Street to support children and families living with domestic violence. Both feature a central clover design with semiprecious stones – the Amy, a three-carat smoky quartz on adjustable rose-gold chain, and the Warrior, a silver necklace with three-carat amethyst. RRP \$195-\$395. TJ.NET.AU



ASK SANDY

Feeling weird about Mum kissing my uncle

A few months ago, I caught my uncle (father's brother) and my mother kissing. My father passed away about six years ago. My mother has dated a few men before this and I didn't have a problem. My uncle is separated from my aunty. I feel weird about this. I suppose there is nothing wrong, but why do I feel this way? L, via email

You acknowledge there is "nothing wrong" and that is absolutely true. They are consenting adults who have known each other a long time. They share grief and loss with your father's passing and your uncle also likely mourning the loss of his marriage. They can both take comfort in having a shared history, knowing each other's families, friends and background. The dating world at any age can be pretty formidable, so there are a lot of reasons this relationship could be attractive. Your

mum was clearly trying to hide her affections for your uncle and so perhaps she is thinking this could cause some tensions. Give her a break. It is not for you to "feel weird". Allow her to be happy and see the many benefits (all things being equal) of being loved, connected and sharing her life again with a trusted partner. Tell her you saw them kissing and give her permission to talk about it openly. Perhaps your "weirdness" is also bound up in having had your mum to yourself for the past few years. Now it's time to share her.

I know everyone has stories about families at Christmas. I want one piece of advice. How do I stop my 50-year-old sister getting smashed, then becoming abusive (she has hit me in the past) and causing distress that takes six months to mop up? She is on her own and I feel sorry and responsible for her. Sister, via email

Stop being an enabler. You know what's wrong, you repeat the pattern and you effectively reinforce it. Step up. Put on your big woman's face and tell your sister that until she can demonstrate control, self-discipline or get some psychological help, you will no longer allow the family to be exposed to her. Put in some emotional boundaries. Tell her to take herself somewhere that will accept her behaviour. Christmas Day is not the time to have this conversation. There are 364 other opportunities to deal with her. Your sister needs to address the issues that clearly manifest in her abuse. Your responsibility for her is understandable but not at the cost of everyone else's happiness. The aggressive behaviour is dominating and destructive. By the way, alcohol does not cause violence or abuse. No excuses.



Need some advice? Send your questions to psychologist Sandy Rea at info@sandyrea.com or c/o Weekend, Herald Sun, PO Box 14999, Melbourne, Vic 8001. Sandy will read all letters, but regrets she cannot answer them personally. sandyrea.com