

Newsletter

Brixton, Dulwich and Streatham and Riverside branches
Spring 2012

A young child with blonde hair, wearing a dark green dress with white polka dots and black boots, stands in a room. The walls, a white sofa, and the floor are all covered in colorful polka dots. The child is looking towards the left.

Health and
wellbeing

Out and about - our
favourite days out

Real experiences:
jaundice, weaning,
breastfeeding

Nursery wellbeing

Creating a haven for you and your baby

When preparing a nursery for your baby, you are physically and emotionally making space for the new person in your life. A beautiful, well organised, healthy space can help to create a feeling of protection, intimacy and emotional connection with your baby.

Keep the follow five things in mind, and you will be on your way to a creating a cosy room that supports you and your baby's wellbeing.

Start early

Many women find that the nesting stage sets in around the fifth month of pregnancy. Taking care of the big decisions at this stage gives you plenty of time to budget and plan, which makes the process of decorating your nursery less stressful.

Keep it simple

In the first year it is you, more than the baby, who will take pleasure from the room's decor, so make sure it's a place you love to be in. There will be plenty of opportunity to personalise the room as your child gets older, and keeping it simple will make it easier to adapt. A simple, quiet room will make for a restful nursery to help your baby sleep, which allows you to get more rest also.

Make it practical

Above all, your baby's room needs to be easy to use and safe. Surfaces need to be practical, storage ample and easily accessible, danger zones must be made safe. Newborns are very sensitive to light and temperature, so things to think about are how many sockets you will need, how you are



going to modulate light levels in the room and control the temperature. When planning the room's lay-out, start with the position of the cot, and plan changing, seating and storage around this.

Choose your colours

A scheme based on a single colour feels tranquil and forms a peaceful background for your baby's colourful first possessions. There is a lot to be said for white walls. Not only are they gender neutral, they are also easy to combine with accessories of any colour. By carefully editing what you add, you can create a bright and colourful space without descending into a riot of colours. Some warm colours, such as yellow, orange and red, are very active and energising and should be used in small doses. To avoid sleeping problems it's best not to use them near your baby's bed. Colder colours such as blue are great

for inducing sleep. Turquoise, green and violet are also calming choices.

Make it healthy

When undertaking any works, try and use materials that don't release harmful toxins into the air to create a healthy nursery. Use paints that emit very low or no volatile organic compounds (VOCs), and finish works at least a month before your baby arrives, so any harmful fumes have time to dissipate.

Add the finishing touches

Once your essentials are in place, accessorise your baby's room with meaningful objects and things you love. Decorating your baby's nursery is all about the spirit and love you bring to the process so try not to stress and have fun with it. Happy decorating!

Ursula Wesselingh
www.room-to-bloom.com