

## Rooms for little people

Clare Coxon, founder of Mummy & Me ([www.mummyme.co.uk](http://www.mummyme.co.uk)), offers these makeover tips:

Always start by working out how your child will use the space. For a play area, do they like to be on the move, do they need space to play on the floor with a train track, or would a 'den' area be more appropriate?

Consider which parts of the house your children gravitate to. Do they like to be near you? If so a playroom in another part of the house isn't likely to work. And if they like to take friends to their bedroom to play, perhaps a play area is best incorporated into their own room?

Be realistic about your own artistic talents and don't do anything that's beyond your capabilities. Using makeover kits is a budget-friendly way to transform a room and easily achieve a professional finish.

Child development professionals agree that children with attention or sleep problems need calm, bland (but not boring) bedrooms. The same can be said for young babies. Consider individual touches and highlights against a soothing palette. Less can certainly be more if you pick the right products.

Consult your child on what they like and involve them in the makeover process. It's a great way to make the finished room even more special to them – and they may even keep it that little bit tidier if that's the case!



To adorn the walls, why not get the little ones to get creative with paints or crayons and mount their artwork in some cheap clip frames? It's a great way of adding a really personal touch and can be easily updated as they grow.

If, after all your efforts to maintain some chic and avoid their room looking like Disneyland at Christmas, they really don't seem to appreciate your sense of style, you can introduce some of their favourite characters with accessories such as the Go Glow Time clock from Worlds Apart. It introduces little ones to the concept of time in a fun and simple way, with an illuminated scene to indicate whether it's day or night-time. With popular children's characters from In The Night Garden, Disney Princess, Dora, Thomas the Tank Engine and Cars, children can put their favourite to 'sleep' at night and set the desired wake-up time. It even acts as a reassuring nightlight with a soft glow throughout the night. Available from Argos, Mothercare and Toys R Us, or for other stockists call 0800 389 859. Worlds Apart also does a great range of other accessories, roleplay toys and toddler beds – visit [www.worldsapart.com](http://www.worldsapart.com).

Above: Murals such as these Funberry Farm wall stickers from FunToSee take the hard work out of redecorating your child's room

## Exclusive Sprouts savings!

If you're stuck for inspiration, look no further than a great new book, *Children's Rooms* by Andrea Maflin. Packed full of ideas to transform your child's space, it also features 25 step-by-step projects. Published by Cico Books at £16.99, it's available from all good bookshops or call 01256 302699, quoting GLR1FH to purchase a copy at the special price of £14.99 including free p&p.

Get 10% discount when ordering from the brilliant Mummy & Me range – [www.mummyme.co.uk](http://www.mummyme.co.uk). Just quote SPROUT08.

Get 10% discount on exclusive Italian kids' furniture at [www.stemik-living.co.uk](http://www.stemik-living.co.uk). Just mention *Sprouts*.

### Safety

The final word on any kid's room design must be on the topic of safety. The surface of traditional radiators can get hot and burn delicate skin. Easy Heat's low surface temperature radiators are perfect for children's nurseries. Wall-mounted and easy to install, each radiator contains a 'mini boiler' making it a self-contained heating system. Find more info at [www.easy-heat.co.uk](http://www.easy-heat.co.uk).

Make sure all plug sockets are fitted with safety covers and try to avoid long curtains or blinds with dangling cords, which can pose a risk of strangulation. If you do have them, tie cords high up, out of your child's reach.

Windows should always be fitted with locks to prevent small children from opening them. Don't place furniture and other potential climbing structures below them, and be aware of things that pinch fingers, such as hinges, box-lids and doors.

In the UK, three children die as the result of a home accident every week and those most at risk are children under four. For further advice and tips, contact the Child Accident Prevention Trust ([www.capt.org.uk](http://www.capt.org.uk)) or the Royal Society for the Prevention of Accidents ([www.rospa.com](http://www.rospa.com)).