

SLEEP MYTHS BUSTED!

NEW TWIST ON EASTER DINNER

FERTILITY FACTS

Think  
Green!  
23 ways to  
do your  
part

# CANADIAN family

## MODERN FAMILY LIVING

3 families rewrite the rules

**Wear it now: the  
new prints & patterns**

**Kids rooms you'll  
love and they'll  
want to keep clean**

**Is an alternative  
school right for  
your teen?**

**Why tantrums  
are normal**



featured in this  
publication.

\$4.50

APRIL 2007



WWW.CANADIANFAMILY.CA

**How pregnancy  
has changed**



# small wonder

A gender-neutral palette that bursts with colour is ideal in a nursery. Look for patterns and hues that are in the same range – but don't match exactly – to keep things visually interesting. Don't shop in the usual places either. You don't have to buy everything brand new to create a fresh look, so don't shy away from flea-market and thrift-store finds.

Find more kids' bedroom ideas at [canadianfamily.ca](http://canadianfamily.ca).



## ROOM TO GROW

Mix old and new for an eclectic look. The expandable crib from Stokke can become a small bed, a desk or even a pair of chairs so that your child can use it for years to come. Check out the possibilities at [stokke.com](http://stokke.com).

STOKKE SLEEPING CRIB, FROM \$1,199, ELLA + ELLIOT.

Find it! Page 100.

## STAR BRIGHT

Add a touch of fantasy by hanging a few star-shaped paper lanterns high up (out of little one's reach). These origami-inspired stars emit a soft glow too, making them an ideal night light.

HANDMADE PAPER STARS, \$20 EACH, NUEVO.

## BOXED IN

Shoeboxes wrapped in wallpaper remnants, like those above, make easy, chic storage for baby essentials. If do-it-yourself isn't your thing, clean and classic all-white boxes will go with anything.

KASSETT BOXES, \$10 FOR TWO, IKEA.



## PAPER MAGIC

Choose wallpapers that your child can grow up with, like soft, geometric patterns or stripes. If you're worried about wear and tear, add a chair rail and paper above it, or paper only the ceiling for a hit of pattern above. If mess is a big concern, stick to affordable, wipeable vinyl papers.

WALLPAPER: (FROM TOP RIGHT) RITTENHOUSE, IN LIME, BRUNSWIG & FILS, \$126 PER ROLL, AND KOMOU, SHIBORI COLLECTION, \$154 PER ROLL, BOTH THROUGH PRIMAVERA INTERIOR FURNISHINGS. VINYL WALLPAPER BY CROWN, \$33 PER ROLL, URBAN FINISHES AT ONTARIO PAINT AND WALLCOVER. SAVU, SHIBORI COLLECTION, \$154 PER ROLL AND TRELLIS BY MANUEL CANOVAS, \$147 PER ROLL, BOTH THROUGH PRIMAVERA INTERIOR FURNISHINGS.

## RACK 'EM UP

Painted in sunny yellow, a wooden rack makes an ideal storage unit for kids' books. To guarantee the best paint job, be sure to sand and prime before painting, and use a semigloss for the most durable finish.

CATALINA MAGAZINE RACK, \$99, POTTERY BARN KIDS. PAINT: BRIGHT YELLOW, 2022-30, BENJAMIN MOORE.

