

# HOW TO PLAN THE PERFECT KIDS' BEDROOM

From newborn days and sleepless nights right through until your little ones grow up and fly the nest, their bedroom will be an evolving space with multi-functional purposes to help them rest, work, and play ▶

Words: **Yvette Murrell**



Noa and Nani's wooden Hove day bed, shown here in Silk Grey and priced £199, is a single size and comes with an additional pull-out trundle bed.

# BABIES & TODDLERS

During the first few years of your child's life, their bedroom will serve primarily as a nursery with several key care elements

A new baby's arrival is a precious time, so planning their bedroom will feel special too. When it comes to deciding on the design and layout, it is important to consider your needs as well as your child's. "You'll be spending a lot of time in this room," says Jill Reedman, head of interiors at Ikea UK and Ireland. "With this in mind, a chair for nursing is essential."

Indeed, comfort and convenience are both important aspects to think about. Having a changing area with storage for nappies, creams, and clothing close to hand will help you during those inevitable late nights.

As for a place to sleep, an adjustable-height cot with removable sides will see your child through the first few years of their life and is therefore a worthy investment. Bedding sets will come at a later date, and first-time parents should note that it is recommended to not use quilts, duvets, or pillows for children younger than 12 months.

When it comes to the décor, Nicola Rodgers – head of design at nursery brand Mamas & Papas – recommends keeping colours neutral. "Soft greys and white with highlights of mustard give a contemporary and simplistic feel, perfect for baby boys and girls alike," she explains. "If you are not sure what style of décor direction to go in, I would advise to first pick a narrative or a theme and stick to this throughout, including when choosing accessories such as wall art, cushions, bunting, and mobiles." ▶



← An ideal choice as a comfortable nursing chair, the Graham Glider from West Elm x Pottery Barn Kids is priced £999.



Circular Lunar wall mirror, £33, Dibor.



→ This baby play gym is made from sustainable rubberwood and features a hanging planet and rocket ship. Priced £49 from Bobby Rabbit.



← These compact hanging shelves by Dragons of Walton Street, priced from £650, measure 71cm-high x 60cm-wide x 15 cm-deep and include drawers ideal for small mementos.



← The New England nursery set, £1149, from Silver Cross includes a cot bed with three base positions which can also transform into a toddler bed, as well as a dresser with a changing unit and a wardrobe. The shown cot alone costs £349.



← Introduce sensory colours through accessories in your child's room, such as this Big Top Tales Elephant wall art, £19, from Mamas & Papas.



↓ Made from 100% cotton, this Big Top Tales rug from Mamas & Papas is as durable as it is soft – so ideal for little ones to play on. Priced £39.



Bear & Beau's Rainbow Love wallpaper is made from FSC-approved paper and printed with water-based, non-toxic inks in the UK. Shown here in pink, priced £145 per 10m roll.



→ The Celeste white and grey cot and changer, £605.50 from Maisons du Monde, can transform into a separate height-adjustable bed, chest of drawers, and a bookshelf.

# PRIMARY SCHOOLERS

Once your child starts full-time education, they may need a place in their bedroom to do homework that also has a playful, creative feel

"It can be fun to redesign the room with your child - it's a great way to encourage creativity and help them feel part of the process," says designer Corinne Caddy-Townshend, who is also the founder of Bear & Beau. "Opt for bright colours - you could even pick out a favourite toy and match the shade so your child really feels a connection with the design. Layering coordinating cushions and throws on the bed, chair, or floor adds texture and creates a cosy feel - providing many opportunities to make a den, too."

Having grown out of a cot, you can move your child on to either a 3ft-wide kids' bed or a single-sized frame. You may want to consider a multi-functional design - be it a trundle bed or one with ample storage underneath. It is also likely children may be sharing a room at this age, so work out if you have enough space for two separate frames, or whether a bunk bed may be more suitable. The National Bed Federation recommends making sure any design you choose meets the correct safety standards to prevent injury, strangulation, and suffocation. They define elements such as the width of the stairs, the maximum space between the slats underneath the mattress, that guard rails need to be in place on all sides of the bed, and that the mattress needs to be at least 10cm below the top of the guard rail and fit snugly. If a child has asthma, eczema, or rhinitis, choose a mattress and bedding with hypo-allergenic fillings to avoid known irritants such as feathers or hair.

"Don't forget the space may need to play many roles - somewhere to sleep, have fun, and a study too. Flexible furniture and clever storage can help you go from the social butterfly hosting sleepovers to homework sessions in no time," says Aspace's managing director Séverine Thirion. As your child gets older, they naturally start to become more adventurous, so carefully think about safety. Cover plug sockets, secure any loose wires, and bear in mind the potential dangers of blind pulls. Shutters are a good choice as they are easy to wipe clean and have no hanging cords your little one could accidentally strangle themselves with. ▶

→ Nightlights can provide comfort in the dark and be a fun addition to the décor during the day. This soft-touch pineapple night light costs £14 from Sunnyleaf.



↑ Tessera stepped storage unit, from £99, Aspace.



→ Full-height premium teak shutters in Dulux trade colour paint Luna Landscape, from £159 per sq m, California Shutters. And without cords, they also don't pose a strangulation hazards for your little ones.



↑ The Ergo Loft bed with curtain, storage, and drawer sideslips is available in 22 colours and natural finishes, including Blanco, as shown, £2395 from Nubie.



← With smooth curved edges and a handpainted finish, Laurette's Like You And Me chest of drawers is shown here in a Peacock blue. Priced £792 from Smallable.



↑ Sebra canopy in Moss Green, £98.95, Scandiborn.



The Once Upon A Star wallpaper by Katie Bourne Interiors costs £69 per 10m roll.

# TEENAGERS

From age 13 upwards and until your child leaves home, they should have a place to spend time in which reflects their personality

Whether they need to have their head down revising or want to have classmates over after school, your teenager's bedroom should be a comfortable space with a practical set-up. At this age, an area for homework is important – but try not to let it dominate the room, as it is still a place of rest. A pin board, task lamp, and comfortable chair alongside a desk should suffice.

A day bed works well in a teen's bedroom as a relaxing spot to hang out with friends that can easily transition into a sleep area at night. Ensure there is plenty of storage for clothing, as well as places where they can display posters, trophies, and memorabilia that allow them to show off their personality and make the space feel like their own. You may not want to allow a television in the bedroom, but a smart speaker is worth considering so they can enjoy listening to music. **KBB**



↓ My Furniture's Tretton display shelf ladder, £18999, has a solid oak frame and measures 180cm-high x 100cm-wide x 45cm-deep.



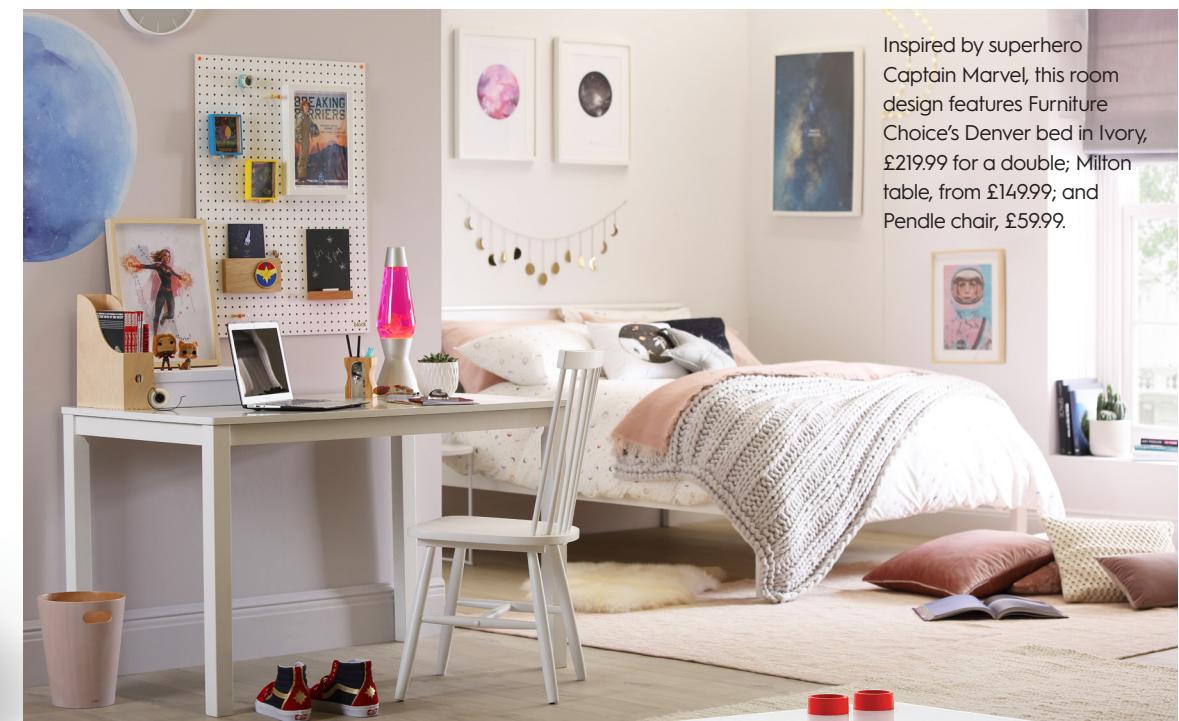
→ The Anglepoise Original 1227 Giant lampadaire d'extérieur task lamp is shown here in Rouge, from £3102.84, Nedgis.



↓ Carpetright's iSense Surprise carpet, shown here in Denim, is made from 100% polyamide and features Lurex glitter throughout the weave. Priced £27.99 per sq m.



↑ Amongst features such as playing music and answering questions, Amazon's Echo can be easily connected to other Echo devices in your home – so you can call the kids down for dinner without having to shout. Available in Charcoal, Heather Grey, and Sandstone, £89.99.



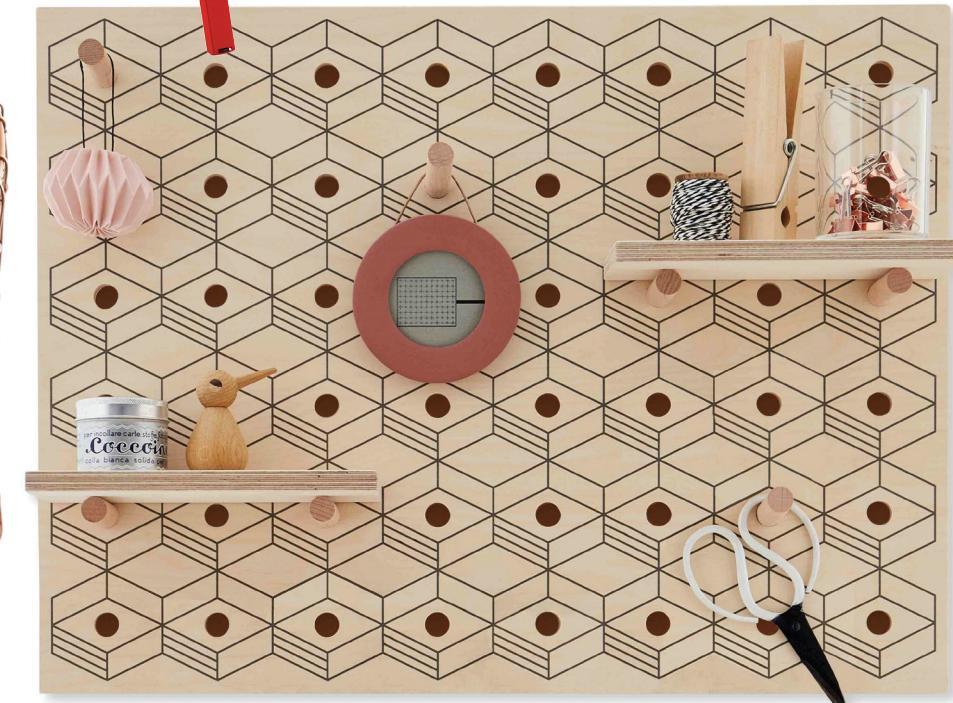
Inspired by superhero Captain Marvel, this room design features Furniture Choice's Denver bed in Ivory, £21999 for a double; Milton table, from £14999; and Pendle chair, £59.99.



↑ The Graphic Rewirable desk from Battistella's Nidi range has a dry-wipe surface. Priced £650 from Go Modern.



↑ Dibor's wall-mounted copper basket, £26 for a set of three, is a handy way of adding extra storage.



↓ A useful display, the Little Pegboard with 3D Design by Kreisdesign is priced £125.