



A child's bedroom should be a sanctuary in which they can relax and have fun. Get creative and paint a tree (top left) to hang their artworks upon, or be innovative and install a padded tunnel (top right). Designed by Dana Tosolini, this tunnel is a child-only thoroughfare. You can also indulge your crafty side by making decorative bunting (left); match the fabric to the room's colour scheme for a cohesive look.

Oo IS FOR OUTDOOR GEAR.

As children grow, their toys and sporting gear expand as well. While a garage is a necessity for bikes and skateboards, hooks and coat racks will keep gear packed away indoors. The latest outdoor gear won't look out of place in open-plan areas; the Like-A-Bike from Kido Store will even help your little speed racer develop motor skills and balance.

Pp IS FOR PLAYTIME. A rumpus room or teenage retreat appeals to any child but if there's not enough space or your children share a room, consider a 'secret corner'. Designed by Dana Tosolini, this custom-made wardrobe (pictured, top right) includes an upholstered tunnel between the family room and her children's

bedroom to encourage them to explore. "There was never enough room to keep toys packed away, so I bought coloured boxes from a \$2 store to keep everything sorted," she says. "It actually encourages the kids to sort and arrange all their collections."

Qq IS FOR QUIET TIME. Clinical psychologist Amanda Symboluk says it's important that a child's room isn't too bright and busy. "Soothing colours, minimal activity and a cooler temperature in a room will help your child relax," she explains. At night, children have to overcome anxiety about the dark. "Hang up pictures that include a story," says Amanda. "If children wake during the night, they can look at the pictures and recall the story – it works as a self-soothing technique." >



Scary Monster Lights, \$49.95 each, Cradle Rock.

Ikaboo 'Bunny' night light, \$45, Infancy.



Like-a-bike mountain bike in Red, \$369, Kido Store.



Bermuda 'Beach Sounds' speaker box with radio in Red & Cream, \$49.95, SunnyLife.



Beanbag in Pink with White Star, \$99.95, Happy Little Hippos. Stockists, page 220