

BABY BASICS

Baby's First Bedroom

(NAPSA)—When a new baby is welcomed into your home, you'll need a place for him or her. It's not enough to just gather the basics into a room. Attention to design and safety can make the nursery a fun and comfortable place for the whole family.

Each Tuesday on Discovery Health Channel, "Make Room For Baby" creates a nursery from scratch in the short time it takes Mom to be admitted to the hospital, go through labor and deliver a newborn. Here are some hints for arranging the nursery from the designers of "Make Room For Baby":

- If you don't plan to redo the room within three years, select furniture that will grow with your child.

- Durability, performance, versatility and safety should be paramount in your selections of furniture and fittings.

- If you decide to use hand-me-downs or second-hand items, check on the Web to see if they have been recalled or if they become hazardous with use.

- When stalled for inspiration, use magazine clippings, fabrics and patterns you love as starting points.

- Create a grown-up comfort zone, where you can have a phone, music, storage for bottles and warmers and a handy place for breast pumps and accessories.

- Studies have shown that babies will get a better quality of sleep in darker environments, so use block-out lining inside your window treatments.



Discovery Health Channel designers turn an everyday room into an eye-popping nursery.



- Sensorial stimulation is so important for healthy development. Incorporate sounds (music, bird sound CD's, etc.), textures (fabrics, rugs, textured walls) and visual appeal (bright colors, shapes).

- Don't forget to anchor all furniture that can represent a tipping hazard. Hide all electric cables (or use gaffer tape to cover them) and block electrical outlets.

- Make the nursery a place that reflects you and your personal history. What better way to welcome your new family member.

Above all else, have fun! And don't forget, you can get more ideas from watching how the professional designers do other people's nurseries on "Make Room for Baby" on Discovery Health Channel every Tuesday at 10pm ET/PT.

For schedules and more tips, go to discovery.com/health.