



## Sweet dreams, little baby

### **Calgary Herald**

Published: Sunday, February 12, 2006

BOOK - Every parent wants a peaceful nursery for their new little bundle of joy. All the better to sleep through the night, right? Now there's help in a new book called *The Peaceful Nursery: Preparing a Home for your baby with Feng Shui*, by Lara Forbes Carlin and Alison Forbes (Random House of Canada Limited, \$21).

The authors aim to help parents prepare a welcoming environment through principles of home decorating, Feng Shui, and general healthy living. The book covers how to arrange the room for a good night's sleep and make healthy choices in paints, fabrics, toys and furniture. There are tips on decluttering, storage, choosing soothing colours (green for serenity and growth, lavender for relaxation), and arranging parent bedrooms (after all, they need the sleep more than anyone, don't they?)

© The Calgary Herald 2006