

BabyTalk

ALTERNATIVE MEDICINE
Baby remedies that work

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And what better place to create a feel-good environment than your baby's nursery? From noontime naps to nighttime feedings, this room will be at the center of it all. To help get you started, here are five easy and practical ways to feng shui.

1 HANG A MIRROR

Ancient wisdom: "Mirrors give the mother a position of command, as she can see what's behind her," says Judith Wendell, a feng shui consultant in New York City. **Modern reasons:** Mirrors can make small spaces look bigger, and babies love looking at themselves.

2 ADD LIGHTING

Ancient wisdom: "Light is a symbol of the sun," says Rossbach. "It can help lift your spirits and create positive energy." **Modern reasons:** Diffuse lighting makes a room cozy and inviting. Buy a sturdy floor lamp (one that won't topple over when your baby goes mobile) or add small accent lamps. And don't forget a child-proof (cool to the touch) night light.

3 USE PASTEL COLORS

Ancient wisdom: "Bright colors rev you up and are better for living areas than bedrooms," explains Clodagh, a top feng shui-inspired designer in New York City. **Modern reasons:** When your baby's fussy and you've had no sleep, every calming element helps. Use bright colors as accents on pillows or artwork.

4 SET DOWN A SOFT RUG

Ancient wisdom: Balance in your home means balance in your life, and adding soft texture offsets the harder elements in the nursery, such as a crib or picture frames. **Modern reasons:** You're going to make a lot of barefoot trips to and from the crib. You might as well make them pleasant. If there's already a wall-to-wall carpet in the room, but it's rough to the touch, consider replacing it with a softer, inexpensive remnant.

5 ADD A WATER ELEMENT

Ancient wisdom: Clear water is a symbol of good energy and prosperity. **Modern reasons:** The sight of fish or the sound of water is mesmerizing and can help calm a baby. Place a small fishbowl or fountain on a sturdy dresser or bookshelf (that won't topple over on Baby or you). Or use a machine with sound selections of rain or running water.



NAPWORTHY NURSERIES

5 ways to create a restful room

Dos and Don'ts

Do use boxes and closets to contain clutter, which will help keep the chi, or universal energy, flowing.

Don't store boxes under the crib or the chi will stagnate there.

Do place the crib against a

solid wall to keep the energy in the center of the room.

Don't place the crib directly in front of the window, which allows chi to escape.

Do hang a windchime or crystal, which is said to have the power to fix placement problems.

Don't hang objects over the crib, which shoots bad energy downward.

