

## IDEAS

## A picture perfect nursery

Planning a nursery has got to be the most exciting part of being a parent. From selecting a theme to sourcing the right materials, every aspect is great fun and filled with love and anticipation from the parents-to-be.

Whatever your style maybe, Star Lifestyle has put together the details every parent needs before planning a nest for the new member!

Firstly, select the right room. Pick the one in the house that has plenty of natural light and air flowing in. Natural light is the key to a child's mental growth and development, not to mention health. Make sure the room does not overheat or is damp either.

Next, choose a theme for the room. The Internet is a great source for ideas, like Pinterest. Create an idea book that will keep the elements you like in one place, making the designing process easy and fun. There is a wide variety of colour options to choose from, with plenty of choices should you want to stand out from the crowd.

White, lemon, sage, brown, orange are great colours for the nursery. One tip is to choose a soft shade that is soothing for the newborn as well as the parents. Anything too bright or deep may overly stimulate the baby.

The design elements are next. While painting the room, make sure the paint is child-friendly as ordinary ones release toxic fumes. Cute stickers and decals are available in various themes that make the walls come alive.

Another important aspect is the furniture. A nursery requires a crib, a changing station, a chest of drawers to hold the newborn's essentials, a comfy seat for nursing and a diaper bin.

Most of these items are available in stores specialising in children's items. Alternately, getting custom furniture made is also an option. Furniture stores in Mirpur are perfect for this purpose.

Once all these issues have been sorted, it is time for the finishing touches.

Bedding for the crib is essential. Choose organic, cotton fabric to keep your child cool and comfy. A mosquito net is a necessity. Crib bumpers and rail guards are important for safety as well. A small table lamp will softly illuminate the room, soothing the baby and facilitating a good night's sleep. A crib mobile that plays soft, soothing melodies will keep the baby entertained.

Other items, such as a basket for used clothes, a diaper stacker, are optional. Sweet personal touches such as small photo frames and toys will make your nursery a special place for you and your baby to bond.

By Sabrina N Bhuiyan



## Baby cams and the modern parent

It is easier said than done to stop being the over-anxious parent — always eager to jump to the worst case scenario! Peace of mind, day and night, regarding children's safety is what parents need.

Whether you are a stay-at-home parent or a working parent, there comes a time when you need to stay away from your precious one for a short or prolonged period of time. The thousands of worries that cross your mind at every second can only be put to rest when you catch a glimpse of your toddler's face or hear his/her giggles.

These days, parents can fret a little less as they can see and hear all that their child does by a mounted camera that can beam live video from their child's room to a handheld viewer or smartphone — or both.

Digital technology provides superior security and sound quality, removing any annoying white noise as well.

Tilting and wall mount features allow the camera to be positioned such that the automatic infrared lights on the baby unit make all corners of the room fully visible, both day and night.

A baby cam is essentially a surveillance system that uses a video camera to show pictures on a receiver. With the evolution of technology, these devices are now Wi-Fi compatible and allow the video to be streamed on a smart device.

### 360° VIEW

No need to go to the baby's room to adjust the view from your monitor. You can easily turn your monitor 360° or tilt it up from your mobile device. You can also zoom in for details.

### EASY, QUICK INSTALLATION

Baby cams these days can be set up in about 60 seconds without even going

through the manual guides. An app conveniently guides you through the installation process.

### GRANDPARENTS ON BOARD

Baby cams also allow users to invite an unlimited number of guests to the same device. You just have to download the app on the eager grandparent's smart devices and the problem is solved; you have dedicated staff to keep an eye on your precious ones.

### SMART ALERTS

With sound and motion sensors, baby cams send you notifications for when there is movement in your child's room. These can be switched on or off according to your preference though.

### NEVER MISS A MILESTONE

Most baby cam apps these days have the ability to record and share still images and video clips. Many mums like to take a click whenever their child is doing something silly or just being cute. With these modern apps, you have the ability to continue doing so even when you are not physically near your child.

### GET IT ON ANY SMART DEVICE

The most convenient part about using these modern devices is that your handheld smart device doubles up as a baby monitor. No need to carry an extra monitor screen; all you need is your phone or tab and an active 3G or Wi-Fi connection.

### SET IT UP ANYWHERE YOU CHOOSE

When your child is past the age when you need a night time monitor, you can repurpose the gadget to check in on other parts of your home. Just set it up in a corner of your foyer or over your garage and get notifications when someone leaves or enter your house at pre-set times.

However, with the advancements in technology come the glitches. The issues of network speed and strength also play a role in the quality of video and streaming speed, let aside power outages that will render the device useless.

In addition, to purchase one from the local markets will be a feat as these are not readily available, but do keep an eye out at the gadget stores at Gulshan 1 Market, Bashundhara City or National Stadium for these surveillance systems.

You may have to wait to get one from abroad or order online from the many Facebook pages that deliver here.

### FYI

Before you can get your hands on one, you can try this trick. Thanks to a slew of new apps, your trusty mobile can easily double as a baby monitor. Skype and other video calls are made to teleconference, and enjoy audio and video with friends and family; you can use it to keep an eye on the one you love the most — your child.

Dust off an old smart phone that you have lying around — you will need two phones to pull this off. Download the app of your choice onto both phones. Set one up in a corner of the child's room, plug it in so that it does not run out of charge and connect it to your Wi-Fi network. There are also several paid baby monitoring apps out there like Cloud Baby Monitor on iTunes, Dormi for Android users, or Baby Monitor 3G for both iTunes and Android users. Just run the same app on both your devices and you can keep an eye on your child when you are away for a bit!

By Amreen Bari

Photo: Sazzad Ibne Sayed

Model: Tavishee