


NEW HOMES & CONDOS

Get your home ready for the school year ahead!



JANE LOCKHART
**DESIGN
CONFIDENTIAL**

It's that time of year again. The sun is setting earlier and our nights are getting cooler. It's also time to adjust the sleep schedules of your children so they'll be able to wake up for school next week!

With the beginning of school, comes more action in the home. Before the inevitable chaos ensues, I've put together some helpful tips to prepare your home for the school year ahead.

De-clutter. Before starting anything, you should first clean and de-clutter your home. That means sorting through loose papers, donating old clothes and shoes and getting rid of any excess items. Think of it as, Fall Cleaning.

As a person who despises clutter, I find it easier to think

and be productive in a space that's organized. To me, a messy room can contribute to a messy brain, hindering concentration.

Create a homework zone. 'A Homework Zone' is a great opportunity for your children to make the space their own by letting them help decorate. Allowing them to participate keeps them interested in their surroundings and can contribute to a productive frame of mind.

A Homework Zone is ideal in a den, office or any other space where there is limited distraction. If you have the space, a bookcase can be a great addition to your Homework Zone.

By organizing your reading materials, it gets stacks of books, off desks or table surfaces and encourages reading. Along with books, add decorative pieces

(non-fragile) that exhibit their personalities and help make reading and learning fun!

Organize your kitchen. After school, kitchens typically become a war zone, as a long day at school can work up quite the appetite! Consider using designated cabinets for after-school snacks.

Simple snacks that don't take much preparation will spare your kitchen mess and chaos. Go-to drawers in the refrigerator with healthy snacks allow kids to make healthy choices.

In fact, your refrigerator is one of the most important components of your kitchen. An organized fridge is a great way to ensure your school-week runs smoothly.

Try creating designated sections for easy to access foods at breakfast time and school lunches to shave a couple seconds off of a stressful morning.

Create an area for school supplies. Every year around the last weekend before school, stores are packed with parents looking to purchase supplies. Before you shop, plan a designated area to drop and store it once you're home.



A Homework Zone is a great opportunity for your children to make a space their own and to contribute to a productive frame of mind.

Instead of having to search bedrooms, dens and family rooms, have all your supplies narrowed down to one location. If your home lacks the extra space, compartmentalize your school supplies to your homework zone.

Organize your mudroom. The mudroom or entry is a transition space where we don't spend much time but it's an important one to try to keep organized. To avoid chaotic

mornings, try creating designated spaces for each family member by using cubbies and hooks. This will help bring some order to busy mornings!

For those of you who are involved in extra-curricular activities, install either a chalkboard or erasable calendar in this transition space or the kitchen to keep the household informed on important dates.

Welcome back to normal! The start of a new school

year not only signifies a new beginning for your children, but a sense of normalcy in the home. Use this as an opportunity to organize your house and make your lives easier!

— Jane Lockhart is an award-winning designer and TV personality considered to be one of Canada's leading experts in the world of design. Visit www.janelockhart.com.

Get a good night sleep for back to school



NATALIE DEANE
**DECOR
AND MORE**

After a summer of late nights and 9 a.m. wake ups — it's time to fall back into the school year schedule.

You will probably be faced with a lot of 'It's still light out I don't want to go to bed' and some 'It's too early to get up,' that's why you need to ease your kids back into their early morning school routines.

Sleep Expert Alanna McGinn and Leon's mattress expert Jessica Celsie have some tips for back to get your families sleep habits

back in order as well as have you sleeping comfortably all tucked into a cozy mattress.

"Kids need to have a regular bed time to maintain proper health. This is an important step, especially for our little ones," states McGinn.

"All of this, with the addition of a mattress that is specifically tailored to their needs, will allow their bodies to get the sleep it needs and adjust to the new routine of life," adds Celsie.

Back to school routine. To get your kids back into their

school schedule their internal clock will need to be reset. "Starting a few days before school starts have your child go to sleep and wake up at the same time every day," shares McGinn, "as they will once they go back to school."

With the kids home from school your own sleep schedule was probably neglected too. Be your family's sleep role model. "When your children witness you making those changes they'll be more willing to follow suit," says McGinn.

"Get kids excited about their new sleep time by allowing them to choose their own new bed," suggests Celsie. "Bring them into the Leon's mattress centre to test different ones out to find the one that is best for them."

Mattress musts. A good mattress can cost a lot of money. But when you consider you spend one-third



For a bed that supports and contours to your body, the Leon's Kingsdown Squeeze mattress in a box may be just the thing.

of your life in bed and that a good night's sleep can directly affect your child's grades, the investment is worth it. Both McGinn and Celsie recommend changing your mattress every 8 to 10 years and your pillow every six months.

Choosing the mattress that is right for you depends on many factors; comfort, body type, age, and even your space. Especially for kids transitioning from a junior bed to their first real grown up bed, take them into the mattress centre, let them play Goldilocks and try the different comfort levels.

Take time at the store to lay on each type of mattress for at least 10 minutes so you can see which one fits your needs the best. Some people like firm beds, others need a pillow top or a cooling mattress.

Mattress care tips. Once you get your new mattress home, you want it to last a long time. After all you can have it for 10 years if you take good care of it. "I always recommend a mattress cover," says Celsie. "Having a mattress cover is beneficial both to your health and to the longevity of the mattress."

A mattress cover, keeps the bed clean, protects it from

dust mite allergens and for smaller children a waterproof one can prove to be very helpful to keeping your mattress fresh and dry.

"Don't forget to rotate your mattress every season," adds McGinn "and vacuuming it every month to remove allergens."

With these tips everyone in your home will be sleeping tight and be ready to tackle the new school year.

— Natalie Deane is a lifestyle connoisseur who shares tips for everyday living through decor, entertaining and household trends.