



PRIMR



YOUR

Our experts give their tips on how to design the ultimate kid's room—from statement wallpaper to furniture that will grow with your baby.

WRITTEN BY **SIMONE OLIVERO**



CRIB



Sweet Dreams

Lifestyle influencer **Jillian Harris's** daughter's nursery is the stuff of fairy tales, with its cotton-candy-pink accents and oversized feathery friends.

JILLIAN'S TIPS

- **Pick a focal point** Instead of choosing a theme for the nursery, Harris recommends finding one thing you really love (like the wallpaper) and using that to inspire your other choices.
- **Choose pieces they can grow with** Harris purchased a large dresser (in place of a change table) that can be used for clothing well beyond the baby stage.
- **Go big with curtains** Floor-to-ceiling, wall-to-wall curtains give the room a feeling of spaciousness and add a pop of colour and texture, says Harris. If custom curtains aren't in the budget, doctor up inexpensive drapes with a glue gun and decorative pompoms from a craft shop.
- **Invest in the right pieces** "A rocker or a glider is great for when they're babies, but it's also a space where they can curl up and read a book as they get older," says Harris.
- **Purge!** Once a month, Harris spends an hour or two sorting her kids' clothes to remove anything that no longer fits. This makes bedtime and getting dressed easier and also ensures the room isn't filled with unnecessary clutter.



THIS WALLPAPER FROM VANCOUVER-BASED ANEWALL WAS HARRIS'S JUMPING-OFF POINT FOR THE ROOM.

GET THE LOOK



PEHR POM POM PINT STORAGE BIN, \$34, WESTCOASTKIDS.CA



MELISSA AND DOUG FLAMINGO, \$140, INDIGO.CA



PALADINO 6-LIGHT TRADITIONAL CHANDELIER, \$537, WAYFAIR.CA



"TO THE STARS" FRAMED PRINT, FROM \$21, MINTED.COM

JILLIAN HARRIS NURSERY PHOTO: RACHELLE BEATTY



FLYNN RECLINER NURSERY GLIDER, FROM \$1,099, OILOSTUDIO.COM

In the Jungle

DIY details and a wall-sized mural make Two's a Party influencer **Sana Alvi's** boho-meets-jungle nursery truly one of a kind.

SANA'S TIPS

- **Don't get overwhelmed** With so many places for parents to shop, Alvi stuck to one store (she loves Buy Buy Baby) for staple items, like the crib and dresser.
- **Do a feature wall** Alvi fell in love with this bold wall-paper mural, which became the centrepiece of the room.

- **Add personal touches** Alvi made this DIY tassel chandelier, which brings some personality to the space.
- **Don't overstimulate** If you're going to have pattern and pops of colour, Alvi suggests keeping other items clean and neutral.



GET THE LOOK



FELA TASSELLED CHANDELIER, \$240, ANTHROPOLOGIE.COM



CUSHION COVER WITH TASSELS, \$35, HM.COM



BABYLETTO LOLLY 3-IN-1 CRIB, \$550, BUYBUYBABY.CA



DISTINCTLY HOME FRINGE RUG, \$80, THEBAY.COM



WALLPAPER, \$245, ANNETWEELINK DESIGN.COM



Moving on up

Transitioning into a big-kid bed doesn't have to mean a bigger room. Interior designer **Nyla Free** shows us how to make the most of small-space living.

NYLA'S TIPS

- **Take advantage of height**

Even though children are small and can't reach high places, it's still beneficial to use the height in a room, says Free. It's a great way to increase storage, especially in a compact space, while also adding impact.

- **Choose a colour scheme with longevity**

Rather than redecorating the entire room every three to five years, Free suggests enhancing or updating what you have with simple, cost-effective changes like a new paint colour or fresh bedding.

- **Under-the-bed storage is your friend**

Whether you create built-in storage, as Free did in this room, or you use baskets and bins, this oft-forgotten space is within reach for even the littlest of kids, making it an ideal place for toys and books.

- **Make it their own** Try incorporating a favourite colour or a special design to create an aesthetic they will look forward to spending time in, says Free. "Creating a positive space for children builds confidence and an environment they feel safe and comfortable in."

GET THE LOOK



PAPIER MÂCHÉ FOX HEAD, \$44, CRATEANDKIDS.CA



WASHABLE RUG, FROM \$163, RUGGABLE.COM



SPOT WALL KNOB, \$8, EQ3.COM



HATFIELD CHAIR, \$304, HOMEDEPOT.CA



TRACIE ANDREWS PRINT, FROM \$27, SOCIETY6.COM

SHELVES ADD LOTS OF VISUAL IMPACT AND ARE A PRACTICAL WAY TO STORE EXCESS BOOKS AND TOYS IN A SMALL SPACE.



GET THE LOOK



TASSEL CUSHION COVER, \$30, ZARAHOME.COM



STOKKE MINI CRIB, \$700, BUYBUYBABY.CA



CEILING MEDALLION, \$119, HOMEDEPOT.CA



DAYBED WITH TRUNDLE, \$1,679, WESTELM.CA



UNICORN WALL MOUNT, \$75, WESTCOASTKIDS.CA

NYLA FREE NURSERY PHOTO: PHIL CROZIER
INTERIOR DESIGN: NYLA FREE DESIGNS

MONTANA BURNETT NURSERY PHOTO:
MONTANA BURNETT DESIGN

Minimalist palette

With clean lines and sophisticated furnishings, interior designer **Montana Burnett** created a nursery that is elegant and stylish.



MONTANA'S TIPS

- **The nursery should match the house**

By sticking with a neutral colour palette and pops of bright colour, Burnett and her team kept the nursery design consistent with the rest of the home.

- **Keep the walls interesting**

"Walls are a great place to add visual interest. We painted one-quarter of the walls black and had wooden animal cut-outs placed along the bottom, which acts as a modern landscape," says Burnett. "Using wall space for decoration also lets you avoid cluttering the space with unneeded accessories."

- **Work with what you've got**

The space already had a beautiful ceiling detail that she wanted to accentuate, so by placing the crib directly under it, that area naturally became the room's focal point.



Forget practicality. From punchy spring fashions to indulgent makeup, these gifts are designed to spoil Mom and help her find joy in life's simple pleasures this Mother's Day.

PRODUCED BY **SIMONE OLIVERO**

FLOWER PHOTO: STOCKSY

FLOWERS ARE NICE, BUT WHY NOT GIVE HER SOMETHING THAT WILL LAST WELL PAST MAY 10TH THIS YEAR?



FRESH PICKS

- 1 GRAPHIC SHIRT, \$40, OLDNAVY.CA
- 2 THE PERFECT SPRING 3-WICK CANDLE, \$25, BATHANDBODYWORKS.COM
- 3 JUTE PLACEMATS, \$17 (SET OF FOUR), HOMESENSE.CA
- 4 VIVA SCANDINAVIA SAGA CAST-IRON TEAPOT IN PINE GREEN, \$80, SHOPVIVA.COM
- 5 RMS BEAUTY SIGNATURE SET IN MOD, \$59, THEDETOXMARKET.CA



6

COMFY AND STYLISH, ESPADRILLES MAKE A CASUAL-OUTFIT DAY FEEL FANCY.



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12



13



14



15



8



7



16

THIS SUNNY YELLOW DRESS WILL BRIGHTEN HER DAY AND HAS MOM-FRIENDLY POCKETS!



18



17



9

THIS COOKBOOK IS FULL OF YUMMY MEALS, AND WILL LOOK GOOD IN THE KITCHEN.



healthful recipes for bright, nourishing meals

VIBRANT & PURE

ADELINE WAUGH

10

BRIGHT POPS

- 6 LILAC DRESS, \$60, HM.COM
- 7 PATAKA BRACELET, \$145, MOONROX.CA
- 8 COCONUT CABANA 3-WICK CANDLE, \$25, BATHANDBODYWORKS.COM
- 9 MEDIUM FACE PLANTER - WOMAN, \$22, INDIGO.CA
- 10 VIBRANT & PURE: HEALTHFUL RECIPES FOR BRIGHT, NOURISHING MEALS, \$30, INDIGO.CA



19



20



21

SPLASH OF SUN

- 11 ESPADRILLES, \$75, ALDOSHOES.COM
- 12 PHILOSOPHY NATURE IN A JAR NOURISHING IN-SHOWER OIL, \$43, SEPHORA.COM
- 13 LINEN BLEND UTILITY DRESS, \$70, GAPCANADA.CA
- 14 LARGE CROISSANT DÔME HOOPS, \$105, MEJURI.COM
- 15 PEBBLED HOBO BAG, \$300, MARSHALLS.CA
- 16 ONE-PIECE SWIMSUIT, \$39, JOEFRESH.COM
- 17 MINDFULNESS CARDS, \$25, LOSTANDFOUNDTO.COM
- 18 KOSAS 10-SECOND LIQUID EYESHADOW IN WATERFALL, \$37, THEDETOXMARKET.CA
- 19 HBC STRIPES 350TH ANNIVERSARY SKY BLUE STRIPE CARIBOU WOOL THROW, \$170, THEBAY.COM
- 20 FUJIFILM INSTAX MINI CAMERA, \$90, INDIGO.CA
- 21 RHYTHM OF THE RAIN HAIR MASQUE AND SCALP DETOX, \$36, AMAZON.CA



23



22

WHO SAYS MOM SHOULDN'T GET ALL DOLLED UP FOR A DAY OF SELF-CARE?

24



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32



AT-HOME LUXURY

- 32 KOSAS WET LIP OIL GLOSS IN DIP, \$36, THEDETOXMARKET.CA
- 33 DAISY MARC JACOBS EAU SO FRESH DAZE, \$110, SEPHORA.COM
- 34 NEUTROGENA BRIGHT BOOST RESURFACING MICRO POLISH, \$11, WALMART.CA
- 35 PINK AND ORANGE NOTEBOOK, \$7, HOMESENSE.CA
- 36 VAPOUR AURA MULTI STICK IN GRACE, \$48, THEDETOXMARKET.CA
- 37 UA INFINITY MID HEATHER SPORTS BRA IN BETA, \$50, UNDERARMOUR.COM

THESE SMALL INDULGENCES WILL ADD A BOOST TO HER DAY.



35



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GIVE HER SUCCULENTS THE ROYAL TREATMENT WITH A ONE-OF-A-KIND RAISED PLANTER.

29



SIMPLE PLEASURES

- 22 EGENTID FRUIT AND HERBAL INFUSION WITH PEPPERMINT AND COCOA, \$5, IKEA.CA
- 23 HEIRLOOM ROX RING, \$45, MOONROX.CA
- 24 SLEEP SET, \$24, JOEFRESH.COM
- 25 AROMA OM LAVA EDITION DIFFUSER, \$92, SAJE.COM
- 26 SQUARE SPARKLE OPEN RING, \$100, PANDORA.NET
- 27 GREEN LEAF PRINT CROP TOP, \$20, WINNERS.CA
- 28 VANLIGEN DECORATIVE BOX, \$8 (SET OF 2), IKEA.CA
- 29 CYBÈLE B. PILON TRIPOD PLANTER, \$74, ONEOFKINDONLINESHOP.COM
- 30 VANS ULTRARANGE EXO, \$120, VANS.CA
- 31 CHARCOAL CLEANSING BAR, \$32, BEAUTYCOUNTER.COM

Veggie Delight

MAKE MEATLESS MONDAY AN EVERYDAY MANTRA. THESE PLANT-BASED DISHES ARE PACKED WITH FLAVOUR AND COME TOGETHER QUICK AND EASY.

RECIPES BY
THE CHATELAINE KITCHEN

PHOTOGRAPHY BY
ERIK PUTZ

FOOD STYLING BY
ASHLEY DENTON

PROP STYLING BY
MADELEINE JOHARI

PRODUCED BY
SIMONE OLIVERO

ART DIRECTION BY
STEPHANIE HAN KIM

OPPOSITE PAGE: RADUGA GREZ VEGGIES SET; MODERNRASCAL.S.CA
THIS PAGE: RADUGA GREZ VEGGIES SET; MODERNRASCAL.S.CA SMALL STONEWARE BOWL IN DARK GREEN; HM.CA

Veggie Noodle Pad Thai

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**Butternut
Squash Pizza**

P. 80

OPPOSITE PAGE: RADUGA GREZ VEGGIES SET: MODERNRASCALS.CA
THIS PAGE: FÄRGRIK LARGE DINNER PLATE: IKEA.CA RADUGA GREZ VEGGIES SET: MODERNRASCALS.CA



**Baked Sweet Potato
with Roasted Chickpeas**

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**Refried Bean Tostadas
with Queso Fresco**

P. 81

OPPOSITE PAGE: RADUGA GREZ VEGGIES SET; MODERNRASCAL S.CA BEBASILICONE BOWL; WESTCOASTKIDS.CA
THIS PAGE: RADUGA GREZ VEGGIES SET; MODERNRASCAL S.CA HELENALINEN DINNER NAPKINS IN SAGE GREEN; CRATEANDBARREL.CA TALL BEVERAGE GLASSES; HMM.CA



**Grilled Eggplant on
Coconut Rice**

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Veggie Noodle Pad Thai



PREP 15 MIN TOTAL 25 MIN

- 1/3 cup hoisin sauce
- 1/3 cup lime juice
- 1/3 cup natural peanut butter
- 1 tbsp sriracha hot sauce (optional)
- 210-g pkg smoked tofu
- 3 tsp canola oil, divided
- 4 garlic cloves, minced
- 1 tbsp minced ginger
- 2 340-g pkg spiralized zucchini noodles
- 2 cups matchstick carrots
- 2 cups bean sprouts
- 1/2 cup chopped cilantro
- 1/4 cup roasted peanuts, chopped (optional)
- 1/2 cup Thai basil leaves (optional)

1. Whisk hoisin sauce with lime juice, peanut butter and sriracha (if desired) in a medium bowl. Set aside. Pat tofu dry with paper towels, then cut crosswise into 1/4-in.-thin slices. Heat a very large frying pan or grill pan over medium. Add 2 tsp oil, then tofu. Cook until golden, 2 to 3 min per side. Transfer to a plate.
2. Add remaining 1 tsp oil to a pan, then garlic and ginger. Stir for 30 sec. Add zucchini noodles and carrots. Cook, stirring, until vegetables are just tender, 2 to 3 min. Stir in reserved sauce to coat vegetables. Divide among plates. Top with tofu, bean sprouts, cilantro and peanuts, if using. Squeeze more lime juice overtop, if desired, and finish with Thai basil leaves.

MAKES 4 SERVINGS. PER SERVING: CALORIES 341, PROTEIN 18 G, CARBS 27 G, FAT 20 G, FIBRE 6 G, IRON 3 MG, SODIUM 529 MG

Kitchen tip If you own a spiralizer, make your own zucchini noodles using two large zucchinis.

Butternut Squash Pizza



PREP 30 MIN TOTAL 35 MIN

- 750-g pkg frozen butternut squash pieces, thawed
- 5 tsp canola oil, divided
- 4 garlic cloves, minced
- 156-mL can tomato paste
- 1 cup vegetable broth
- 3/4 tsp sweet paprika, divided
- 1/2 tsp salt
- 1 small red onion, thinly sliced
- 170 g broccolini, cut into thin strips
- 2 store-bought thin pizza crusts
- 1/2 cup crumbled feta
- 1/2 tsp hot pepper flakes (optional)

1. Reserve 2 cups butternut squash in a medium bowl and set aside.
2. Heat a large non-stick frying pan over medium-high. Add 2 tsp oil, remaining butternut squash, garlic, tomato paste, broth and 1/2 tsp paprika. Cook, stirring often, until thickened, 10 to 12 min. Transfer mixture to a blender and blend until smooth. This will make about 2 cups of sauce.
3. Add 2 tsp oil to same pan, then onion and broccolini. Cook until Broccolini is tender-crisp, 3 to 4 min. Transfer to a bowl. Add remaining 1 tsp oil to pan, then reserved squash, salt and remaining 1/4 tsp paprika. Cook, stirring occasionally, until just warmed through, 1 to 2 min.
4. Position rack in centre of oven, then preheat to broil. Arrange pizza crusts on baking sheets and spread about 1 cup sauce over each crust, then top with onion, broccolini and squash pieces, dividing evenly. Sprinkle each with 1/4 cup feta and 1/4 tsp hot pepper flakes, if desired. Bake until warmed through, 4 to 5 min.

MAKES 4 SERVINGS. PER SERVING: CALORIES 506, PROTEIN 17 G, CARBS 85 G, FAT 14 G, FIBRE 11 G, IRON 6 MG, SODIUM 1,028 MG

Baked Sweet Potato with Roasted Chickpeas



PREP 10 MIN TOTAL 30 MIN

- 540-mL can chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp sweet paprika
- 1/2 tsp salt, divided
- 4 medium sweet potatoes (about 250 g each)
- 1 cup sour cream
- 6 tbsp chopped chives
- 1/4 cup store-bought crispy onions

1. Position rack in centre of oven, then preheat to 400F. Pat chickpeas dry with paper towels. Toss chickpeas with oil, paprika and 1/4 tsp salt on a rimmed baking sheet. Spread out in an even layer. Roast, gently shaking and rotating sheet halfway through, until golden, about 20 min.
2. Meanwhile, wash and scrub sweet potatoes well. Prick each unpeeled sweet potato several times with a fork. Microwave on high heat until tender, turning halfway through, 8 to 10 min. Transfer sweet potatoes to a platter. Let sit until they are cool enough to handle.
3. Stir sour cream with chives and remaining 1/4 tsp salt in a small bowl. To serve, cut an X along the top of each potato. Push from both ends until the flesh pops out slightly. Fluff the flesh with a fork. Scoop 1/4 cup sour cream mixture onto each potato. Top with roasted chickpeas and sprinkle with crispy onions. If desired, garnish with additional paprika and more chives and serve with a green salad.

MAKES 4 SERVINGS. PER SERVING: CALORIES 543, PROTEIN 15 G, CARBS 77 G, FAT 21 G, FIBRE 14 G, IRON 3 MG, SODIUM 641 MG

Kitchen tip If your sweet potatoes are larger than 250 g, you may need to increase microwave cooking time by 2 to 4 more min.

Refried Bean Tostadas with Queso Fresco



PREP 10 MIN TOTAL 35 MIN

- 1 red bell pepper, halved and thinly sliced
- 1 small red onion, thinly sliced
- 3 tbsp canola oil, divided
- 1/4 tsp salt
- 1 tbsp tomato paste
- 1 tbsp Tex-Mex seasoning (such as Club House)
- 540-mL can black beans, including liquid
- 8 small flour tortillas
- 2 cups shredded iceberg lettuce
- 1/4 cup finely chopped cilantro
- 1/2 cup crumbled queso fresco or feta
- 1 lime, cut into wedges (optional)

1. Position rack in centre of oven, then preheat to 450F. Toss peppers and onion with 1 tbsp oil and salt on a large baking sheet. Roast, stirring halfway through, until golden, 12 to 13 min.
2. Heat a large non-stick frying pan over medium. Add 1 tbsp oil, tomato paste and seasoning. Stir for 30 sec. Add beans and their liquid. Cook, stirring, until warmed through, about 8 min. Coarsely mash the beans in the pan using a non-metal potato masher. Transfer to a bowl.
3. Brush both sides of each tortilla using remaining 1 tbsp oil. Rinse and wipe pan clean, then return to stovetop over medium. Fry tortillas until golden and toasted, 1 to 2 min per side.
4. Top tostadas with refried beans and pepper mixture. Mix lettuce with cilantro and sprinkle over tostadas along with queso fresco. Squeeze lime wedge overtop.

MAKES 4 SERVINGS. PER SERVING: CALORIES 459, PROTEIN 17 G, CARBS 60 G, FAT 18 G, FIBRE 12 G, IRON 5 MG, SODIUM 1,337 MG

Grilled Eggplant on Coconut Rice



PREP 10 MIN TOTAL 35 MIN

- Coconut rice**
- 400-mL can coconut milk
- 1 1/2 cups basmati rice
- Eggplant**
- 5 tbsp low-sodium soy sauce
- 3 tbsp canola oil
- 1 tsp mild curry powder
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp ground allspice
- 4 baby eggplants (about 650 g each)
- 2 tbsp honey
- 1 tbsp fresh thyme
- 2 tsp lime juice, remaining lime cut into wedges
- 1/2 cup chopped cilantro (optional)

1. In a medium sauce pan, combine coconut milk and 1 3/4 cups water and bring to a boil. Stir in rice, then reduce to low and simmer, covered, until liquid is absorbed, 12 to 15 min.
2. Stir soy sauce with oil, curry powder, onion powder, garlic powder and allspice in a large shallow dish. Slice eggplants lengthwise into 1/4-in. slices and dip each slice into the marinade. Set aside.
3. Heat barbecue to medium. Arrange eggplant slices on an oiled grill. Barbecue until eggplant slices are tender and grill marks form, 1 to 2 min per side.
4. Meanwhile, pour remaining marinade into a small saucepan set over medium-high. Stir in honey, thyme and lime juice. Boil, stirring, for 1 min.
5. Stir cilantro into coconut rice. Serve eggplant slices over scoop of rice. Top with sauce, cilantro and lime, if desired.

MAKES 4 SERVINGS. PER SERVING: CALORIES 634, PROTEIN 10 G, CARBS 83 G, FAT 32 G, FIBRE 6 G, IRON 5 MG, SODIUM 767 MG



RHUBARB PIE

PREP 35 MIN TOTAL 50 MIN PLUS 2 HOURS COOLING TIME

- 2 frozen deep-dish pie crusts (such as Tenderflake), at room temperature
- 600-g pkg frozen chopped rhubarb, thawed in fridge overnight
- 1 1/4 cups granulated sugar
- 1 tbsp vanilla
- 2 tsp cornstarch
- 1 tbsp coarse sugar

1. Position rack in lower third of oven, then preheat to 375F. Line a baking sheet with parchment paper. Remove one pie crust from foil pan and lay flat on prepared sheet. Refrigerate both pie crusts in the fridge until ready to use.
2. Combine rhubarb and granulated sugar in a large saucepan set over medium-high. Bring to a boil, 8 to 9 min. Reduce heat to medium. Cook, stirring often, until mixture thickens, 13 to 15 min. (Time will depend on water content of rhubarb—thickened mixture should measure about 2 cups.) Stir vanilla with cornstarch and 1 tbsp water in a small bowl. Stir into rhubarb mixture.
3. Remove baking sheet from fridge. Transfer crust and parchment to counter. Use cookie cutters to cut out desired shapes from flat pastry and set aside.
4. Place chilled pie crust still in foil on baking sheet and pour in rhubarb mixture. Top with cut-outs. Brush cut-outs with 1/2 tsp water, then sprinkle with coarse sugar.
5. Bake until crust is golden brown, 18 to 20 min. Transfer pie to a rack to cool completely. Refrigerate until filling is firm, about 1 hour.

MAKES 4 SERVINGS. PER SERVING: CALORIES 319, PROTEIN 2 G, CARBS 53 G, FAT 11 G, FIBRE 1 G, IRON 1 MG, SODIUM 113 MG

