

Canadian Family's expert contributors share their favourite March break memories



JEREMY FRIEDMAN

Head of pediatric medicine at the Hospital for Sick Children in Toronto

"I spent my first Canadian March break in -40°C weather shovelling my car out of snowdrifts," says this father of two. A far cry from the Cape-Town beaches he played on as a kid! Friedman vets all of the health articles that appear in *Canadian Family*.

SARAH RICHARDSON

Host and co-producer of HGTV's *Design Inc.*

"When I was 11, my uncle braved taking us to historic Williamsburg, Va., by car, by himself," remembers Richardson. "the highlight for me wasn't all the rich history - it was my visit to the Ralph Lauren store for argyle socks, the hair dryer in the room at the Four Seasons and the shoeshine service." Still savvy today - she's principal of Sarah Richardson Design, after all - she chose a chic palette of nursery paints for "Oh, baby," page 75.



LISA BENDALL

Freelance writer



"My husband and I kept our six-year-old, Emily, home from daycare," says this Toronto-based scribe. "We slept in every day, went trampolining and brought home a puppy. We've made the same plans for this year - nothing!" On page 70 she asks, "Is parenting research driving you mad?"

JULIA AITKEN

Food editor of *Canadian Family*

"In England, March break often coincides with Shrove Tuesday. Mum would grab her skillet and the ritual would begin. We all took a turn tossing the pancakes. They landed everywhere - on the floor, the counter, the cat - until Mum took over and salvaged our supper." Try Aitken's yummy 16-minute Polka-Dot Tuna Burgers, page 86 - bon appétit!



Keep diaper-rash cream, skin lotion, powder and tissue on hand for every change. This handmade Scandinavian felted-wool basket is lovely, but a cheap 'n' chic wicker one would do in a pinch! *Felted-wool basket, \$78, En Gry & Sif.*

No room for a separate change table? Secure a change pad – this one's heated – to a dresser. Stash your essentials in the top drawer, on a wall-hung shelf, or on a petite side table within arm's reach (as shown on page 97). *Dresser, painted in Benjamin Moore's Waterfall 2050-50, \$240, Honeybunch Homestore for Kids. Mother's Warmth Comfort Change System, \$90 (includes cover and blanket), Safety Superstore. Allenby sheepskin rug, \$20, IKEA. Dotted vinyl wall stickers, \$50 US per 80-piece set, WallCandy Arts. Yellow Rain Coat (2020-40) paint, Benjamin Moore & Co.*



safety tip Screw all dressers and bookcases to the wall to prevent tipping.



BALANCE EACH SPLURGE WITH A SAVE
Consider raiding your parents' basement for old furniture to repaint.



SHADES TO TRY

Get inspired by these sweet nursery colour picks from *Design, Inc.* star – and new mum! – Sarah Richardson.

Sure, the white-on-white look is a trendy nursery style – Melania Knauss is reported to have chosen it for Baby Trump – but we're not sold on its practicality. Or attractiveness – c'mon, isn't this supposed to be the cutest room in the house? We asked HGTV's Sarah Richardson for a better idea. She pulled together this sophisticated but energetic palette. "The colours look great in combination if you want to do a striped pattern or colour blocking on the walls," Richardson says. Consider them for the ceiling and floor, too, but check with a pro before tackling the cool painted-hardwood look. **1.** Magnificence (90RR 21/418), **2.** Falling Rain (30BG 56/097), **3.** Longacre (90YY 58/222), CIL Paints. >