

DESIGNING AND DECORATING YOUR ABDL NURSERY

You've decided to take the exciting leap that all Littles dream about, and you want to build a nurse's room of your own. As someone who has done just that I decided to write this suggestive guide to help give you some ideas and learn from my mistakes and benefit from my successes.

Before getting started, I suggest picking a central theme. The theme should be something that is close to YOU and makes YOU happy. That being said, I highly recommend writing down a few themes to brainstorm. After you have a few ideas, I suggest doing a google hunt for products and items that would be a wish list of items to realize the theme. Aside from the ABDL furniture, you need to think about paint, lighting, flooring, wall hangings/decorations, and things like storage. For this run through, I'm going to use my nursery as an example. I'll cover each aspect of the design and what I ended up doing.

My Theme

For my nursery I chose "Space/Rockets" as my nursery theme. I knew from repeated google searches there was a ton of products both baby and adult that made the theme ideal. One method you may want to try in testing/deciding on your theme is can you find a bedding/comforter set for your theme.

Walls

For my personal nursery, I decided not to paint the walls of my nursery. My house is over one hundred years old, and I like the unique/original woodwork and the neutral eggshell color, but that didn't hinder me from decorating the walls.

I started off with several wall hangings: a NASA flag, a massive technicolored tapestry of an astronaut floating in space, a tapestry of the solar system and a final hanging of the ABCs that was space themed. On the practical side of wall hangings I installed some small space themed shelves above my changing table that contains my wipes, powder, lotion etc.... easily within reach of a changer but more importantly I can easily reach them as well when I'm on the table so it helps when I'm changing myself. I suggest looking for corner shelves, stuffie hanging hammocks and other little things that can help tie the room together. Remember, this is your room and a safe space, so your opinion is all that matters.

The last piece I highly recommend is a fun and cheap little project that you can do and that is making and hanging your name, ABDL, BABY, or some other cute phrase in large letters. You can get large letter blanks at any hobby or craft store or even Walmart.

Floors

Carpets are ideal for a nursery/play space. If you are anything like me who loves their tummy time, carpets are necessary, but you can also get things like playmats and also large foam puzzle pieces to your floor. I have two playmats in my nursery. One by my changing table and the second larger one is in my main play space that also doubles as an AB DL Baby Gym. Like I mentioned in picking a theme, I found several space themed playmats in my brainstorming google search and bookmarked them when I got to the phase of the nursery build.

I personally try to keep most of my floor play space clear when I am not playing, but a large corner stuffie or Stuffie pile, bean bag chair or one or two large toys that can occupy a corner out of the way that won't present a tripping hazard are also great for the nursery space. My advice is to try and find the happy medium between cluttered and spartan. The nursery floor should look welcoming and an inviting place an AB DL would want to lay down or sit to play with easy crawl access to nearby stimuli.

Ceiling

This is an area that many overlook, but I highly recommend not neglecting this aspect of your nursery. Ceiling decorations and hanging stimuli such as a mobile, baby gym, glow-in-the-dark stars are many common stimuli found in nurseries.

What I did for my nursery was a number of things that kept with my space theme. The first was I replaced the ever common "salad bowl" light for a large LED "Moon" light that was remote controlled and featured various lighting settings. I'll discuss that item more in the lighting section, but changing the light to a moon dramatically changes the space when laying on your back and staring at the ceiling. The second aspect I added for the ceiling was I purchased a laser star/nebula generator. These nail the space theme for me, but I recommend looking into light show generators for your nurseries as they are cheap, often remote controlled, and require no installation or room modification.

The third ceiling modification I recommend is ceiling hangings. This is an easy way of adding more stimuli but does require minor room modification. What I did for my nursery is I built several Nasa Lego sets, such as the Space Shuttle, ISS, and the Hubble telescope, then using strong monofilament fishing line and a few small eyelet screws, I secured the models to the ceiling upside down and at various angles to imitate them floating in space. These three additions have made lying in the crib or on the nursery floor a stimulating and wonderful experience no matter where I look.

The hangings don't have to make sense like an imitation of space... You could fill the ceiling with floating squish melloes, dinosaurs, barbies, flying superheroes... let your baby imaginations run wild. Hanging a mobile from the ceiling, adding designer light or even ceiling stickers are also a possibility. My childhood room my parents

painted the ceiling to look like a sky with clouds and the ceiling fan had images of fighter jets on the blades. Be Creative! Be You!

Lighting

As mentioned in the ceiling section there are several creative main room lighting options available. The main room light fixture can be an expensive option but really can really help you mentally make that leap from a room to a nursery. The standard salad bowl or “Boob” light just doesn’t have the same feeling as a colorful lighting option. Some suggestions when making a lighting selection: Look for an LED option that is adjustable. Many lighting options today can change colors, intensity, and are dimmable. Another suggestion is to look for something that is remote-controlled. The “Moon” lighting that I installed in my nursery has a remote option and I can’t tell you how nice it is to be in the crib and be able to adjust the lights to my liking.

If buying and installing a new light fixture isn’t a possibility... no need to build a blanket fort to cry in... do build a blanket fort though... A creative option for lighting a nursery and also adding more fun elements is to get a basic smart home device and some smart lightbulbs. Many smart bulb options offer color changes, dimmability, and can be controlled through a phone app. You can also link smart bulbs with a smart home device to add a voice control option to your lighting.

Other creative lighting options to think about are things like: An end table Lamp, night light, LED strips, and wall or ceiling light projectors. There are tons of themed options for each of these lighting options. One option I want to touch on is the LED lighting strips. Creative installation of LED lighting can really make your nursery unique and a wonderful place. I placed LED lights along both the top rail and underside of my crib and also on the underside of all of the shelves of my changing table and diaper storage. The lighting not only adds mood to the room, but it also is a functional improvement as it lights all my diaper storage.

Storage

Having a place to store toys, packs of diapers, clothing, changing supplies, and other play gear is a must have for any nursery space. It also can offer tabletop space for various décor items like a night light, lamp, stuffies, toys or even offer more storage.

When I was looking at storage for my nursery, I first accessed the majority of my toys so I could have a better idea of what my needs were so I could get the ideal toy storage. I have a lot of blocks, toy RC construction toys, wooden train sets along with some hand puppets and large wooden playsets. I want something that would both display some toys but also could hold all the blocks and smaller toys that had lots of pieces. I found the perfect large toy box/shelf combo on Amazon.

https://www.amazon.com/gp/product/B0DJM552C2/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

My advice when selecting something is get the dimensions of the furniture piece and make sure that not only does it fit in the space in the room, but that it also can fit the toys that you want to place. All dimensions should be listed on websites. Other storage ideas can be under your bed/crib... most bed frames are fourteen inches off the ground which is the standard height of a diaper pack. Something else I have done is I purchased two large Rubbermaid containers designed to go under the bed. I can place loose diapers and boosters inside for storage. Small hanging shelves by the changing area are great for diaper changing supplies and a stuffie hammock are great for babies with a lot of little stuffed friends.

Amazon and Ikea are really solid places to look for storage options if you are looking for something in particular. Thrift stores are another great budget option that offers great DIY potential.

Toys

What AB doesn't love their toys? Well, toys can be used in more ways than just playing. Some ideas to try: Stuffedies strategically stationed in special areas of the room to protect you, wooden alphabet blocks spelling out fun phrases, Toys hanging from the ceiling, completed Lego models, maybe a wall full of Funko pops, action figures, my little pony, troll dolls, barbies, squishmellows... Your nursery, your imagination, your dream manifest! Make it happen!!!

Furniture

AB/DL nursery furniture like a crib, changing table, baby gym, play pen, rocking, and highchair are what a lot of folks may dream of having. I can tell you they are all possible, and I plan on writing articles on every single one of my DIY build ones for each. I will include the links to the base items I used for those builds in the meanwhile if you want to try to design your own. More to come on those article, but I suggest if you plan on one day adding these elements to your nursery to account for them if you are making a nursery space.

Crib

For a crib I recommend a canopy steel bed frame. The rails offer great support for rails and the bed frame is absolutely solid and you will avoid some of the issues when you try to convert a standard bed frame into a crib for my crib. Link: [Amazon.com: ZINUS Patricia Black Metal Canopy Platform Bed Framework, Mattress Foundation with Steel Slat Support, No Box Spring Needed, Easy Assembly, Full : Everything Else](https://www.amazon.com/ZINUS-Patricia-Black-Metal-Canopy-Platform-Bed-Framework-Mattress-Foundation-with-Steel-Slat-Support-No-Box-Spring-Needed-Easy-Assembly-Full-Everything-Else/dp/B073333333) The frame is under \$200 and comes in single, full and queen. I have built cribs in all three sizes, but my personal crib is full. I built the wooden rails four inches apart with a swinging gate. A box spring and mattress will place the crib bed at the perfect height.

Changing table

A changing table is something I use every day, and it was actually one of the easiest additions to my nursery thanks to inspiration I got at CapCon. I purchased a massage table which was available as changing tables at the Age player's Convention. I have included the link to the one I used but I wouldn't recommend it if you aren't planning to rebuild the table. It is a good table, but since it is a travel table for around \$100 it isn't the most solid unless it is rebuilt. I took the original legs off the table and built new legs with a shelf out of six 4x4s and some plywood. [Amazon.com: BestMassage Massage Table Portable Massage Bed Lash Bed 2 Fold SPA Table 24 inch Wide Adjustable Salon Bed with Non-Woven Bag for Spa Footmassage Facial CareSpa Tattoo,Black : Beauty & Personal Care](#)

Highchair

Right up front I will say that my highchair build was pretty expensive, but that is because it is not the first time, I have built a highchair and there were serious issues with stability, and I want to create builds that others can replicate. For this build, I purchased a garden bar chair from amazon. [Amazon.com: POLYWOOD® Traditional Garden Bar Chair, Black](#) The cost was \$350. I then cut a tray from a sheet of MDF. The tray clips on to the chair with genuine highchair clip hardware from amazon. [Amazon.com: Highchair Tray Hardware, baby toddler kid child seat stool antique vintage old retro : Baby](#) I also added a go kart harness for baby's safety. [Amazon.com: Yakitoko Universal 4 point Safety Harness Set 2" Fits Go Kart,UTV,ATV,Racing Blue : Automotive](#) and I used seat cushion foam, fabric, and a staple gun to add some padded upholstery. The last two things weren't really necessary, but the fabric was space themed to tie into my nursery and it was a challenge I thought I could accomplish.

Baby Gym

The Baby gym build was entirely from scratch, but I have already written that build article so I will include the link to my article below: [Building an AB/DL Baby Gym - Product Reviews and Info - \[DD\] Boards & Chat](#)

Happy Padded Life to All – J.p.