

# FLEXA<sup>®</sup>



*Made for Moments - Made for Life*





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# Can You Relate?

*Having kids can sometimes feel like having your world turned upside down. You go and get things you never knew existed, and they suddenly become your most prized possessions. How many of us knew what a baby bumper was before we became sleep-deprived parents? And while your mind is occupied by questions like "which type of mattress should I choose for my child?" or "is he too warm or too cold at night?", this is when he surprises you by falling asleep in the wrong end of his bed, feet up, and using his baby bumper as pillow.*

Well, kids will be kids. Just as much turmoil as they bring into our lives, twice the amount of joy, happiness, and warmth they give in return. So, to ease life with kids, perhaps it's time we adults started seeing the world more as our kids see it? At FLEXA, we try to do just that. We make children's interior and toys that really allow kids to be kids. For example, a FLEXA bed is more than just a comfortable bed. It's made intentionally for all those playful little moments that kids love – sleepovers with friends, pretend play with siblings, or the thrilling sensation of sliding down from their bed. And our toys are open-ended toys, designed to tickle your child's imagination and support a long list of emerging skills. Skip to page 21 for ideas on how you can turn your kids' room into a fun playroom. On page 31, we cover the trendy house beds. And on page 9, we show you how you can join the fun by adding colourful furniture and toys to your kids' room.

Raising children is no child's play – we get that. In fact, that's why we're called "FLEXA."

Our products are flexible; they can be adjusted to meet the ever-changing needs of growing children. From toddler stage to your child's teenage years, you can keep the same bed in their room and then gradually make changes to it as they grow. Add a fun slide, turn it into a house bed, or raise the bed and use the space underneath as a study area. Skip to page 35 to see the many possibilities you get with a FLEXA bed. This is true craftsmanship that never stops being relevant.

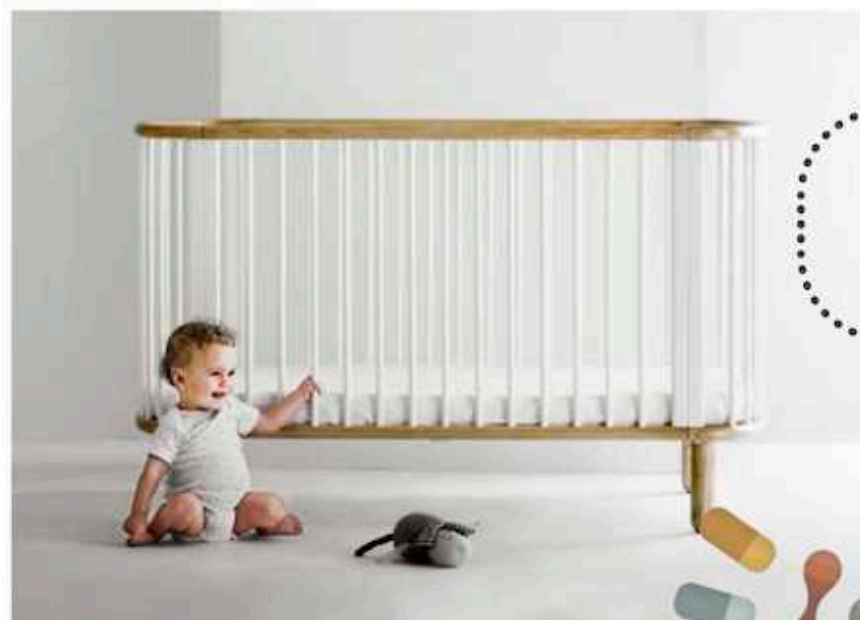
When you choose a FLEXA bed, it's like having a little piece of Danish design move in. We have been around for 50 years, and our furniture is widely recognised for their soft shapes, calm colours, and natural origins. So, when your teenager is done with their bed, it means you can easily keep it as a guest bed and, when the time comes, pass it on to the next generation. That's FLEXA.

We hope to inspire you to live your most memorable years with kids. Have fun and enjoy reading!

*All the best,*  
**FLEXA®**







FLEXA Baby Cot



FLEXA Baby Cot



Play Rattle Set - Mini



1-3 Years



1-3 Years

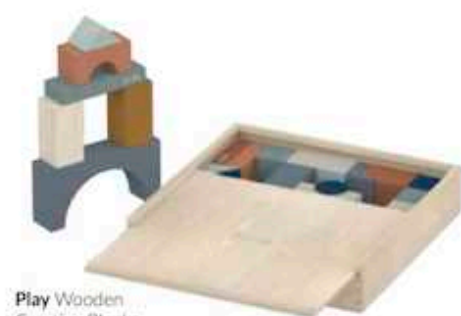


Dots Shelf



3-4 Years

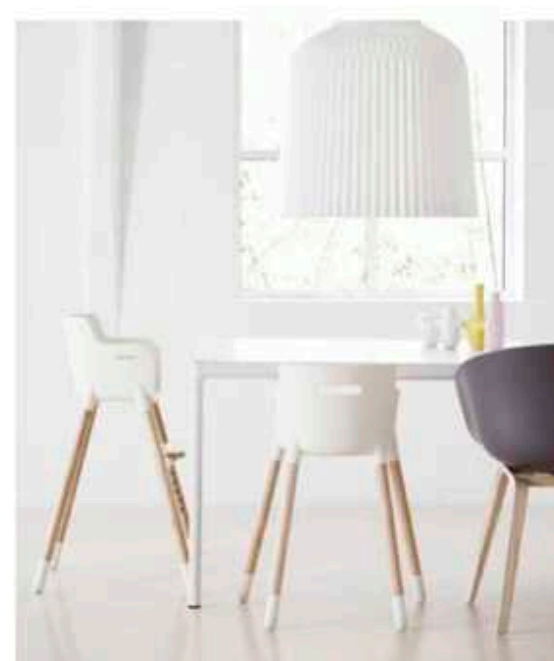
As a new parent, you can easily feel overwhelmed – where to begin with all the things you need for your baby's nursery? Don't worry. We've got you covered with everything that's on your checklist: a practical changing table, baby's first learning toys, a comfortable high chair, and a flexible baby cot your little one can use from day one and well into their toddler years.



Play Wooden Creative Blocks



5+ Years



FLEXA High Chair



Play The Surfer



Dots Display Shelf



Play Wooden Shape Sorting Box



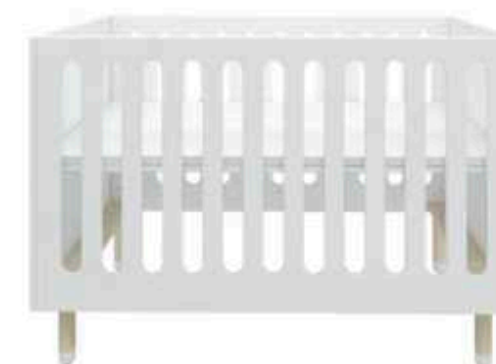
# Baby Essentials



Play Wooden Storage Box Set - Mini



Play Lighthouse Stacker



Dots Baby Cot

Roomie Changing Table, Roomie Chest  
Play Wooden Storage Box Set - Mini



# Best Play Activities

## for Babies - 0-8 Month

The first months of your baby's life are marvellous but also fastmoving when, in fact, this should be a time for peace and quiet. Every day, your little one reaches important physical and cognitive milestones. With age-appropriate play activities and the right toys, you can nurture your baby's development – hear what our team of Danish experts recommends for babies aged 0-8 months.

### 0-2 Months: Calm Colours & Soft Sounds

Everything is novel to a newborn's eyes. So, put aside what is trendy and go for toys that you know have a positive effect on your infant's development. Family advisor, Lola Jensen, shares her thoughts:

*"Mom and Dad's faces provide plenty of sensory stimulation for a newborn. At two months, you can slowly begin to increase the level of activity, but always on your baby's terms. When it's time to introduce the first toys, go for toys with subdued colours and gentle sounds, as they leave room for children to form their own, nuanced understanding of the world."*



Play Rattle Set - Mini

### From 2 Months: It's Tummy Time

It's great to plan tummy time (where your baby lies awake on their stomach) as your baby's first, physical play activity. The reason for this is your baby's motor skills evolve from the top down, meaning the head is the first thing your baby learns to control. Then follows the shoulders, arms, and hands, to synchronize a push-up movement for your baby to rest on the elbows and eventually roll over to sit, crawl, and walk.

*"I always recommend as much tummy time as possible when your baby is awake. Tummy time strengthens your baby's neck, spine, and back. It lays the foundation for a well-functioning sense of balance. And it's your baby's entry to a whole new world of movements, like turning the head in the direction of a sound or reaching for something within eyesight,"* says expert in babies' physical development, Mette Vainer Wegloop.



Play The Surfer



Play Ice Cream Puzzle

### 6-8 Months: A Rattlin' Good Time

You can now introduce toys and activities that stimulate your baby's hand-eye coordination, grasping, and communication skills. Expert in children's play, Jørn Martin Steenhold, recommends play activities and toys like:

- Singing games where you look into each other's eyes and have fun mimicking each other's sounds and facial expressions. If your baby looks away or turns their head to one side, it means it's time for a break.
- Small, physical activities like rolling, crossing the midline, or blowing raspberries on your baby's belly pave the way for your child's physical development.
- Rattles designed to fit tiny hands, so your child can practice moving objects from one hand to another while experiencing the correlation between movement and sound.
- Activity gyms in subdued colours where your little one becomes familiar with different textures, colours, shapes, and sounds. Again, if your child seems tired, take a little brake in a quiet place.
- Peek-a-boo is a brilliant game for seven- and eight-month-old babies. Your little one will find it endlessly amusing to see your face reappearing time after time, and it's a game that can help ease your child's separation anxiety.

**Now you're all set to play – have fun with your little bundle of joy!**





# Made for Future Generations

Wood is the optimal material for kid's furniture and toys. It's soft to touch and it's strong, natural, and safe.

**Nature is our biggest inspiration and our greatest collaborator. The choices we make today will shape the world we leave for future generations. This is how we contribute:**

#### **Green Energy**

Since 2022, we only use green energy in our factories. This is an important step on our journey towards CO<sup>2</sup> neutrality.

#### **Long-Lasting Products**

Our products are made to grow with your child, and the quality materials and timeless design make sure that you can pass them on from one generation to the next.

#### **Recycled Certified Wood**

We use FSC™ and PEFC™ certified wood and recycle all waste wood in our production. Any leftover sawdust is put to good use heating our factories.

#### **Sustainable Surface Treatments**

To preserve our wood, we use a lacquer that is water-based and completely free of any harmful substances.

#### **Packaging & Transport**

We strive to use only recycled packing material, and our products are flat packed which means less fuel consumption and lower carbon emissions.





*Kids' Room*

# Colour Splash





Kids live their life in colour. So, why not join the fun and add some colour to your kids' room? With the right shades, you can inspire moments of endless fun, deep concentration, or calm relaxation. But rather than troubling yourself with painting the walls let colourful toys, furniture, and interior move in.



Verto Study Chair



Roomie Chest



Play Craft Caddy Set



Dots Shelf



Woody Study Desk



Play The Creative Table, Play The Kitchen, Play Creative Table Stool, Dots Storage Bench, Roomie Wall-Hanging Bookcase



Dots Stool W. Backrest



Play Wooden Creativ Blocks



Play Play Tower - Midi



Play Truck And Crane

From storage in urban colour ways to beds, textiles, and toys in matching hues, get inspired to add a splash of colour to your kids' room.



Freja Bed



Play Ice Cream Set



Popsicle Mid-High Bed, Popsicle High Wardrobe, Popsicle Chest 3 Drawers, Popsicle Study Desk, Popsicle Bookcase, Popsicle Bed Linen



Dots Bed W. Safety Rail, Dots Play Table, Dots Stool, Play Container Ship, Play Truck And Crane





1. Play Toolbox, 2. Play The Workbench, 3. Play Play Tower With Slide - Midi, 4. Play Rainbow Puzzle, 5. Play Wooden Drum - Midi, 6. Play Storage Unit - Midi, 7. Play Lighthouse Stacker, 8. Monty Wall Lamp, 9. Dots Bed W. Safety Rail, 10. Dots Storage Bench 3-in-1, 11. Dots Stool, 12. Dots Play Table





# FLEXA Insight

FLEXA Insight is an online parenting platform where parents from all over the world can seek expert advice and inspiration on how to provide their children with better **Sleep**, develop them through **Play**, and support them when they **Study**.

At FLEXA Insight, you meet our team of Danish children's experts. They have researched children's development from almost every angle. One expert is an experienced family advisor who has met hundreds of Danish families. Another expert has dedicated his entire life to researching children's well-being and development through play. And some of the other experts specialise in children's motor skills, sensory integration, and learning.

Visit FLEXA Insight and get valuable insights, tips, and ideas for your life with kids.







Play Tool Set



Play Wooden Creative Blocks



Play Birthday Cake



Play Xylophone - Mini



Play The Balance Bike

## Play Collection

# More Than Just Toys

Remember your favourite childhood toys? Perhaps you even have them still? Then you also know a toy is so much more than just a toy. It's a tool for learning, hours of endless fun, and sweet childhood memories in the making.

FLEXA toys are designed to help your child MOVE, CREATE, IMAGINE, and EXPLORE – sometimes all at once. Not only are they fun, they're also safe for little children, incredible durable, and crafted from natural, FSC™ certified wood.



Play Pizza



Play Flute And Clapper



Play The Wooden Slide



Play Truck Puzzle





Play The Balance Bike, Dots Display Shelf, Play The Play Table, Play Ice Cream Set



# The Benefits of Balance Bikes

Balance bikes, sometimes referred to as striders, are both fun and educational for little children to explore. Not only does this no-pedal bike train your child's sense of balance, it also improves your child's gross motor skills, muscle tone, body posture, and spatial awareness. Plus, riding a bike triggers a healthy lifestyle. Read the article to learn more about this versatile toy – enjoy the ride!

**Learning to ride a bike is not the only thing your child gains from balance biking. Danish expert in children's motor development, Mette Vainer Wegloop, finds balance bikes are especially great for:**

## Stimulating Little Children's Balance

"For small children, who have barely learned to run, it's a very stimulating event to ride a bike. On a balance bike, your toddler learns to balance, steer, flex their muscles, and move their feet, all at the same time. This is simply a great workout for your child's vestibular system, and this makes it more likely your child will feel positive about other movements, like swinging, sliding, dancing, jumping – paving the way for a healthy, active lifestyle," says Mette Vainer Wegloop.

## Working up Muscle Tone & Body Posture

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## Improving Children's Spatial Awareness

"Touring around the house is not just a fun activity, it also develops your child's navigational skills (finding the best route), motor planning (learning to turn corners), spatial awareness (learning to get around obstacles), and proprioception (your child's ability to adjust their body position to match external surroundings). Try making an obstacle course where the level of difficulty matches your child's age – it's great fun!" says Mette Vainer Wegloop.

**"When your toddler can plant both feet fully on the ground, while sitting comfortably on the bike, it means your child is ready for riding the balance bike."**

- Mette Vainer Wegloop, Occupational Therapist and Craniosacral Therapist

## Which Bike to Choose?

Mette Vainer Wegloop has a few more tips for parents who are considering buying a balance bike:

- "Choose a balance bike with rubber tires, as this makes your little one feel safe and secure.

- Soft, non-slip handle grips ensure your child's stability.

- Go for a bike with a bike saddle that's not too bouncy and not too hard, as this increases your child's comfort.

- If this is your little one's very first bike, consider buying an indoor balance bike, so your child can explore balance biking close to their parents."



Play The Balance Bike, White Mid-High Bed, Dots Play Table, Dots Stool, Play Toolbox, Monty Wall Lamp



Play The Balance Bike



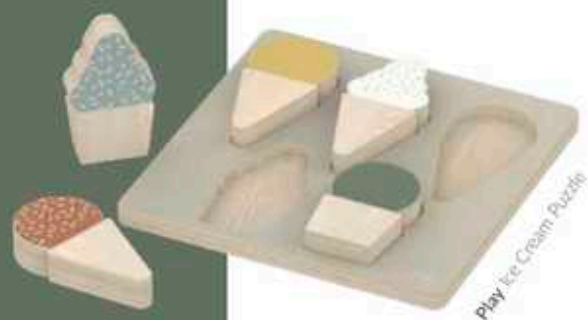
# Room to Play

Having a playroom can make being a parent a little easier. And it takes less than you think. A climbing frame provides your toddler with an alternative to climbing on the furniture. A bed with a slide guarantees endless rides and instant cool factor. With an indoor surfer board or a balance bike you can challenge your kid's balance and navigational skills, instead of your own patience.

Whether you are designing a whole playroom or dedicating an area for playtime in your living room, remember to add some easy-to-reach storage to keep the play area fun and functional.



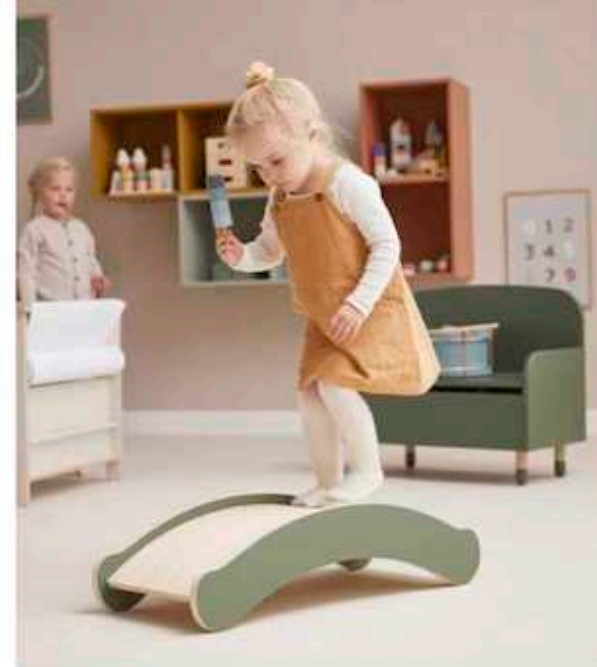
Textiles Safari Storage Box



Play Ice Cream Puzzle



Play Wooden Safari Animals And Jeep



Play Balance Board - Mini, Dots Storage Bench, Roomie Bookcase



Play Lighthouse Stacker



Play Play Tower With Slide - Midi



Play Play Tower - Midi



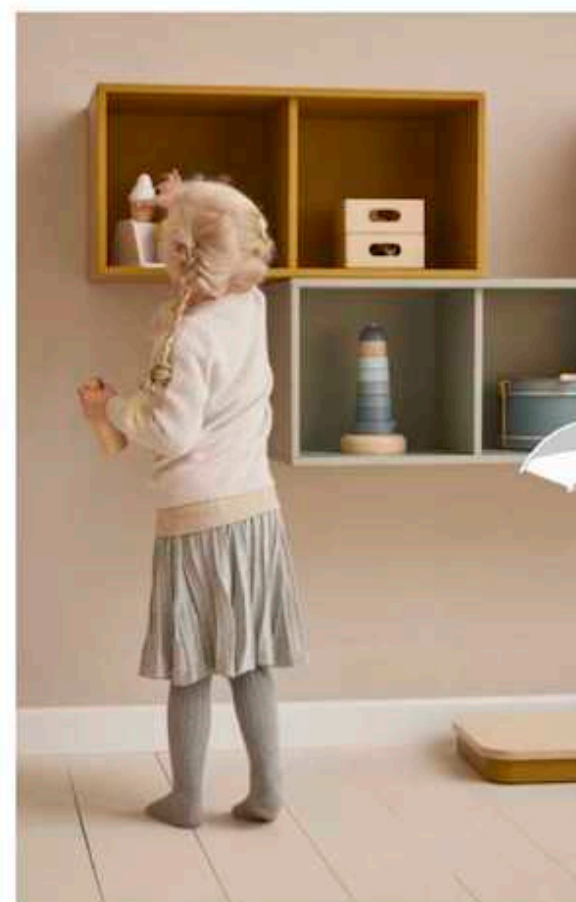
Play The Surfer



Play The Toddler Balance Bike



Play The Creative Table, Play Creative Table Stool, Play Paper Roll, Play The Kitchen, Play Craft Caddy Set



Roomie Bookcase, Play Wooden Storage Box Set - Mini



Nor Mid High Bed With Slide, Textiles Little Princess Play Curtain, Textiles Little Princess Cave



Play Maracas Set





1. Play The Kitchen, 2. Play Pot & Pan, 3. Play Groceries, 4. Play Wooden Creative Blocks, 5. Play Wooden Drum - Midi, 6. Play Maracas Set, 7. Play The Balance Bike, 8. Play Container Ship, 9. Dots Storage Bench, 10. Play Wooden Storage Box Set - Mini, 11. Play Birthday Cake, 12. Roomie Bookcase



A photograph of a child with voluminous, curly brown hair sleeping on a bed. The child is wearing a light grey long-sleeved shirt and is lying on their side, facing right. The bed has white linens and a white pillow. The background is a soft, out-of-focus light blue and white.

# Dreaming of a Full Night's Sleep

*"That's okay honey,  
I don't need more than two hours of sleep"*

*- said no parent ever.*

Waking up refreshed can make the world of difference to your energy level. And the same goes for your child. But we don't need to tell you that. What we would much rather talk about is what you can do to increase your chances of getting a full night's sleep. Number one is choosing the right mattress for your growing child.





#### **FLEXA Mattress**

A mattress with 3 cm latex with cool gel on one side, 5 cm cold foam in the middle, and 4 cm latex on the other side. Latex with air ducts provides good ventilation and transports moisture away from the body. The mattress is reversible to secure the right support for your growing child. Start by using the side with the 3 cm of latex. When your child reaches 40 kg, it's time to turn the mattress.

Suitable for children with sensitive skin or allergies.



#### **FLEXA Latex**

A mattress with 6 cm latex and 6 cm cold foam on each side. Latex with air ducts provides good ventilation and transports moisture away from the body. This mattress adapts to your child's body, and it has a water-repellent, non-woven inner cover.

Suitable for children with sensitive skin or allergies.



#### **FLEXA Foam**

A mattress with 12 cm premium foam and a zone landscape that adjusts to the movements of your child. The foam mattress has good ventilation which prevents your little one from overheating. It has a non-woven, antibacterial and water-repellent inner cover.



#### **FLEXA Spring**

This mattress consists of 218 springs per m<sup>2</sup>. It's surrounded by 3 cm soft, flexible cold foam to increase your child's comfort. The mattress has good ventilation and prevents your child from overheating. It has a water-repellent, non-woven inner cover.

Provides the right support for children over 50 kg.

# 4 Tips

## to Pick the Right Mattress for Your Child

Good quality sleep at night makes children both healthier and happier, and it's key to their development and well-being. So, picking a mattress that can help ensure safe and healthy sleep for your child is really important. But how do you provide the right balance between comfort and support for your little sleepyhead? Read the 4 tips to find out.

Physiotherapist, Rikke Randrup Skåning, shares four good pieces of advice to help you pick the right mattress for your little one:

# 1

#### **Make Sure Your Child Does Not Get Too Hot or Cold**

"Children's sleep can easily be disrupted if they get too hot or too cold, and your child can not regulate temperature as well as you can. Therefore, it's a good idea to pick a mattress that can help wick away heat and moisture via cut-outs or holes. Some covers also have a cooling or warming effect."

# 2

#### **Keep the Little Back Straight**

"In my opinion, your child's mattress should be firm and supportive to ensure proper spinal support. This means that your child's spine should be kept in a neutral position when lying down to minimise stress and excess pressure. When your child is lying on the side, the hip and shoulders should sink slightly into the mattress, keeping the spine straight."

# 3

#### **Ensure Freedom of Movement**

"Other than good spinal support, a firm mattress also offers freedom of movement for your child, which is so important. Babies and young children have very fluttering movements, and they need a firm resistance in their mattress. If the mattress is soft, they can sink in too deep and might even get stuck. When children grow a little bigger and gain more control over their movements, they will not get stuck as easily, but they still need the support and feedback they get from a firm mattress."

# 4

#### **Do a Pressure Test**

"You can easily do a simple pressure test of the mattress with your hand. What happens when you press a hand into the mattress? Does it bounce back up again like it should, or does it sink deep into the mattress? Many adults like the mattress shaping up after us, but that is not good for your child. The mattress must be firm enough to provide proper support and safety, but soft enough that your child will still feel snug and comfortable in bed."



# Turn Your Child's Bed into a Happy Place

Comfort and a sense of security is so important for your child's quality of sleep at night. A good bedtime routine is key to make your child feel safe and secure before going to bed, but there are also things you can do to help your little boy or girl feel cosy and comfortable once in their bed. Learn how you are more likely to get your little bundle of energy to stay in bed.



Classic Mid-High Bed, Classic Chest W. 3 Drawers, Monty Wall Lamp

Physiotherapist, Rikke Randrup Skåning, shares her four best tips to turn the bed into a calm and comfortable place for your little one:

# 1

## **Place the Bed Close to Mum and Dad**

"For babies, a safe sleeping base is next to mum and dad because they can smell their parents and hear them, and this creates a huge sense of security. Many children, around the age of 2-3, may have moved into their own room. But knowing exactly where mum and dad are, and being able to hear them from their bed, still means a lot for their peace of mind."

# 2

## **Set a Cosy Bedtime Lighting**

"Dimmed lighting signals that the day is over and that it's time to cuddle up and go to sleep. It helps children unwind after a long day and creates a cosy and calm atmosphere. While darkness can be good for the sleep quality, many children are afraid of complete darkness. So, don't switch all the lights off, but leave a dimmed, warm light on throughout the night."

# 3

## **Keep a Rail on the Bed**

"A safety rail is great for safety reasons, but it also allows children to feel the edge of the bed which is an important sensory input to get. A flat box mattress with no edges is not a good sensation for children. They like to see and feel the edges of the bed. Many children like to be wrapped up, cuddle up to something, and feel an edge and a frame. A thick crib bumper can also be a good idea. The feeling of being surrounded can be calming and help create a sense of security for children who have difficulty falling asleep."

# 4

## **Create a Cave-like Atmosphere**

"A lot of children love a cave-like atmosphere and find great comfort in this. You can create a cosy nook on the bed with a bed canopy, a little roof, or a cave. Children can then enjoy some peace and quiet in their own little world, while mum and dad are just nearby. It can also help shield children from the visual clutter in their room. Children can easily be disturbed by their toys when it's time to sleep. Some children also get up way too early in the morning because they spot their toys. A cave or a canopy can help soften the sensory input and give their brains some peace. And children need it - especially when it is time to wind down and go to sleep."



# Feels Like Home

A kid's bed isn't just for sleeping. It's a cosy hideout where your little one can snuggle and enjoy some quiet alone time. But a house bed is also a decorative and playful touch to your kid's room – a safe and magical setting where stories can be told, and the imagination can run wild.





A house bed is endless hours of fun with friends or siblings, playing house, throwing tea parties for teddy bears, tugging in dolls, hanging up fairy lights, and playing hide-and-seek with mum and dad.



Nor Mid-High Bed  
W. Treehouse Bed Fronts



White Mid-High Bed  
W. Treehouse Bed Fronts



Dots Play Table, Dots Play Stool, Dots Display Shelf, Classic House, Play Accessories For Car Tracks, Play Rainbow Puzzle



Classic Bed  
W. 1/2 Classic House



Classic Mid-High Bed  
W. 1/2 Classic House



Nor Treehouse Bed Fronts, Play Toolbox, Dots Storage Bench 3-in-1



White Mid-High Bed W. Treehouse Bed Fronts, Dots Display Shelf, Monty Wall Lamp, Dots Shelf, Roomie Bookcase



Classic Mid-High Bed  
W. Classic House



Cottage Bed



Room Collection Garland

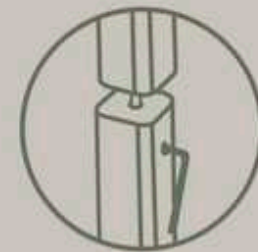
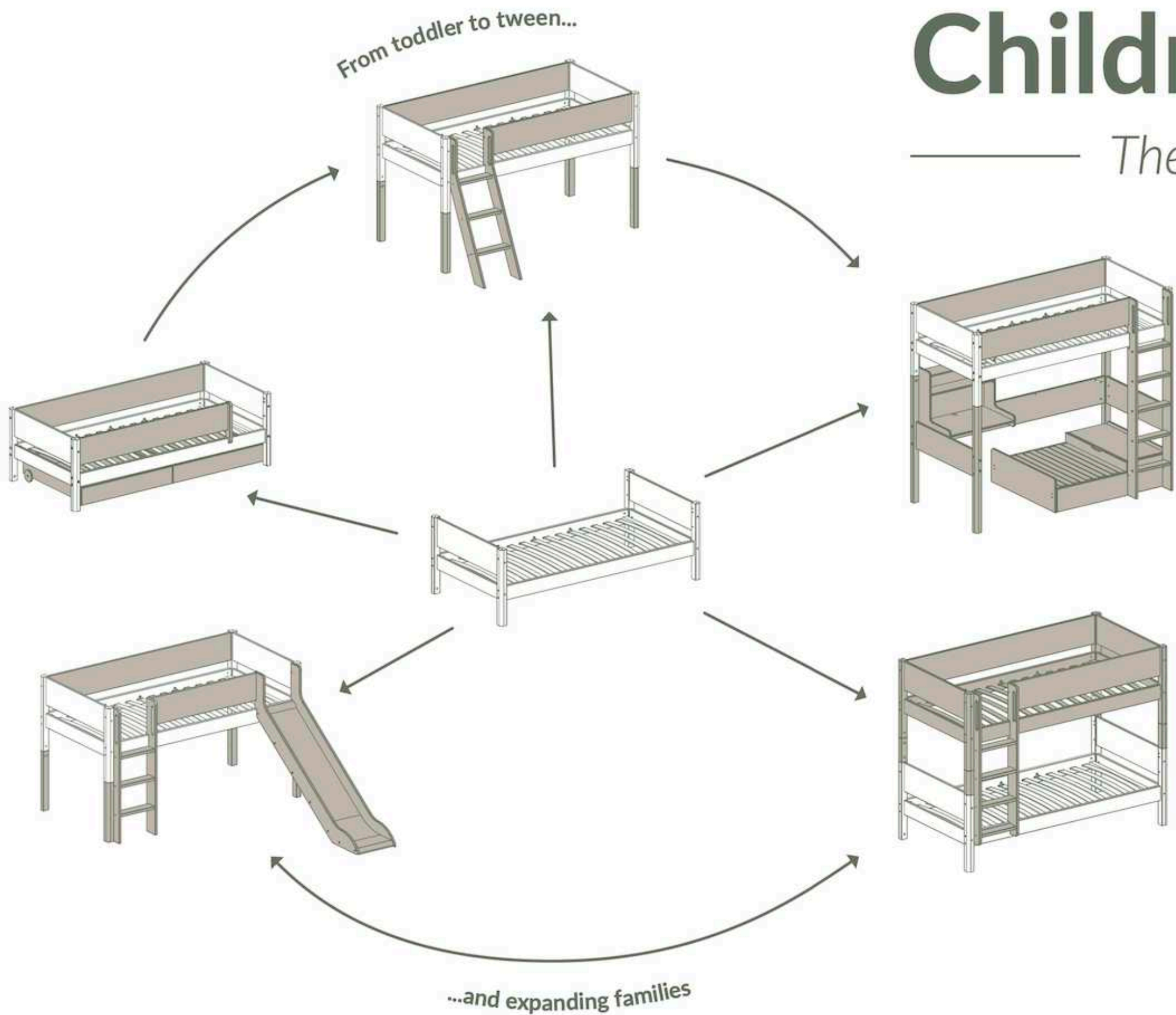


Cottage Bed, Cottage Roof, Room Collection Garland

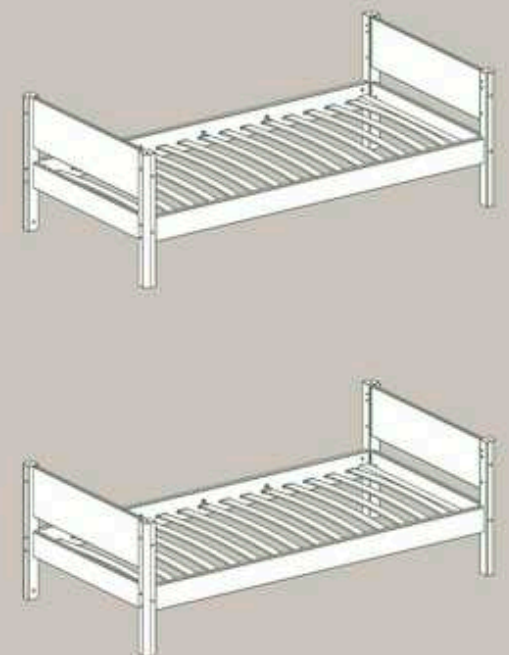


# Because Children Grow

## The FLEXA Bed System



You can easily rebuild the bed to fit the changing needs of your growing child.







# Classic Collection

# Endless Possibilities

## Beds, Storage, Desks, & Bed Accessories

Kids grow up so fast, and their needs and wishes change all the time. Suddenly, your toddler has outgrown their house bed and needs a proper study space, a bigger wardrobe, or an extra bed for sleepovers. Choose furniture from our Classic collection, and you get endless possibilities for redecorating and personalising your kid's room. All items are designed to fit perfectly together for a coherent look and optimal use of storage space.



Classic Bed W. Trundle



Classic Study Desk



Classic Bed W. 1/2 Classic House



Classic Mid-High Bed W. Slide



Classic Casa High Bed



Classic Semi-High Bed



Classic Cupboard



Classic Family Bed



Classic Wardrobe





1. Monty Wall Lamp, 2. Classic Mid-High Bed, 3. Classic Chest, 4. Classic Bookcase 4 Compartments, 5. Play Toolbox, 6. Play Lighthouse Stacker, 7. Play Container Ship, 8. Play Wooden Storage Box Set - Mini, 9. Play Cars, 10. Play Rainbow Puzzle, 11. Ray Study Chair, 12. Classic Bookcase, 13. Woody Study Desk, 14. Study Desk Pad



Siblings

# Sharing a Room

Having your kiddos bunk up in the same room can be a great idea – and not just to save you some space!

Just imagine what it must feel like to always have a companion you can spill your secrets to after lights are out. If you wake up in the middle of the night, what you hear is the familiar sound of your big brother or sister's rhythmic breathing – ahh how soothing...

From bunk beds to family beds, get ideas for setting up a shared room where your kids can sleep tight at night, have fun all day, and maybe even become each other's besties.



Nor Bunk Bed



Classic Bunk Bed



Popsicle Bunk Bed



Popsicle Family Bed



Nor Bed W. Trundle



Classic Semi-High Bed







Dots Storage Bench 3-in-1,  
Play Wooden Storage  
Box Set, Play Cars

## Be Picky

Kids make a mess of their rooms! Select furniture with subdued colours, toys free of batteries, and items you find cute. Then at least you're looking at a beautiful mess.



Popsicle High Bed W. Staircase,  
Popsicle Wardrobe - Low, Popsicle Bookcase

# Tiny living

Make your kids' room the coolest space at home, even though it's the smallest.

Here's a quick guide to make the most out of every square metre.



Dots Storage Bench



Play Wooden Safari  
Animals And Jeep



Play Wooden  
Picture Lotto



Roomie Bookcase



Roomie Chest



Classic Casa High Bed W. Desk, Ray Study Chair,  
Classic Wardrobe, Dots Display Shelf



Dots Stool, Roomie Bookcase,  
Classic Wardrobe, Play Birthday Cake,  
Play Maracas Set



Play Storage Unit - Midi

## Storage Storage Storage

Avoiding toy-clutter requires accessible and fun storage. With bookcases, shelves, and wardrobes it gets much easier to keep track of your child's many, many belongings.



Dots Play Table,  
Dots Stools



Freja Bed



Play Wooden Storage Box Set

## Think About Future Needs

Kids grow up so fast and before you know it, they need a place to do their homework. Luckily, you can add a desk to your child's high bed from FLEXA.



Popsicle Day Bed W. Drawer



Dots Display Shelf, Classic Bookcase 4 Compartments,  
Play Birthday Cake, Play Wooden Creative Blocks,  
Play Accessories For Car Tracks



# Organise your Child's Toys



Children's toys take up more space than you'd think. Before you know it, your child's teddy bears seem to have jumped off the shelves and made their way onto the floor, where they get all mixed up with your child's books, building blocks, colouring crayons, and puzzle pieces. But toy clutter is a party killer – for children as well as their parents. So, sit back and read, once and for all, how to get your child's toy collection under control.

*Family Advisor, Lola Jensen shares her five best toy organising tips. Follow her simple step-by-step guide for a (bit) more organised life with kids:*

## 1

### Select Useful Toys

Let's face it, children who play make a mess. What you can do is try to accept it and, when you can, select toys that also make you a little happy. For instance, it's much easier to accept a puzzle in the middle of the dining table if you know it helps to develop your child. The same goes for your child's building blocks, musical instruments, car tracks, and play food. Perhaps it's okay for things to get a little messy, as long as each individual thing is valuable for your little one?

## 2

### Let's Tidy Up – But Not Too Much!

With children, it's a delicate balance between getting stuff too organised and not enough organised. Too organised and your child might find it hard to think of a new game to play, simply because all their toys are invisible or out of reach. The other way around, if all the toys are scattered all over the floor, it can be hard for your child to get a good overview, let alone stay focused on their game. So go for the happy medium: tidy, but not too tidy.

## 3

### Rotate your Child's Toys

Children prefer to be where their parents are, even when it's playtime and they're playing alone. So, it makes sense to decide on a corner of your living room and transform it into a play area for your little one. Let the boxes with your child's toys rotate between their bedroom and their new play area in the common room. Of course, your child is free to go get things, but it will most likely reduce the number of toys in your living room and inspire your child to re-discover their own toys.



Dots Storage Bench 3-In-1

## 4

### Categorise Toys by Type

Bookcases, boxes, and containers of varying sizes are essential when organising your child's play items. Store all your child's cars in one box, along with accessories like car tracks and road signs. All the little pieces of your child's doctor's kit go into the matching medical case. And so on. With everything in their right place, your little one can easily go find things – without even asking for help. Win-win! Only when the contents get too mixed up, you sort and categorise again.

## 5

### Go for Multifunctional Furniture

Playroom furniture with multifunctional features save you a lot of space. A drawing table, for example, could be just a child-sized table. Or it could be a table with built-in jars for your child's colouring crayons and a shelf underneath to store papers, rulers, watercolours, and the like. The latter version lets you gather all your child's drawing items in one place, so your little one can sit right down and begin drawing when they feel like it. So, go for multifunctional furniture with room for storage.



# Nor Collection

# Calm & Timeless

## Beds, Storage, Desks, & Bed Accessories

Finding the right things for your kid's room is not an easy task. After all, this is where your little one should be able to relax, unwind, and sleep tight, but also feel inspired to go play, have fun, and develop new skills. Find just the right balance with furniture from our Nor collection. A calm and timeless design with natural wooden details, this is furniture we know you and your little one will cherish for many years to come.



Nor Wardrobe



Nor Day Bed W. Drawers



Nor Casa High Bed



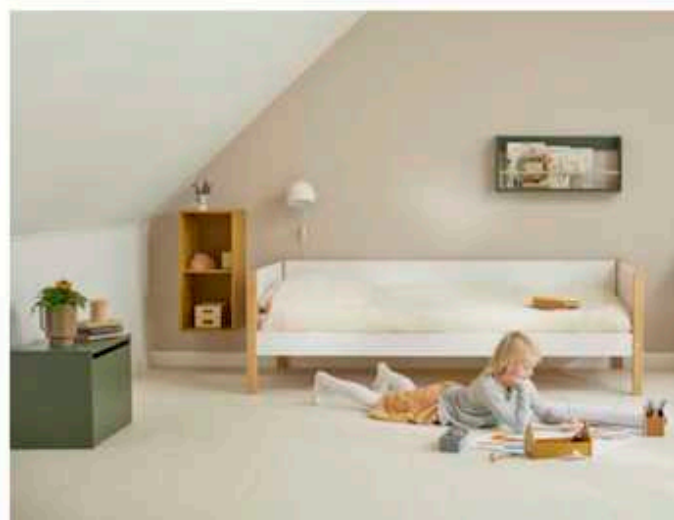
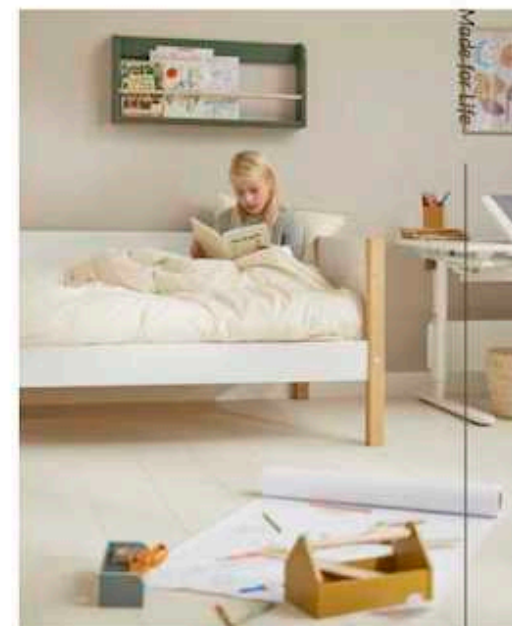
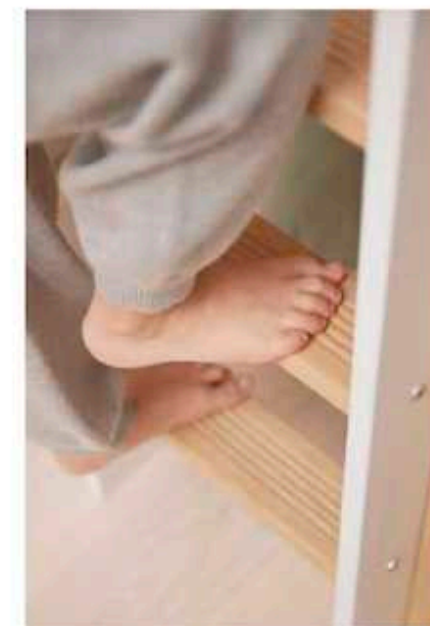
Nor Mid-High Bed W. Treehouse Bed Fronts



Nor Bunk Bed



Woody Study Desk







1. Monty Wall Lamp, 2. Dots Display Shelf, 3. Nor Mid-High Bed W. Treehouse Bed Fronts, 4. Play Toolbox, 5. Dots Storage Bench 3-In-1, 6. Dots Stool, 7. Dots Shelf, 8. Woody Study Desk, 9. Play Wooden Storage Box Set - Mini, 10. Play Craft Caddy Set



# Fine Motor Skills and School Readiness

Developing fine motor skills will enable your little student to complete everyday tasks and participate in school activities much more easily and happily. Like with everything else, fine motor skills improve with practice, and you can help refine your child's skills with some super simple and fun activities you can do together. Curious to know more?

## Craft Time is a Good Time

"It's a good idea to practice fine motor skills and sitting at the study desk, even before your child starts school. Great ways to encourage your child to practice fine motor skills are paper crafting, making bead plates, colouring, drawing, painting, and using scissors. When children make bead plates, or cut after a line, their eyes must focus on what they are doing for quite a while, and that is important for their ability to focus and maintain awareness. An ability your child needs every single day when they start school," says Occupational Therapist, Camilla Ejsing.

So, maybe it's time to start doing some arts and crafts at home? Below Camilla Ejsing recommends a fun cutting activity that can help motivate your child to practise fine motor skills, eye-hand coordination and the ability to sit still and concentrate at the desk. Scissor skills does not always come easy for little hands, but practising, and making it fun, is the way to go.

## Cut Along the Lines

What you need: A pair of scissors, a piece of paper or cardboard, some glue, and a pen.

"You can make the activity more difficult by drawing crooked lines instead of linear lines.

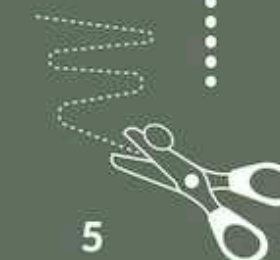
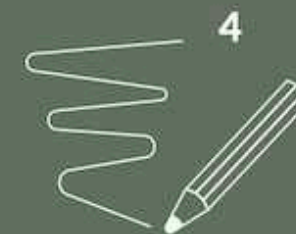
It's also easier for your child to cut in cardboard than paper, as it requires less work for the support hand. When cutting, the rule of thumb always applies – both thumbs should be held over the paper when cutting. In other words, the hand holding the scissors must have the thumb in the top hole of the scissors and the support hand must have the thumb on top of the paper. This will make it easier for your child to cut in a controlled manner.

Cutting with a pair of scissors is a great school readiness exercise. When cutting, fine motor skills, hand cooperation, eye-hand coordination, and the ability to focus are practised. All fantastic skills for your school child to master," says Camilla Ejsing.

If you don't have a football or space-loving child, you could stick a horse on the scissors that is going to the stable, or anything that might motivate your little one to use the scissors, sit still and concentrate – even just for a little while. You can also scroll down to download our cutting practice sheets and illustrations.

And remember, heading to the playground and allowing your children to run freely, jump, climb, hang with their head down, and use their gross motor skills is at least as important as practising their fine motor skills before school starts.

How to:



**We know having kids is a busy job so we have made this one easier for you.**

Download our cutting templates here





# Setting Up a Study Space

Will a study space transform your kid into a straight-A student? Perhaps not, but when your little one is ergonomically supported, able to switch position, and feeling relaxed, it's much easier for them to concentrate. That's why a dedicated study area needs to be comfortable and functional for it to be effective, whether it's for distance learning, homework, or hobbies.

- 1 Create a dedicated study area to avoid distractions. Invest in a desk and chair with built-in features that meet the needs of growing children. You don't want to have to redo it all, just because your little student has grown a bit.
- 2 Be aware of the lighting. If you don't have a lot of natural light, then artificial lights are even more important when considering workspace illumination. Pick an additional desk lamp for focus-intensive tasks or late homework hours.
- 3 Personalise the space with a desk pad or a craft caddy set. This way, your kid's pencils or crayons are always at hand. As a finishing touch, add easy storage like bookcases and make sure your new workstation is tidy for the next homework session.



Woody Study Desk, Dots Storage Bench 3-In-1, Dots Display Shelf, Monty Table Lamp, Ray Study Chair, Play Ice Cream Set, Play Rainbow Puzzle



Woody Study Desk, Dots Storage Bench 3-In-1, Dots Display Shelf, Monty Table Lamp, Ray Study Chair, Play Rainbow Puzzle, Roomie Hutch



Classic Study Desk, Classic Bookcase, Monty Table Lamp, Verto Study Chair, Play Rainbow Puzzle





*It all needs to be functional and, of course, look as grown up as your teenager feels.*

# Room Fit for a Teenager

Can you relate? Your teenager's room was clean, until they decided what to wear. All of a sudden, you feel the need for a bigger wardrobe in their room. And a decent study space. And a bed that can double as a cool place to hang out. It all needs to be functional and, of course, look as grown up as your teenager feels.

Yes, it can be a challenging task to redecorate a teenager's room. But here are some ideas to get you started.



Nor Day Bed W. Drawers



Study Moby Study Desk



Roomie Chest



Classic Casa High Bed



Roomie Bookcase



Popsicle Day Bed



Play Craft Caddy Set



Study Ray Study Chair



Nor Casa High Bed





# How To Make Homework More Fun

After a long day of sitting down and focusing in school, it's very likely that your child's idea of a fun afternoon doesn't include doing homework. The good news is that there are ways to make spelling and fractions more enjoyable for your child and yourself and bond at the same time too. Want to know how? In this article, we tip you on how you can turn study time into quality time.

Need ideas for  
Active Breaks?

Take a look at  
these 6 exercises



Sensorimotor Consultant, Mette Drescher Jensen, shares her four best tips to encourage and energise your little student and make homework much more fun for both of you:

# 1

## Warm Up

"Make sure your child is properly awake, energised, and ready before you start doing homework. For example, if your child has been gaming or watching TV, it's always a good idea to do a few physical activities before sitting down at the desk. It can be something as simple as running around the table, doing some jumping jacks, or spinning around on a study chair - just a 30 second activity, because once you have the body going, you also have the brain going."

# 2

## Keep it Short

"It differs how long children can concentrate. When they start to drift off, rub their eyes, or change their posture, it's a good indicator that now it's time to do something else. A child in preschool or middle school cannot sit still and concentrate for much more than 10-15 minutes in a row, and that is actually quite well done. Break it up into small 5-10-minute intervals depending on your child, and then it's time for a break."

# 3

## Take a Break

"Active breaks are a great way to keep your energy level up and get your blood circulation going. It doesn't have to take long, and it's fun if you do it together. For example, doing a few arm bends, some wheelbarrow walking or skipping. It can also be a nice backrub and a cosy chat. Do something together to get your body and brain going again. It doesn't have to take longer than a minute or two, and it's time well spent."

# 4

## Do it Together

"Try to turn homework into something positive, your time together in the afternoon. Start calling it 'our time' instead of 'study time' and create a cosy atmosphere by sitting down together and serving a piece of fruit or a glass of milk. Ask your child if you need to assist all the time or if you just need to be nearby. And then take the active breaks together too. When you're doing a physical activity together, you will laugh and smile together. You will experience some motivation and some joy - and as a parent you will feel a greater connection and more closeness with your child."





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