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COLOUR can impact immensely on a young and impressionable mind, particularly in relation to learning and behaviour. Colour mysteriously affects our moods and mindset on both a conscious and subconscious level.

With one colour's ability to instil fear and another able to create complete serenity, the colour palette used in a child's bedroom needs to be thoughtful, inspiring and most importantly, considered. For instance:

- Red inspires excitement and energy yet encourages grounding. Red is also welcoming and invigorating, intimate and cosy.
  - Yellow is the colour of intellectual development due to its ability to stimulate the mind. Yellow's warm and cheerful colour promotes communication and activity.
  - Blue, in a small room, creates the illusion of space and its cooling connotations allow for relaxation.
  - Green is all about harmony and balance. Green is calming and neutral and a perfect colour for a child's bedroom as it helps to create positive sleeping patterns.
  - Pink – although a sister colour of red – is calming rather than stimulating. It also aids in the development and sustainability of positive sleeping patterns.
- Lecturer from the International School of Colour and Design, Cherie Karlsson, offers her top 10 tips for creating a perfect bedroom for children:
- Avoid a colour overload. You can create a stimulating environment by keeping to a few colours in a good scheme.
  - Begin with a simple, strong neutral as a base – such

**► INTERIORS**

# Be clever with colour

- as a good white, stone or a deeper warm grey.
- Use colours from a related palette. Add lovely timber furniture and spurts of a related palette.
- Invest in some stand out signature pieces – a gorgeous rug, a handmade artwork or lovely linen or a beautiful piece of furniture.
- Have good quality, well-fitted block out blinds (which also keep drafts out) so the child can sleep peacefully.
- Use low VOC paint as toddlers will suck or chew on anything.
- Create a safe nappy change area with something of interest nearby to keep babies amused while they have their nappy changed.
- Use colours that the child likes – if not always on the walls then with accessories and provide a comfortable place – such as a rug – for them to play on the floor or curl up with a book. Also get them involved in the decorating process (especially older children and teens) they have definite ideas. Dedicate an area where they can be creative such as a bench for Lego and shelves to display the results.
- Eliminate create escapes. Avoid placing furniture near the windows that can be used to climb up and out!
- Create design longevity. Try to get at least five years from a scheme in a child's room.

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