

THE POWER OF NATURE IN CHILDREN'S BEDROOMS: DESIGNING CALM, TIMELESS SPACES FOR EVERY AGE

"As both a mother and designer, I've discovered that infusing children's rooms with nature-inspired elements – like tranquil colour palettes and forest murals – creates calming, restorative environments that nurture well-being. From toddlers to teens, nature-themed spaces provide a timeless, stress-reducing refuge, offering the same psychological benefits as being surrounded by nature itself."

Yoko Kloeden

Designing children's bedrooms is a delightful yet complex challenge. As a mother and designer, I've found that the most effective and enduring solutions stem from the restorative power of nature. When I renovated my own home in 2017, I embraced this philosophy wholeheartedly, creating spaces inspired by *shinrin-yoku*, or forest bathing, for my three young children. With tranquil colour palettes and forest murals, I sought to create calming environments that would nurture their sense of well-being.

This approach has proven equally valuable for my clients' projects.

Themed around nature, these spaces not only feel timeless, but they can work for toddlers and teenagers alike, and also provide the psychological benefits of a connection to the outdoors. Research shows that nature-inspired decor – whether a mural, artwork, or green hues – can replicate the mood-enhancing and stress-reducing effects of a window with a view of nature.

For today's overstimulated children, bedrooms should be havens of calm – a refuge as much as they are for adults. But achieving this balance involves navigating several key challenges.





Key considerations when designing children's bedrooms

Multi-Functionality

Children's bedrooms must serve dual purposes: daytime play or study zones and nighttime retreats. Unlike adults, whose work and sleep spaces are typically separate, children need environments that can support productivity, playfulness, and rest.

To meet the need for multifunctional spaces, we balance light, playful elements with a soothing foundation. While darker hues often promote adult sleep, children's rooms benefit from light, airy colours to enhance natural light during the day. To ensure quality rest, we always recommend high-quality blackout blinds.

Whimsy can be introduced through playful accessories like patterned cushions or imaginative light fixtures, leaving the overall decor neutral and timeless.

Long-Term Adaptability

Children grow – and their preferences evolve – at a remarkable pace. Designing spaces that adapt to their changing needs while maintaining aesthetic appeal is essential.

Opting for nature-inspired themes, which have universal appeal, helps avoid the trap of age-specific decor. Furniture should also grow with the child. Adjustable shelving systems allow toys

and books to remain accessible to little ones while providing storage for less-used items above. Securing furniture to walls ensures safety as children explore and climb.

Incorporating Personalisation

Children express themselves through their surroundings, whether by displaying artwork, decorating with stickers, or piling their beds high with soft toys. Designing with this in mind can be a fun but unpredictable challenge.

A dedicated gallery wall for displaying artwork or personal treasures can encourage self-expression while maintaining order. For teenagers, providing a blank canvas empowers them to adapt their space to reflect their evolving identity.

Craving Den-Like Spaces

A child's natural instinct to retreat to a cosy, private corner often manifests in how they use their bedroom. Whether it's a reading nook or a fort under the bed, these spaces provide a sense of security and ownership.

Cocooning spaces are especially cherished by children. Mid-sleeper beds with room for a cosy nook underneath or window seats surrounded by cushions can fulfil this desire. When designing study areas, we consider practical arrangements – such as facing desks toward the door to minimise distractions and foster a sense of control over the environment.



Material Safety and Sensory Development

Children's smaller bodies and developing senses make them more vulnerable to the effects of toxic materials. Selecting materials that are safe, natural, and supportive of sensory exploration is a top priority.

Material selection is critical for children's spaces. We prioritise natural, non-toxic materials such as zero-VOC paints and responsibly sourced wood. Proper ventilation is also vital for creating a healthy environment. Beyond safety, these materials enhance sensory engagement, fostering a deeper connection to the natural world.



A Timeless Philosophy

Nature-inspired design provides an enduring and versatile framework for children's bedrooms. Its universal themes grow with the child, and its therapeutic benefits offer a welcome reprieve from the stresses of modern life.

By approaching these spaces thoughtfully, we can create not only beautiful rooms but also environments that nurture a child's development, creativity, and well-being – providing them with their own little sanctuary, as timeless as the natural world itself.

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