



Use These Essential Tips to Design the Ultimate Bedroom for Children on the Autism Spectrum

Any parent of a child on the autism spectrum knows that sights, sounds, and touch play a crucial role in their child's world. This is why when designing a bedroom for children with autism, it's important to take all senses into account to create a space that is a relaxing retreat. Natural elements like wood are ideal, because they're neutral and provide a soothing alternative to the bright colors and plastic that are more commonly used for children's rooms. Along with natural elements, you can use color, lighting, and fabric to create the perfect space for any child on the spectrum.

Designated Spaces

A child does more than just sleep in their bedroom, so if you have space, try to create designated areas for different needs. A design expert tells Autism Parenting Magazine that you should try creating the [categories](#) for SPEL: Sleep, Play, Enjoy and Learn. Curtains are a great way to create these areas, or to create [separate spaces](#) if your child shares a room with a sibling. Curtains can play many helpful roles in decorating a bedroom for a child with autism. They can also be used to carve out a space where your child can go when they need alone time or simply need to block out stimulation. This is helpful not just in their bedroom, but also in a playroom or the living room.

Sensory-Focused Design

In each of your designated spaces, consider all the senses with every major design element. These are a few key ideas to keep in mind:

Color - Color has a very strong impact on senses, which is true for everyone, but can play an even more important role for children on the autism spectrum. Typical children's spaces are often full of bright, [bold primary colors](#), but these can be overstimulating for children with autism. Warm colors, like red and orange, are more likely to be stimulating, which can make it harder for your child to feel calm in their room. Instead, you may want to choose cool hues, like light blues and greens, or use neutral shades or natural wood finishes. Along with choosing the right palette for decorating, think about how you can block out the bright and bold [colors](#) of clothing and toys by enclosing closets and having plenty of storage.

Lighting - Many children on the autism spectrum also have [sensitivity to light](#). To avoid creating sensitivity overload, reduce the overall light in the room by using [table lamps](#) with full spectrum bulbs rather than overhead lighting. Think about ways to reduce glare as well, such as using rugs on hardwood floors and keeping electronics screens away from windows.

Materials - All children need soft, comfortable spaces to relax. Besides having soft bedding, children need a soft [floor space](#) for play. Consider using cushy, high pile rugs along with play mats, bean bag chairs, or carpet floor tiles. Soft materials not only provide a sense of comfort, but they're also ideal for sensory exploration.

Activities - Your child's bedroom should be a comforting retreat, but it can also be a place for activities that suit their needs and interests. Many children on the autism spectrum benefit from a swing. [Sensory swings](#) can help build balance and coordination, and they can also be very calming, making them ideal for a child's bedroom.

Of course, designing your space for a child with autism doesn't have to be limited to their bedroom, and we think woodworking is the perfect hobby for older children on the autism spectrum. Woodworking builds confidence through learning new skills, while allowing children to have the experience of creating something using their hands. [These woodworking projects](#) from Built by Kids are a great place to start.

The reality of life for children with autism is that what they sense can make or break their experiences. The perfect room for a child with autism will create a balanced and calm sensory experience.

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