



## Four Steps to Creating an Autism-Friendly Bedroom for Children

Designing a bedroom always comes with plenty of considerations. When you are developing one for a child on the autism spectrum, you may have additional requirements to keep them comfortable. Here's what you can do to turn any bedroom into a spectrum-friendly sanctuary.

### **Textures**

Develop your little one's bedroom with their sensory characteristics in mind. [Texture](#) can be a significant part in the life of some ASD children. Some sensations may be preferred while others may cause discomfort. Look to the core elements of a bedroom, like sheets and pillows, as well as furniture, such as beanbags. Opt for fabrics that your little one is comforted by. Avoid anything that is cold, such as metal. Patterns may be a source of positive stimulation, but be careful when introducing them. [Color](#) can be another important consideration and can be adapted for how your child's ASD manifests. Textured wallpaper could be a valuable addition, while rugs and carpets should not aggravate any sensitivities.

### **Smells**

Some children with ASD have a [higher sensitivity](#) to smells. Whether you live near a road or happen to be a smoker, smells can become a prominent feature of a home. Given that, it's important to have an environment that minimizes this potential stressor. [Air purifiers](#) for the bedroom are one option to explore. They can help [eliminate odors](#) and circulating pollutants, such as smoke, and keep your little one healthy, too. An additional benefit comes from the sounds they make. That whirring can be surprisingly calming, and may be an effective tool in reducing any background noise. Be sure to augment your purifier with regular vacuuming to deal with detritus, and choose detergents that are unscented to keep your little one happy.

## Sounds

A spectrum-friendly bedroom should be attentive to [issues of sound](#). As with smells, some ASD kids may be more affected by noise than other children. When designing a bedroom, it's a good idea to evaluate issues of noise control. Check the room for anything that might make noise, such as creaking floorboards. Acoustic modifications for walls and flooring are something that could merit investigation, as the hum of a television or a washing machine can have a disruptive effect on sleep. You might be surprised to hear, however, that common bedroom features, such as pillows and carpeting, can also be effective in muffling external noises. Types of storage, like bookshelves, can also be advantageous in countering unwanted sound while also aiding in minimizing clutter. After all, you want your child to feel they can thrive in their home environment, and good sleep is a part of that.

## Safety

The well-being of our children is always foremost in our minds. Designing a bedroom gives us the chance to truly create a safe zone. Your child's specific requirements will nuance your approach. There are, however, some core things to consider. How active is your little one? Do they have sudden bursts of movement? If so, avoid [glass mirrors](#), and perhaps opt for an acrylic alternative. Furniture should lack sharp edging, and ideally not be wooden. Add further protection with padding. Look to [secure pieces](#) to the wall, along with anything else that might pose a danger if they were to tumble. This can be especially true if they are prone to climbing. Make sure that your child's bedroom has window guards and that there is no cording. Creating a safe bedroom is a systematic process, but it's one that is absolutely essential.

Bedrooms are meant to be a sanctuary, especially for our children. Design it with safety in mind to keep them comfortable but also secure. Avoid anything that might overwhelm their senses or harm them. Give their room extra protection against external noises, and keep their space free of pollutants and debris. With the right environment, your little one's room can function not only as a safe space but as a place where they can relax and be restful come bedtime.

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