

wild child

UNLOCKING JOY

5 ESSENTIAL PRINCIPLES TO DESIGN YOUR KID'S DREAM PLAYROOM

Are you tired of having an uninspiring playroom that your kids seem to ignore, leaving it an underutilized, cluttered space? We get your frustration. At Wild Child, we've partnered with numerous parents just like you who crave a playroom that sparks their children's creativity and ignites their imaginations.

In this exclusive guide, we'll share our expert insights on how to create a playroom that your kids will not only use but will also adore. Say goodbye to the wasted space and scattered toys; it's time to turn your playroom into the most popular spot in the neighborhood. We present to you the five essential principles that will make it happen.



PRINCIPLE #1

INVITE AND ENCOURAGE MOVEMENT



Transform your playroom into an irresistible haven that draws kids in. Explore the art of creating open-ended invitations to play with elements like foam pits, climbing walls, swings, and crash pads.

At Wild Child we spend a lot of time thinking through how we can encourage gross motor (aka physical) play. Why is this so important?

It's important to build kids' gross motor (legs, arms, core) muscles

Strength building starts in infancy when your baby begins waving their arms and kicking their legs. Through this movement, children begin to develop their gross motor skills - the abilities required to control the large muscles of the body for activities such as crawling, walking, running, jumping, and throwing.

Research shows that developing strong gross motor skills is connected to academic achievement, social and emotional development, cognitive abilities, and overall physical wellbeing. In fact, we need to develop our gross motor skills prior to mastering fine motor skills.

At Wild Child, our intentional playroom designs will help kids develop their gross motor skills through play, by incorporating elements like monkey bars, climbing ropes and climbing walls. By strengthening their muscles, kids are set up for success with the development of their fine motor skills, things like handwriting. In addition, stronger kids, especially having a strong core, helps kids sit in class for longer periods of time and remain focused.

Movement helps kids regulate (aka calm down)

Study after study (as well as our own experiences and those of our clients) show that exercise helps regulate kids emotions. As we design a playroom, we consider the two types of movement that help kids regulate their brains and bodies - proprioceptive input and vestibular input. Proprioceptive input is given to our joints and muscles to help calm and organize the body. Kids seek this out through climbing, jumping, and crashing into things.

On the other hand, vestibular input is related to balance and space and achieved through swinging and spinning. Regulated brains and bodies are more prepared to learn and interact with the world. It makes for overall happier kids with fewer meltdowns - yes, please!

two types of sensory input

The **vestibular system** includes parts of the inner ear and brain that are affected by movement. In its simplest form, vestibular input is the sensation of any change in position, direction, or movement of the head. The receptors are located in the inner ear and are activated by the fluid in the ear canals moving as you move your body. When the vestibular system works correctly, the constant presence of gravity allows all our other sensory systems to work cohesively. The vestibular system contributes to our ability to balance, maintain an upright posture, and stabilize the head and body when moving. Swings are an easy, fun and kid-friendly way to make sure your child is getting vestibular input. Swings are calming to children because the smooth rhythmic motion is giving them the vestibular input many of them seek.

Proprioceptive input is sensory input that activates the joints and muscles helping them become more responsive. Proprioceptive input is crucial to the brain, as it plays a significant role in self-regulation, coordination, posture, body awareness, speech and the ability to focus. Every time we get a hug, jump up and down or wrap ourselves under a heavy blanket, we get proprioceptive input.

Wild Child playrooms make getting proprioceptive input irresistible. Kids can't help themselves, they love jumping into a foam pit or dropping from the monkey bars onto a crash pad.



PRINCIPLE #2

CREATE REGULATING ENVIRONMENTS

Just as grown-ups appreciate well-designed spaces, kids are happier and calmer when surrounded by aesthetically pleasing environments. Learn how to make your playroom a regulating environment for your child.

Kids have a keen sense of how colors make them feel. You'd be surprised at how much color can influence their mood, behavior, and even their health – it's pretty fascinating stuff! Studies in psychology suggest that different colors can impact things like how well they sleep, how sharp their memory is, and how they do in school. Color wizards (aka color psychologists) have also found links between color choices and brain development, making school days brighter, and even that tricky transition from being a kid to becoming a teen. So, colors aren't just fun; they're like secret mood boosters for our little ones! 😊🌈

Like adults, kids have clear preferences for colors. Their likes and dislikes – favorite colors – are important to consider when creating a playroom. After all, if you hated the color green, you wouldn't decorate your bedroom in green hues, the same goes for your children's spaces.

At Wild Child, we always start with the kids' preferences, the colors they're drawn to. From there we layer on the research that psychologists have documented into how color evokes certain emotions in people - children are even more impacted by color than adults so it's important to make mindful color choices when designing for kids.

In general, warm colors elicit happiness and comfort. Bold shades of red, orange, and yellow can stimulate the mind and have an energizing effect on the body. Cool colors, like blues, purples and greens have a calming effect. These are definitely generalizations, it's important to integrate the nuanced impacts of color on kids as unique individuals.

Research has shown that kids perform better at school when working in less chaotic environments, we apply these findings to our design often using neutral backdrops with colorful accents.



RED

Red, often associated with passion and intense emotions, has the remarkable ability to stimulate and invigorate the body by accelerating heart rate, elevating blood pressure, and intensifying respiration.

Red is undeniably attention-grabbing – it's like a burst of energy that can keep kids lively and engaged. However, it's important to strike a balance because too much red can feel a bit overwhelming. So, while a touch of red can infuse vibrancy into their surroundings, it might not be the ideal choice when aiming to create a calm and focused atmosphere. It's all about finding that sweet spot to make your child's spaces truly special!

PINK

Pink, known for its ability to evoke empathy and embrace femininity, has a knack for crafting a soothing ambiance that gently lowers heart rates. However, it's essential to note that, despite its initial calming charm, an excessive use of pink may inadvertently lead to feelings of agitation and anxiety. So just don't overdo it



ORANGE

Known for its friendly and welcoming vibe, orange creates an inviting and welcoming atmosphere that encourages social interaction among children. The presence of orange in a playroom inspires kids to engage with each other and promotes a sense of ease during playdates. Furthermore, orange has the delightful ability to enhance critical thinking and memory, making it a fantastic choice when crafting a vibrant and stimulating playroom environment.



YELLOW

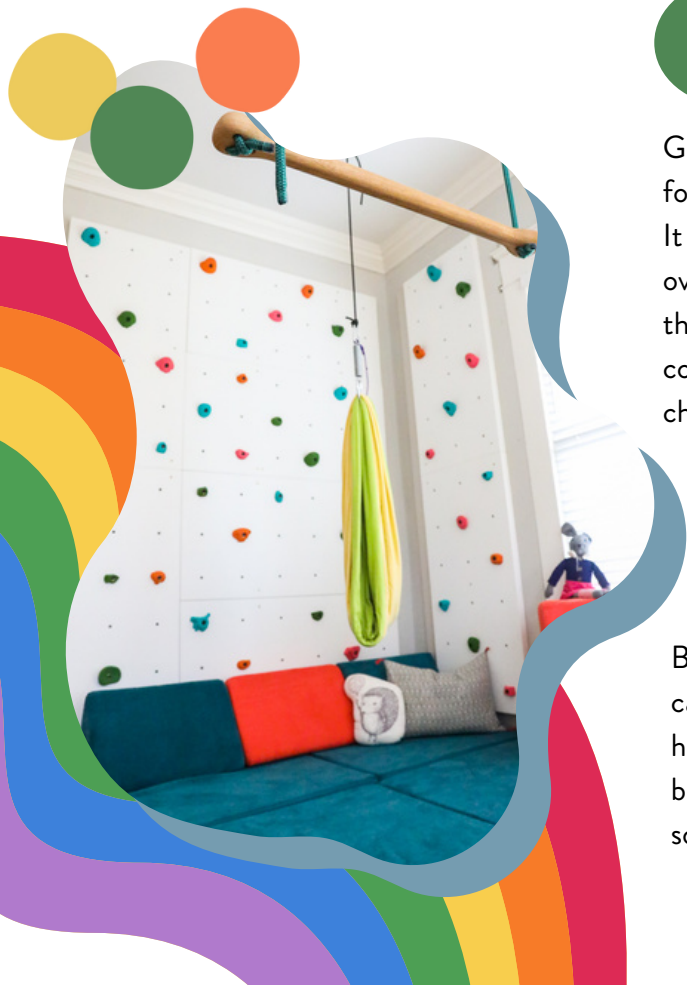
With its bright and cheerful nature, yellow is often linked to feelings of happiness and motivation. When used in soft, subtle tones, it can create an environment conducive to concentration. On the other hand, brighter shades of yellow have been known to enhance memory and give a boost to metabolism. Nevertheless, it's important to strike a balance because an excessive amount of yellow can sometimes trigger sensations of stress, anger, and frustration.

GREEN

Green, often associated with the beauty of nature, is a fantastic choice for creating a serene and calming atmosphere in your child's playroom. It goes beyond aesthetics; green is also linked with health, healing, and overall well-being. This wonderful color has a soothing impact on both the body and mind, working to reduce anxiety and enhance concentration, making it a nurturing and thoughtful choice for your child's play space.

BLUE

Blue is a great choice for a playroom as it fosters creativity and a calming environment. It can reduce anxiety, lower blood pressure, and heart rate. Kids who struggle with sleep or behavioral issues may benefit from a blue playroom. But remember, too much blue can sometimes lead to feelings of sadness.



PURPLE

Purple is an ideal choice for kids' spaces, captivating their attention and sparking curiosity. It's often associated with qualities like wisdom and spirituality, making it a meaningful color choice. What's intriguing about purple is that it combines the stability of blue with the energy of red. The specific shade of purple you choose can lean towards the calming and serene qualities of blue or the vibrant and energetic traits of red. This flexibility allows you to create a playroom environment that aligns perfectly with your child's preferences and needs.



WHITE

White is a bit like the "chill" friend in the color world when it comes to kids. It plays well with other, more vibrant colors, helping to balance things out. But, it's not the go-to choice for sparking excitement or creativity. So, if you want to encourage learning and self-expression in kids, it's best to use white in moderation and mix it up with more lively colors.

BLACK

Parents often wonder about the impact of black and other dark colors on their children, but it's not all gloom and doom. Black can actually have a positive influence by helping kids relieve stress and find balance. However, when a room is saturated with too many dark colors, it can potentially make children feel scared or overwhelmed so we advise using it sparingly as an accent color.

BROWN

While brown may not be the first color that comes to mind for kids, it offers a sense of stability and reliability. Brown can create feelings of safety and nurture the development of strong friendships. It's a warm and soothing color that can help children feel more comfortable and sociable. Brown encourages a down-to-earth attitude, which can contribute to success in various aspects of life. This relaxing color can be beneficial in any setting, but it shines brightest when paired with vibrant colors to maintain the creativity kids thrive on.



PRINCIPLE #3

LESS IS MORE - KILL THE CLUTTER!

Your playroom is not meant to be an expensive storage unit for plastic toys or a dumping ground for old furniture. Discover the magic of decluttering and how having fewer toys and furniture can foster open-ended imaginative play.

Messy homes and playrooms leave kids feeling anxious, helpless, and overwhelmed. Yet, rarely is clutter recognized as a significant source of stress in our children's lives. Why does mess lead to so much stress? Clutter bombards our minds with excessive stimuli (visual, olfactory, tactile), causing our kids' senses to work overtime on stimuli that aren't necessary or important.

Less is more with toys, according to [Psychology Today](#), "Having fewer toys can lead a young child to focus and engage in more creative, imaginative play, according to the study". Montessori theorists advocate for only 8 - 10 toys out at any given time, rotated about once a week!

Not ready to declutter? We love creating space for storage that sets you up successful for toy rotation that help your family stay organized and clutter free.



PRINCIPLE #4

PERSONALIZE FOR YOUR CHILD

Tailor your playroom to your child's unique interests and passions. Do you have a budding artist? Let's double down on a creative corner with an easel, a white board wall or sketching table. Maybe your child loves to entertain, let's build a stage for your little performer, or a ballet bar for your tiny dancer. Is your child drawn to imaginative play? We often turn underutilized corners or closets into forts or reading nooks. At Wild Child we help clients customize the space to fit their family's dreams.

Not only should you personalize the space to your kids' personalities, likes and dislikes but we love to take it even further by including their names in lights! Kids have a strong sense of ownership, and place great importance on their own names - we love including our clients' names on their walls - a personalized neon sign, art work or even a swing make kids feel like special and valued members of their families.

PRINCIPLE #5

SPACE IS NO BARRIER

You don't need a vast, dedicated playroom. Some of the most beloved play spaces are found in shared areas, common spaces, or bedrooms. We'll show you how to make the most of any space you have: nooks, alcoves, and small awkward spaces often end up being some of the best spots for play!

On the flip side, lots of our clients do have large bonus rooms or playrooms that they just don't know how to tame. We love transforming once underutilized spaces (that are often the places where old toys and furniture end up) into functional spaces that kids love to play in.

safety first! a guide to ceiling heights and padding

Monkey Bars & Padding

We cap monkey bar installations at 9' high ceilings. If your ceilings are higher than 9 feet a contractor can build a lower frame or brace upon which you can install monkey bars.

We love using 4-6" foam mats under monkey bars to provide safe, soft landings. We also love a foam pit landing zone.

Climbing Walls & Padding

Climbing wall height varies based on your children's ages and skill levels. In general, a 6' to 8' high climbing wall is plenty high for younger children (ages 5 - 10). Older kids ages 10 -14 can handle higher walls, up to 10', of course this is based on each unique child and up to the parents' discretion. Whatever height wall you choose, you must include adequate floor padding for safety reasons.

The industry standard for padding under a climbing wall is 1" of foam for every foot of vertical fall height. We love using 24" deep foam pits for adequate padding and maximum fun!



READY TO APPLY THESE PRINCIPLES TO YOUR PLAYROOM?

Discover how you can turn these principles into a reality in your own home. Learn more about our exclusive e-design offerings and embark on a journey to create the playroom of your child's dreams with Wild Child.

DESIGN YOUR DREAM PLAYROOM TODAY!

Join the ranks of ecstatic parents who've transformed their playrooms into spaces filled with laughter, creativity, and boundless imagination. With Wild Child, your dream playroom is just a click away! 🚀☀️



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