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INTERIOR DESIGN NEWSLETTER

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Creating an Environment to Encourage Great Study Skills For Your Kids



With the new school year in full swing and schedules filled to the brink, you may be thinking about what you can do to help your kids get better grades.

PHOTO COURTESY OF [GABRIEL BEAUDRY](#)

A personal and effective study space that will encourage your student to be creative and productive is certainly a positive step.

It should reflect their unique personality and be an environment they can be comfortable studying in and be proud of when having friends over.

This can be a joint endeavor you work with them on or, you may want to hire a

professional to work with. I often work with kids directly to help them choose the theme, paint colors, bed linens, window treatments, hang pictures and accessorize. If you decide to take on the project yourself, you will want to communicate to them that it will be their self-expression that drives the design and that you are there to help facilitate their vision.



TARA BENET DESIGN
PHOTO BY MARILI FORASTIERI

Desks With Storage Spaces

Although your kids may work with a laptop most of the time and may not need much storage space for files or papers, having drawers, storage boxes or a cabinet to file written assignments, clippings, research papers, art supplies, etc., encourages them to stay organized. One can never have enough storage space and since kids often say their rooms are messy because they do not have a place to put things, with ample storage you know you will have done your part to assist in solving that issue and hopefully the messy room that seems to always be connected.

Window Treatments

Sleep is important, so if your child's sleep is disrupted by natural light, then here are a couple of stylish ideas that will block street lights and early morning sun. Adding a simple pair of fabric side panels on a rod can add the special touch that fits the room design. Or, I also recommend roller shades. There are all kinds of new colors and textures out in the market now. They look like linen fabric panels and some even have UVA protection that not only screens the light but also offers UV protection, as all natural light will ultimately fade furnishings and paint in a room.

Roller shades also inhibit the growth of mildew, bacteria, mold, dust mites, and other allergens. Perfect if your child is sensitive to environmental elements and needs a healthier space.

Roman shades are more traditional in styling but, with opaque fabrics, you can completely cut out light for the night.

Paint Colors

The newest trends in colors can create a "cool" place for your child to entertain their friends. Complementary colors are the colors on the opposite sides of the color wheel. These color schemes include primary or bold colors and are said to stimulate excitement (e.g., sports teams, school pride, etc.). Popular pairings are blue and orange and purple and yellow. If that is too bold, you could use a bold color with a lighter or darker complement for a more subtle room.

Here are a few great examples:



RHETT ALEXANDER DESIGN
PECK STUDIO PHOTOGRAPHY



- 
WALLS
 Yellow Highlighter 2021-40
 ○ Natura Interior Paint- Eggshell
- 
TRIM
 Cotton Balls 2145-70
 ○ Natura Interior Paint- Semi-Gloss
- 
BACK WALLS
 Downpour Blue 2063-20
 ○ Natura Interior Paint- Eggshell



PHOTOS COURTESY OF [BENJAMIN MOORE](#)

Task Lighting

Lighting is always one of the most important investments you will make. Not just for use, but for the style. In this case, your student will be studying for several hours at a time and will need excellent task lighting at their desk and good overall light in the room.

The fixtures for a young person's space are great fun to incorporate into the room design and the lighting is no exception. With so many styles to choose from—wall, floor, desktop, overhead—the sky is the limit. Ceiling lights such as flush mounts and recessed lighting are ideal sources of general lighting.



[CARPERNTER CHROME LAMP](#) | [GRIS TABLE LAMP](#)
[CB2](#)

3 Things To Consider in a Desk Lamp

- Flexibility
- Dimmability - Their good for adapting to different activities. [LED bulbs](#) need the right dimmer for the bulb.
- Eliminate glare - consider a lamp with a built-in glare filter on one with a wide light area.

Today, LED or CFL bulbs are the most recommended because they are said to have the best light quality and are available in a range of color temperatures.

Finally, when staring at a computer, it's important to consider the brightness level (lumens) of the lamp versus what is being cast by the monitor. Usually, a bulb that is [40W or 60W equivalent, or around 500 lumens](#), is ideal for this use, since this will likely not be as bright as the monitor, minimizing glares and straining eyes.



[ARMIMA INTERIORS](#)

This space is so personal for them, a place of refuge, a place that feels like them. If they are safe, comfortable and proud of their room, they will enjoy having their friends over to study with them. Anything you can do to improve your child's willingness to stay focused and study will pay off in so many ways; their grades, their creativity, personal growth, and self-esteem. You will feel good too, knowing you have been a part of that growth and improvement.

Best Regards,

Lauren



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Best of Houzz - 3 years in a row!



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