Features of the design of rooms for newborns from the position of interior therapy® (observations are confirmed by measurements with using the "IMEDIS" equipment) A.V. Shornikov, E.N. Shornikova (LLC "KITTInteriorS", Moscow, Russia)

The design of any room in the interior must be thoughtful and competent, however, the design of a child's room must be approached even more carefully than, for example, the design of a bedroom.

Conventionally, the interior of a child's room in relation to the age of the child living in it can be divided into several periods, but the most important, of course, must be considered the time when the baby appears in the house in the first days after his birth. This period is the most serious in the life of a child, since it is associated with the fact that a newly born organism begins its formation and training immediately, and therefore any wrong action can lead in the future to big problems directly related to health and psyche.

However, we quite often do not think about it and design the very first place of residence of the child, based on our own views and fashion trends, which is generally unacceptable.

A child comes to our world, having, as a rule, only hereditary diseases (rarely chronic pathology), and he sees this world upside down, begins to distinguish colors only after 9-10 months, and of all its frequencies, the  $\alpha$ -rhythm is dominant.

This means that the first place in a newborn's life should be as neutral as possible in its design, and even somewhat primitive, precisely in order not to accidentally harm the baby's body.

To our great regret, these days this is done very rarely, and in our practice we often meet with the fact that parents "out of good intentions", and also wanting to amuse their baby in every possible way (and most likely - themselves, who are in euphoria from the birth of a child), equip the first place of his life absolutely in their own way, that is, according to the views, tastes and habits of people who are already formed and have their own problems and diseases.

And sometimes a strange impression is created that everything that parents do when decorating a room for their newborn baby, they do exclusively for their own pleasure and to satisfy personal ambitions against the background of secret desires that were unfulfilled in childhood, and nothing useful is taken into account or at least not dangerous for the child.

Being in the initial stage of the formation of images, the brain of a little man is very sensitive to any, even small, overdoses of color, shape, sounds and smells, that is, to his first sensations in this life, and a certain image is immediately assigned to them, mainly in in the same form in which it was provided by the parents.

As a person grows and matures, he appropriates new images, but for this he first calls out from his consciousness the very first, basic images fixed from childhood, and only then the brain completes them in its own way

## discretion.

Therefore, new information (new images) must be transmitted to the child in a strictly metered manner and little by little, without rushing events and without forcing actions. So, for example, the color of the walls of a children's room should be as calm, uniform as possible and, as professional artists and homeopaths say,razpotentirovanny, that is, correspond to the weakest, bleached shade of the main color, which has its effect on the hereditary level.

In the design of a room for a newborn, in principle, the use of complex structures or, for example, patterns (wallpaper with a complex pattern) is not allowed. It is necessary to understand that it is better to go from simple to complex, facilitating the path of the child's brain to the gradual complication of the task. Otherwise, he simply may not be able to cope with the task at hand, or he will partially solve it, which will lead to the wrong result.- also, how it is impossible to force an unprepared person to lift a barbell. And this is very difficult to explain to young parents who are trying their best to "decorate" the first days of the child, which involuntarily causes enormous harm to the developing body.

It should be taken into account that before birth, that is, being in the womb of the mother, the child and the mother create an integral energy system with a single electromagnetic field and, accordingly, general reactions to environmental influences. The child feels as protected as possible, since changes in part of his field are secondary, and at first he is protected as much as possible by the mother, and sometimes even to the detriment of the health of the latter.

In the process of birth, a certain biochemical event occurs, as a result of which the child's polar system begins the first independent reactions and a precedent is created when two in-phase fields are simultaneously in one biological object, but, as you know, two fields that change in phase are repelled from each other, and hence, the process of rejection begins, which is the initiation of birth as such. The child pays for this "independence" by the need to further independently create his own system of polarity, the formation of images and, accordingly, reactions to them.

Therefore, the day of the separation of the fields of mother and child from each other is a very difficult energetic day for the latter, recorded according to the solar calendar as a birthday. A hard day of gaining independence is usually marked by distracting a person from everyday life, organizing a holiday, with traditional congratulations, presenting beautifully decorated gifts and always lighting candles on a sweet birthday cake.

Having been subjected to the stress of birth, the baby's field tries to maintain the prenatal state, and only after some time, when the so-called "selflearning system" is activated, does the child develop independent reactions.

But for quite a long time the child's polar reactions will phantomly "remember" their state in the womb and are under the influence and influence of her fields. This first time after birth is characterized as a period of absolute clairvoyance, when the object- a child who does not yet have his own of fixed images (fields), uses both its own field and that of the mother, while the created "mother-child" connection is two-way and allows them to feel each other, even without being in direct contact.

As the child forms his own images (fields), this connection, as well as the state of field receptivity or clairvoyance, weakens, being replaced by stronger fields (fixed images), focusing on which the body begins to reproduce its reactions.

The kid constantly "scans" the space around him, and his security systems are tuned for maximum sensitivity to everything that happens, and since a small child does not yet know "what to fear", the image filter does not interfere with his recognition of fields. However, as soon as the image is appropriated, then, upon its recognition, the organism (brain) automatically relaxes, preferring to act according to the already known scheme, and the sensitivity decreases, since the brain must constantly check with the already formed images.

That is why a room for a newborn should be decorated as neutral as possible, which will allow a still fragile body to feel protected and resist the effects of an aggressive external environment.

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