



**HOME RENAISSANCE FOUNDATION
WORKING PAPERS
Number 54**

**The Healthy Home
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Paper delivered at Home Renaissance Foundation IV International Conference: "A Home: a place of growth, care and wellbeing", Royal Society of Medicine, London, 16-17 November 2017

The Healthy Home – Child development at early stage

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Abstract

It will firstly describe how life in large cities like London, Barcelona, New York or Moscow is getting more and more unhealthy as they are experiencing increased pressure from human encroachment in many forms. Special emphasis will be made on different types of pollution that may affect homes located in such cities, like traffic and industrial pollution as well as human noise, which is another type of urban pollution that is also disturbing the ecosystem¹. The paper will also study how our homes are affected by electromagnetic pollution, produced by waves from electronic sources (WIFI, microwaves or cell phones) and by environmental pollution, caused by fossil fuels, pesticides and other toxic materials.

The second part of the paper will analyze the "invisible" daily impact of these disturbances on every person, particularly, on children as they are the weakest segment of the population and, therefore, are considered more likely to be at risk. This part of the paper will explain why it is particularly relevant to provide children on developing stage with a healthy home environment, especially from birth to five years of age.

The third part of the paper will specify the main criteria to choose a healthy, affordable location for the house (such as closeness to nature and avoidance of electronic and telecommunication sources) and will argue that good locations are not only reserved for wealthy people. It will also explain how to build a home with solid structures (walls and windows) to keep out pests, moisture, noise and pollution and how to use bio materials (wood, bio paint, bio coating) to make healthy indoor environments. Finally, it will provide some tips to enhance the setting and decor of every room of the house (kitchen, living room, bedrooms, bath rooms) in order to provide a safe, quiet and stimulating environment for children, by giving relevance to elements such as color, plants, furniture, ventilation, light and others.

¹ Rachel T. Buxton, Megan F. McKenna, Daniel Mennitt, Kurt Fristrup, Kevin Crooks, Lisa Angeloni, George Wittenmyer, "Noise pollution is pervasive in U.S. protected areas", *Science*, 05 May 2017, Vol. 356, Issue 6337, pp. 531-533.

The paper will include references to real cases of healthy homes and will provide examples of locations, structures, furniture design and elements that provide sunlight, fresh air, quietness, wellbeing and health to our homes.

Home is a unique place for children; it is the place where they start their lives and where they may discover family affection and happiness. It is the place where they grow up and become adults. The paper will show how everybody can afford to build a healthy home for children, if one just cares about some aspects and details that may look irrelevant.

Full Paper

See Book: "People, care and work in the home"

<https://homerenaissancefoundation.org/resource/people-care-and-work-in-the-home/>