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Parents

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THE BARRÓN FAMILY
Luke and Holly,
with sons Holden, Reid,
and Conley, tell
their story on page 144.

**CHOOSE
KINDNESS**

Pick Colors Like a Pro

These design experts (who happen to be parents) share a foolproof formula for choosing just the right paint schemes for your family's favorite spaces.

by LAURA FENTON



SPECIALISTS in the design world have long leaned into an in-the-know guideline to brighten various rooms: It's called the 60-30-10 rule, and you don't have to be a decorating professional to work its magic. The idea,

in short, is to land on a trio of colors, with 60 percent as the dominant hue, usually the walls. A second color accounts for 30 percent, from furniture, bedding, or a rug (or even a painted accent wall). Your final 10 percent



Thanks to shots of gold and white, a pink room doesn't feel overly princessy. (See next page for paints.)

comes from pillows, art, or other little touches. Like any décor "rule," this one is not hard-and-fast. You might think of 60-30-10 as a helpful starting point that can go in many different directions.

● Peek at a color wheel.

If you need inspiration while choosing three colors, you might start by googling "color wheel" for some can't-fail combinations (this is color theory at work!). Any colors that are neighbors on the wheel (say, red and purple) go together automatically, as do colors that are opposite one another (like blue and orange). You also have the freedom to lighten or darken the shades, maximizing the possibilities. Julia Marcum, a mom of three in North Carolina and half of the couple behind the blog *Chris Loves Julia*, riffed on oranges and blues for her daughter's room, with navy wallpaper, a lighter blue ceiling, and apricot drapes.

● Check out nature.

Another helpful way to decide on a combo: Picture the shades of the sunset if, say, you're craving pinks and oranges. Sky and forest colors—blues, greens, and browns—make as good partners indoors as they do out. (Browns are earthy and neutral and can pair with almost anything.) Green and most bright colors jibe well too—think leaves and petals.

● If you love one color, you can still go all in.

"You don't need to select three completely different colors for the 60-30-10 rule to work," Marcum points out. If your kid adores purple, you can use light, medium, and dark tones in their room. A monochromatic look is often more interesting this way.

Expert Picks



Designers share their go-to combos using the 60-30-10 rule. (Feel free to mix each trio up, making your favorite of the shades the star.)

Pink + Gold + White (SHOWN ON PREVIOUS PAGE)

-  **60:** ECOS Strawberry Whip
-  **30:** Valspar Mustard Glaze
-  **10:** Valspar The Perfect White

"My 4-year-old's room is small, but it feels so happy that it's one of my favorites in the house." Pink walls celebrate the child's favorite color and provide a perfect backdrop for white and yellow flowers. —Laura Gummerman, mom of one in Pittsburgh, contributor at the lifestyle company A Beautiful Mess, @gummergeal

Ivory + Violet + Emerald

-  **60:** Benjamin Moore Swiss Coffee
-  **30:** Benjamin Moore French Violet
-  **10:** Benjamin Moore Nile Green

This straight-from-the-garden combo is all about Zen vibes. Start with the cloud white, then segue to the darker shades: "The blue-violet reminds me of hydrangeas. When you toss in a few green accents, they have the calming quality of leaves." —Cara Fox, mom of five in Holladay, Utah, owner and lead designer of The Fox Group



Teal + Aqua + Navy (ABOVE)

-  **60:** Clare Deep Dive
-  **30:** Dunn-Edwards Caribbean Cruise
-  **10:** Dunn-Edwards Blue Earth

"Using a dark blue on walls can be dramatic, but we knew that it would make this grown-up bedroom feel sophisticated. We then layered on other blues with the headboard and the bedding. The result is cocoon-like, comforting, and chic!" —Joy Cho, mom of two in Los Angeles, founder of Oh Joy!



Paint-Your-Walls Refresher Course

Hover your phone's camera over the smart code for back-to-basics tips, from primer to last coat.

Stone + Turquoise + Rust

-  **60:** Behr Cotton Grey
-  **30:** Benjamin Moore Varsity Blues
-  **10:** Behr Rusty Gate

Gray has remained a popular wall color for its homey feel and not-quite-white utility. It also sets off a gem tone, such as a turquoise couch or rug, beautifully. "I've used a variation of this palette in living rooms. Adding rust accents—throw pillows or a blanket—makes the room feel invigorating and happy." —Shamika Lynch, mom of two in Jersey City, New Jersey, and founder of Maximizing Tiny, a small-space design service

Pale Gray + Slate Blue + Sage

-  **60:** Sherwin-Williams Tinsmith
-  **30:** Clare Set in Stone
-  **10:** Valspar Green Water

If you want to keep a heavily trafficked room like the kitchen, bathroom, or living room looking clean, consider these simple hues, which manage to be muted but not boring. "Together, they make a really fun, vintage, cool trio. Your room's lighting will bring out the undertones of the gray in different ways, so testing the color in the space is a must." —Shaolin Low, of Studio Shaolin, mom of twins and a designer in Honolulu

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Green + Coral + Tan (BELOW)

-  **60:** Sherwin-Williams Evergreens
-  **30:** Sherwin-Williams Coral Island
-  **10:** Valspar Warm Cappuccino

Pink and green are opposites on the color wheel, so they pair flawlessly. Any variations on the shades work, but these earthy tones, teamed with tan, feel grown-up yet still fun. "This unexpected combo looks amazing in a living or dining room or a study space." —Ginger Curtis, mom of five in Richland Hills, Texas, and principal designer of Urbanology Designs

