

Wainscoting in the Nursery



Looking for the perfect nursery scheme? This charming nursery was created in soft pastels that soothe both mother and baby. The tall stripes are reminiscent of traditional wainscoting, adding architectural interest without looking too busy. The hand-stamped letters and numbers are more playful than a printed wallpaper border, and can be personalized to you or your child's tastes (imagine teddy bears, dinosaurs or trains...you get the picture).

The soft shades keep the stripes from overwhelming the room, but add enough visual appeal to catch even an infant's attention. The striped effect can be softened even further by using glaze rather than paint – the stripes will have a shimmery, translucent quality.

For an older child's room, you can pump up the color volume by using brighter and bolder shades.

To further the illusion of wainscoting, continue the stripes high up the wall, dividing the space on a 70/30 ratio, with the stripes taking the larger portion. The stamps will occupy the same space a wallpaper border might take. To finish the look neatly, install a pre-cut chair rail or piece of crown molding as a divider between the two areas.

What You'll Need

Supplies:

- Mixing pail
- Low-tack painter's tape
- Rollers
- Roller tray
- Brushes
- Pre-cut chair rail or molding



For the stamps:

- Cardboard
- 1/2 inch upholstery foam or other dense foam
- Utility knife
- Glue

Paint:

- Base Coat: Regal[®] Matte paint in colors of your choice (pictured here: Fun In the Sun 358) Stripes: Calming Green 605.
- Studio Finishes[™] Latex Glaze

Step by Step Instructions

Step 1: Prime the entire surface with Benjamin Moore Fresh Start[®] primer, if needed (new construction, a dark hard-to-cover color or a glossy finish). Allow to dry.

Step 2: Measure the wall floor to ceiling, and mark the space where you plan to install the chair rail. Again, divide the wall using a 30/70 ratio, with the stripes taking up the larger portion. Using a roller and tray, paint the wall



with the base coat color (pictured: Fun In the Sun 358 in Regal® Matte Finish). Allow to dry overnight.

Step 3: Starting from a corner, place a vertical strip of tape, running from the middle of the space under the chair rail to the baseboard. Now rip off several small tape sections as spacers, placing them at the top, middle and bottom of your first strip.

Step 4: Line up your next strip, using the spacers as edge guides. Repeat around the room. When all the vertical strips are up, remove the spacers.

Step 5: Mix second color with glazing liquid, following the instructions on the can. Brush or roll paint between the sections of tape (pictured: Regal® Matte Finish in Calming Green (605), mixed with Studio Finishes™ Latex Glaze). Make sure to continue the stripes a half-inch or so into the space that will be covered by the chair rail. Pull off the tape strips as soon as you're finished painting, then allow the paint to dry overnight.

Step 6: Install the chair rail, which can be any piece of simple molding, in the shape or detail of your choice. As a short cut, prime and paint the molding the day before installation (pictured: Regal® AquaGlo® Semi-Gloss White-01) Fill any nail holes with putty, then sand and touch up with white when dry.

For the stamps

Step 1: Choose and trace your design. An easy way to get the size right is to photocopy the design, reducing or enlarging as needed. One hint: err on the side of oversizing. Small stamps don't read well on the wall.

Step 2: Cut out the design, and glue it to a piece of thin cardboard. Cut out the cardboard.

Step 3: Glue the cardboard design to the foam. Allow to dry, then cut out the entire shape, using scissors or a sharp utility knife. Your stamp is now ready to use on the wall.

Step 4: Pour out a small amount of each different paint color onto plastic plates, or empty pizza boxes. Dip the stamp in the paint. (Pictured are: Regal® Matte Finish in Calming Green (605), Swiss Blue (815), Bed of Roses (1318), Summer Peach Tree (088), Crocus (1404) and Fun In the Sun (358).

Step 5: Get rid of excess paint by stamping on newspaper first. Too much paint on the foam will cause drips.

Step 6: Press the stamp firmly on the wall and remove, being careful not to smear it sideways. You can always stamp over the image a second time if it looks imperfect. Continue with different stamps and colors around the wall, wiping off any drips or errors with a damp rag.