

Made to measure

GROWTH CHARTS ARE AT THE HEIGHT OF POPULARITY.
WE SHOW YOU HOW TO MAKE YOUR OWN.

Back in the day, we edged our heels up against the kitchen wall and our folks marked our heights with a biro – straight on the textured retro wallpaper. These days we make more of a feature of our kids' growth. Here's how to make your mark in style.

YOU WILL NEED

- ☆ 1800 x 300mm dressed timber
- ☆ Measuring tape
- ☆ A4 or A3 card for stencil
(you'll also need access to a printer)
- ☆ Craft knife and ruler
- ☆ Masking tape
- ☆ Small foam paint roller and tray
- ☆ Resene testpots in your choice of colours

METHOD

1 Measure and mark out your design on the timber with a pencil. We chose triangle shapes as they're easy to create using masking tape.

2 Stick masking tape along the lines of your design to create a crisp edge to paint against. Position another strip of tape just overlapping the piece already down, as this broader width will prevent the roller getting paint where you don't want it.

3 Use your roller to paint the shapes in your choice of design and Resene colours. We applied two coats then carefully peeled the tape off while the second coat was still wet, so as to avoid the paint drying to the tape and then peeling or chipping your edges.

4 Once the paint is dry, add the lines and numbers using a stencil and Resene Nero. (Alternatively, use a marker pen and carefully draw each line 1cm apart.) We made a stencil of lines spaced 1cm apart from their centres and printed it on card. Download our artwork at ohbaby.co.nz/lifestyle/interiors/diy-with-resene. Cut out the rectangles using a sharp craft knife and ruler.

5 Once the stencil is cut out, line up the edge of the card with the edge of the timber and use a strip of masking tape to hold it in place (and to protect the very edge of the timber from being rolled with paint). Load up the roller with black paint and pre-roll on some scrap paper first, so it's not too wet. 'Dry rolling' helps prevent the edges from bleeding. Keep moving the stencil up the plank until you're finished.

6 We chose to add numbers every 20cm. Depending on your kids' heights, you can either rest your growth chart on the floor and secure the top to the wall (we used 3M Command Picture Hanging Strips) and start the numbering from there, or hang on the wall 20cm or 40cm off the floor, and start the numbering accordingly.

We used Resene testpots in Resene Gulf Stream, Resene Ship Cove, Resene Oxygen and Resene Nero.



Visit your local Resene ColorShop, phone 0800 RESENE (737 363) or go to resene.co.nz/colorshops

