



Healthy Painting

STEP BY STEP PRINTABLE GUIDE

From prep-work to clean up, your ultimate checklist for painting your nursery with your health and your baby's health in mind

Step One CHOOSING YOUR COLOR & PURCHASING PRODUCTS

Be strategic about choosing a paint color for your nursery. Softer tones that aren't too stimulating are ideal. You can read through the text to find what benefits different colors have to sleep and demeanor.

How Much Paint?

Length of Walls:	A: _____	A x Height: _____
	B: _____	B x Height: _____
	C: _____	C x Height: _____
	D: _____	D x Height: _____
Height of Walls:	_____	TOTAL (Add together) _____

Your total will be your total square footage of your walls. Bring this to the hardware or paint store and you'll know exactly how much paint to purchase.

Painting Checklist

- VOC Free Paint
- Paint Roller
- Paint Brush
- Paint Tray
- Drop Cloth
- Step Ladder/Painting Ladder
- Painter's Tape
- Dust Mask

Optional:

- Spackling
- Drywall Sanding Block
- Cheesecloth

PAINT COLOR POSSIBILITIES

NOTES:

Step Two Wall Prep

Here is your master checklist to prepare your room as much as possible. By getting it completely set up, you'll ensure you're done painting in no time flat.

Prep-work Checklist

- Remove all valances and curtains
- Remove nails and anchored screws if necessary
- If you'll be taping, do so!
- Fill any holes with spackling
- Once dry, sand the areas down
- Wipe any repairs down with cheesecloth to prevent dust
- Lay out drop clothes on flooring
- Open windows and get fans ready

PAINT COLOR POSSIBILITIES

Step Three Paint & Clean Up

Now you can finally paint! It should be a breeze after your diligent work to set up.

How to Reduce Dust & VOCs DURING painting

- 1) If possible, choose a day that allows the windows to be open during your painting project
- 2) Use a box fan to help the paint dry faster (more VOCs are emitted when paint is wet compared to when it is dried)
- 3) Paint in sections and take a lot of breaks from the room. If possible take your break outdoors
- 4) Utilize a dust mask while painting
- 5) If you must patch any areas of the wall, be sure to vacuum dust immediately and use a cheesecloth on the wall to remove any dust particles

Clean Up Checklist

- Paint! (Avoid thick coats on rollers and brushes)
- Check room for paint splatters to clean up
- Throw away rollers by wrapping a plastic bag around the paint-filled roller and removing. Simply throw away
- Soak brushes in vinegar and rinse out
- Pour a small amount of paint in a jar if you haven't purchased a sample size to keep
- Seal up paint and store in a safe place
- Let brushes dry out before storing them
- After 24 hours remove any tape from walls
- Air out your room for up to 36 hours

PREP WORK AND CLEAN UP ESSENTIALS

- Make sure baseboards and trim are free from dust so tape will adhere tightly
- Keep wet and dry paper-towels nearby in case of any spills
- If you want to take a break, simply wrap your paint brush in tinfoil and place in a Ziploc bag to keep it from drying out