

Room Painting Tips



Country Design Style
CHMS

Tools you will need

Paint Roller	Needed	Metal tool with handle to hold cover
Roller Cover	Needed	Covered cardboard tube
2" Angle Brush	Needed	Perfect for corners and trim
Paint Tray	Needed	Used to hold paint and apply to roller
Sandpaper	Needed	Smoothing walls
Spackle	Needed	Use to fill holes from artwork
Step Ladder	Needed	Unless you use a roller extension
Regular Flat Brush	Good to have	Use for small areas
Drop Cloth	Good to have	Buy cloth, plastic slips
Tray Liners	Good to have	Easy clean~up
Paint Pads with Holder	Good to have	These work well if wheels stay clean
Curved Edger	Good to have	Use to paint next to carpet
Cleaning Tool	Good to have	Cleans brushes and rollers
Roller Extension	Good to have	Pole to reach higher
Handy Pail	Good to have	Quart sz. pail w/ magnet to hold brush
Painters Tape	Personal choice	Read about in tips

Materials you will need

Paint	Gotta have it	Read how to estimate amount in helpful information
Primer	Good to have	Needed if painting dark or covering dark
Vinegar	Good to have	Use a splash in water to clean walls

Buying Paint Helpful information

One gallon of paint covers approximately 350 square feet. Okay, what does that mean?

Measure the length of each wall in the room and add the lengths together. Then multiply that number by the height of the room. A room 10' x 11" with 8-foot ceilings will get one coat with one gallon.

$$10 + 10 + 11 + 11 = 42 \times 8 = 336.$$

Disregard the windows and doors. {unless there is a wall of windows}

Note: You may use more paint on unpainted drywall.

Box Your Paint

After you've done your math above, you'll realize most rooms require more than a gallon of paint. To box your paint means to combine all the gallon of paint into an empty 5 gallon container to mix. This will combine the color if a gallon is off a bit. But with the computer mixing today, it's not as necessary as in the past.

One coat paint.

I have never received the results I wanted from a "one coat paint." To get good coverage and the depth of color I recommend applying two coats... sorry. :(

Flat, Eggshell, Satin, Semi~gloss, Gloss...Oh, My! HELP!

Ceiling	Flat - Flat paint has no shine, no scrub-ability, and does not work in moisture rooms. Flat is best for ceilings. I used flat paint when I want a specific look painting furniture or walls. I want to do a shiplap wall with a flat black paint in our master.
Trim	Satin - If trim gets little wear. Semi-gloss - Has more shine and washability than eggshell or satin. Better if children at in the home. :) or High gloss - The highest gloss paint in older homes.
Doors	Satin - If doors gets little wear. Semi-gloss - Has more shine and washability than eggshell or satin.
Walls In good shape Damaged Textured Bathrooms and Kitchen High Traffic areas like hallways	Flat or eggshell Flat Flat or eggshell Eggshell or Satin Acrylic latex in eggshell
Brick	Eggshell

Eggshell has little sheen and can hold up to cleaning use for bedrooms

Satin has some gloss and is more stain resistant use for kitchens

Use semi~gloss or gloss for trim and doors

Acrylic latex in eggshell sheen is best for high traffic areas such as hallways.

Now...that said, each paint company will have a different sheen.

Latex {water based} Acrylic {chemical based} Alkyd {oil based}

Latex is great for interiors, walls, ceilings and easy cleanup.

Acrylic is great for exteriors, wood, brick, has elasticity and easy cleanup.

Oil adheres well, harder to apply, has a stronger odor, longer dry time, and harder clean up.

A point about Primer

Primer is wonderful, but it is not necessary for most situations. Do use primer in these three situations.

1. Painting over a dark color with a light color.
2. Painting a dark color. Tint the primer tinted with your color.
3. Painting on unpainted drywall or any other porous surface.

Latex {water based} Acrylic {water based with acrylic resins} Alkyd {oil based}

Latex is the general name for water based paints. Great for interiors, walls, ceilings and easy cleanup.

Acrylic is a latex paint with more resins than latex paint. Great for exteriors, wood, brick, and high traffic areas. It has elasticity and easy cleanup.

Oil adheres well, harder to apply, has a stronger odor, longer dry time, and harder clean up.

Picking the color

Look around the room you are sitting in right now. Notice the light and dark areas. The paint seems different colors on each wall surface. Pick your favorite color and relax.

Decide if you want cool or warm colors. Cool colors are blues, greens, and grays. Warm are browns, reds, and yellows.

Pick no more than five colors. Some paint company have large paint chips to tape on the walls. Or paint samples on large poster boards. Move the boards around the room at difference times of the day.

Then start eliminating one at a time, moving the poster boards around the room and at different times of the day.

When picking white use a paint chip that shows six tints from light to dark. The dark end will reveal the under tones of the paint.



Gray under tone



Gray under tone



Red under tone



Brown under tone

Buy quality paint. You will save money in the long run because you will use fewer coats and the paint will last for more years. I pick the medium range in price. For me, better quality paint is easier to apply.

Thoughts to get you ready

It's only paint! Painting a room yourself is the cheapest way to dramatically change a room.

Enlist a friend to help. Painting brings out fun conversations.

Host a painting party. Invite friends to help. Send out handwritten invites on paint chips. Start with coffee and donuts and order pizzas for lunch. Pizza and paint go great together. :)

Take before, during and after pictures. You will have laughs and it's great to see the transformation.

Don't stress over mistakes. Mistakes will happen. Accept that.

1. Correct a mistake and repaint over it.
2. Clean up the mistake.
3. Hide the mistake with furniture or art.
4. Laugh about it.

Painting Tips

Remove all the furniture. You will save time if furniture is out of the way. Move large pieces to the middle of the room and cover with drop cloths.

Prepare the walls. Remove electrical covers and any other elements. Remove nails from artwork and patch holes and cracks. Sand smooth. You can clean walls with a splash of white vinegar in a gallon of water.

Use primer. If covering unpainted drywall, painting a dark color or painting over dark colors. You can have the primer tinted to help coverage, important for those dark paints. On brick or unpainted walls, you will use less paint if you prime first.

Painters Tape. Don't use painter tape everywhere. It takes a long time to tape a room and I find I could half way finish painting the room by the time I finish taping. With a little practice, anyone can paint a good line. The only place I use painter's tape is on top of baseboards. Or when doing a painting technique, such as stripes.

Practice painting a good line:

Practice by taping poster board to the wall next using painter tape. Practice vertical to get the feel. On a poster board because your practice lines may leave ridges on the wall.

Mark practice lines on the poster board with a pencil. Use a new 2' angle brush and load 1/3 of the brush with paint. Start with the brush about half an inch from your pencil mark. Move the brush closer letting the paint come

to the line. The paint will form a “bead”. Slowly move the “bead” of paint along the line. You will only cover about 6 to 10 inches at a time.

When there is not enough paint on the brush to “bead” reload and again start about half an inch from the line. Always paint into the wet. What that means is start along the unpainted area and move into the wet paint area. If you start in the wet your brush tips will leave marks in the wet paint.

Start with the ceiling. Yes...paint the ceiling! It will make a huge difference in the look and especially the feel of your room. Usually, the ceiling color is lighter than the wall and you can cover up any Oops.

When two colors collide. When painting the ceiling one color and the walls another, use an Exacto knife to cut a line where the ceiling and wall meet. Cut only 1/16” or less. This will let the paint “pool” along the line...unless you get too messy! This also works in a corner when painting accent walls.

Next paint the trim. If you are painting the trim, do it next. Then do the walls. It's easier to paint on the flat surface of walls than along the edge of the trim.

Loading the brush. Start with a damp brush. Dip the brush into the paint to only 1/3 of the bristles. Tap the brush on the inside of the container to distribute the paint around the bristles. Do not scrap brush on the lip of the container. [Click here for more brush tips.](#)

Loading the roller. Start with a damp roller. Roll into the paint and roll until the paint is distributed around the roller. Use the ridges in the paint tray to even out the paint.

Loading your brush or roller well and **even** is half the battle. With a little practice, you will paint like a pro in no time.

Roller Tips. Cover a square yard area at a time moving to the next area and painting into a wet edge. If you use average pressure then ending the area with light pressure you will get a smooth finish.

Paint at least two coats. Two coats get the depth of color. More coats if painting a deep color. Let the paint dry well between coats. I know there are many quality paints on the market that say they cover in one coat, so far I haven't found one.

When you need to stop. If you need to stop for that important coffee break, wrap brushes and rollers in plastic wrap. If you stop for the day you can freeze the wrap brushes and rollers without having to clean them. This will work for the night, but don't leave them in the freezer for months. {like I have} Also, make sure you stop at a good location...complete a wall or stop at a line from floor to ceiling at door molding.

Clean~up.

Latex paint - clean quality brushes and rollers with shampoo. Then if the bristles are coarse, I use conditioner. Yep, hair shampoo and conditioner. Rinse well with clear water and hang to dry.

Oil based paint - Remove as much paint as possible by swiping the brush across the morning's newspaper. Then finish cleaning with paint thinner. Cheap brushes and rollers do not clean well. I use them when I can and toss them.

Left~over paint. Seal and label left over paint. If you have quite a bit left over, consider donating it. {I would keep a cup or two in a labeled plastic container for future touch~ups}

*My disclaimer: This e-book contains some affiliate links. [Click here to read my full disclosure policy.](#) I am not nor will I ever be a professional painter. I do however love to paint. Probably because it's **not** my profession! I do not receive any compensation for my opinion regarding painting products. These room painting tips are simply things I have learned along my journey.*

Painting tools I like

Paint pads. Pads with those little rollers. It's amazing how much paint those pads hold. Remember to keep those little rollers and edges free of paint.



Plastic curved edger. When painting baseboard in a wall to wall carpeted room, it's impossible to keep paint off the carpet. A plastic curved edger will keep paint away from the carpet. Better than removing the carpet!



Mini rollers. To get into tight spaces those little mini rollers do well. The plastic packaging is the tray for the rollers. I line the tray with foil for easy cleanup. A large food baggy will hold the tray and roller during lunch breaks.



Cleaning tool. This tool will help clean even dried paint...but, of course, we always clean our brushes right away??? Ha!



Quart Pail. Smaller pail with handle and magnet to hold the brush at the top edge. Great size to hold as you're going up and down ladders.



Follow along with the musing and mishaps of [Country Design Style](#) on the blog.

Remember...It's only paint!

