



Canada's **Building** Centre®

Project Of The Month

PAIN





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Weekend paint project

When it comes to home improvements, one of the biggest bang-for-your-buck projects you can tackle over the span of a weekend is interior painting. There are few DIY jobs that can completely transform a room for little money and with no special skills required. You should, however, do your homework before you get started. Not only do you need to find the perfect colour, you'll have to figure out quantity of paint and what kind of paint to use. There are many types of paint finishes to choose from, it's important to understand which finish works best for your paint project. Budget is another consideration. Paint comes in various price points and there's a big difference in quality with cheaper paints usually requiring more coats. Next is prepping your space. Like any DIY project, careful preparation is key to a successful outcome. Paint projects in particular require a lot of preparation before you get started. The act of rolling paint on the walls requires little time in comparison to the amount of time to prepare your walls and your room. Make sure you have enough supplies and the right tools before you begin, you don't want to have to stop work and run to the store. Below is a list of supplies and tools to get the job done.

Good news is that once you have these, you'll use them for every paint project. There are other items available to help you with your paint project but these are the must haves:

- Spackle patching compound
- Putty knife
- Sandpaper
- Paint brush
- Paint edger (if you aren't good at cutting in)
- Paint roller and frame
- Paint tray
- Extension pole
- Painter's tape
- Painter's caulk
- Drop cloth
- Step stool

**We
can
help!**

**Having trouble figuring out
how much paint you need?**

A TIMBER MART Paint Expert can guide you through all the variables and help you calculate the quantity of paint needed for your paint project.



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Click here to see all of Sico's 2021 paint colour palette. You can also see how these colours will look in your room with their online paint visualizer

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2021
Sico
Colour
Of The
Year

Blue-winged Warbler
6160-52

2021 **SICO**

paint trends

Every year paint manufacturers release their paint colour trend forecast for the upcoming year and despite the pandemic, this year is no different. Sico's 2021 paint colour palette reflects on wellbeing, sustainability and human connection. Colours have a toned-down richness that are calming and easy to live with. As we spend more time at home, it's important to live in a space that is comfortable, inviting and where you want to be. The cool grey tones popular in the recent past are now changing to more warm neutrals. Sico has three mood creating colour categories, Natural Elements, Contemporary Elements and Energetic Colours. Within these categories you'll find a great assortment of colours to inspire you to create restful living spaces that bring a sense of joy to your home.



Vanilla Orchid
6188-21

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Colour inspiration

Choosing a colour palette for the interior of your home is a deeply personal choice and can be overwhelming if you are unsure where to start. Decide if you want your rooms to be bright and light-filled or more bold and dramatic. Or a combination of both. Look to your furniture and decor for a colour direction. If your furniture is neutral, you can probably go with colour on your walls. If your furniture is coloured, choose paint colour that is more on the neutral side. Keep in mind that the colour you choose for one room should relate to the colours of the adjacent rooms. The style and age of your home can also be an inspiration. Choose historic colours for century homes or mid-century modern colours for contemporary homes. If you have a favourite sweater, perhaps that colour could be your colour inspiration. Your colour palette can be as simple or ambitious as you like. Sico has a lot of inspiring room images online. Click our info link to find inspiration and guidance for making your paint colour selections. Browse their carefully designed colour palettes and different colour scheme tips for the unique spaces in your home. Get colour advice for each room, see their paint colour collections and get painting advice to make your paint project a triumph.



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Click here to
find inspiration
& advice about
colour for your next
painting project

Sometimes colour inspiration can come from what's outside your window. Look to nature for colours that naturally live in harmony. The smooth stones of a rocky beach can easily translate to a rich, earthy grey palette.



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4 tips for living with bold colour

Making the decision to go bold with your walls can be intimidating. After all, it's a lot of colour surrounding you. These 4 tips will help you feel more comfortable in your decision.

1 Choose the right colour. This sounds like a no-brainer but along with deciding on a colour, how dark do you want to go with it? Consider lighting, do you have good daytime and nighttime light sources? Dark colours will absorb a lot of light so this is an important factor. A good way to see how your colour looks in your room is to start with a paint sample and try it on every wall. Check the colour at different times of the day under all light conditions.

2 How much of your walls will actually be showing? If your room has a lot of artwork, wall decor, shelving or tall furniture, you probably won't see much of your paint colour and that could make your colour decision easier. If you are on the minimalist side and prefer simpler decor, you are going to be looking at a lot more wall space and a lot more of your bold colour. A minimalist, brightly coloured room can be overwhelming.

3 Start small. Perhaps you aren't ready to put bold colour in the rooms you spend the most time in. Powder rooms are a great place to make a big style statement on a smaller scale. Other options are guest rooms and laundry rooms, places you spend limited time in. If you are still unsure, consider painting a single feature wall. If you find that you love it, you have the option to paint the rest of the space the same colour.

4 Pick a colour palette for your whole home. Even if you don't have an open concept home, having the same colour palette gives your home a cohesive style. Balance your bold colour choices with the colours you've chosen for the rest of your home. You don't want to end up with a green room, a blue room, a red room, etc. One idea is to introduce your chosen bold colour into the decor in adjoining rooms.

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The kitchen challenge

Today's kitchens present a unique paint challenge and that is, where to paint. Most modern kitchens have cabinets that go up to the ceiling and a recent trend has wall tile playing a bigger role than just the backsplash. That often leaves bits and pieces of wall still showing and leaves homeowners wondering where to paint. And in that vein, there are two schools of thought. One is to paint all wall space around cabinets in your chosen colour and the other is to treat the kitchen and surrounding area as a whole without accentuating wall space. Painting around cabinets, like in the top photo, is the traditional way of painting kitchens and tends to chop up the space. The contrast between wall and cabinet makes an inadvertent focal point. In the middle photo, the wall space above the window was painted the same colour as the rest of the room and thereby draws attention to it. In the bottom photo, the dining area was treated as an extension of the overall kitchen so you can't tell where the kitchen stops and the dining area begins. All three of these kitchens are great looking kitchens so which way to go is your personal preference. However, there is a decorating rule that monochromatic rooms tend to look bigger. With the top photo and the middle photo, imagine if the entire kitchen area was painted the same white as the cabinets. These kitchens would tend to look visually bigger because there would be nothing there to stop the eye.



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Painting tips

Painting a room is not difficult but there are a lot of things you should know before you start. Cleaning, repairing then cleaning again are all part of the process of every paint job. It's important to do all the necessary steps from start to finish and don't make shortcuts. There are techniques and tricks to help you work more efficiently and achieve a better result. The more knowledge and experience you have as a painter, the bigger the payoff with the success of your paint project. Most of us can do an okay job of painting a room, but a knowledgeable DIY-er does a great job. If you are looking for painting advice, Sico offers their expertise on how to paint any room in your home. Click the link on the right for information for your next painting project.



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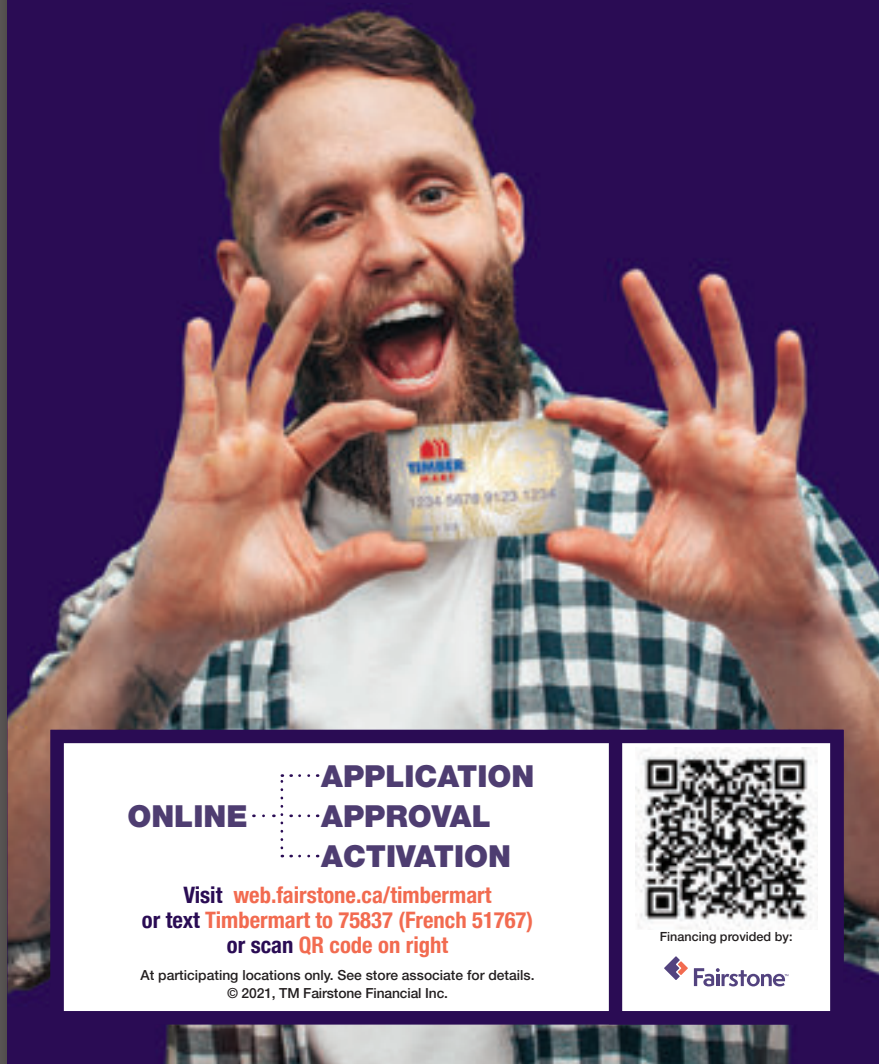
Looking for painting advice? Check out these articles from Sico for expertise on how to paint any room in your home

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How to cut in paint



Painting a straight line in painter lingo is called cutting in. Straight lines are required where the wall meets the ceiling and around doors and windows. If you've ever watched a professional painter, they make painting straight lines look effortless. But it's not that easy. Along with a steady hand, there are a number of tips you need to know that will help achieve a smooth, straight line. First, start with a good quality angled sash brush. The professionals use big square brushes but most DIY-ers find angled brushes easier to control. Make sure you have plenty of light and position your body so you are able to clearly see where you are painting and your arm can extend smoothly. Load your brush with paint and start by loosely painting next to the area you want a straight line. This is to unload some of the paint on the wall. With your second pass, without reloading your brush, slowly push the brush so the bristles are fanned and the top tip of the brush paints the straight line. Take your time and don't rush. You may have to go in for a third pass if necessary. After you have a straight line, feather out the paint on the other brush edge so that the paint rolled on top will be seamless. For corners, slightly wiggle the brush bristles so the paint is pushed into the corner. For cutting in next to a textured ceiling, take a putty knife and remove a bit of the texture next to the wall and run the blade around the edge of the ceiling to make a small groove. The groove will be where the paint will pool when it leaves the brush giving you a straight paint line without getting paint on the ceiling.

Edging options

Many experienced DIY painters run into trouble when cutting in so for them and for beginners, there are other edging options. A good quality painter's tape will help. FrogTape is one that has been specifically engineered for clean lines with no paint bleed. It's easy to use but can become an added expense. Another option is using a tool called an edger. This is a square paint pad that slides or rolls along an edge and gives a clean crisp line. There are a few different designs out there and each has its strengths and limitations. Choose the one that you think best serves your needs and teach yourself to become good at it. Once you have mastered the edger, you can become quite fast at applying paint in a straight line.

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Achieve a professional finish with painter's caulk



Painting can be a time-consuming job, but the small details can make a big difference! Applying painter's caulk is important for both functional and aesthetic reasons and can make a difference between adequate and great work. When painting indoors, painter's caulk is primarily important for aesthetic reasons. It provides a smooth, gap-filling bond that adds a professional look on wall joints, baseboards, and crown moulding. Without sealing the joints, the finished work looks rigid. On the functional side, latex painter's caulk is also used to block out water and prevent damage from leaks, humidity, and mould. This makes it the perfect sealant for windows, doors, bathrooms, and other indoor/outdoor areas. No matter the paint project, LePage has the sealant solution for your needs and TIMBER MART has a wide selection of LePage products so you can get the job done right.

How to apply painter's caulk to wall joints:

Preparing your wall joints is simple with the right know-how. Here's how you do it:

- 1. Remove old caulk** and clean the borders where the new caulk will be applied.
- 2. Apply painter's tape** to both sides of the joint to achieve neat and even bead lines.
- 3. Cut the tip** off the caulk tube to the desired bead size and puncture the cartridge.
- 4. Insert the cartridge** into the caulk gun and test your bead on a disposable surface.
- 5. Starting in a corner**, apply the caulk in a steady stream along the joint.
- 6. Smooth the bead** with a wet finger or tool.
- 7. Immediately remove** the painter's tape and allow the caulk to fully dry before painting.
- 8. Clean up** tools and excess caulk immediately with warm soapy water and a cloth.

Cured caulk can be gently removed with a tool.



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Painter's tape vs masking tape

When you're looking at a large display of painter's tape and masking tape, it's easy to get overwhelmed and confused with all the choices. What you need tape for is to mask areas that you don't want painted so it might be tempting to buy the much cheaper masking tape. I mean, it's called masking tape, right? Short answer, no. There's a big difference between the two. Masking tape will leave adhesive behind when you remove it so it is not recommended for painting projects. Painter's tape has been specifically designed with adhesives that will not leave residue when removed. Most painter's tapes have a recommended removal time, some are designed to stay on longer than others. This can be anywhere from a few days to several weeks depending on the tape's quality and construction. It will help if you know ahead of time how long your paint project will take. There is also FrogTape which is specifically designed for a clean, professional edge with no paint bleed. The adhesive in FrogTape reacts with the water in latex paint and instantly gels to form a micro-barrier that seals the edges of the tape to prevent paint bleed. Because FrogTape is expensive, it's recommended that you have both kinds of tape on hand for your paint project. Regular painter's tape for the majority of your masking and FrogTape when you need a crisp, clean edge. Both painter's tape and FrogTape are available in a variety of widths. Painting is messy so choose the width that will work best for you. When applying tape, make sure your surface is clean, dry and dust free. This will help the tape stick properly. To remove tape easily, score the paint line edge with a blade to cut the seal then remove carefully.



What is TSP?

TSP, trisodium phosphate, is one of the most powerful cleaners you can buy. It is used on stubborn stains like grease, mould and mildew prior to applying paint. Historically it has been the go-to product for painters to use as part of preparing kitchens, garage floors and other heavily stained surfaces for paint. It is available in powder form or the much more environmentally friendly biodegradable liquid form. Some brands recommend rinsing the surface with water after washing, others do not, so check the label for instructions. Rubber gloves should be worn to avoid skin irritation.



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Paint your front door

Changing the colour of your front door is an easy weekend project that'll score you major curb appeal points. The style of your house can determine your colour direction or you can be bold and choose something unexpected. Whatever colour you choose, using the proper paint is key. Start with a coat of primer followed by a couple coats of weather-resistant latex exterior paint. If your door is metal, look for one with built-in rust protection. You have a variety of finishes to choose from, the most common being semi-gloss which is ideal as it's more wear-and-tear resistant than flatter sheens. Glossy is also durable and will emphasize architectural detail but will also emphasize any surface imperfections.

Outdoor paint projects



Paint your porch floor

Exterior wood floors take a beating from weather and foot traffic. Giving your front porch floor a fresh coat of paint gives a clean, well-maintained look to your home. As with any paint project, proper preparation will give you a professional-looking result. Key steps include sanding and scraping off old paint as well as waiting for paint and primer to dry between coats.



Paint your garage floor

Choose an epoxy paint designed for garage floors to protect it from weather and car fluids. Garage floor paint is water and chemical resistant so spills wipe up instead of soaking in. Before you start, be sure to repair any cracks with concrete filler and clean the floor thoroughly. Proper preparation will determine the success of the paint job.