



## Instructions for Using Vinyl Adhesive One Time Use Ruler Stencils

### WHAT DO YOU NEED?

- One 6' piece of wood (I use Pine @ 8" X 6' X 1")
- Sandpaper (although optional)
- Stain and/or Paint
- Measuring device (yard stick, tape measure, ruler)
- Paint Roller or Brush
- Stencil
- Odds & Ends: Rags, Staining Sponge/Brush, Squeegee Type Device (like a Credit Card), Marker/Pen
- D Hook for hanging

### Step 1: Pick your board

Choose a straight 6 foot wood board. I use a 8X6X1 Pine Board

### Step 2: Sand your board

You'll probably want to sand down the wood (although you don't HAVE to). I like mine smooth for easier stenciling. Be sure to remove the sawdust before paint/stain.

### Step 3: Stain or paint the ruler

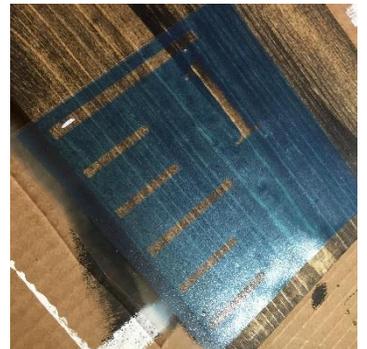
The next step is to stain or paint the board. (let stain dry at least 24 hours and paint dry at least 8 hours before applying stencils, I like to let my stain dry for a few days.)

### Step 5: Measure and mark the wood for accuracy

You'll need a yard stick or tape measure to do this best.

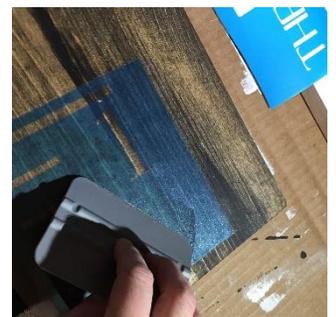
**To start your ruler at 6" (so hang it 6" from the floor)** - Line up the yard stick with the board and put a line at the 6" mark. Then move the stick up to that mark, level it out and proceed to mark at 12", 24", 36". Move it up again to the last mark and mark again at 12", 24" and then at 25". **These marks will be used to line up the stencils. When you apply the stencil, you will need to start the 1 at the 6" mark, so you'll cut off a portion of the stencil before applying. You'll do the same for the top stencil, which has no number. Your ruler will measure to 6.5 feet.**

**To start your ruler at 0" (so rest it on the floor)** - Line up the yard stick with the board and put a line at the 12", 24", 36" marks. Then move the stick up to that mark, level it out and proceed to mark at 12", 24". **These marks will be used to line up the stencils. Your ruler will measure to 6" feet.**



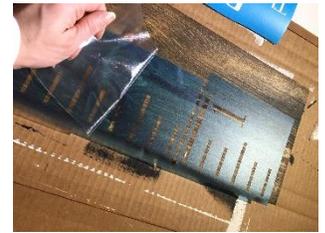
### Step 6: Apply the stencil

**To apply the stencil, peel off the paper backing exposing the sticky side then line the stencil up so the foot mark line is centered with the paint mark you put on the board when measuring. Carefully hover the stencil over the board until it looks evenly spaced from the edge and lined up with the paint mark, then carefully use the squeegee and smooth the stencil onto the board. Avoid wrinkles and bubbles as much as you can. Once the stencil is attached to the**



**board, peel away the transfer tape to expose the stencil for painting. You'll repeat this with every 12 inches on the board. (See the video to view this process in action.)**

Once the stencils are all placed, you'll need to fill in the extra space with some painters tape or masking tape. There are often little gaps where you won't want paint to creep in.



VIEW VIDEO HERE: <http://shescraftyllc.com/growth-chart-diy-with-video>

## Step 7: Paint the stencil

**If using a stained board you'll want to start with a primer.**

I put two coats of primer first, then my paint color; one or two coats depending. I suggest flat to eggshell paint. Paints with a high shimmer tend to stick to the stencil when peeling it away.

**If you have painted your board,** you'll want your first coat over the stencil to be the same color as the board. This prevents bleeding from occurring. Then once that coat is dry, proceed with whatever color you'd like your marks to be.



**You'll want to use a roller if possible.** I use the 4" door and cabinet rollers because they leave a nice smooth finish. Be sure to let the paint dry between coats. Once you are done with all coats, **leave the ruler to dry at least 8 hours**, but 24 is recommended, before peeling stencil. (Stained rulers seem to need more dry time than painted ones)

## Step 8: Peel the stencil

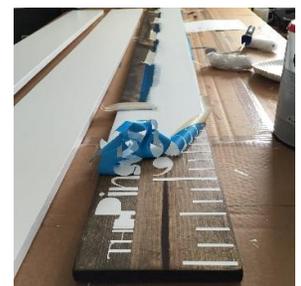
Pull slowly, gently and in a rolling manner **to help avoid it pulling off any paint/wood/stain you don't want removed.** I usually remove all of the masking tape first, then the stencil.

## Step 9: Add the hardware for hanging

**Use a screwdriver to attach the D Hook**, then hang the ruler. If a stud is available, that's a great option, but if not, the boards are usually between 6-9 lbs, so a drywall anchor will do the trick. You could even use some 3M Command Strips if you prefer.

## Step 10: Hang and enjoy for years to come

**Once your ruler is in place, get out a permanent marker or paint pen and measure the kids. Mark directly on the board to save the memories.**



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<http://shescraftyllc.com/growth-chart-diy-with-video/>

~ Thanks!  
Lisa