

Rowley Project List: Contemporary Channeled Headboard

Upholstered headboards are gaining in popularity and are an important skill to add to your repertoire. While this headboard utilizes a traditional upholstery technique, partnering it with a large scale print takes it to modern. The project headboard finishes at 58" W x 40" H.



Materials and Supplies

Rowley Products

FirmaFlex™ Bendable Fiber Board
 Fringe Adhesive
 Straight Edge Ruler
 Chalk Marker
 Needle
 Scissors
 R-TEX Poly Cord / Thread
 R-TEC Foam Saw
 ½" Cardboard Tack Strip
 R-TEC Upholstery Air Stapler
 3/8" and ½" Staples
 Spray Adhesive
 Polyester Batting
 R-TEX ½" Polyester Welt Cord
 R-TEX Black Cambric
 Headboard Cleat

SKU

[BP48/72Z](#)
[FA10](#)
[MR26](#)
[WW13](#)
[TP100](#)
[CU22](#)
[LC9C/11](#)
[DT42](#)
[CS50](#)
[NSG10](#)
[NS33/E and NS34/E](#)
[AS30](#)
[PF72](#)
[WCP5](#)
[PA40](#)
[AG76](#)

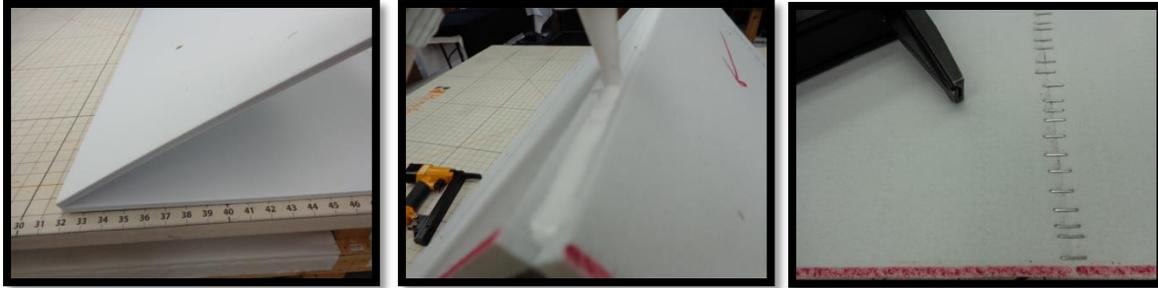
Other Materials

Jig Saw/Razor Blade/Rotary Cutter
 1"x3"x8' Boards (4) for frame
 1" and 1 ½" Drywall or Wood Screws
 3" Medium-Density Foam

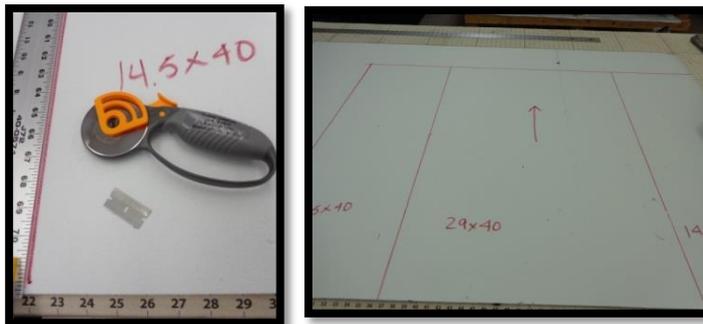
Build Your Own Headboard: Step-By-Step Instructions

Making the Frame

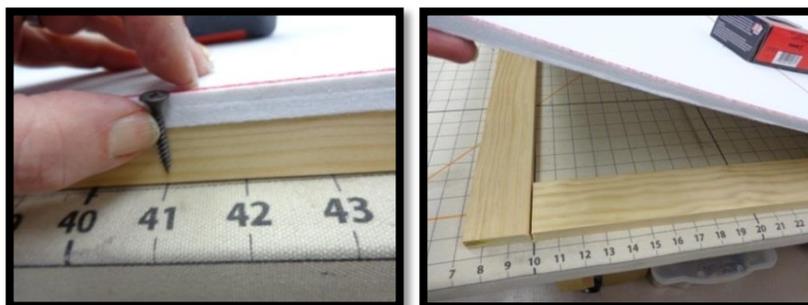
1. Unfold the Z-fold piece of FirmaFlex™. In the precut joins add a row of glue. Lay the sheet out flat and staple across the seam, catching both sides with the staples. Staple the front and the back of the joins.



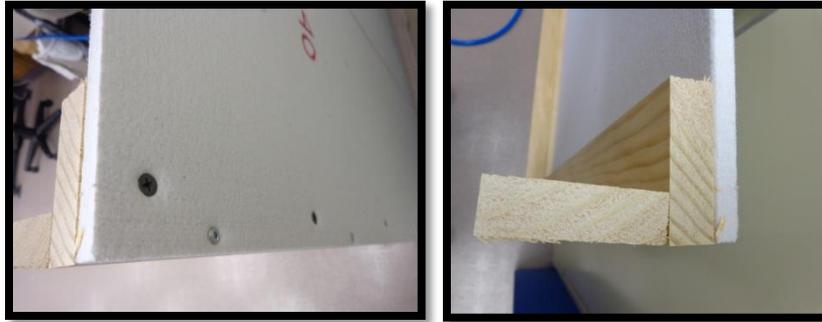
2. Mark for finished width and height. Divide those measurements into the channel sizes.
 - a. 14.5" – 29" – 14.5" for a finish width of 58"
3. Cut the FirmaFlex to the finished width and height marks.



4. Cut the 1x3's into 4 @ 40", 1 @ 51" and 1 @ 56.5" lengths. These will make the frame as well as the surrounding lip.
5. Set two of the 40" pieces (sides) and the 51" piece (top) into a "C" shape and attach it to the back of the FirmaFlex using 1" wood screws. Screw down through the FirmaFlex and into the wood.
 - a. The 51" piece fits inside of the 40" pieces.
 - b. Does not screw right at the edge – there are more layers coming.

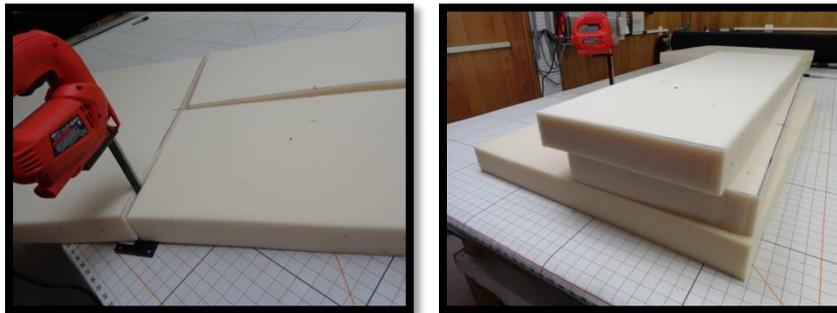


- To create the lip, stand the 56.5" piece on edge against the board at the top of the frame. Place two 40" pieces under the 56.5" piece, standing them on edge down each side to form a "C" shape. Attach the lip to the frame, screwing through the FirmaFlex with longer screws.



Preparing the Foundation Padding

- Mark and cut the foam: 2 @ 14.5" x 40" and 1 @ 29" x 40".



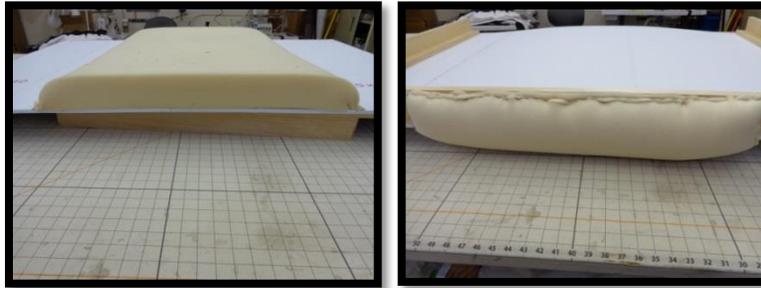
- Place a row of 1/2" cardboard tack strip over the channel marks on the FirmaFlex. Staple it down to cover the lines.



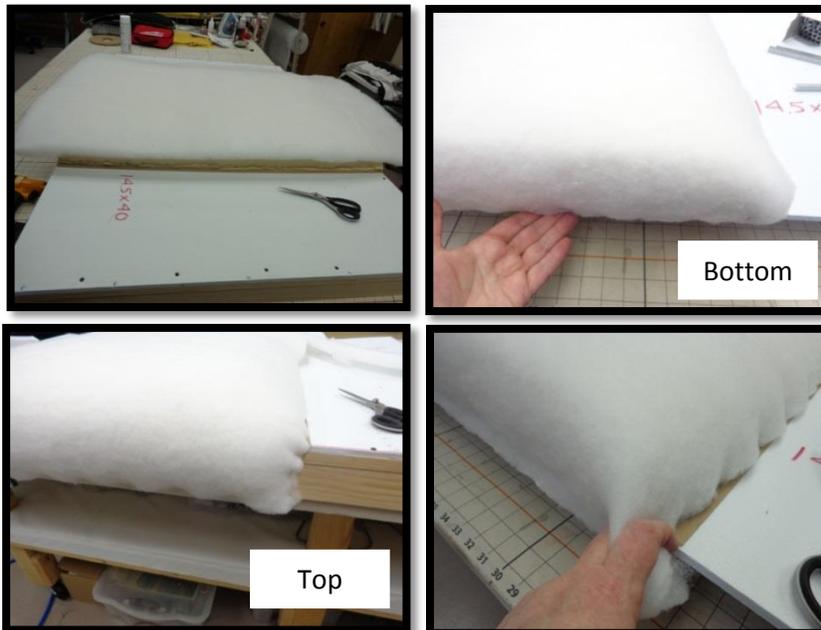
- Using the Spray Adhesive, spray glue the center channel foam only to the center channel area on the FirmaFlex.



4. Ant-trail both sides and the top of the foam. Do not ant-trail the bottom.
 - a. Ant-trailing is stapling so that when one staple width ends the next butts up against it to create a continuous line of staples.
 - b. Push the foam down with the palm of your hand and not with the stapler nose.
 - c. You should still be able to see most of the ½" cardboard tack strip.

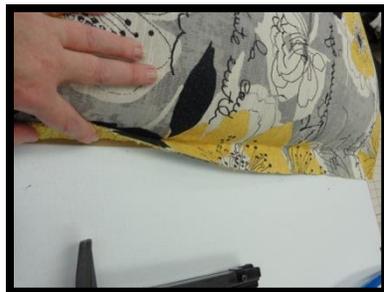


5. Rough cut a piece of batting to cover the center foam. Stretch it tight and staple, still exposing most of the ½" cardboard tack strip.
 - a. Staple the batting sparingly. Be sure to cover all of the foam.
 - b. Cut away bulk at the corners.



Placing, Pulling and Stapling the Face Fabric

1. Decide on the pattern placement for the center channel.
2. Rough cut a piece of fabric to cover the channel, large enough to wrap to the back at the bottom and over the top to the inside of the frame.
 - a. On the top, your fabric needs to wrap the entire frame. It will be stapled down on the FirmaFlex™ but next to the wood lip.
 - b. On the sides, staple on top of the outside of the cardboard tack strip.
 - c. On the bottom, wrap to the back and staple.



3. At the bottom, make a slight relief cut into the fabric so that it will bend around the foam. Match the right and left pleats for size and depth.



4. At the top, staple the center of the rolled top fabric to the frame. Pleat or gather the remaining fabric so that it fits into the space.
 - a. If gathering, use a heavy thread for gathering. Staple string to frame once gathered.



5. If your design calls for welt cord in between the channels, apply it now. If not, skip this step.
 - a. Make the welt cord as usual.
 - b. Place the covered welt on top of the exposed ½" cardboard tack strip, butting it tight against the fabric/foam. Staple through the lip, sparingly.
 - c. Cut the welt cord out of the casing where the cord wraps to the back on both the top and the bottom.
 - d. To be sure you are placing the welt consistently, cut a piece of ½" cardboard tack strip the width of the outside channel (14.5"). Align the tack strip to the edge of the headboard – this will show you how far in to place the covered welt cord.



6. Align the outside channel fabric. Lay it right sides together against the center channel fabric.
7. Using ½" cardboard tack strip, secure the outside channel fabric tight against the center channel or against the welt cord.
 - a. Use the 14.5" piece of tack strip to judge staple lines.
 - b. Since you are going through multiple layers, either switch to ½" staples or double-tap.



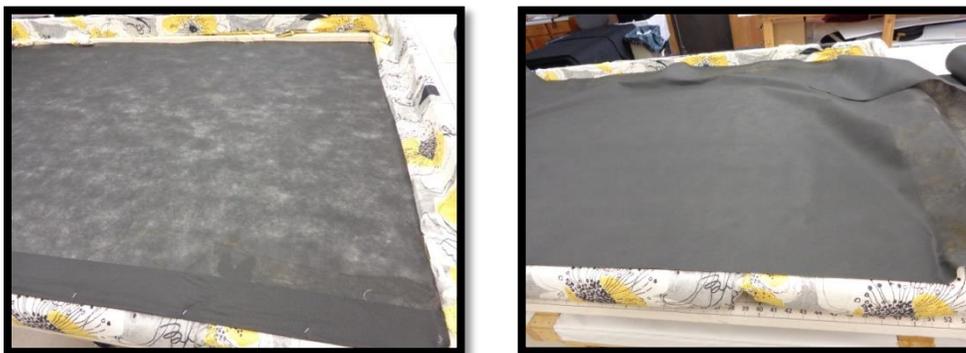
8. Complete the top pleats or gathers as the fabric is laying right side together.
9. Leaving the fabric flipped back, spray glue the outside channel foam onto the frame.
10. Ant-trail the sides and top of the foam, being sure not to catch any of center channeled fabric.
11. Cover with batting. Staple sparingly.

12. Flip the outside channel fabric over to cover the batting. Staple in place. Complete the second outside channel.



Completing the Back

1. Spread a layer of Cambric to cover the raw FirmaFlex and the raw edges of the fabric only.
2. Spray glue this piece in place.
3. Cut a second layer of cambric large enough to cover the first piece. Tuck under edges and staple, trimming as needed.



4. If using the headboard cleat for installation, you will first need to build up the hanging area by $2 \frac{7}{8}$ " for a flush mount. The headboard cleat requires $\frac{3}{8}$ " for a flush mount.
 - a. Lip = $2 \frac{1}{2}$ " + $\frac{3}{4}$ " = $3 \frac{1}{4}$ " Inset area for build-up = $3 \frac{1}{4}$ " - $\frac{3}{8}$ " = $2 \frac{7}{8}$ "

Installation

1. Hang the second half of the headboard cleat on the wall at required height. Position the headboard over the cleat then slide it gently down the wall until the headboard is sitting on the cleat.
2. Position side to side as needed for final placement.

