



DIY: Make Your Own Headboard With Kiera Rumble

Make this natural, earthy bedhead to transform your bedroom into the ultimate sanctuary.



How to make it with a dowel end



Step 1

Once your MDF board is the length you need it, mark the half-way length at the top and bottom of the board. Using a ruler or level draw a line from top to bottom.

On the back of the dowel mark the middle point of the dowel. If you're using the 30mm dowel it will 15mm.



Step 2

Place the dowel lined up with the middle of the board and "dry lay" the dowels end to end. You should find that on both ends the dowels overhang by about a half.



Step 3

Using the silicone gun put a bead of liquid nails running the entire length of the marked dowel, line up the middle of the dowel on the halfway line on the MDF board.

Firmly press the dowel onto the MDF board using both marks as a guide.



Step 4

Fasten the dowel with two of the quick grip clamps. Measure the distance from the edge of the MDF board to the dowel at the top and the bottom to ensure both measurements from the edge of the MDF board are the same and that the dowel is running parallel to the edge.

What you'll need

- Pencil/Marker
- 1200 Level or ruler
- Hammer
- Tape Measure
- Sandpaper
- Handsaw
- 4 x Quick Grip Clamps
- Liquid Nails
- Silicone Gun
- Weights (optional)
- 16mm MDF board (length and height will vary on your room and specifications)
- 30 x 12mm Porta Half Round Timber Dowels (number will vary on your MDF board size)
- 2 x 30 mm 1/4 Round Timber Dowels
- Packing tape

Items are available from Bunnings.

Notes from Kiera

- The good thing about buying from Bunnings is you can actually get everything you need cut to size at their premises. So, we cheated and got the headboard and dowels pre-cut to size we needed and delivered. Our headboard was for a queen size bed that had to fit in between power points, so it isn't a standard size.
- We got the MDF Board cut 1cm shorter than the dowels as it creates a shadow line so you can't see the MDF board behind the dowels. Our dowels are cut at 1200mm (half the length of the full dowel) so the same length can be used twice, which halves the cost of the dowels.



Step 5

Lay 10 dowels at a time in the one direction. Always re-measure to ensure that the dowels are running parallel.

Once roughly 10 dowels are laid, remove the clamps holding down the first dowel gently.



Step 6

Place a dowel, running across the laid dowels, on each end. Fasten them tightly using two clamps on either side.

Re measure the distance from the edge of the MDF Board to the last dowel to make sure none have moved out of place.



Step 7

Place the cut off MDF board over the dowel with weights on it to make sure all dowels are firmly bonded.



Step 8

It's recommended to leave this in place for 12-24hrs. So instead of fixing all the dowels at once, I would fix roughly 10 dowels at a time, leave it for 12-24 hrs and then do another section until finished. You can opt to do more if you have more quick grips.



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How to make it with a finished edge



Step 9

Once all the dowels are fully fixed in position, it's time to do the ends. Instead of framing the headboard I've opted to do a rounded edge. It gives a hidden look to the headboard.

At each end of the MDF board you should have approximately 15mm left. If you are using the 30mm dowels you should have an overhang of 15mm (note – if some of the dowels are uneven, you may need to sand back at the end).

Place the MDF board upright against a wall.



Step 10

Using the liquid nails gun put a bead of liquid nails running the entire length of both sides of 1/4 and the half dowels. You want to use an amount that is a lot more than normal.

Fix the 1/4 dowel to the side of the MDF Board, so the edge of the dowel is flush with the back of the MDF board. The 1/4 dowel thickness is only a 1mm thicker than the 16mm MDF board. You will have spillage of the liquid nails which is what we want.



Step 11

Once the 1/4 dowel is fixed to the side of the MDF board, attach the last remaining half dowel against the MDF board and the 1/4 dowel.

You want the excess liquid nails to come out at the side to ensure there is a complete coverage between the half, 1/4 and MDF board. The idea is that the excess liquid nails will fill the void space at the back of the quarter dowel attaching itself firmly to the MDF board as well as the half dowel.



Step 12

Use the clamps on each side to firmly keep the dowels in tact and use the tape to fasten the dowels to the rest of the board in place. Don't worry about the excess liquid nails or that the dowel sticks out a bit.

Leave for 24 hours and repeat for the other side.

Once the liquid nails has set, remove clamps and tape and sand back the dowels removing excess liquid nails.

What you should have now is a complete Dowel Headboard with a Full Dowel Finish.

Styling tip



To make your bed head feel more "luxe" extend it further than your actual bed, this way you can pop bedside tables next to it and it will make your feature bedhead feel more luxe and larger.



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