

# Stamping 101: The 5 Things You Need to Get Started With Rubber Stamping

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Why learn rubber stamping and card making? Brain research tells us that we should keep learning new skills to keep our brains healthy. Our brain is an organ that grows by interacting with the world. Why not learn a new hobby? Research shows that the mental stimulation of learning a new hobby prevents cognitive decline. Memory loss has been shown to be the result of inactivity! You have a perfect excuse to try rubber stamping and card making! Brain research tells you that it's a good idea!

Before you can actually begin to learn rubber stamping and card making, you need some basic supplies and materials. There are 5 basic items that you need to get started. You need rubber stamps, ink, paper, paper snips and an adhesive.

1. **Stamps:** There are literally thousands of rubber stamps to choose from. You need to choose a stamp or a stamp set. Choose an image that you love. I love butterflies and flowers and those are the stamps I own. I love stamp sets because you get a set of coordinating images that you can create a variety of projects with. I suggest choosing a set that has images and sentiments. I like my cards to have a picture and an inspirational saying, even if it is simply, "Happy Birthday"!
2. **Inks:** Again, the choices are numerous. My suggestion is to get one ink pad in a neutral color. My first ink pad was a dark brown, called "Chocolate Chip". You might prefer a gray or basic black pad instead. You should also choose a set of 4 or 5 stamping markers in basic colors that you love. Consider starting with the primary colors, or something in softer, subtler shades of those colors.
3. **Papers:** You need a good sturdy card stock weight paper for card making. The best way to start is to get a package of precut cards and envelopes in a white or cream color. This gives you a blank canvas to stamp on. Once you really get stamping, your desk will be filled with every color of card stock imaginable.
4. **Paper Snips:** You need a good pair of small paper scissors to get started with. You may want to cut out an image and layer it on your card to add dimension. These don't need to be expensive, they just need to be sharp enough to cut paper cleanly! Eventually, you will want a good paper trimmer.

5. **Adhesive:** There are a good number of adhesive choices as well. It will really depend on what you're trying to stick together and what surfaces you want to adhere to each other. A glue stick is a good, inexpensive adhesive to start with.

I feel that I should warn you: rubber stamping is addictive. At first, your supplies fit in a shoe box, and then it's a cart with wheels. Eventually, you'll have an entire room in your house devoted to rubber stamping. You will own every kind of adhesive and every possible color of paper. You will love every minute! It's relaxing and rewarding. People you create cards for will love getting them. There is nothing better to let someone know that you are thinking of them than a card you made just for them. It's a hobby you can pursue on your own, with your kids or grandkids or even with a group of friends.

Keep your brain active! Unlock the creativity lurking inside you just waiting to get out. Make fabulous cards and gifts that you are proud to give away! Try rubber stamping!

Kimberly Skinner is trying to get you hooked on rubber stamping and paper crafting. You can learn more by visiting her blog at <http://stampingimperfection.com>. Sign up for the mailing list to get more tips and tutorials. You will find video tutorials just for beginning stampers, as well as video tutorials on more advanced stamping projects and techniques. It's all free! You can get a list of suggested stamping supplies as well as links to where you can purchase them. Happy stamping!