

Instructions for Setting up the Gentle Birth Pool

Put together the foam primary color squares in a 3x3 grid. Place on floor where the birth pool will go. You may put a bed sheet on top of the grid to keep it from being slippery when wet.

Place gray circular pad on floor, centered on the 3x3 grid where the birth pool will be. Make sure that there is a nearby electrical outlet for plugging in the two heaters. Also make sure that there is a space all around the birth pool for walking.

Stand the hard white plastic ring on the gray pad, making it into a circle. Insert the metal rod into the two hinges, connecting the circle. This is the outer circumference of the pool. Place it so that the two holes that are drilled into the circumference are closer to the floor and an equal distance from the electrical outlet. These two holes are where the electrical cords to the heaters will exit.

Now place the two white foam halves into the white ring. Match the holes in the foam with the holes in the hard white plastic ring. Place the black clips on the joins to keep the two halves of the foam from buckling. With duct tape, tape the two black rectangular heaters to the walls of the foam. Place them low on the wall, but above the drilled holes, and evenly spaced on the circle. Draw the electrical cords through the holes. Attach the heater control units to the cords. Lay the thermostat sensors over the top of the foam and onto the side of the pool, away from the heaters.

Next is the permanent liner. It is aqua in color. It is in a bundle. Just place the bundle in the middle of the circle and begin to unfold it. Bring the black edges of the liner over the edge of the ring and to the outside, going all the way down the outside edge of the pool. Smooth out the wrinkles on the floor as much as possible, as those don't feel good to a mama seated in labor!

You're nearly done. Open the disposable liner. It is made like a bag; so when you have unfolded it, then you will open it to line the pool.

If you desire to use the soft pillow to sit on, fill it with warm water and place in the bottom of the pool.

You are now ready to fill the pool with warm water. Aim for water that is between 97 and 98 degrees Fahrenheit.

DO NOT PLUG THE HEATERS IN YET! Wait until the level of the water is **completely above** the heaters, or the heaters will permanently damage the foam, and the birth pool will be ruined. After the water level is above the heaters, then the heaters may be plugged in to keep the water warm. Do not depend on the heaters to warm the water, only to keep it warm. It may take two or three times of using the water in your water heater to fill up the pool. If there is a waiting period for more hot water, or at any time when you're not in the pool, use the blue cover to keep the water warm.

Enjoy using the Gentle Birth Pool!