

# Good Birth

## **Set Up:**

- Choose a position for the pool with at least two, preferably three or all sides accessible.
- Lay a blanket, rug or yoga mats on the floor, then cover with plastic if desired for protection. Placing a blanket or similar underneath is optional but helps to keep the water warm for longer and can provide extra cushioning for your knees.
- Unfold the pool and let it sit for a few minutes to come up to room temperature (a few hours if you're in a cold climate).
- Open the wall valve completely and use the air pump with the LARGE attachment to inflate the wall of the pool to about 70-80% capacity.
- Open the floor valve completely and use the air pump with the LARGE attachment to inflate the floor of the pool to as much as possible, then fit the one-way valve and finish inflating the floor to the desired level. Push the lid and valve down so they are level with the floor. This is important to avoid damaging the liner.
- Fit the disposable liner onto the pool, ensuring it is not inside out and that the handles are through the handle holes and the cup holder is aligned.
- Finish inflating the pool wall through the one-way valve using the SMALL nozzle of the air pump, until it feels firm enough to sit on without sagging much.
- Take a photo of your gorgeous setup, post it on Instagram and tag @goodtobirth

## **Fill up:**

- Check that the pool is fully inflated and top it up with more air if needed, then check that all valves are closed properly and the valve lids inside the pool are pushed down flat. Also check that the seat is in the desired position.
- Attach a universal tap adapter to your kitchen, bathroom or laundry tap. The part of the adapter you use will depend on what type of tap you have, but the white part is for laundry spout-style taps, and the brass parts are for kitchen and bathroom taps. Screw on either the male or female part of the adapter, depending which one fits your tap.
- Attach a hose connector to a drinking water hose, then plug the hose into the adapter on your tap.
- Slide the other end of the hose through the hose slot in the pool liner, opposite the cup

holder and above the valve. If you're not using a liner you will need to hold the hose or you can thread it through one of the handles to hold it in place.

- Begin filling with COLD water only to avoid damaging the pool, then gradually add hot.
- Once the water covers the floor of the pool, smooth out any wrinkles and air bubbles from the liner.
- Put a floating thermometer in the water and monitor the temperature, aiming for 37°C.
- Fill the water to the 45cm line, or a bit below if two people are getting in the pool.
- As the water cools, top it up with hot water from the hose or boiled in the kettle, to maintain temperature.
- Birth your beautiful baby!
- Tag @goodtobirth in any photos you're happy to share.

**Pack up:**

- Scoop any debris (poo, blood clots, birth gunk) out of the pool using a debris net or sieve and dispose of both the debris and the net, and remove the floating thermometer from the pool.
- Connect the end of the hose (or your garden hose if you want to keep the drinking water hose clean) to a submersible water pump and lower it to the bottom of the pool.
- Unplug the other end from your tap, remove the hose attachment, and place the end into a drainage point (toilet, shower, bath or garden)
- Plug the pump cord into an outlet and turn it on, making sure the hose stays attached to the pump under the water. Check the water is coming out the other end, then leave it to do its thing. this should take less than an hour.
- When almost all of the water is drained and the pump starts sucking air, move the pump to the edge and deflate the pool a little bit, then lift one side of the liner and hold it up, sending the water to the same side as the pump. Hold it like this until almost all the water is drained.
- Detach the hose from the pump and remove both of them from the pool, taking care to keep the end of the hose elevated to avoid spilling the water out of it. The hose is no longer drinking water safe, but can be used as a garden hose.
- Wash the drainage pump and thermometer with warm soapy water and leave them to air dry.
- Lift the liner out of the pool like a basket, carry it outside and empty out the last bit of

water

- Dispose of the liner, please do NOT return it to Good to Birth.
- Clean up any spills on the inside and outside of the pool using a towel, then anti-bacterial wipes.
- Ensure the pool and seat are completely clean and dry, then deflate them by opening all three valves completely.
- Fold the pool in three and roll it up tightly, then close the valve lid and return the pool to the carry bag.
- Finally, squeeze the air out of the seat, close the valve lid and return it to the bag as well.
- If you have hired the pool and other equipment from Good to Birth, please return them within 6 weeks of your hire date. Follow return instructions as per email.
- Please do NOT return used liners.
- Cuddle your little bub!

**Please contact us if you have any questions or concerns.**