




Prepare for Waterbirth Shopping Guide



| | | |
|--|---|--|
| | | <p>WATCH OUR ONLINE TUTORIAL VIDEO FOR INSTRUCTIONS ON SETTING UP FOR WATERBIRTH</p> <p>Below are just a few tips from that video</p> |
| <p>Let your birth pool Acclimate</p> | <p>Pool</p> | <p>We know you're excited when your new pool arrives in the mail but WAIT if you can for 24 hour or so for your pool to adjust to the room temperature.</p> <p>This is ESPECIALLY important when your pool arrives during cold weather months.</p> <p>This also goes for the liner for the pool. If you open it when it's cold - it could crack.</p> |
| <p>Protect your house</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Tarp</p> </div> <div style="text-align: center;"> <p>Plastic Drop Sheet</p> </div> </div> | <p>1 x Tarp or drop sheet for under the pool is good. An extra drop sheet might also come in handy for pathways but not necessary.</p> | <p>Having some plastic drop sheets or a tarp for under the pool as a water barrier is a good idea to protect from inevitable water drips. Be sure to clear and vacuum the area first remove any sharp objects that might puncture the pool. Even be careful about jewelry that might puncture the pool.</p> |
| <p>Emergency Supplies</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>La Bassine Patch Kit **Included with Pools</p> </div> <div style="text-align: center;"> <p>Wet/Dry Repair Kit</p> </div> <div style="text-align: center;"> <p>Birth Pool in a Box Spare Parts Patch Kit</p> </div> </div> | <p>Some sort of patch kit is often included with pools.</p> | <p>It's unlikely that your pool will have a leak during the birth. Especially if you've tested it prior. BUT....if you prefer a little insurance policy... You may also decide to purchase a patch or repair kit if your pool does not already come with one.</p> <p>Pool repair kits will require you to deflate your pool patch it and then leave for 24 hours before re inflating again.</p> <p>Generic wet/dry repair kits that can use used underwater are handy if anything was to happen DURING the actual birth.</p> <p>**Ask you midwife if she already carries such a kit or if you should have one.</p> |

| | | |
|---|--|--|
| <p>Inflate your pool</p>   | <p>Air Pump for filling up pool with air</p> <p>*See Birth Pool Comparison Chart for estimated inflation times</p> | <p>To begin, you'll need an air pump. You could use a manual pump but this would take some time and you'd need to have it inflated well in advance of your birth so that you can simply top it up when labour begins. An electric air pump is a far more convenient option.</p> <p>NEVER use a compressor or high pressure pump. This will void warranty. When you're ready to begin....Locate the valves.</p> <p>The La Bassine pool here has large one way valves which makes it one of the fastest pools to inflate. Birth Pool in a Box valves are similar.</p> |
| <p>Are you using a liner?</p>  | <p>1 x Liner</p> | <p>If you plan to use your pool again for a second birth, or even as a kiddy pool later. You may want to purchase a fitted liner to use with your pool. Fit this on after inflating the pool and just before filling. Be sure to tuck the liner down into the corners before you begin to fill with water.</p> <p>Another bonus to using a liner is they act as a second layer of protection from punctures and leaks. They make cleanup a snap! so you can quickly get back to enjoying your new baby.</p> |
| <p>Fill the pool</p>  | <p>1 x Drinking Water Hose</p> | <p>Next, you're going to need to plan how to fill the pool with water. Most commonly, you'll use a NEW, Lead Free, BPA free drinking water hose to ensure the best hygiene and safety. this will connect to your kitchen or bathroom faucet.</p> <p>A 25" hose usually works but depending on the distance you may need a longer 50 ft hose. Don't use longer than you need as this will affect the time it takes to fill the pool.</p> <p>Also, be sure the hose is reasonably thick, or that too will effect the time it takes to fill the pool.</p> |
| <p>Fill the pool</p>  | <p>1 x Faucet to Garden Hose Adapter</p> | <p>To connect that to the faucet you'll need a FAUCET TO GARDEN HOSE adapter. Using your hose and tap adapter, connect to your water source. Whether that be kitchen or bathroom sink, bathtub or shower head.</p> <p>Note that tap adapters usually fit any North American made faucet but if you purchase your faucet from Ikea for example, the adapter may not fit.</p> |
| <p>Need a cover?</p> <p>Heat retention can be minimized to approx. 0.5 - 1 degrees celsius per hour</p>  | <p>Optional Pool Cover</p> | <p>You may also want to consider purchasing a fitted cover for your pool. This will help with heat retention and heat loss will be minimized to approximately 0.5 - 1 degree celsius per hour.</p> <p>Recommended when: worried about hot water availability, smaller hot water tanks and longer labours</p> |

| | | |
|--|--|---|
| <h3>Accessories</h3>  | <p>1 x Debris Net or Scoop with small bucket</p> <p>1 x Optional Mirror</p> <p>1 x Floating thermometer if your midwife doesn't already bring one or feel she needs one</p> | <p>Your midwife will be checking to be sure the water temperature is appropriate for birth. They may request you have a floating thermometer available for this. Keep in mind these can be hard to find during the winter but we carry them year round. A debris net (which is really just a aquarium fish net) is used to scoop up anything that might be floating around the pool during delivery. As well as to remove any debris that could clog up your pump when draining your pool later. We also carry hard debris scoops as some caregivers prefer over netted. You'll want to have a container nearby to empty debris into. A cheap mirror can be handy at any birth but especially water birth. **All these items will be disposed of after the birth.</p> |
| <h3>How to empty the pool</h3>  | <p>1 x bucket</p> <p>1 x Optional Submersible Water Pump to drain the pool</p> | <p>You'll need to plan how you're going to drain the pool</p> <p>You could simply get a bucket and start taking bailing! however, this is likely the last thing you want to be doing when you're baby has just arrived. So more popular option is to syphon the water house using the hose you used to fill the pool. This can take around 3 hours is you're only using one hose and you should strain the pool of any debris first to avoid clogs. Even better would be to use an electric submersible water pump. This will allow you to drain your pool in approx. 45-60 minutes and you're done!</p> |
| <h3>Cleaning your pool</h3>  | | <ol style="list-style-type: none"> 1. If there is any condensation or debris left inside the pool, you can simply use a cleaning solution for this. 2. It's not uncommon to just use bleach (1tsp chlorine bleach to 1 gallon water) or just soapy water especially if there really isn't any mess and its your personal pool. 3. For those renting pools, they will want to use a more high level disinfectant. 4. Be sure to towel dry and then air out your pool and allow it to dry completely before folding it up and putting away to avoid mold. 5. Store in cool dry place |
| | | |