

STEPS TO CREATING YOUR BELLY BOWL

MATERIALS NEEDED:

1. One woman at least 8 months pregnant dressed in loose clothing (sweats and a tee shirt)
2. Plaster of Paris strips— **included**
3. A small jar of Vaseline—**include**
4. Large towel
5. Container for warm water
6. Scissors— **included**
7. Two assistants
8. One stool or armless chair
9. A shopping bag to deliver cast to Planned Parenthood Office or other designated site
10. Completed information card, taped to the belly cast

THE PROCEDURE:

- A. Cut the pieces of Plaster of Paris into approximately 12" long by 2" wide strips *before you* begin the application
- B. **Spread the Vaseline thinly and evenly all over the belly from just under the breasts to UNDER the belly, just above the hip line**
- C. Working at a steady pace so the mold forms evenly, dip the pre-cut strips into the water and overlapping, lay them across the belly making sure to wrap them about an inch around each side toward the back. Try to make a fairly straight line on all edges and layer the strips at least twice so there is even thickness all around especially along the edges. Three layers is not too much. *You will get the hang of it after 4 or 5 strips are placed.* The plaster is messy but washes from everything with ease.
- D. **The mother-to-be will feel a little pleasant warmth and a some tightness as the cast begins to dry. Let the mold dry about 10 or 15 minutes and gently begin to move the mold away from the belly when it has begun to set. It will simply come away.**
- E. Set aside and let dry for 24 hours. Complete the **enclosed** information card and attach with tape to bowl.
- F. **Place in the shopping bag Call Planned Parenthood Office for best drop off location (216) 961-8804 x1221.**

WHAT HAPPENS NEXT:

The mold/cast will be delivered to Cheryl Weinstein who will create your ceramic bowl. It will be completed **AFTER** your baby is born so that the name and birth date can be added to the bowl. She will call you as per the information card. The bowl will be delivered upon completion. Please allow 6-8 weeks for completion of the Bowl.