



# ***The Empathy Belly®***

## **Instructor Training Manual**

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“How to use and demonstrate  
“The Empathy Belly”® Pregnancy Simulator

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### ***PLEASE NOTE:***

*To realize the maximum benefit from The Empathy Belly®, it is **ESSENTIAL** that you read this manual, and learn to use the product correctly. You should also view the sample demonstration video tape that was shipped with this product.*

***The effective presentation of this teaching resource depends on YOU!***

\* \* \* Keep for future reference \* \* \*

## Introduction

### *Introduction*

"The Empathy Belly"® Pregnancy Simulator (U.S. Patent 4,531,919) is a multi-component, weighted "garment" that will, through accurate simulation, enable female and male wearers to temporarily experience more than 20 of the typical symptoms and effects of pregnancy. Through this hands-on, experimental type of learning, wearers discover what it feels like to be pregnant, and gain a realistic understanding of the pregnant condition. Following are some of the symptoms and effects that can be felt by wearing The Empathy Belly® for 10 minutes or longer:

- body weight gain of 30 to 33 pounds (13.6 to 16 kg)
- pregnant profile of enlarged breasts and protruding abdominal belly
- changes in physical and personal self-image
- continuous pressure on the abdomen and internal organs
- postural changes of the back with an increase of lordosis or "pelvic tilt"
- shift in one's center of gravity
- low backache
- mild "fetal" kicking and stroking movements
- shallow breathing capacity and shortness of breath
- increase in body temperature, pulse and blood pressure
- a flushing sensation and increased perspiration
- awkwardness in all body movements
- pressure on the bladder, with increased sense of urgency and frequency of urination
- increased fatigue, slowed pace and restricted activity
- changes in sexual self-image and abilities

The Empathy Belly® simulates these effects through the use of a rib belt and the strategic positioning of various weighted components. It is a strictly external garment, and does not have any mechanical, electrical or electronic components.

### *Sizes*

The Empathy Belly® comes in two sizes. Be sure to choose the appropriate size Empathy Belly® for the volunteer(s) you will have. The small size fits most women, men of small stature, and most teenage girls and boys, ages 12 to 18. The large size is designed for men of average or above-average size, or older teenage boys who have the build of an adult male.

The Empathy Belly should not be used on anyone weighing less than 100 lbs. (45 kg) or more than 300 lbs. (136 kg).

### *Why Use The Empathy Belly®?*

The Empathy Belly® was originally created to simulate pregnancy in a medically accurate fashion. It was designed to help expectant fathers understand the increased needs of their partners, as a result of the demands of the pregnant condition. Use of The Empathy Belly® has been expanded to the teenage community. As a teaching tool, it enables teenagers to understand and evaluate the pregnant condition, as measured by *their own values*. Through simulation, they are able to understand the impact on the things important to their teenage lifestyles.

## *Introduction*

### ***For Men***

Many expectant fathers naturally feel a sense of detachment, curiosity, skepticism or frustration as they listen to descriptions of all the changes and discomforts their pregnant partner is experiencing. During a childbirth class, a couple's counseling session, or a prenatal checkup in a physician's office, expectant fathers can wear the Empathy Belly® and greatly increase their sense of involvement, awareness, and empathy. Realizing firsthand that her discomforts are genuine and that pregnancy requires significant effort and adjustment on the woman's part, expectant fathers invariably increase their appreciation, communication and supportive behavior towards their pregnant partner.

### ***For Teenagers***

As an action-oriented, hands-on teaching aid for teenagers, The Empathy Belly® can be used not only to educate, but also to help reduce our nation's current epidemic of teenage pregnancy and parenting. In a counseling setting or during a school Health or Family Life class, girls and boys can wear The Empathy Belly® and discover for themselves the many "price tags" or negative consequences that a pregnancy would impose on their lifestyles. This realism quickly shatters their romantic illusions and typical adolescent feelings of invincibility regarding teen pregnancy. Teens can begin to really see why the inevitable demands of pregnancy require mature, committed marriages and responsible support systems, if childbearing is to be the joyful, positive experience that it can be. Skillful use of the Empathy Belly® not only increases adolescents' knowledge and communication, and clarifies values, but also motivates teenagers to prevent untimely pregnancy.

### ***For Health Care Providers***

The Empathy Belly® is useful for medical students, obstetrical physicians and allied professionals in the fields of Maternity Health Care and Education. By wearing the Empathy Belly® they significantly increase their understanding and **sensitivity** about the pregnant condition. Consequently they are better trained, more effective, and more likely to establish genuine rapport with the pregnant women in their care. For obvious reasons, this is especially true for service providers who are male, or women who have never experienced a full-term pregnancy.

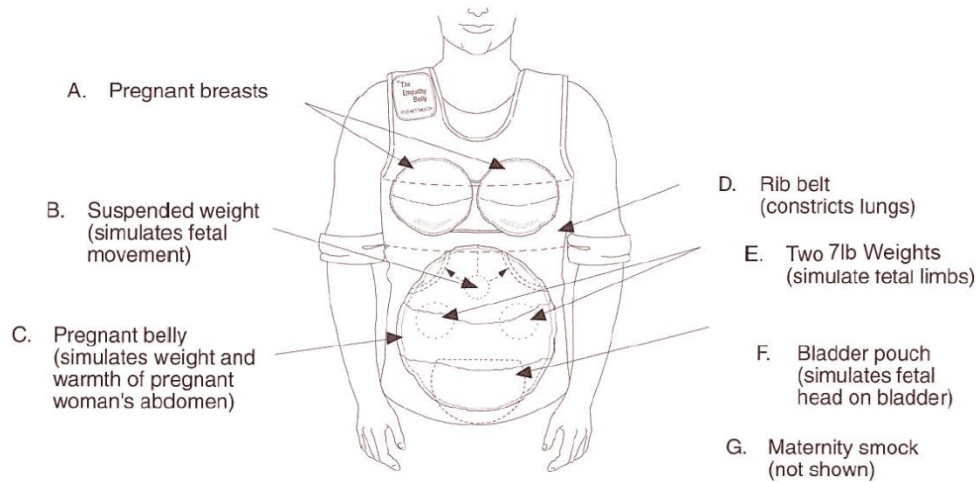
### ***Background***

"The Empathy Belly"® Pregnancy Simulator was invented by Linda Ware, B.S.W., who is the Founder and Executive Director of Birthways Childbirth Resource Center, Inc. She has also been a Social Worker and teacher with The Neighborhood Youth Corps, and a Maternity Specialist with the Salvation Army Booth Memorial Home. As a childbirth educator, counselor and birth assistant for more than twelve years, Ms. Ware has worked intimately with thousands of pregnant women and expectant fathers. Based on the knowledge she gained from such extensive experience and her own pregnancy, the innovative concept of The Empathy Belly® was developed. The results of five years of field testing and numerous professional evaluations, including a safety analysis by the National Institute of Occupational Safety and Health, have demonstrated that The Empathy Belly® is a highly effective, beneficial and safe teaching aid when used correctly.

## Introduction

### Components

The Empathy Belly® consists of seven components, as illustrated in Figure 1.



*Figure 1 Name and function of Empathy Belly components*

Weight breakdown					
		Small		Large	
Component	Quantity	Weight in lb (kg)	Combined weight in lb (kg)	Weight in lb (kg)	Combined weight in lb (kg)
A. Pregnant breasts	2	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
B. Suspended weight	1	2 (0.9)	2 (0.9)	2 (0.9)	2 (0.9)
C. Pregnant belly (water)	1	8 (3.6)	8 (3.6)	11 (5.0)	11 (5.0)
D. Rib belt	1	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
E. Two 7LB Weights	2	7 (3.2)	14 (6.4)	7 (3.2)	14 (6.4)
F. Bladder pouch	1	6 (2.7)	6 (2.7)	6 (2.7)	6 (2.7)
G. Maternity smock	1	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Total Empathy Belly weight		30 lb (13.6 kg)		33 lb (15) kg	

### The Instructor Training Manual

This manual is organized in three sections:

- Assembly -assembling the water-filled belly;
- Demonstration -procedure for a live demonstration;
- Appendix -necessary forms, cleaning and repair information.



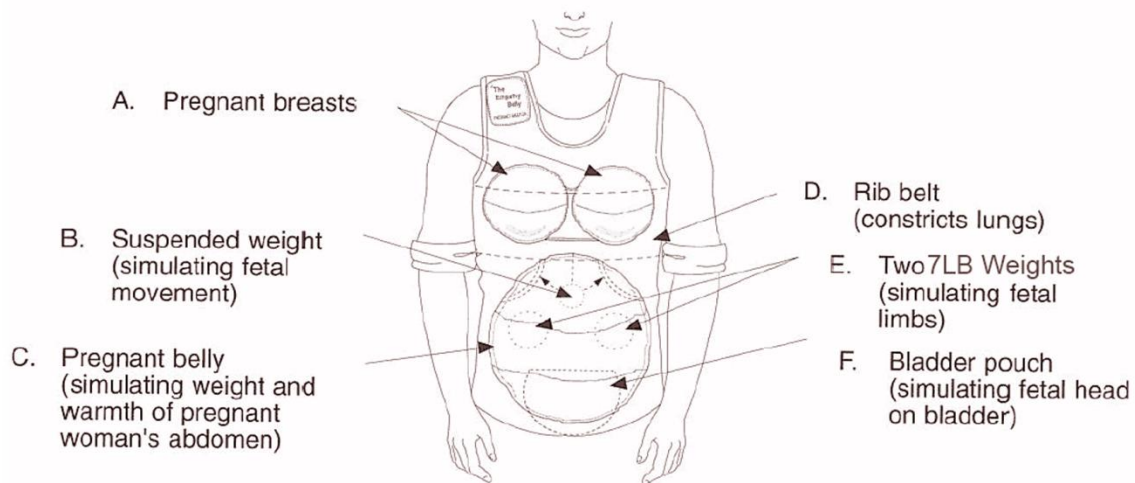
## *Assembly Instructions for the Empathy Belly®*

**PLEASE NOTE:**

To realize the maximum benefit from The Empathy Belly®: It is **ESSENTIAL** that you practice both assembly and demonstration prior to introducing the Empathy Belly to clients or students. You should also view the sample demonstration video tape that was shipped with this product.

**The effective presentation of this teaching resource depends on you!**

After familiarizing yourself with the names and functions of the Empathy Belly® components shown in Figure 2, you are ready to assemble the water-filled “pregnant belly” of the torso garment.



*Figure 2 Name and function of Empathy Belly components*

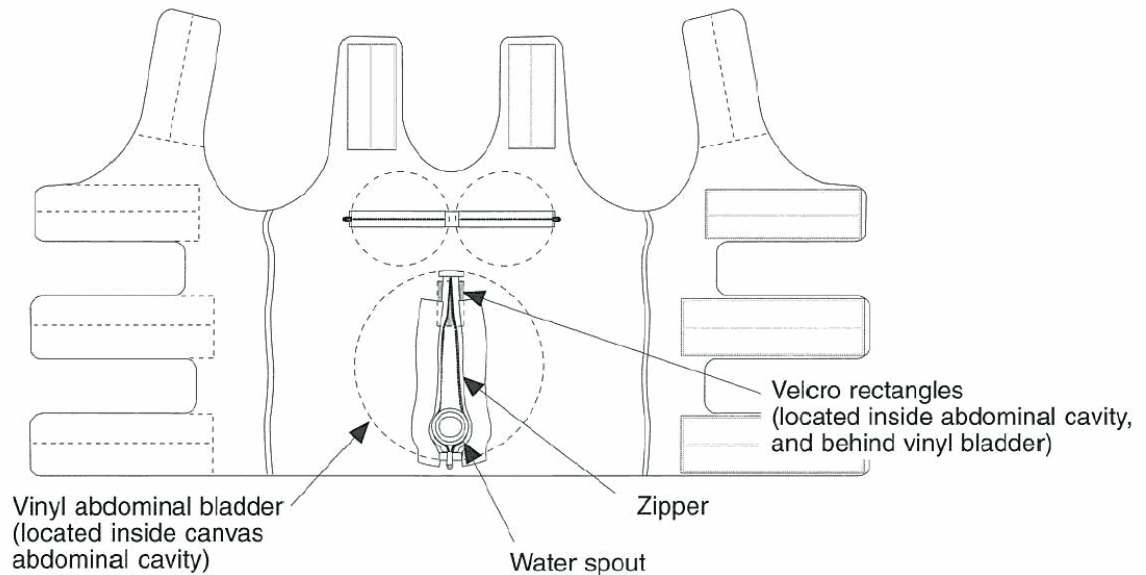
To do this, you should have:

1. a clean counter area to work on
2. a water source with hot water
3. a funnel or watering can with a narrow spout
4. an accurate measuring container (cups or liters)
5. paper towels or cloth for wiping up water spills
6. the torso garment
7. the vinyl abdominal bladder

## Assembly

### To assemble the torso garment:

1. Lay the torso garment inside out, as shown in Figure 3.



*Figure 3 Torso garment*

2. Open the zipper inside the circular "belly."
3. Make sure the bladder is positioned with the water spout located closest to you, inside the canvas "belly" abdominal cavity of the torso garment.
4. Line up the 2 x 3 inch (5 x 7.5 cm) black Velcro® rectangle on the back of the vinyl abdominal bladder, with the Velcro® rectangle inside the abdominal cavity of the torso garment.

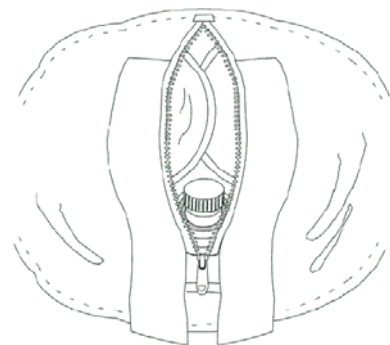
*These two rectangles must be lined up accurately, with a "mirror image fit" to each other, because they suspend the internal pendulum which simulates fetal kicking and stroking movements.*

5. Position the bladder to lie as flat and smooth as possible within the canvas abdominal cavity.
6. Reach into the canvas abdominal shell and find the two 8" pockets that extend from the upper edges of the belly.

*The pockets look like round cloth tabs from this side of the belly.*

7. Lay the pockets flat on top of the vinyl bladder, inside the canvas shell (Figure 4).

*This will put the pockets in the correct position to "receive" the two 7lb balls (inserted later), and protect the bladder from damage by the zipper.*



*Figure 4 Tucking in the fabric pockets*

## Assembly

### To fill the vinyl bladder:

1. Pull up firmly on the spout until it protrudes about 2 inches (5 cm) from the vinyl surface (Figure 5).
2. Unscrew the cap.
3. Measure and pour **very warm** water (less than 100°F or 38°C) into the vinyl bladder through the spout opening.
  - For the small size Empathy Belly®, measure 15 cups (3.5 liters).
  - For the large size Empathy Belly®, measure 20 cups (4.7 liters).

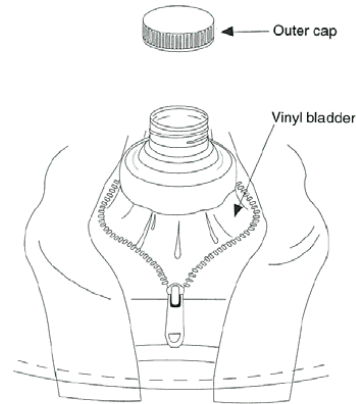


Figure 5 The spout

*A torso garment that has been used repeatedly will have stretched, creating a slightly larger belly. When this happens, you will need to add 2 to 4 additional cups (.5 to 1 liter) of water to the vinyl bladder in order to achieve a realistic pregnant profile. (See "Judging the correct 'belly' profile" on page 8.)*

Be sure to measure accurately, so the resulting simulation will be correct.

*With practice you will be able to estimate the correct amount of water without measuring.*

*Your funnel or watering can will minimize spills.*

5. Slowly push down on the spout until the water level rises to the rim.
6. Screw on the cap, making sure it is very tight.

*If a leak occurs later, it is usually because this cap was not screwed on tightly enough.*

7. Pull up on the spout to bring any trapped air to the top of the bladder.

*If any air is still trapped in the bladder, remove the outer cap and inner plug, push down on the spout again to remove the trapped air, and replace the plug and cap.*

8. Push the spout back to its original position, lying flush with the vinyl surface.

**NOTE:** It is strongly recommended that you empty and refill the vinyl bladder with very warm water prior to each demonstration, to realistically simulate the natural warmth of a pregnant woman's abdomen. (It also would be uncomfortable for the wearer to feel cold water against their abdomen.)

If this is not practical, you may leave the bladder filled with water; to retard fungal growth, be sure to use the water conditioner included with this kit (114 teaspoon per full belly).

If emptying and refilling the bladder for each demonstration is not practical, you can also:

- Store the torso garment in a warm location, perhaps on a heating pad set on LOW, or
- Partially empty the bladder and refill it with hot water, to bring the overall temperature back up to normal body temperature.

## Assembly

### Assembly

To complete the Empathy Belly® assembly:

1. Check again to make sure the two canvas pockets are laying flat on top of the water-filled vinyl bladder (Figure 4).
2. Close the zipper, to encase the vinyl bladder securely within the abdomen.
3. Hold the torso garment securely against your own body, holding one arm under the breasts of the torso garment, with the other hand pulling the bottom edge firmly against you (see Figure 6).
4. Inspect your image in a mirror. Check to see that you have the correct "pregnant profile" (see Figure 7).

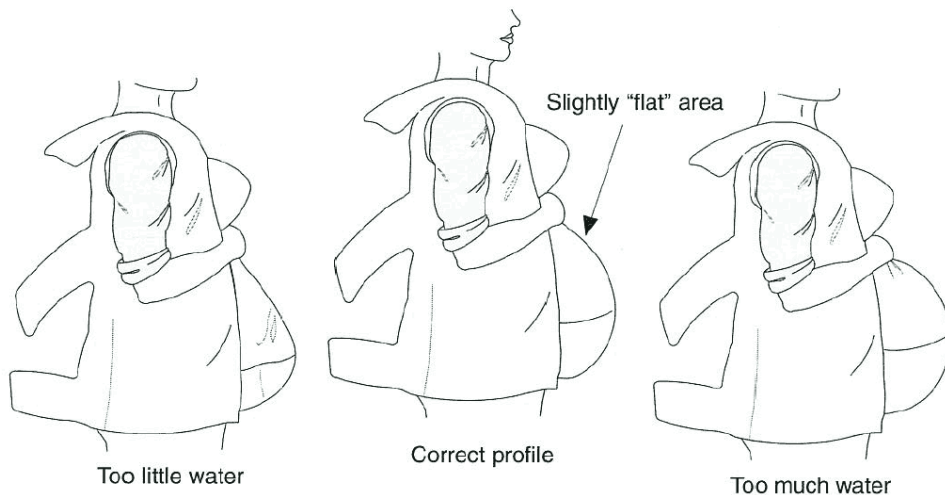
*When properly filled, the belly should have a slightly "flat" area on top.*

- Too little water will cause it to droop excessively.
- Too much water will create a round surface that is "too full," and won't allow you to insert the two lead balls into the pockets during the demonstration.

*If the canvas appears wrinkled or badly puckered, reopen the zipper and reposition the vinyl bladder so it lies more smoothly within the canvas shell.*



**Figure 6**  
*Holding up the assembled torso garment.*



**Figure 7** *Judging the correct "belly" profile*

5. If necessary, reopen the abdominal shell and adjust the amount of water.

*Add or pour out excess water as necessary to achieve the correct "profile."*

Congratulations! You have filled the "belly" with 8 or 11 pounds (3.6 or 5 liters) of water, and are ready to proceed with a live demonstration.

## *Demonstration*

### ***Live Demonstration of the Empathy Belly®***

#### ***Time Required***

When demonstrating the Empathy Belly®:

- In a classroom setting, allow approximately 30 minutes for a complete demonstration.
  - Allow an additional 10 minutes for a second volunteer to wear "the belly" at the same session.
  - Additional time can be allowed for follow-up discussion, depending on the curriculum.
  - Future class meetings with the same group will require less time, since the full introduction and explanations won't be necessary. You will simply put the Empathy Belly® on another student.
- In a one-on-one situation such as a medical or counseling session, or in a large group presentation where time is limited, allow 15 minutes for a more succinct, rapid demonstration.

*This is only recommended once you have had sufficient experience demonstrating the Empathy Belly®, and are able to quickly and easily move through the required steps.*

#### ***Empathy Belly® Sizes***

The Empathy Belly® comes in two sizes. Be sure to choose the appropriate size Empathy Belly® for the volunteer(s) you will have.

- The large size is designed for men of average or above-average size, or older teenage boys who have the build of an adult male.
- The small size fits most women, men of small stature, and most teenage girls and boys, ages 12 to 18.

*If you are unsure, the size is shown on the care label sewn inside the garment.*

**REMINDER:** The Empathy Belly® should not be used on anyone weighing less than 100 lbs (45 kg) or more than 300 lbs (136 kg).

#### ***Materials Required***

To do this demonstration, you should have:

- a box containing the following:
  - typical household items that might be left on the floor, such as shoes, socks, men's pants, newspapers, books, bath towels, children's toys
  - Empathy Belly® components, placed in the box in this order (so the rib belt can come out first):
    - a. maternity smock
    - b. two 7lb balls
    - c. bladder pouch
    - d. torso garment, containing the water-filled vinyl bladder
    - e. rib belt (with the caution label visible)
- five bed or floor pillows
- cleared floor area, large enough for the volunteer to lay down on the floor (ideally at least 100 square feet (13 square meters))
- large wall mirror (could be in nearby restroom)
- sofa or upholstered chair (optional)
- desk with chair, or student desk and chair when working with teens (optional)

## Demonstration

### A. Introduce the Empathy Belly®

Briefly explain what the Empathy Belly® is, its purpose and benefits. (Refer to the Introduction in this manual.)

### B. Select a volunteer

- When demonstrating the Empathy Belly® on an adult, ask for a volunteer to wear it. Ask him or her to silently read and complete the Informed Consent Release (see the *Appendix*).
- If the volunteer is a minor, the Informed Consent Release must be completed by his/her parent or guardian prior to the demonstration.

You should have already signed and dated the Supervising Instructor section on page 2 of the form.

### C. Explain anatomical chart

Refer to the various anatomy changes shown in the Third Trimester chart included with this kit. Focus on briefly explaining the physiological changes and pregnancy symptoms that will be simulated by the Empathy Belly®.



The physiological changes and their symptoms are:

- Increase in size of uterus; typical weight gain of 30+ pounds (13+ kg), causing:
  - Increased fatigue
  - pressure on internal abdominal organs and pelvic floor tissues and nerves
  - round ligament twinges
  - edema (swelling) and aching of legs and feet
  - pull on uterosacral ligament, causing lower backaches
- Fetal head on bladder, causing:
  - constant bladder pressure
  - frequency of urination
  - urine leaking

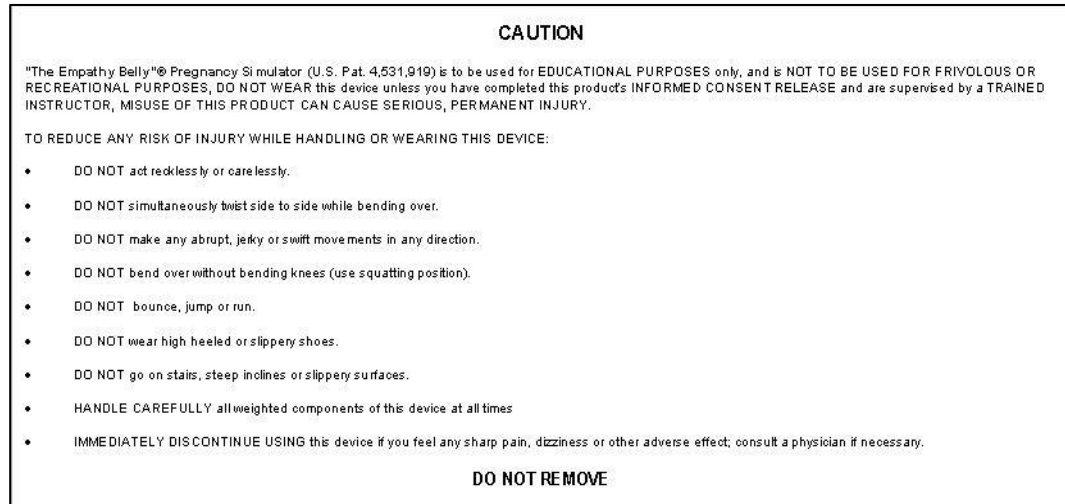
## *Demonstration*

- Crowding of small intestines and stomach, combined with hormonal changes, causing:
  - fullness and discomfort after eating small amounts of food
  - heartburn
  - constipation
  - gas
- Displacement of heart and upward pressure of the fetus on the diaphragm and lungs, causing:
  - difficult and shallow breathing
  - smothered feeling
  - reduced oxygen intake with resulting fatigue, slowed pace, restriction of physical activities
  - increase in body temperature
  - increase in pulse and blood pressure
  - lifestyle changes
- Change in center of gravity, along with changes in spinal alignment, resulting in an increase in lordosis (normal curvature of lower spine) and pelvic tilt, causing:
  - frequent backaches
  - overall posture change
  - "waddling" gait
  - need for caution during any kind of movement
- Pressure points of fetal knees, elbows and feet, causing:
  - aches and pains in ribs and abdominal organs
- Fetal movement, causing:
  - strange sensations of stroking and kicking against abdominal wall and outer belly
- Breast enlargement and protruding profile, causing:
  - change in self image
  - change in sexuality
  - awkwardness in movement and normal activities

## Demonstration

### D. Prepare the volunteer.

- Examine and approve the volunteer's completed *Informed Consent Release* to ensure that he or she is in normal, good health, with no medical condition that could result in a health risk.
- Make sure that the form has been signed on the back (by the parent or guardian if the volunteer is a minor).
- Review out loud the “**DOs** and **DON'Ts**” and on the warning label (Figure 9) which is sewn on the rib belt.



### E. "Install" the five Empathy Belly® components on the volunteer.

**NOTE:** If the two lead balls have been left in the torso garment, remove them now.

As you attach each component in the following sequence, ask the volunteer open-ended questions to find out what he or she is feeling, both physically and emotionally. Try to draw out the specific symptoms discussed earlier, as they might apply to each step.

**CAUTION:** You must be careful at all times not to touch the volunteer in sensitive or inappropriate areas, such as the breasts, lower abdomen, groin area or buttocks. Have the volunteer position any components on these areas.

**RIB BELT** simulating the pressure of the ascending uterus and fetus against the diaphragm, heart and lungs.

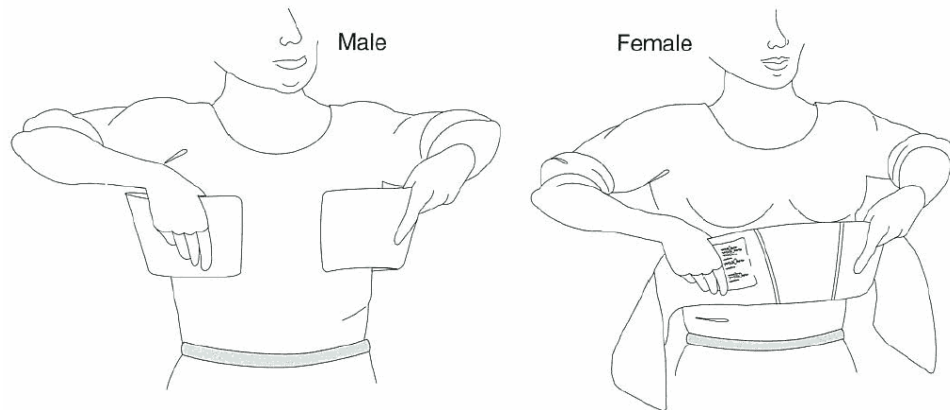
- Specific symptoms: difficult and shallow breathing, smothered feeling, reduced oxygen intake with resulting fatigue, slowed pace, restriction of physical activities, increase in body temperature, and increase in pulse and blood pressure.
1. Pick up the rib belt, and position yourself by the volunteer.
    - If the volunteer is female, stand behind her.
    - If the volunteer is male, stand in front of him.
  2. Wrap the rib belt loosely around the volunteer, making sure the warning label faces outward, with the widest edge of the elastic insert at the top (see Figure 10).

*When putting the belt on a female, quietly ask her to position it just under, not over her breasts, with the elastic band in front.*

*When putting the rib belt on a male, position it just under the armpit level, with the elastic band in back.*



## Demonstration

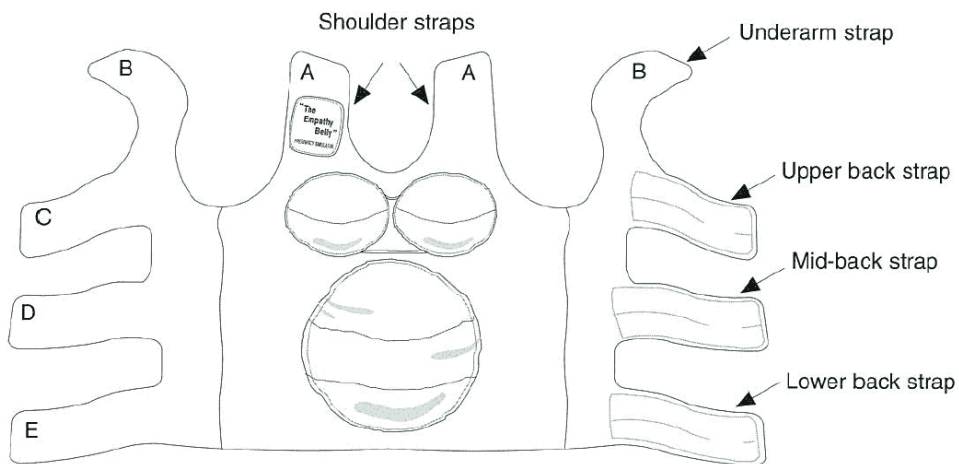


**Figure 10** Correct rib belt position

3. Have the volunteer stand with knees bent and feet apart, to help keep his or her balance.
4. Tell the volunteer to drop his or her arms to their sides, and relax. Then instruct the volunteer to inhale deeply, and exhale as completely as possible, totally emptying his or her lungs.
5. Quickly pull the belt **as tight as possible**, overlapping the ends and fastening the Velcro®.
6. Ask the volunteer to try to take another deep breath.
  - If he or she reports that their breathing is "strained, shallow, restricted, or tight," or that he or she can only get "half a lung full of air," the belt is positioned correctly.
  - If the volunteer says his or her breathing is the same, undo the rib belt and tighten it again, until the desired effect is achieved.

**TORSO GARMENT** simulating weight and profile of pregnancy, movement of fetus, and enlarged breasts.

- Specific symptoms: increased fatigue, pressure on internal abdominal organs and pelvic floor tissues and nerves, round ligament twinges, edema, aching of legs and feet, lower backaches, stroking and kicking sensations, changes in self image and sexuality, and awkwardness in movement.
1. Pick up the torso garment, holding it firmly by the shoulder straps (labeled A in Figure 11).



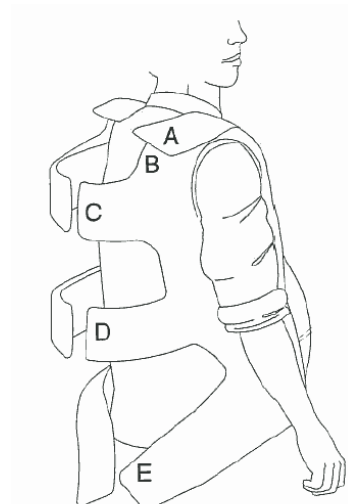
**Figure 11** The torso garment

## Demonstration

2. Hold the shoulder straps over the volunteer's shoulders, while he or she carefully holds the "belly" from underneath.
3. Bring the two underarm straps (labeled B in Figure 11) around to the back and firmly secure the Velcro® on them to the Velcro® on the shoulder straps (see Figure 12).
4. Attach the Velcro® of the upper back straps (labeled C in Figure 12) to each other.
5. Ask the volunteer to release the "belly" and check to see that the breasts are positioned correctly on the chest.

*Reposition all the straps if the breasts appear too high or too low.*

Leave the other four straps (labeled D and E in Figure 12) hanging unattached for now.



**Figure 12**  
*Attaching the upper straps*

### **BLADDER POUCH** (6 lbs (2.7 kg)) simulating fetal head on bladder.

- Specific symptoms: constant bladder pressure, frequency of urination, and urine leaking.

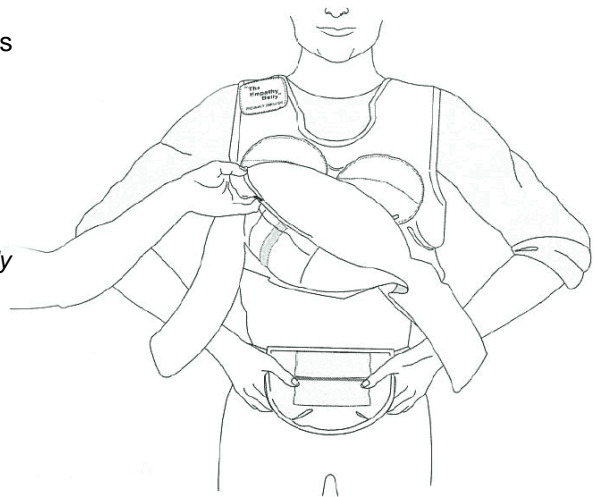
1. Ask the volunteer to place the bladder pouch over his or her own bladder, with the Velcro® side facing out (see Figure 13). You may have to explain that:

- The male bladder is located just below his navel.
- The female bladder is located just above her pubic bone.

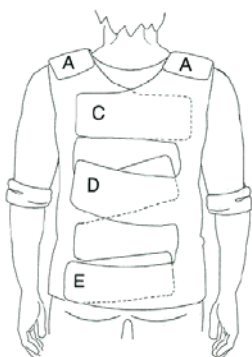
*During this procedure, the instructor must hold the "belly" up and out of the way, so the volunteer can locate his or her bladder. The pouch is located correctly when they feel pressure, or urgency to void (like they "have to go to the bathroom").*

2. Gently lay the "belly" down over the bladder pouch, and firmly press to secure the Velcro®.
3. Ask the volunteer "Did we find your bladder?"

*If the answer is no, or if they are uncertain, reposition the pouch.*



**Figure 13** *Placing the bladder pouch*



**Figure 14**  
*Torso garment with all straps attached*

4. Pull together snugly and attach the mid-back straps (labeled D in Figure 14), and the lower back straps (labeled E).

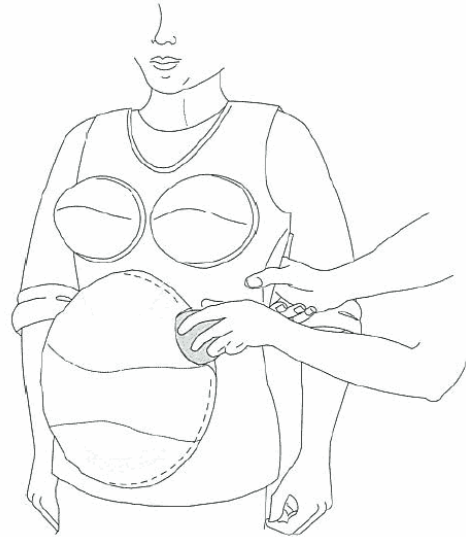
**NOTE:** It is not necessary that the corresponding straps D and E overlap to line up exactly with each other. It is more important to adjust the straps to tightly hug the build of each wearer, criss-crossing the straps as needed to do so. This will ensure that the Torso Garment fits each person as snugly as possible.

## Demonstration

**TWO 7lb. BALLS** (7 lbs. (3.2 kg) each) simulating fetal knees, elbows and feet pressing on internal abdominal organs.

- Specific symptoms: aches and pains in ribs and abdominal organs.
1. Insert the two weighted balls into the side pockets of the "belly" (see Figure 15).
  2. Push each lead ball deeply and securely into its pocket.

**NOTE:** To achieve an accurate simulation for each volunteer, it is very important that you remove the 7lb balls after each use of the Empathy Belly®!



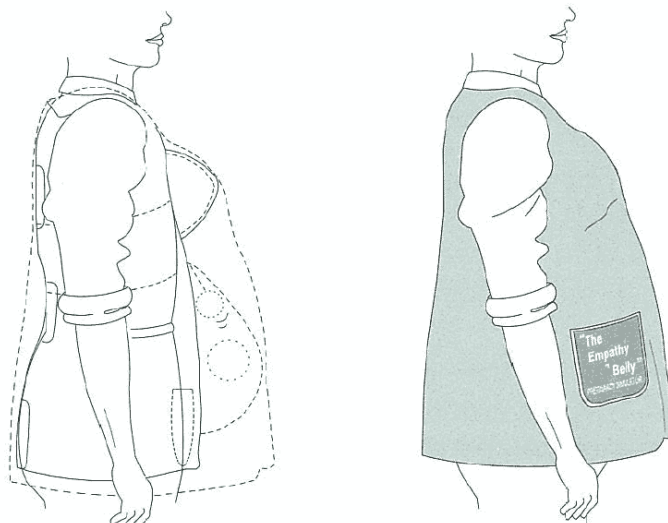
*Figure 15 Inserting the two lead balls*

**MATERNITY SMOCK** showing realistic pregnant profile.

- Specific symptoms: change in self image and sexuality.
1. Place the smock over the head and arms of the volunteer, OR if you prefer to save time, undo the Velcro® strip on the back of the smock, letting the volunteer slip it over their front torso, and fasten the Velcro® in the back.

*If time allows, letting the volunteer struggle with the smock may be valuable to further illustrate the difficulty of performing simple tasks.*

2. Pull the smock smoothly down over his or her chest and "belly".
3. Have them observe their new profile in a mirror (Figure 16).



*Figure 16 Instant pregnancy!*

Congratulations! You have successfully installed the Empathy Belly®. Next you will show your volunteer how pregnancy could affect their daily activities.

## *Demonstration*

### **F. Have the volunteer try various positions, movements and activities**

*View the accompanying demonstration video tapes to see examples of what questions to ask and how to do effective role-playing. You will also see typical reactions and insights of wearers, regarding the impact of pregnancy on their daily lifestyles.*

As in the prior segment, continuously solicit feedback from the volunteer, while asking him or her to do the following:

1. Walk around
2. Observe his or her profile in a mirror
3. Bend down and tie shoes
4. Sit at the desk or table
5. Sit on sofa and/or chair, and student desk/chair if applicable
6. Pick up household items thrown on the floor
7. Lie down on belly, on back, and on side
8. Position five pillows for comfort during sleep
9. Roll over and reposition pillows
10. Imagine partner wants to make love
11. Get up from the floor correctly

### **G. Conclude the demonstration**

Ask for the volunteer's conclusions and new insights about the pregnant condition. Thank him or her for participating.

If the volunteer wishes, let him or her continue to wear the Empathy Belly® for the remainder of the class or prenatal appointment.

**NOTE: Do not let the volunteer wear the Empathy Belly® for more than 3 hours total, and remember that he or she must always remain under direct supervision of the instructor.**

Discuss the reactions and comments of the volunteer and the audience.

Carefully remove all the components of the Empathy Belly®:

1. Ask the volunteer to hold the "belly."
2. Support the weight of the garment by holding at least one of the shoulder straps with one hand.
3. With the other hand, undo all the straps, working from the lower back straps up to the shoulder straps.
4. Move to the front of the volunteer (while still supporting the weight of the garment).
5. Hold both shoulder straps, and slowly move the garment away from the volunteer's body.  
*Be careful to watch the bladder pouch, and catch it if it falls.*
6. Gently set the Empathy Belly® down.  
*Abruptly dropping the full weighted torso garment on a hard surface could cause damage to the bladder, such as bruises or pinholes.*
7. **REMOVE the two 7lb balls, so the next simulation will be accurate.**
  - Open the zipper on the inside of the torso garment.
  - Hold up the closed ends of each inside pocket, letting the ball roll into your other hand.

## ***Instructor's Quick Checklist for Empathy Belly® Demonstration***

Before beginning, arrange materials in the proper sequence.

- A. Introduce the Empathy Belly®.**
- B. Select a volunteer, have him or her complete the *Informed Consent Release*.**
- C. Explain anatomical charts and pregnancy symptoms.**
- D. Prepare the volunteer; check the release form, and review the warning label.**
- E. "Install" the five Empathy Belly® components on the volunteer.**
  - 1. Rib belt
  - 2. Torso garment
  - 3. Bladder pouch
  - 4. Two 7lb balls
  - 5. Maternity smock
- F. Have the volunteer try various positions, movements and activities, to fully activate the symptoms being simulated.**
  - 1. Walk around
  - 2. Observe profile
  - 3. Bend down and tie shoes
  - 4. Sit at the desk or table
  - 5. Sit on sofa and/or chair, and student desk/chair if applicable
  - 6. Pick up household items thrown on the floor
  - 7. Lie down on belly, on back, and on side
  - 8. Position five pillows for comfort during sleep
  - 9. Roll over and reposition pillows
  - 10. Imagine partner wants to make love
  - 11. Get up from the floor correctly
- G. Ask for volunteer's conclusions, remove Empathy Belly® components (or wait until later if preferred), discuss reactions and comments.**

## *Appendix*

# ***Appendix***

This appendix includes:

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Please visit [www.empathybelly.org](http://www.empathybelly.org) for more information

## INFORMED CONSENT RELEASE

Based on the results of numerous professional evaluations and extensive field testing, The Empathy Belly® Pregnancy Simulator (U.S. patent 4,531,919) has been found to be a highly effective, beneficial and safe teaching aid when handled or worn by individuals who are in normal, good health, and who behave in a correct and careful manner while handling or wearing this teaching aid. Since you (or your child) are being offered the educational opportunity to use The Empathy Belly™ you are hereby provided with full information regarding this product's intended and potential effects, benefits, avoidable risk factors, and reasonable precautions to be maintained while handling or wearing this product. **As a pre-requisite to handling or wearing The Empathy Belly™, carefully read and complete this form.**

Intended for use only as a serious teaching aid, The Empathy Belly® is a multi-component, weighted "garment" that will enable male and female wearers to temporarily "experience", through accurate simulation, more than 20 of the typical symptoms and effects of pregnancy. Through this hands-on, experiential type of learning, wearers find out what it feels like to be pregnant and gain a realistic understanding of the changes and demands imposed by the pregnant condition. Following are some of the symptoms and effects that can be felt by wearing The Empathy Belly™ for 10 minutes or longer: body weight gain of 35 pounds; pregnant profile of enlarged breasts and protruding abdominal belly; continuous pressure on the abdomen and internal organs; postural changes of the back with an increase in "pelvic tilt"; shift in one's center of gravity; low backache; mild "fetal" kicking and stroking movements; shallow breathing capacity and shortness of breath; increase in body temperature, pulse and blood pressure; a flushing sensation and increased perspiration; awkwardness in all body movements; pressure on the bladder, with increased sense of urgency and frequency of urination; increased fatigue, slowed pace and restricted activity. The Empathy Belly™ simulates these effects through the use of a "rib belt" and the strategic positioning of various weighted components; this is a strictly external garment, and does NOT have ANY mechanical, electrical or electronic components. Handling or wearing of The Empathy Belly™ will be done on a strictly volunteer basis, and will be done only while under the careful supervision of a trained and authorized instructor.

Individuals who weigh less than 100 pounds (45 kg), or more than 300 pounds (136 kg), should **NOT** use this device. Individuals with certain medical conditions or preexisting injuries might be put at risk by handling or wearing The Empathy Belly®. The following checklist is intended to help identify such individuals who might be put at risk, and who should therefore **NOT** use this device. If you (or your child) desire to handle or wear The Empathy Belly™, **indicate here if you (or your child) currently have any of the following medical conditions or health impairments: (Check either YES or NO)**

	YES	NO
1. Confirmed pregnancy, or the possibility of pregnancy .....	___	___
2. Chronic back pain, or disorders of your back, spine, neck or pelvis (including, but not limited to, scoliosis, sciatica, slipped or ruptured discs, etc.) .....	___	___
3. Any fractured or broken bones, or joint dislocations .....	___	___
4. Any serious strains (muscle-tendon damage) or serious sprains (ligament damage) .....	___	___
5. Damage or serious weakness in your ribs, knees or ankles .....	___	___
6. High blood pressure, dizziness, fainting or vertigo .....	___	___
7. Asthma or any other respiratory disease or breathing difficulty .....	___	___
8. History of heart problems or disease (including, but not limited to, heart attack, stroke, angina, etc.) .....	___	___
9. Epilepsy or a history of convulsions .....	___	___
10. Bladder disorders, weakness or infection .....	___	___
11. Any serious abdominal skin bruises, wounds, or recent scars .....	___	___
12. Any serious weakness or disorders of your abdomen's internal organs (including, but not limited to, hernia, enlargement of liver or spleen, infections, etc.) .....	___	___
13. Any other medical condition for which your physician has advised you to avoid strenuous activity .....	___	___

**WARNING: Handling or wearing of this product in the presence of any of the above conditions may cause them to get much worse or may cause injury. If you have answered YES to ANY of the above questions, if you (or your child) have any other abnormal health condition that you believe might put you (or your child) at risk, then YOU (OR YOUR CHILD) ABSOLUTELY SHOULD NOT HANDLE OR WEAR "The Empathy Belly"® Pregnancy Simulator.**

## Appendix

The weight gain and respiratory changes common in pregnancy (and in the simulation of pregnancy) naturally impose significant physical demands on the human body. While experiencing any strenuous activity, especially those involving the handling or wearing of weighted components, there is always the possibility of a strain-sprain injury, particularly if an individual does not behave cautiously. MISUSE of The Empathy Belly® could cause serious, permanent damage. Therefore, to minimize any risk of injury while wearing The Empathy Belly® the wearer should understand and maintain the following precautions:

1. **DO NOT** act recklessly or frivolously.
2. **DO NOT** simultaneously twist side to side while bending over.
3. **DO NOT** make any abrupt, jerky or swift movements in any direction.
4. **DO NOT** bend over without bending knees (use squatting position).
5. **DO NOT** bounce, jump or run.
6. **DO NOT** wear high-heeled or slippery shoes.
7. **DO NOT** go on stairs, steep inclines or slippery surfaces.
8. **HANDLE CAREFULLY** all weighted components of this device at all times.
9. **IMMEDIATELY DISCONTINUE WEARING THIS DEVICE** if you feel any sharp pain, dizziness or other adverse effect; consult a physician if necessary.

I have studied and understand all of the teacher training materials provided by the manufacturer concerning the correct, effective and safe usage of the teaching aid, The Empathy Belly® Pregnancy Simulator. I have been specifically authorized as a qualified instructor to handle and demonstrate this device. I agree to follow all instructions and precautions of the manufacturer. I agree to carefully supervise the below named individual at all times while he/she is wearing The Empathy Belly®

Supervising Instructor's Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

I have read and understand the above description of The Empathy Belly® Pregnancy Simulator, its intended and potential effects, benefits, avoidable risk factors, and the reasonable precautions to be maintained while wearing this teaching aid. I voluntarily agree (or permit my child) to wear The Empathy Belly® for purposes of my (or my child's) own benefit. I (or my child) agree(s) to follow all instructions and precautions stated above. I assume all risk and liability for any injury or damage to me (or my child) that might arise out of my (or my child's) handling or wearing of The Empathy Belly®. I hereby release and forever discharge the manufacturer of The Empathy Belly™, the purchaser and the instructor, from all claims of injuries or suits of any kind arising from my (or my child's) use of The Empathy Belly®.

Wearer's Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
(or if a Minor, Signature of Parent/Guardian)

### COPYRIGHT RELEASE

***Reproduction of this Informed Consent Release in its original form is authorized for use with The Empathy Belly® Pregnancy Simulator.***

***To obtain copies of the Informed Consent go to the following web page:***

***<http://www.empathybelly.org/downloads.html>***



## Cleaning

**IMPORTANT:**

*Remove **ALL** vinyl, weights and foam components before cleaning!*

The fabric components of the Empathy Belly® can be cleaned according to the following instructions.

**To clean the torso garment (65% polyester, 35% cotton) and rib belt:**

**IMPORTANT:** Attach all corresponding Velcro® areas before cleaning.

- Hand wash, warm water, or wipe using clean safe cleanser
- DO NOT bleach.

**DO NOT wring or twist.**

**DO NOT dry clean.**

- Line dry, dry flat, or block to dry.
- Smooth by hand.

**DO NOT** iron.

**To clean the maternity smock (100% cotton):**

- Hand wash separately, cold water,  
OR  
Machine wash separately in cold water, on **delicate** cycle.  
**DO NOT bleach.**
- Line dry, dry flat, or block to dry,  
OR  
Tumble dry on **low** heat.
- Press with steam if needed.

**To clean the bladder pouch (65% polyester, 35% cotton fabric cover):**

- Damp wipe only, using a mild soap if needed.
- Dry flat.
- Let air dry thoroughly.

## ***Troubleshooting***

### ***Vinyl Bladder Repairs***

If the vinyl bladder is leaking, you will need to determine the cause.

**BEFORE** panicking:

- Make sure the outer cap is screwed on tight. (This is the most common cause of leaks.)

*If you have the old style 2 piece cap set and if you have lost the inner plug or outer cap, call Birthways at 1-800-882-3559. You will be sent a new inner plug and/or outer cap, free of charge.*

If you bought your Empathy Belly® **within the last year**, the problem may be covered under the one-year limited warranty. Contact Birthways [birthways@empathybelly.org](mailto:birthways@empathybelly.org) or 206-463-9572, and someone will help you determine whether the problem is a manufacturing defect. If a defective part is covered by the warranty, you will be sent an immediate free replacement of that part.

If you bought your Empathy Belly® **more than a year ago**, you will need to find the leak.

- If the problem is a pinhole leak or a cut in the vinyl, use the vinyl repair kit (shipped with the product) to patch the leak.

*If you have lost your repair **kit**, you can purchase another at any local waterbed outlet.*

- If the leak is definitely located around the clear plastic spout, or at the outer perimeter of the bladder, the leak cannot be repaired, and you will need to replace the vinyl bladder. Call the manufacturer (Birthways) at 1-800-882-3559 for ordering information.

### ***Sewing Repairs***

If any stitching or the zipper breaks, or if a seam begins to pull apart, contact Birthways at 206-463-9572 or [birthways@empathybelly.org](mailto:birthways@empathybelly.org). Someone will discuss the repair options available to you.

### ***Replacement Parts***

If you are missing any component of the Empathy Belly®, or if a part has worn out, go to [www.empathybelly.org/ordering](http://www.empathybelly.org/ordering) call Birthways at 1-206-463-9572 to purchase replacement parts.

## ***One-year Limited Product Warranty***

This product is of the highest quality and is inspected twice before shipment. It is guaranteed against faulty or defective parts and/or workmanship for one (1) year from date of original purchase, provided the product has been used in strict accordance with the manufacturer's full directions for correct assembly and usage as supplied at the time of delivery. The manufacturer's only obligation shall be limited to the repair or replacement of the defective product. The manufacturer shall not be liable for any injury, loss or damage to person(s) or property, direct or consequential, arising out of the use or misuse of the product. The buyer shall determine the suitability of the product for the buyer's intended use, and the buyer assumes all risk and liability whatsoever in connection therewith.

The Empathy Belly® Pregnancy Simulator  
Teaching Module

**(U.S. Patent 4,531,919)**

Made in the U.S.A.

Manufactured by Birthways, Inc.

**Birthways, Inc.**

P.O. Box 2069  
Vashon Island, WA 98070-2269

Phone: 800-882-3559

or 206-463-9572

Fax: 206-463-6837

[www.empathybelly.org](http://www.empathybelly.org)

birthways@empathybelly.org