

NEW MUM HANDBOOK

# THINGS NO ONE TOLD YOU



*Welcome!*


## TO A SAFE TRIBE

Get ready to feel the difference in your body. It is common to experience a lot of postpartum symptoms physically and emotionally but here is the secret .....

Start by falling in love ♥ with your body that has helped you give birth to a wonderful baby. Be kind and gentle to yourself. It's important to understand the limiting factors of your body and work.

Write to us

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01

## UNDERSTAND YOUR ANATOMY

What to expect after childbirth

02

## FIND YOUR SAFE PLACE TO TALK

talking freely about your symptoms in a non judgemental space promotes well-being

03

## 3 THINGS TO KNOW BEFORE WEIGHT LOSS

Sometimes it is not about weight-loss and getting skinny , its all about feeling strong in your mother-skin

04

## HEALING TAKES TIME

it took you 9 months to birth a child , its important to understand recovery takes time and dont compare your recovery rate with another mother

COMMON SENSE



LEARN YOUR ANATOMY

# UNDERSTAND WHAT YOUR BODY WENT THROUGH

Did someone mention to you what your pelvic floor goes through during pregnancy? Your pelvic floor is like a hammock that accommodates a stretching uterus and restores when you deliver the baby.

This muscle is going through trauma and needs restorative therapy just like any other post-surgery rehabilitation.

Sad but true...

Imagine undergoing a knee operation, you will be sent home with a detailed muscle strengthening routine with a physiotherapist. Unfortunately, there is no preparation for postpartum and it doesn't have to be like this though

Learn your anatomy down there before you start your road to healing. It will help you understand the deeper meaning of why you are doing what you are doing.

# 02

## FIND A SAFE PLACE TO TALK

DO YOU KNOW THE FOLLOWING ISSUES ARE USUALLY CONSIDERED "NORMAL" DURING POSTPARTUM BUT THEY ARE "NOT"!

01

### Incontinence

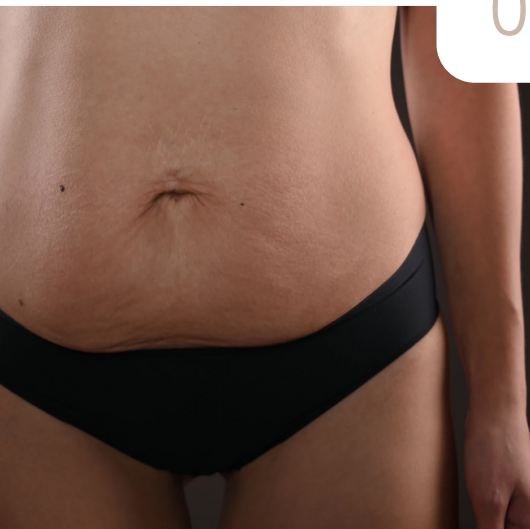
Leaking urine with exercise/sneeze or any activity. Even if it is a very few drops or a slightly wet panty we consider it a leak



02

### Mommy Belly

Looking pregnant even after 6 to 8 weeks post-childbirth . abdominal separation (diastasis recti) over 2 finger gap.



03

### Uncomfortable sex

Pain with sex and increased sensitivity caused by perineal tears/ episiotomies that makes you avoid sex due to the fear of discomfort.



04

## Constipated & Bloating

Constipation & bloating - You may find a shift in your bowel routines and feel bloated and constipated no matter how you adapt to diet changes.



05

## Urgency to pee

Bladder urgency/incontinence - Facing a rushing need to go to the bathroom that sometimes results in leaking urine .



06

## Low back pain

Challenging low back pain that accompanies with any activity



07

## Scars and Tears

Sensitive vaginal tears or c section scars that can cringe and cause pain / discomfort



# 03

## 3 THINGS BEFORE WEIGHTLOSS

Just because we can do something does NOT mean that we should do it. Before resuming workouts and movements that are designed for all men and women, check if your abdominals have recovered sufficiently?

- 1) If you are showing Diastasis Recti symptoms NOT all movements and exercises are safe.
- 2) Continuing to ignore the core engaging in high-intensity exercise can cause a lot of strain on your pelvic floor
- 3) Make sure you don't have any pelvic floor dysfunction





# 4 HEALING TAKES TIME

Finally, this process takes time, you won't heal overnight but you will eventually heal if you are consistent

Here are three tips to start at home .

Evidence of improved strength in pelvic floor shows effectiveness in overcoming all the postpartum symptoms and feeling strong down there

Use the pelvic diary to keep track of what is happening down there

Talk to a pelvic floor expert to assess your birth injuries and start a rehabilitation program

Work on you alignment , breathing and practice safe core movements










WEEKLY

# MY PELVIC DIARY

ARE YOU A MUM WHO HAS RECENTLY DELIVERED A BABY OR LONG AGO? RECOGNISING AND TRACKING YOUR SYMPTOMS MAY ALLOW YOU TO BECOME MORE SELF-AWARE. AT THE END OF EACH DAY, FILL OUT THE CHART WITH WHAT HAPPENED DOWN THERE

WEEK OF: \_\_\_\_\_

					
MON		my panties got wet after yoga		I could not poop	
TUE			Felt a stinging during sex		
WED	I did not get low back pain				I could not poop completely
THU			My hubby commented on my belly		
FRI	I did a perineum massage				Did not find pleasure in sex
SAT				Too gassy	
SUN					

AFFIRMATION FOR YOU

I TAKE CARE OF MY BODY EVERY DAY IN WAYS THAT ARE MEANINGFUL TO ME, PRACTICING LOVE, CONNECTION, AND CARING



# READY TO GET STARTED?

Every mother has the right to feel at home in her postpartum body without any dysfunction.

We have got this for you

Allow us to help you feel strong and recover functionally after childbirth

[www.mum21.com](http://www.mum21.com)