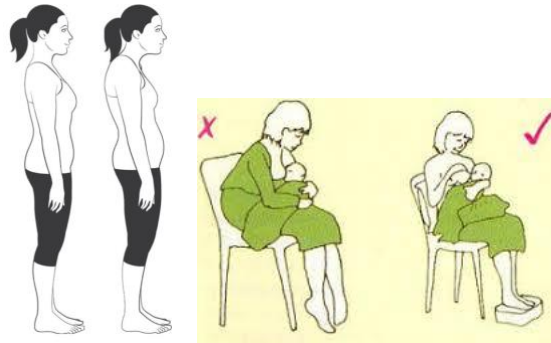


Phase 1: Quick tips and reminders

Posture



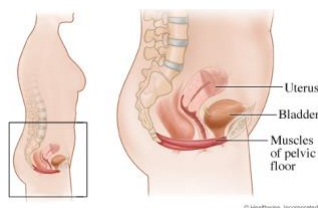
Become aware of all of your positions and postures. How you sit while feeding and nursing your baby can help to limit aches and pains particularly of the spine and shoulders. While standing ensure that your hips are over your ankles, putting more weight into your heels.

Breathing

Try and practice breathing lying on your back comfortably. Place a hand on your belly to feel that you are breathing into the base of your lungs. As you breathe IN your rib-cage should expand in all directions and your belly rise up slightly.

For some guidance here contact me for my 2min guided breathing audio.

Pelvic Floor



Start creating awareness of your pelvic floor by contracting and relaxing in a relaxed position. The easiest position to start in is lying on your back.

As you **breathe OUT gently draw your pelvic floor up**. Your belly should stay soft as you don't need to use your abdominals at the same time. The sensation of drawing your "back passage forwards towards your vagina" is a helpful cue for some. Others imagine that they are trying not to pass wind. We would have discussed some helpful cues in our session together. **As you INHALE, relax your pelvic floor**. This shouldn't involve much physical effort but may take some concentration. It is important that we can contract and also relax our pelvic floor muscles.