

— B O N U S G U I D E —

Back Into His Arms

*Feel close, confident and loved
again after baby*



Salome Saki

Back Into His Arms

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Please read this first

Dear Mama, be soft with yourself.

There is no deadline for feeling close again. Go at the speed that feels right for you and your husband.

If your baby is under 6 weeks, or you had a tear or C-section, wait until your health worker says you are ready.

Closeness is more than sex. We start there.

For education only. This guide does not replace medical care. Results vary.

A Letter From Salome

Dear Mama,

After my baby, I stopped letting my husband hold me.

I was scared of a leak. Scared of my body. Scared he would see me differently.

He never did. I was the one who pulled away.

This guide is about coming back, slowly and kindly. No pressure. No pretending.

With love,

Salome Saki

How to use this guide

1. Read Chapters 1 to 3 first. They calm the fear.
2. Try one small step a week from Chapter 4.
3. Share Chapter 6 with your husband.
4. Use the 4-week diary at the end.

Works with your main guide

As your pelvic floor gets stronger with The Dry Mom 30-Day Recovery Blueprint™, your confidence grows too.

Why You Pulled Away

Many mothers feel this. You are not strange. You are not broken.

- You fear a leak at the wrong moment.
- You feel tired. A baby takes everything.
- Your body feels like a stranger.
- You worry he will be disappointed.

The truth

Most husbands care far more about *you* than about a leak. They miss you. They are also afraid to ask.

Fear grows in silence. Chapter 2 is how to break it.

The Talk That Changes Everything

One honest talk can lift a heavy weight. Pick a calm time. Not in bed. Not when the baby is crying.

Try saying

Simple words

"I miss you. I am a bit scared about my body after the baby. Can we go slowly?"

"I sometimes leak. It is not about you. I am working on it."

Then listen

Let him share his side. He may be scared of hurting you. He may feel pushed away. Both of you are learning.

Remember

You are a team. The goal is closeness, not a perfect night.

Your Body Is Still Yours

Your body made a baby. It is strong. It is changing back at its own speed.

What may feel different

- Dryness, especially if you breastfeed.
- Less desire. Tiredness and hormones play a part.
- Tender skin or scars.
- A small leak when you are excited or you laugh.

What helps

- Time. Rest. Good food.
- Your pelvic floor work from the main guide.
- Kind words to yourself.

Be kind

Talk to yourself the way you would talk to your best friend.

Small Steps Back to Closeness

Start small. One step a week. Skip nothing, rush nothing.

Week	Small step
1	Hold hands. Hug for 20 seconds. Say one kind thing.
2	Sit close while you talk. Share a long, warm hug.
3	Kiss and cuddle with no pressure for more.
4	Plan a quiet date at home. Gentle touch. Stop any time.

The golden rule

Either of you can say "pause" at any time. No one is upset. No one is judged.

Leak Worries: Quick Fixes

A little planning takes away most of the fear.

1. **Empty your bladder** just before you get close.
2. **Do the Quick Lock** from your main guide when you feel a laugh or surprise coming.
3. **Put a towel** on the bed. Then forget about it.
4. **Skip a big drink** in the hour before, but do not skip water all day.
5. **Choose comfortable positions.** Side-lying is often gentle and calm.

If a leak happens

Smile. Say "oops." Wipe, and carry on or take a break. It is just water. It is not the end of anything.

For Your Husband to Read

Dear husband,

Your wife is doing something huge. Please read this slowly.

- She may be scared, tired or shy. It is not about you.
- Be patient. Patience is attractive.
- Help with the baby and the house. Rest makes her feel closer.
- Compliment her. Often. Honestly.
- Ask, "How are you feeling?" and really listen.
- Never joke about her body or her leaks.

The best thing you can do

Make her feel safe. Safe leads to close.

Dryness and Comfort

Dryness is common, especially when you breastfeed. It is normal and easy to help.

- Take your time. Warm-up matters.
- A water-based lubricant can make things comfortable.
- Drink enough water.
- If it still hurts, tell your health worker. Do not push through pain.

Skin and scars

If a scar is tender, tell your husband. Choose gentle touch. Slow is good.

See a health worker if

you feel sharp pain, bleeding, or a burning that does not go away.

Feeling Pretty Again

Confidence is not only about your body. It is about how you carry yourself.

- Wear something that feels soft and nice at home.
- Do your hair. Wear your favourite scent.
- Take a warm bath. Ten quiet minutes is enough.
- Wear a thin liner if it helps you relax.
- Stand tall. Smile at yourself in the mirror.

Try this

Each morning, say out loud: *"My body did something amazing. I am worthy of love."*

Little Moments That Matter

Closeness grows in small, daily moments, not only in the bedroom.

Moment	Try this
Morning	A hug before the day starts.
Evening	Ten minutes. Phones away. Talk.
At the door	A warm hello, not just a nod.
Weekend	A walk or a meal, just you two.
Before bed	Say one thing you love about him.

A small thing, done daily, beats a big thing done once.

When You Feel Low

Some days will feel heavy. A new baby is hard. Sleep is short. That is normal.

- Tell someone you trust how you feel.
- Rest when the baby rests.
- Ask for help without guilt.
- Go outside for fresh air each day.

See a health worker if

the sadness or worry does not lift after a couple of weeks, or if it feels too heavy to carry.

Pocket Cheat Sheet

Your 5 reminders

1. Talk. Honest words break fear.
2. Go slowly. One small step a week.
3. Empty your bladder first.
4. Use comfort and patience.
5. Say "pause" any time.

Say to him

"I miss you. Let us go slowly."

Say to yourself

"My body is strong. I am still loved."

Ask for help if

- Pain that does not settle
- Bleeding
- Sadness that stays

Your 4-Week Closeness Diary

Write one small thing each week. Be proud of every step.

Week	Step I tried	How it felt
1		
2		
3		
4		

A last word from Salome

You are not behind. You are not too late. You are coming back, one gentle step at a time.

He is still your man. And you are still his woman. I am cheering for you both.

With love,

Salome Saki

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