

30-DAY
PROGRAM

THE DRY MOM *30-DAY RECOVERY* BLUEPRINT™

*The Step-By-Step Postpartum System For
Ending “The Sneeze Leak,” Rebuilding Pelvic
Control & Feeling Confident In Your Body Again*



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The Dry Mom 30-Day Recovery Blueprint

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Please read this first

Dear Mama, be gentle with yourself as you begin.

Go at your own pace. Every body heals in its own time. Small steps count.

If something hurts, pause and rest. If your baby is under six weeks old, or you had a C-section, check with your doctor before you start.

You are doing something kind for your body. That is a beautiful start.

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A Letter From Salome

Dear Mama,

I know your secret.

The sneeze. The cough. The laugh you hold in.

I lived it for four years. I hid it from everyone.

Then one doctor looked at me and said: **"Your body did not finish recovering."**

Not broken. Not your fault. Just unfinished.

This book is how I finished.

Five minutes a day. Thirty days. No equipment.

You grew a person. Now let us help your body catch up.

With love,

Salome Saki

What Is the Sneeze Leak?

The sneeze leak is when a little urine comes out when you do not mean it to. It happens when something puts sudden pressure on your belly. Things like:

- sneezing or coughing
- laughing hard
- jumping, running or dancing
- lifting your baby or a heavy bucket
- standing up fast

Doctors call this **stress leaking**. It has nothing to do with feeling stressed. It means your body is under *pressure*.

It is very common

Many, many mothers have it. Most of them never say a word. That is why you may feel alone. You are not alone. You only feel alone because everyone is quiet.

It is common, but it is not something you must live with

People often say, "It is normal after babies." That is half true. A small leak in the first weeks can be normal, because your body is still healing. But if it stays for months or years, it is a sign that your recovery is not finished. And a recovery that is not finished can usually be helped.

What it does to your life

The leak itself is small. The worry is big. Mothers tell me they:

- stop going to exercise class
- plan every trip around the toilet
- wear dark clothes all the time
- pull away from their husband because they feel shy
- feel old, even at 27

If this is you, this book is for you.

Remember

You did nothing wrong.

Your body did something amazing.

Your body can learn again.

Why Did This Happen to Me?

There is no one single reason. Many things add up. Here are the big ones.

1. Pregnancy stretches everything

For nine months your belly muscles, your deep muscles and the muscles at the bottom of your pelvis were pushed and stretched. They had to hold up a growing baby. That is hard work.

2. Birth changes things, any kind of birth

Pushing in a vaginal birth stretches the muscles at the bottom. A C-section cuts through the belly wall. Many people think C-section mothers cannot have this problem. That is not true. The belly and breath muscles are still affected, and the pregnancy itself still stretched the bottom muscles.

3. Going back to heavy work too soon

After birth, many mothers go back to cooking, carrying, washing and market work very fast. There is no choice. But heavy lifting too early puts a lot of pressure on a body that is still healing.

4. Nobody taught us the next step

After birth, most mothers get a leaflet and a smile. Few get a plan for rebuilding the deep muscles. We are told to "do your Kegels." But squeezing one muscle alone does not fix a team problem. We will talk about that next.

5. Habits that push down

Holding your breath when you lift. Pushing hard on the toilet. Doing sit-ups too early. Wearing a very tight waist belt. These all push pressure downward.

The good news

Almost none of these things are damage that lasts forever. They are mostly about timing and habit. And habits can change.

Your Pressure Lock System

Here is the big idea of this book.

Inside your middle there is a team of four parts. They work together to control pressure. When they work well, you can sneeze, laugh and lift and stay dry. I call this team your **Pressure Lock System**.

Think of your middle like a room. A room has a roof, walls and a floor.

Part of the room	Body part	Its job
The roof	The breathing muscle (the diaphragm, say DY-uh-fram)	A flat, dome-shaped muscle under your lungs. It moves down when you breathe in and up when you breathe out.
The walls (inside)	The deep core	A muscle that wraps around you like a belt, from front to back. It keeps your middle steady.
The walls (front)	The belly wall	Your outer tummy muscles. They hold things in at the front and help you move.
The floor	The pelvic floor	A hammock of muscles between your hip bones and tailbone. It holds your bladder and womb up, and it helps you stay dry.

How the lock works

When you sneeze, pressure shoots up inside the room. A healthy system closes like a lock. The roof, the walls and the floor all tighten a little at the same time. The pressure has nowhere to go. You stay dry.

What goes wrong after birth

Pregnancy and birth can break the **timing**. The four parts stop working as one team. Now when a sneeze comes, the pressure rushes down to the floor *before* the floor is ready. The floor is tired and working alone. A little urine escapes.

The key idea

The leak is not only a weak floor. It is often a team that lost its timing. That is why squeezing alone often does not work. You do not just need a stronger floor. You need all four parts to work together again.

Good news about teams

A team can learn to work together again. That is what the 30 days are for. First we teach the roof (your breath). Then we teach you to feel pressure. Then we connect the parts. Then we make the whole team strong.

Safety First

This plan is gentle. But your body is yours, and it is wise to check a few things first.

Ask your doctor before you start if:

- Your baby is less than six weeks old.
- You had a C-section and your wound is not fully healed.
- You still have bleeding after birth.
- You are in pain in your belly, back or pelvis.

See a doctor or a pelvic health physiotherapist if you have:

- A heavy, dragging feeling or a bulge in your vagina
- Blood in your urine
- Burning or pain when you pass urine, or a fever
- Urine that comes all the time, with no warning
- Leaks of stool (poo) or gas that you cannot control
- Pain in the pelvis or during sex
- No change at all after about six weeks of doing the plan

These are not things to be shy about. Doctors help with them every day. Getting help is not failing. It is smart.

Rules while you do this plan

- **Never push through pain.** If a move hurts, stop.
- **Never hold your breath.** Breathe all the way through.
- **Go gently.** A small, soft effort works better than a hard squeeze.
- **Do not test by stopping your urine** in the toilet. It can upset your bladder. Practice on the bed, not the toilet.

What you need

- A bed or a mat
- One or two pillows

- A firm chair
- A watch or phone for time
- A small notebook or this book's tracker pages

That is all. It costs nothing.

Your Emergency Move: The Sneeze Lift

You do not need to wait for Day 19 to use this. Start using it from **today**. It is a small trick that helps while your system is learning again.

The idea is simple. **Lift your pelvic floor gently just before the pressure comes.** You are closing the lock a split second early.

How to do it

1. Feel the sneeze or cough coming.
2. Breathe out a little. Do not hold your breath.
3. Gently lift the muscles deep inside, like you are holding back wind. Draw your lower belly in a tiny bit.
4. Keep the lift while you sneeze or cough.
5. Let go slowly after. Let your belly be soft again.

Practice it

Stand tall. Do a small, gentle cough on purpose. Lift first, then cough. Try it five times, once a day. Then use it in real life.

Common mistakes

Squeezing too hard. A gentle lift is enough.

Holding your breath. Keep air moving.

Squeezing your buttocks or thighs. The lift is inside, not outside.

Bending forward with a straight back when you sneeze. Stay tall.

At first you may forget. That is fine. The more you use it, the more it becomes automatic. By Day 19 you will practice a stronger version.

How the 30 Days Work

The plan has four weeks. Each week has one big job.

We ek	Days	Big job	What you do
1	1 to 7	Breathe	Teach your roof (the breathing muscle) to move well.
2	8 to 14	Feel	Learn to feel pressure. Find your pelvic floor and deep core.
3	15 to 21	Connect	Join breath, core and floor in real moves.
4	22 to 30	Strengthen	Make the team strong and ready for real life.

How to use each day

- Each day takes about 5 minutes. Weeks 3 and 4 may take up to 10.
- Pick a time you can keep. After the baby sleeps is good. Or after your morning wash.
- Do the days **in order**. Do not jump ahead because you feel good.
- Do **not** skip the breathing. Everything else is built on it.
- If you miss a day, just do the next one. Do not do two days in one.
- At the end of each week there is a check-in. Be honest with yourself.

What to expect

In the first days you may feel nothing. That is normal. Your body is learning a new skill. Some women notice change after one or two weeks. Some need longer. Many experts say real change in the pelvic floor can take about three months. So please keep going after Day 30. Use the maintenance plan.

Keep your pads for now

There is no shame in a pad or liner while you recover. Keep it until you have been dry for a while. Stop when you feel ready, not before.

Where Am I Today?

Write your answers before Day 1. On Day 30 you will look at them again. This helps you see small changes you might miss.

Question	My answer
Date I start	
When do I leak? (sneeze, cough, laugh, jump, lift)	
How many days a week do I leak?	
How many liners or pads do I use in one day?	
What have I stopped doing because of it?	
What do I most want to do again?	

Breathe: Days 1 to 7

This week's job: teach your breathing muscle to move again.

Most mothers breathe only into the chest and shoulders. That keeps the belly and the floor tight and stuck. This week you learn to breathe low and wide, so your whole team can move together.

Go slowly. This is the foundation. Every later day stands on it.

DAY 1 The Two-Hand Check

Time: 3 minutes **Goal:** Find out where your breath goes today.

1. Lie on your back. Bend your knees. Put a pillow under your head.
2. Put your **right hand on your chest** and your **left hand on your belly**.
3. Breathe in through your nose. Breathe out through your mouth. Do this 10 times.
4. Ask yourself: which hand moved first? Which hand moved more?

You should feel

Most mothers feel the chest hand move and the belly hand stay still. That is your starting point, not a failure.

Too hard? If you cannot tell, breathe in harder once, then go back to gentle breathing.

DAY 2 Umbrella Breath

***Time:** 5 minutes **Goal:** Open your ribs to the sides.*

1. Lie down. Wrap a wrapper, scarf or towel around your lower ribs. Cross the ends in front and hold them lightly.
2. Breathe in through your nose for 4 counts. Push your ribs gently into the cloth, like an **umbrella opening**.
3. Breathe out for 6 counts. Let the umbrella close. Let the cloth get a little tighter.
4. Do 10 rounds. Rest. Do 5 more.

You should feel

The cloth gets looser as you breathe in and tighter as you breathe out. The sides of your body move, not just the front.

Too hard? If your neck gets tight, drop your shoulders away from your ears.

DAY 3 The Flower Let-Go

***Time:** 5 minutes **Goal:** Teach your pelvic floor to relax as you breathe in.*

1. Lie down with your knees bent and a pillow under each knee.
2. Breathe in for 4 counts. Picture the muscles between your legs opening **like a flower in the morning**.
3. Do not push down. Only let go.
4. Breathe out for 6 counts. The flower rests. Do not squeeze.
5. Do 10 rounds.

You should feel

A soft, heavy, warm feeling at the bottom of your middle on every in-breath.

Too hard? If you feel nothing, that is fine. Keep picturing the flower. The feeling comes later.

DAY 4 Candle Breath

Time: 5 minutes **Goal:** Make a long, slow out-breath.

1. Sit tall in a firm chair. Put your feet flat. Rest your hands on your thighs.
2. Breathe in through your nose for 4 counts.
3. Breathe out like you are **slowly bending a candle flame without blowing it out**. Make it last 6 to 8 counts.
4. Do 10 breaths. Do 10 more later in the day, maybe while the baby feeds.

You should feel

Your belly slowly gets flatter and your lower ribs move in as you breathe out.

Too hard? If you run out of air early, shorten the count to 5. Build up over the week.

DAY 5 Wall Breath

Time: 5 minutes **Goal:** Feel your breath fill the back and sides, too.

1. Stand with your back, bottom and head touching a wall. Put your feet one step forward. Bend your knees a little.
2. Breathe in for 4 counts. Feel your **lower back press gently into the wall**.
3. Breathe out for 6 counts. Feel your lower ribs come down toward your hips.
4. Do 10 breaths.

You should feel

A gentle push against the wall from your back ribs when you breathe in.

Too hard? If the wall feels odd, do this lying down on a firm bed instead.

DAY 6 Rest-Pose Breath

Time: 5 minutes **Goal:** *Breathe into your back, with your belly fully relaxed.*

1. Kneel on the bed or a mat. Sit back on your heels. Lean forward and rest your forehead on a pillow. Let your arms lie by your sides.
2. Breathe in. Send the air into your **back ribs**, like blowing up a balloon behind you.
3. Breathe out slowly. Let your shoulders melt.
4. Do 10 slow breaths. Stay for one more minute and just rest.

You should feel

Your back rising and falling like waves. A deep sense of calm.

Too hard? If your knees hurt, put a pillow between your bottom and your heels, or lie on your side with a pillow between your knees.

DAY 7 Reset Day

Time: 5 minutes **Goal:** Look back at your week and add your emergency move.

1. Do 10 Umbrella Breaths (Day 2).
2. Do 10 Candle Breaths (Day 4).
3. Practice the Sneeze Lift from Chapter 5 five times, standing.
4. Answer the check-in below. Then rest.

You should feel

A slower, easier breath than on Day 1.

Too hard? Still struggling with breathing? Repeat Days 2 and 3 once more before you go on.

Week 1 Check-In

1. My easiest day was: _____
2. My leaks this week: Less / Same / More
3. I used the Sneeze Lift in real life _____ times

Feel: Days 8 to 14

This week's job: learn to feel your inner muscles.

You cannot control what you cannot feel. This week you find your pelvic floor and your deep core. You also learn to let them go. A muscle that cannot relax cannot work well.

Feeling is slow at first. That is very common. Keep going.

DAY 8 The Cough Map

Time: 4 minutes **Goal:** See what pressure does inside your body.

1. Sit tall on a chair. Put one hand flat on your lower belly.
2. Give one small, soft cough. Notice what your belly does. Does it bulge out, or go firm?
3. Now give a soft "huh" sound. Notice again.
4. Cough lightly 5 times. Each time, notice if you feel a **push downward** between your legs.

You should feel

A small downward push on each cough. This is the pressure we will learn to catch.

Too hard? Use a very light cough. A hard cough is not needed and can make you leak.

DAY 9 The Hiss

Time: 5 minutes **Goal:** Use your out-breath as your helper.

1. Lie down with your knees bent.
2. Breathe in through your nose for 4 counts.
3. Breathe out through your teeth with a long "sssss", like a slow tyre leak. Make it last 8 seconds.
4. Put your fingers on your lower belly. Feel it get flatter and firmer as you hiss.
5. Do 8 hisses. Then stand and hiss as you pick up a cup.

You should feel

Your lower belly tightens by itself during the hiss, like a belt pulling in.

Too hard? If you run out of air before 8 seconds, hiss for 5. Your breath grows with practice.

DAY 10 The Three-Floor Elevator

Time: 5 minutes **Goal:** Find and lift your pelvic floor, slowly.

1. Lie down with your knees bent. Breathe easily.
2. Picture your pelvic floor as an **elevator in a three-floor building**. Resting is the ground floor.
3. Breathe out and lift gently to the **first floor**. Hold 2 counts. Gentle, like holding back wind.
4. Lift a little higher to the **second floor**. Hold 2 counts.
5. Breathe in and let the elevator go all the way down. Do 5 rides.

You should feel

A small lift and tightening inside, between your front bone and your tailbone. Your buttocks and thighs stay soft.

Too hard? Do not hold your breath. Do not test by stopping urine on the toilet. If you feel nothing, do 5 more slow, gentle tries.

DAY 11 The Melt

Time: 6 minutes **Goal:** Learn to release your floor all the way.

1. Lie down. Let your knees fall open and put a pillow under each one.
2. Breathe in for 4 counts. Picture a **spoon of butter melting** in a warm pan.
3. On each out-breath, let the muscles between your legs get softer and heavier. Do this for 2 minutes.
4. Now do 5 gentle one-floor lifts from Day 10. After each lift, let go **fully** before the next one.

You should feel

Warmth, weight and softness. Your jaw and your hands relax too.

Too hard? If you feel pain, stop. Tell a health worker if it happens again.

DAY 12 The Zip-Up

Time: 5 minutes **Goal:** Wake up your deep core belt.

1. Lie down. Bend your knees.
2. Put two fingers just inside your hip bones, a little lower than your belly button.
3. Breathe out and picture a **zip closing from your pubic bone up to your belly button**. Use only 3 out of 10 effort.
4. Feel the muscle under your fingers get firm. Hold for 3 counts while you keep breathing.
5. Let the zip open. Do 8 zips.

You should feel

A soft tightening under your fingers. Your upper belly stays flat and does not pop up.

Too hard? If your belly pops up in a ridge, you are pulling too hard. Try 1 out of 10.

DAY 13 The Team Pulse

Time: 6 minutes **Goal:** Put breath, floor and core together for the first time.

1. Lie down. Bend your knees.
2. **In:** breathe in and open your ribs. Let the flower open (Day 3).
3. **Out:** lift the elevator one floor (Day 10) and zip up gently (Day 12).
4. **In:** let it all go down.
5. Do 8 pulses. Rest for 30 seconds. Do 8 more.

You should feel

Three things moving together as one smooth wave.

Too hard? If it feels like too much, do just the floor on one pulse and just the zip on the next. Then join them.

DAY 14 Halfway Check

Time: 5 minutes **Goal:** Look back. You are halfway.

1. Do 5 Team Pulses (Day 13).
2. Do 5 Sneeze Lifts, standing.
3. Answer the check-in below.
4. Tell yourself: "I did this for 14 days."

You should feel

Pride. You have done what most mothers never do.

Too hard? Feel nothing yet? Do not stop. Week 3 is where the parts join up.

Week 2 Check-In

1. I can feel my floor lift: Yes / A little / Not yet
2. I can let it go fully: Yes / A little / Not yet
3. My leaks compared to last week: Less / Same / More

Connect: Days 15 to 21

This week's job: use your team in real movements.

Now you add movement. Each move starts with a breath out and a gentle lift. If your belly pops up or you feel a downward push, make the move smaller.

DAY 15 Rock the Bowl

Time: 6 minutes **Goal:** Move your pelvis with your breath.

1. Lie down. Bend your knees. Picture your pelvis as a **bowl of water**.
2. Breathe out. Lift the elevator one floor. Tip the bowl so water runs toward your belly button. Your lower back presses into the bed.
3. Breathe in. Tip the bowl back so water runs toward your tailbone. Your lower back makes a small arch.
4. Do 10 slow rocks.

You should feel

A small, smooth rock of the hips. Not a big arch or a hard push.

Too hard? If your thighs and bottom do all the work, make the rock half as big.

DAY 16 The Necklace Bridge

Time: 7 minutes **Goal:** Strengthen your bottom and floor together.

1. Lie down. Put your feet flat, hip-width apart.
2. Breathe out. Lift the elevator. Lift your hips one bone at a time, like **peeling a necklace off a table**, from your tailbone up to your mid-back.
3. Stop when your body is a straight line from shoulders to knees. Do not lift higher.
4. Breathe in at the top. Breathe out and roll down slowly, one bone at a time.
5. Do 8 bridges.

You should feel

Your bottom and the back of your thighs working. Your lower back does not hurt.

Too hard? If your back arches or your ribs pop up, lift only half as high.

DAY 17 The Slippery Heel

Time: 7 minutes **Goal:** Move your leg without letting your belly bulge.

1. Lie down. Bend your knees. Picture a **full cup of water on your lower belly**.
2. Breathe out. Lift the elevator. Slowly slide one heel away along the bed until your leg is long.
3. Breathe in. Keep the cup still. Slide the heel back.
4. Do 6 on each leg.

You should feel

Your belly stays flat and calm as your leg moves. The cup does not spill.

Too hard? If your belly bulges, slide the heel only halfway.

DAY 18 The Queen Stand

Time: 6 minutes **Goal:** Make getting up from a chair leak-proof.

1. Sit on the front half of a firm chair. Put your feet flat and hip-width apart. Sit tall like a queen.
2. Breathe in and lean forward from the hips.
3. Breathe out **right before your bottom leaves the chair**. Lift the elevator. Stand up slowly.
4. Breathe in at the top. Sit back down slowly while you breathe out.
5. Do 8 stands.

You should feel

A calm, strong stand with no strain and no held breath.

Too hard? If it is hard, put a cushion on the chair to make it higher.

DAY 19 Lock Before the Knock

Time: 6 minutes **Goal:** Make your emergency move fast and strong.

1. Stand tall. Keep your knees soft. Hold a tissue in front of your mouth.
2. Breathe out a little. Lift the elevator. Zip up gently.
3. **While you hold the lift**, give a small, sharp "ha" or a tiny cough.
4. Let go slowly. Do 5 times. Then do 5 with a slightly bigger "ha".

You should feel

Your lift is already on before the "ha" arrives. That is the lock closing before the knock.

Too hard? If you leak, make the "ha" smaller and lift a little earlier.

DAY 20 Lift the Bucket

Time: 7 minutes **Goal:** Learn to lift safely, every time.

1. Put a light bag or bucket on the floor in front of you. Stand with your feet apart.
2. Breathe in. Bend your knees and send your bottom back. Keep your back long.
3. Breathe out. Lift the elevator. Stand up and bring the bag close to your body.
4. Breathe in. Put it down slowly.
5. Do 6 lifts. Then do 3 lifts with your baby in your arms.

You should feel

Your legs doing the work, not your belly. No held breath.

Too hard? Start with an empty bucket. Add weight over the next weeks.

DAY 21 The Five-Cough Test

Time: 6 minutes **Goal:** See how far you have come.

1. Do 5 Team Pulses lying down.
2. Do 3 Queen Stands.
3. Stand tall. Lift the elevator and cough 5 times, small and gentle.
4. Write down what you feel: dry, damp, or leaking?

You should feel

A clear picture of your progress. Dry is great. Damp or leaking just tells you what to practice.

Too hard? If you leaked, repeat Days 19 and 20 before Week 4.

Week 3 Check-In

1. The move I like best: _____
2. The Five-Cough Test: Dry / Damp / Leak
3. I hold my breath less now: Yes / A little / Not yet

Strengthen: Days 22 to 30

This week's job: make your team strong and ready for real life.

Now you add holding power and speed. Your floor must hold longer for a laugh and snap on fast for a sneeze. If you leak this week, it is not failure. It is a clue about what to practice.

DAY 22 Hold the Door

Time: 6 minutes **Goal:** Build holding power.

1. Lie down. Bend your knees.
2. Breathe out. Lift the elevator to the first floor and zip up gently.
3. Hold for 5 counts **while you keep breathing**, like holding a door shut against a gentle wind.
4. Let go for 10 counts. Fully.
5. Do 6 holds.

You should feel

A steady, calm hold. Not a shake.

Too hard? If you shake or hold your breath, hold for 3 counts instead.

DAY 23 Quick Flicks

Time: 6 minutes **Goal:** Train the fast reaction a sneeze needs.

1. Sit tall on a chair.
2. Do 10 quick lifts. Lift for 1 count and let go fully, like **a quick blink**.
3. Rest for 20 seconds.
4. Now do 1 slow lift and hold for 5 counts.
5. Repeat the full set 2 times.

You should feel

Quick, light snaps. Not hard squeezing.

Too hard? If you lose count, slow down. Quality is better than speed.

DAY 24 The Hot Seat Squat

Time: 7 minutes **Goal:** Add leg strength for lifting and playing.

1. Stand in front of a chair with your feet hip-width apart.
2. Breathe in. Bend your knees and send your bottom back, as if the chair is a **hot seat** and you only want to touch it.
3. Breathe out. Lift the elevator. Stand up.
4. Keep your knees in line with your toes.
5. Do 8 squats.

You should feel

Strong thighs and bottom. A steady middle.

Too hard? Sit all the way down on the chair if you need to. It is fine.

DAY 25 The Table-Top Balance

Time: 7 minutes **Goal:** Train balance and the deep core.

1. Get on hands and knees. Make your back flat like a table. Picture a **cup of tea on your lower back**.
2. Breathe out. Lift the elevator and zip up. Slide one leg slowly back until it is long.
3. Breathe in. Slide it back to the start. The tea does not spill.
4. Do 5 on each leg. If it is easy, lift the opposite arm too.

You should feel

Your back stays flat and your hips stay level.

Too hard? If your back sags, keep your toes on the floor and just slide the leg.

DAY 26 The Crown Walk

Time: 10 minutes **Goal:** Use your team while you walk.

1. Stand tall. Picture a **string pulling the crown of your head** toward the ceiling.
2. Keep your ribs over your hips. Keep your knees soft.
3. Walk at an easy pace for 10 minutes.
4. Each minute, breathe out and lift the elevator for 3 steps.

You should feel

Tall, light and steady. Your breath flows.

Too hard? No time? Do 5 minutes and do the rest tomorrow.

DAY 27 The Market Bag Carry

Time: 7 minutes **Goal:** Practice carrying real loads.

1. Pick up a bag with some weight, or your baby, the Day 20 way: breathe out, lift, stand.
2. Hold the load close to your body.
3. Walk 20 steps. Keep breathing.
4. Switch sides. Repeat.
5. Do 3 rounds.

You should feel

Calm breathing and a steady middle even with a load.

Too hard? Use a lighter load. Add weight next week.

DAY 28 The Laugh Test

Time: 7 minutes **Goal:** Test your team with real life moves.

1. Sit tall. Laugh out loud for 10 seconds. Lift gently as you laugh.
2. Do this 3 times.
3. Stand. Do 10 small heel raises. Use your Sneeze Lift.
4. Only if you feel steady, try 3 tiny hops. Land softly.

You should feel

Control. Laughing and moving without bracing.

Too hard? If you leak, do not worry. Repeat Week 3 moves for a few days, then try again.

DAY 29 The Full Routine

Time: 10 minutes **Goal:** Do it all, start to finish.

1. 10 Umbrella Breaths.
2. 5 Hold the Door lifts.
3. 10 Quick Flicks.
4. 8 Necklace Bridges.
5. 5 Queen Stands.
6. 3 Sneeze Lifts with a cough.

You should feel

A strong, smooth routine you can repeat for life.

Too hard? Short on time? Do the Umbrella Breaths and the Queen Stands. That is enough.

DAY 30 Celebrate and Plan

Time: 10 minutes **Goal:** See how far you have come.

1. Do the Full Routine once.
2. Open your Starting Check. Answer the same questions again.
3. Compare today with Day 1. Write what is better.
4. Choose your next step: maintenance, the extended plan, or a visit to a health worker.

You should feel

Whatever the result, you did something kind for your body for 30 days.

Too hard? If nothing has changed, please see a pelvic health physiotherapist. It does not mean you failed.

Day 30 Check-In

1. Leaks this week compared to Day 1: Less / Same / More / None
2. What I can do now that I could not do before: _____
3. My next step: _____

The Number 1 Mistake

Most mothers who still leak after weeks of trying are making one mistake without knowing it.

The mistake

Holding your breath and bearing down when you work hard.

Think about it. When you lift a bucket, pick up your baby, stand up from the floor, or even push to pass stool, what do you do? Most of us hold our breath and push our belly out and down. We do it without thinking.

This closes your throat and pushes all your pressure down onto your pelvic floor. Do that many times a day, for months, and the floor never gets a rest. It is like pushing on a door that is already tired.

The fix

1. Before you lift or strain, breathe in.
2. As you start, breathe **out** softly.
3. Gently lift your floor as you breathe out.
4. Keep your belly flat or soft, not pushed out.
5. Keep the load close to your body.

Other versions of the same mistake

- **Pushing hard on the toilet.** Take your time. Do not strain.
- **Doing sit-ups, crunches and planks too soon.** These push pressure down before your team is ready.
- **High-impact exercise too soon.** Jumping, skipping and fast running can wait until your plan is working.
- **A very tight waist trainer.** It can push pressure downward.

Fix this one habit and you may be surprised by how much easier everything gets.

Foods and Habits That Help or Hurt

Food will not fix the leak by itself. But some things make it easier. Some things make it harder.

Things that help

- **Fiber foods.** Beans, vegetables like ugu and spinach, fruits like pawpaw and oranges, oats and whole grains. They keep your stool soft, so you do not strain.
- **Water through the day.** Take small drinks often. Do not gulp a lot at once.
- **Walking.** Short walks help your bowel and your core.
- **Rest.** Sleep when your baby sleeps. A tired body heals slowly.

Things that can make leaks worse

- **Constipation.** Straining pushes down on the floor. If you are often blocked, eat more fiber and drink more water, and talk to a doctor if it stays.
- **Too much caffeine, soft drinks and alcohol.** They can irritate the bladder and make you need the toilet more.
- **Drinking very little water.** Strong urine can irritate your bladder.
- **Going to the toilet "just in case" all the time.** It teaches your bladder to feel full too soon.
- **A long cough.** A cough that does not go away needs a doctor. It hits the floor again and again.

A better way to sit on the toilet

1. Put your feet on a small stool.
2. Lean forward a little. Rest your hands on your knees.
3. Breathe slowly. Let your belly be soft.
4. Do not push. Wait. It will come.
5. Do not hover over the seat. It makes your floor tense.

Easy Moves for Daily Life

Your 5-minute plan is small. The rest of your day is where most of the pressure happens. Here are some simple habits.

Getting out of bed

Roll onto your side. Breathe out. Push yourself up with your arms as you swing your legs down. Do not sit straight up like a plank.

Lifting your baby

Stand close. Bend your knees and hips. Breathe out and lift your floor. Hold the baby close to your chest. Then stand.

Washing clothes and carrying water

Do not carry a full bucket with a held breath. Use two smaller buckets. Keep them close. Switch sides often. Breathe out when you lift.

Feeding your baby

Sit with your back tall. Use pillows to support your arms. This is a good moment to do 10 slow rib and belly breaths.

Coughing, sneezing and laughing

Use your Sneeze Lift. Stay tall. You can still laugh a lot. That is the goal.

Make it a habit

Pick three moments in your day, such as lifting the baby, standing up, and picking things off the floor. Use "breathe out and lift" every time. In a few weeks your body will do it by itself.

The Extended Plan: 45 Days

Some mothers need more time. This plan is for you if:

- You have had the leak for years.
- You have had more than two babies.
- You felt very little change in the first 30 days.
- Some moves in Week 3 or 4 were too hard.

The extended plan is the same plan, stretched over 45 days. You spend more time on each stage. This lets your body learn at its own speed.

Stage	Days	What to do
Breathe	1 to 10	Repeat Week 1 moves. Do one new move every 1 to 2 days.
Feel	11 to 20	Repeat Week 2 moves. Spend extra days on the Full Let-Go and the Deep Core.
Connect	21 to 32	Repeat Week 3 moves. Do each for 2 days. Use fewer reps if it is hard.
Strengthen	33 to 45	Repeat Week 4 moves. Add the Full Routine every other day.

Rules for the extended plan

- Rest one day each week.
- If a move is hard, do fewer reps. Do not do it with a held breath.
- If you go 6 weeks with no change at all, please see a pelvic health physiotherapist. A trained person can check your muscles and give you a plan made for you.
- After day 45, go to the maintenance plan.

The Monthly Maintenance Plan

When the leak gets better, do not stop. Muscles are like a garden. If you stop watering, the weeds return.

Every week

- Do the Full Routine (Day 29) **three times** a week. It takes 10 minutes.
- Use the Sneeze Lift every time. It will become automatic.
- Use "breathe out and lift" every time you lift.

Every month

- Pick one day and do the Laugh and Bounce Test (Day 28).
- Check how you feel. Any new leaks? Any pain?
- Write the result in your tracker.

When life changes

Go back to the full plan if you:

- Have another baby
- Get a long cough or cold
- Start a new, heavy job
- Notice the leaks coming back

When you want to start harder exercise

Add it slowly. Start with walking, then swimming or cycling. Try running or jumping later, only if you stay dry. If you leak, go back a step. Your body is telling you it needs more time.

You are in charge

A strong team does not mean you must never leak again. It means you have a plan, and you know how to take care of your body for life.

Questions Mothers Ask

Is this safe after a C-section?

Yes, once your doctor says your wound is healed and you are cleared to exercise. Start gently. The breathing weeks are very good after a C-section.

Can I do this while breastfeeding?

Yes. Many mothers do. The breathing days can be done while you feed.

How long should I do this each day?

About 5 minutes in the first weeks. Up to 10 later. More is not better. Quality is better.

Should I still do Kegels?

The gentle lifts in this plan are a kind of Kegel. But squeezing alone does not work for most mothers. You need the breath, the core and the floor to work together. And you need to let go.

What if I leak during the plan?

That is normal. It is not a failure. Keep going. Use the Sneeze Lift. Check your breathing. Go back a week if a move is too hard.

When will I see results?

Some mothers notice change in one to two weeks. Many need four to twelve weeks. Real change can take about three months. Please be patient and keep going.

What if nothing changes?

Please see a doctor or a pelvic health physiotherapist. Some causes need more help than a book can give. Getting help is smart.

Do I need to tell my husband?

You do not have to. But many husbands feel relieved to know. They often notice the distance and think something else is wrong. Telling him can bring you closer.

A Last Word From Salome

You have come a long way. You read about your body. You learned the Pressure Lock System. You made time for yourself, maybe in the middle of babies, work and a house to run. That is not small.

Whatever your result is today, I hope you leave this book with three things.

- 1. You were never broken.** Your body worked hard, and nobody gave it the next step.
- 2. Small steps count.** Five minutes a day beats an hour once a month.
- 3. You are allowed to ask for help.** A doctor or physiotherapist is a friend, not a judge.

Laugh out loud. Dance at the party. Jump with your children. Let your husband hold you. You deserve a life without bracing.

I am cheering for you.

With love,

Salome Saki

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

Your 30-Day Tracker

Tick each day you finish. Write your leaks for the day.

Day	Done	Leaks	Day	Done	Leaks
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		

TOOLS

My Notes

Write what you notice. What helped? What was hard? What do you want to remember?