

BONUS GUIDE

BONUS

THE MUMMY TUMMY RESET

*Gentle Steps To Reconnect With
Your Belly After Baby*



Salome Saki

The Mummy Tummy Reset

Written by Salome Saki

Copyright by Salome Saki. All rights reserved. Please do not copy or share this book without asking.

Please read this first

Dear Mama, be gentle with yourself as you begin.

Go at your own pace. 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.

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

A Letter From Salome

Dear Mama,

Your belly carried a whole person.

Then everyone expected it to snap back.

It does not work like that. And that is okay.

This guide helps you rebuild from the inside. Gently. One step at a time.

No crash diets. No crunches. No shame.

With love,

Salome Saki

How to use this guide

1. Read Chapters 1 to 4 first.
2. Follow the 6-week plan in order. Do not skip ahead.
3. Move for 5 to 10 minutes, 4 or 5 days a week.
4. Keep the Pocket Cheat Sheet where you can see it.

Works with your main guide

Your deep core and belly wall are two of the four parts of the Pressure Lock System™ in The Dry Mom 30-Day Recovery Blueprint™. This guide gives them extra care.

Your Belly Did Something Amazing

For nine months your belly stretched to make room. Your muscles stretched. Your skin stretched. Everything inside moved over.

It took nine months to stretch. It will not take nine days to come back.

What changed

- Your belly muscles were stretched long.
- A gap can open between the two front belly muscles. This is common.
- Your deep core went to sleep.
- Your posture changed.
- Night feeds left you tired.

What this guide will do

- Help you wake up your deep belly muscles
- Build strength in safe, gentle steps
- Help you feel steady and strong again

What this guide will not do

It will not promise a flat tummy. Bodies change after babies. A soft belly is not a failure. It is proof that you grew a life.

Remember

Your body is not behind. It is just getting started.

Meet Your Belly Team

Your belly is not one muscle. It is a team.

Part	What it does
Breathing muscle	The roof. It moves down as you breathe in.
Deep belt	The inner muscle that wraps around you like a belt. It keeps your middle steady.
Front muscles	The two straight muscles at the front. The gap can open between them.
Side muscles	They help you twist and bend.
Pelvic floor	The floor. A hammock of muscles that holds up your bladder and womb.

These parts work together as a team. In your main guide this is the Pressure Lock System™.

The key idea

The deep belt should wake up first. When you do hard moves too early, the belly can push out instead. That is why we start gently.

The Gap Check

Many mothers have a gap between the two front belly muscles. Doctors call it diastasis recti (say dy-AS-tuh-sis REK-tie). It is common.

Check it once a week, not every day.

1. Lie on your back. Bend your knees.
2. Put your fingers flat just above your belly button, pointing to your feet.
3. Breathe out and lift your head and shoulders a tiny bit.
4. Feel for a gap between the muscles. Count how many fingers fit.
5. Check at the belly button and just below it too.

What you may feel

A small gap, about one or two fingers: common. Gentle work often helps it.

A wide gap, a deep soft spot, or a ridge that pops up down the middle: please see a physiotherapist.

Safety

It should not hurt. If it hurts, stop and see a health worker. If you are still in the first six weeks after birth, wait for your doctor's okay.

Do This, Not That

Some popular moves are too much, too early.

Too early	Try this instead
Sit-ups and crunches	Belly Belt Breath
Full planks	Wall push-ups
Heavy lifting with a held breath	Breathe out as you lift
Fast "belly burning" videos	Slow moves from this guide
Holding your tummy in all day	Let your belly relax

A word on belly binders

Some mothers like a binder for a short time after birth. Do not wear one tight all day for months. Ask your health worker.

Signs a move is too much

- Your belly pushes out in a dome or ridge
- You leak urine
- You feel pain or a heavy feeling
- Your back hurts

If you see these signs, stop. Go back to an easier move.

The Belly Belt Breath

This is the most important move in the guide. Do it first every time.

1. Lie on your back. Bend your knees. Put your hands on your lower ribs.
2. Breathe in through your nose for 4 counts. Feel your ribs open like an umbrella.
3. Breathe out through your mouth with a slow "sss" for 6 counts. Gently draw your lower belly in, like zipping up snug trousers.
4. Feel your belt tighten a little. Keep breathing.
5. Let go fully. Do 10 rounds.

You should feel

A soft tightening deep in your lower belly, like a belt. Your upper belly stays flat. Your neck and shoulders stay relaxed.

Do it sitting too

Sit tall on a chair. Same steps. Use it while the baby feeds or the food cooks.

Too hard? Breathe out for 4 counts. Use less effort. About 3 out of 10 is enough.

Gentle Moves

Start each time with 10 Belly Belt Breaths. Then do these.

1. The Slippery Heel

Lie down. Bend your knees. Breathe out and slide one heel away until the leg is long. Breathe in and slide it back. Keep your belly flat. Do 6 on each leg.

2. Rock the Bowl

Picture your pelvis as a bowl of water. Breathe out and tip the water toward your belly button. Breathe in and tip it back. Do 10 slow rocks.

3. The Knee Fall

Lie down. Bend your knees. Breathe out. Let one knee fall slowly to the side. Bring it back. Do not let your belly bulge. Do 6 on each side.

Tip

Do these 4 or 5 days a week. Rest on the other days. Resting is part of the plan.

Stronger Moves

Start with 10 Belly Belt Breaths. Then add these.

1. The Necklace Bridge

Lie down. Bend your knees. Breathe out and lift your hips slowly, one bone at a time. Stop when your body is a straight line. Breathe in at the top. Roll down slowly. Do 8.

2. The Clamshell

Lie on your side. Bend your knees. Keep your feet together. Breathe out and lift the top knee like a clam opening. Lower slowly. Do 10 on each side.

3. Marching Knees

Lie down with your knees up over your hips. Breathe out. Lower one foot and tap the floor. Bring it back. Keep your belly flat. Do 6 on each leg.

4. The Table-Top Slide

Go on hands and knees. Breathe out and slide one leg back along the floor. Bring it back. Do 5 on each leg.

Building Up

Your team is awake now. Time to build. Start with 10 Belly Belt Breaths.

1. Wall Push-Ups

Stand an arm's length from a wall. Put your hands on it. Breathe in. Breathe out and push your chest away. Do 8.

2. The Hot Seat Squat

Stand in front of a chair. Send your bottom back as if the chair is hot. Breathe out and stand. Do 8.

3. Standing March

Stand tall. Breathe out and lift one knee. Lower slowly. Do 10 on each side.

4. A Brisk Walk

Walk for 20 minutes. Stand tall. Swing your arms.

Going further

Add one new thing every two weeks. Try running or jumping only if you have no leaks, no belly doming and no heaviness. You never need to do crunches.

Everyday Posture

Your day has far more moves than your workout does. Small habits add up.

Moment	What to do
Feeding your baby	Sit tall. Use pillows to support your arms.
Carrying your baby	Hold them close. Switch sides often.
Getting out of bed	Roll to your side. Push up with your arms.
Lifting anything	Breathe out as you lift. Bend your knees.
Standing	Soft knees. Ribs over hips. Relax your belly.
Sneezing or coughing	Use your Shield: Spot, Breathe, Lift, Hold.

Make it a habit

Choose two moments from this list. Practice them every day this week.

Eat, Rest and Be Kind

Eat

- Eat regular meals. Do not skip them.
- Add protein, like eggs, fish or beans.
- Eat vegetables, fruit and whole grains.
- Drink water through the day.

No crash diets. Your body needs food, most of all if you breastfeed. Ask your health worker for advice made for you.

Rest

Sleep when your baby sleeps, if you can. Ask for help. Take ten minutes just for you.

Be kind

Say these to the mirror:

Five kind sentences

My body made a person.

My body is learning again.

I do not need to hurry.

Small steps count.

I am doing well.

Pocket Cheat Sheet

Every time

1. Belly Belt Breath: 10 rounds.
2. Your moves for this stage.
3. Breathe out on effort.

Stage	Moves
Weeks 1 and 2	Slippery Heel, Rock the Bowl, Knee Fall
Weeks 3 and 4	Necklace Bridge, Clamshell, Marching Knees, Table-Top Slide
Weeks 5 and 6	Wall Push-Ups, Hot Seat Squat, Standing March, Walk

Stop if

- Your belly domes or ridges
- You leak
- You feel pain or heaviness

See a health worker if

- A wide or deep gap
- Pain, bleeding or a bulge in your vagina
- No change after six weeks

Your 6-Week Check

Each week, write how many days you moved and what the gap check felt like.

Week	Days moved	Gap check	How I feel
1			
2			
3			
4			
5			
6			

A last word from Salome

You do not need a new body. You need a kind plan and a little time.

I am cheering for you.

With love,

Salome Saki

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