

BONUS GUIDE

BONUS

THE SNEEZE SHIELD™

*Four Quick Steps For The Moments
That Catch You Out*



Salome Saki

The Sneeze Shield™

Written by Salome Saki

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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,

You feel it coming. The tickle. The tingle.

Your whole body goes tight, and you pray.

I know that moment too.

This small guide is for that moment.

One move. Four steps. About two seconds.

Learn it once. Use it everywhere.

With love,

Salome Saki

How to use this guide

1. Read Chapters 1 and 2. It takes about ten minutes.
2. Do the 5-day practice in Chapter 3. Five minutes a day.
3. Then use your Shield in real life. Chapters 4 to 6 show you how.
4. Keep the Pocket Cheat Sheet on your phone or fridge.

Works with your main guide

This bonus goes with The Dry Mom 30-Day Recovery Blueprint™. The main guide trains your whole Pressure Lock System™. The Shield is your quick move for the moment itself.

Why Sneezes Catch You Out

A sneeze is fast. It is also strong.

In a blink, air rushes out. The pressure inside your belly jumps up. That pressure pushes down on your bladder.

Your pelvic floor is the muscle hammock at the bottom of your middle. Its job is to tighten and hold, just in time.

It is about timing

After pregnancy and birth, the timing of this team can slip. The programme calls the team your Pressure Lock System™. The pressure arrives, and the floor is a split second late.

That is why a leak can happen even when you feel fairly strong. It is not only about strength. It is about being **on time**.

The big idea

The Sneeze Shield makes you early.

You lift **before** the sneeze, not after it.

Nothing to be ashamed of

Many mothers have this. Most never say a word. Now you have a plan, and it is simple.

The 4-Step Shield

Here is the whole move. Say it in your head: **Spot. Breathe. Lift. Hold.**

1. **Spot it.** Notice the first sign. The tickle in your nose. The laugh rising. The cough starting.
2. **Breathe out a little.** Do not hold your breath. A small, soft breath out.
3. **Lift.** Gently lift the muscles deep inside, like holding back wind. Draw your lower belly in a tiny bit.
4. **Hold.** Keep the lift while you sneeze, cough or laugh. Then let go slowly.

How it feels

The lift is small and inside. Your buttocks and thighs stay soft. Your shoulders stay down. Your face can do whatever it wants.

Think of a door

Picture a door at the bottom of your middle. A sneeze is the wind. Step 3 closes the door **before** the wind arrives.

How long?

The whole move takes about two seconds. At first you will think about it. After some practice, your body does it for you.

Learn It in 5 Days

Five minutes a day. Do not skip ahead.

Day 1: Find the lift

Lie down. Bend your knees. Breathe out and lift gently, like holding back wind. Hold for 3 counts. Let go fully. Do 8 times.

Day 2: Add the breath

Same as Day 1. This time breathe out softly as you lift. Never hold your breath. Do 8 times.

Day 3: Stand up

Stand tall with soft knees. Breathe out and lift. Hold for 3 counts. Let go. Do 8 times. Notice that it feels different standing.

Day 4: Add the cough

Stand tall. Breathe out. Lift. While you hold the lift, give a small, soft cough. Let go slowly. Do 5 times. Then try a tiny "ha" sound.

Day 5: Make it quick

Spot it, breathe, lift, hold. Now do it fast, in about two seconds. Do 10 quick ones. Rest between each one.

Too hard?

Go back one day. Do fewer. Quality is better than speed. If you feel nothing at all after a week, a pelvic health physiotherapist can check you.

Sneezing in Real Life

You do not sneeze only when you are standing and ready. Here is how to use your Shield in different places.

Standing

Stay tall. Soft knees. Spot it, breathe out, lift, hold. Do not bend forward as you sneeze.

Sitting

Sit tall with your feet flat. Do not slump. Lift as you feel it coming.

Lying in bed

Bend your knees if you can. Lift first. Then sneeze. Roll to your side to get up after.

In the car or on a bus

Your feet flat. Back tall. Same four steps. Nobody can see it. That is the beauty of it.

When you have no warning

Some sneezes come fast. If you only have a half second, do the lift. Even a late lift is better than none. Practice makes you faster.

Try this today

Do the Shield on every sneeze you have today. Count how many. It is the best practice there is.

Coughing and Laughing

Coughing

A cough is a sneeze in slow motion. Use the same Shield. Spot it, breathe out, lift, hold.

If you cough many times in a row, lift **before each cough**. Rest and breathe between coughs, so your muscles do not get too tired.

Laughing

You do not have to stop laughing. Laughing is good for you.

Here is the trick. When a big laugh is coming, breathe out and lift softly. Then laugh. Let go gently when it passes.

If you are laughing hard for a long time, give a soft lift every few seconds. Think of it as a small reminder to your body.

Two things to remember

Soft is enough. A big squeeze is not needed.

Let go after. Your floor needs to rest as well.

Dancing and singing

The same idea works. A soft lift when the beat gets big or the high note comes. Breathe out as you sing.

Everyday Moments

Pressure comes up in many small moments. Here is your quick guide. The rule is the same each time: **breathe out and lift as you start.**

Moment	What to do
Picking up your baby	Breathe out and lift. Hold the baby close. Then stand.
Getting out of bed	Roll to your side. Breathe out and lift. Push up with your arms.
Standing up from a chair	Lean forward. Breathe out and lift just before you stand.
Carrying water or a bucket	Breathe out and lift as you pick it up. Keep it close to your body.
Bending to the floor	Bend your knees, not your back. Lift as you come up.
Getting up from kneeling or prayer	Breathe out and lift before you rise.
Climbing stairs	Breathe normally. Give a soft lift on steps that feel hard.
Playing with your children	A soft lift before you jump, run or lift them.

Make it a habit

Choose three moments from this list. Use the Shield on them every day this week. Next week, add three more.

Seven Mistakes to Avoid

1. **Holding your breath.** This pushes pressure down. Always breathe out.
2. **Squeezing too hard.** A gentle lift is enough. Hard squeezing tires the muscle.
3. **Squeezing your bottom or thighs.** The lift is inside. Keep the outside soft.
4. **Bending forward.** Stay tall when you sneeze or cough.
5. **Lifting too late.** Lift when you first spot it, not after.
6. **Forgetting to let go.** A muscle that never rests gets tired.
7. **Giving up too soon.** Give it at least two to three weeks of daily practice.

One more thing

Do not test the lift by stopping your urine in the toilet. It can upset your bladder. Practice lying down or standing, not on the toilet.

Colds, Allergies and Dust

Some days you sneeze and cough a lot. Colds. Flu. Dust. The dry harmattan wind. These days are the best days to use your Shield, and the hardest.

What helps

- Use the Shield on **every** sneeze. Yes, every one. It becomes a habit fast.
- Blow your nose gently, one side at a time.
- Drink water through the day.
- Rest when you can. A tired body is slower to react.
- Keep tissue close, so you are not rushing.

Sneezing fits

If you sneeze many times in a row, lift before the first one. Then lift again for each one after. Breathe out between them.

See a health worker if

your cough lasts more than three weeks, you cough up blood, you have a fever that will not go, or you have chest pain.

A long cough also strains your pelvic floor. Treating the cause helps both.

Small Habits That Help

The Shield works best with a few simple habits.

- **Eat fibre.** Beans, vegetables, fruit, oats. They keep your stool soft, so you do not strain.
- **Drink water.** Small drinks often work better than a lot at once.
- **Do not push on the toilet.** Put your feet on a small stool. Lean forward. Breathe. Wait.
- **Do not rush in "just in case".** Going all the time can teach your bladder to feel full too soon.
- **Cut back on fizzy drinks and too much caffeine.** They can irritate the bladder.
- **Walk daily.** Gentle walking helps your whole body and your mood.

Rest counts

Sleep when your baby sleeps if you can. A rested body heals better.

Pair it up

When you do your habit for the day, say the four steps in your head once: Spot. Breathe. Lift. Hold.

Your Confidence Kit

While you learn your Shield, have a little backup. This is not a failure. It is wisdom.

Put in your bag

- A spare liner or pad
- A spare pair of underwear
- A small pack of wipes
- A small bag for used items
- A dark scarf or wrapper you can tie around you

A line you can use

If you ever need to step away, you can just say: **"Excuse me, one second."** Nobody needs to know more.

Be kind to yourself

Some days will be better than others. That is normal. A leak does not mean the Shield failed. It means you are still learning.

When to stop the backup

Stop using a liner when you have been dry for a while and feel ready. Not before. There is no rush and no shame.

Pocket Cheat Sheet

The 4-Step Shield

1. **Spot it.** Notice the tickle, laugh or cough.
2. **Breathe out** a little. Never hold your breath.
3. **Lift** gently inside. Draw your lower belly in a tiny bit.
4. **Hold** through the sneeze. Then let go slowly.

Remember

- Stay tall. Do not bend forward.
- Soft is enough. Keep your bottom and thighs relaxed.
- Lift before, not after.
- Use it on every sneeze, cough and big laugh.
- Breathe out when you lift or carry.

Do not

- Hold your breath
- Squeeze too hard
- Test it on the toilet
- Give up after three days

See a health worker if

- Pain, bleeding or a heavy feeling in your vagina
- Blood in your urine
- A cough that lasts more than three weeks
- No change after six weeks of daily practice

TOOLS

Your 7-Day Shield Check

Each day, tick when you practiced. Count how many sneezes or coughs you shielded. Count your leaks.

Day	Practiced	Shielded	Leaks
1			
2			
3			
4			
5			
6			
7			

A last word from Salome

You now have a move that takes two seconds. Use it. Be patient. Be kind.

You were never broken. Your body just needs a little help with timing.

I am cheering for you.

With love,

Salome Saki

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