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MUMMA

## PREPARING YOUR BODY

### PERINEAL MASSAGE

1. Wash hands.
2. Find the best comfortable position, you may find being propped up with pillows on a bed the best.
3. Using a basic oil such as olive or coconut oil (don't get sucked into the overpriced perineal massage oils available to buy!), enter both thumbs into the vagina, just within the back wall - you can rest your forefingers on your buttocks (you can use two fingers if it's easier).
4. Press down a little towards your rectum (back passage) and gently move the thumbs upwards and outwards in the shape of a 'U', applying gentle pressure in a rhythmic movement. This is massaging the inside of the vagina, not the outside.
5. There should be a feeling of tightness, but not of pain. If this hurts you, lessen the pressure.
6. Focus on using Calm Breathing techniques whilst doing this, and on relaxing the area as much as possible. This is great practice for when the baby is coming.
7. Continue for 5 minutes, either every day or every other day from 34 weeks until birth.

### PELVIC FLOOR

To strengthen your pelvic floor muscles, sit comfortably and squeeze the muscles 10 to 15 times.

Do not hold your breath or tighten your stomach, bottom or thigh muscles at the same time.

When you get used to doing pelvic floor exercises, you can try holding each squeeze for a few seconds.

Every week, you can add more squeezes, but be careful not to overdo it, and always have a rest between sets of squeezes.

After a few months, you should start to notice results. You should keep doing the exercises, even when you notice they're starting to work.