



The 5-Minute Pelvic Floor Release Card

Help your pelvic floor let go twice a day this week with slow breathing and three resting positions.

Belly breathing to let go

- 1 Lie on your back, knees bent, one hand on your belly, one on your ribs. Soften your jaw and shoulders.
- 2 Breathe in through the nose for 4 counts. Belly rises, pelvic floor sinks down like a hammock.
- 3 Breathe out through your mouth for 6 counts. Do not squeeze. Let the pelvic floor stay heavy and loose.
- 4 Repeat for 10 breaths. If you feel a lift on the out breath, slow down and breathe even softer.
- 5 Do this twice a day: in bed before you get up, and after one feed, from the first week on.

Three resting positions

- ☐ Child's pose: knees wide, chest low, 10 slow breaths. Put a pillow under your chest in the first 2 weeks.
- ☐ Happy baby on your back: hold your shins or thighs, knees wide, 10 slow breaths, about 1 to 2 minutes.
- ☐ Deep squat holding a chair or doorframe, heels down, 5 breaths. Skip it while stitches still pull.
- ☐ Side-lying, pillow between your knees, 2 minutes. Let your belly rest into the mattress.
- ☐ On the toilet: feet on a stool, lean forward, breathe out slowly. Never push or hold your breath.

Signs your pelvic floor is holding on

- Your jaw, shoulders or fists are clenched while you breathe. Unclench them first, then start again.
- You grip your glutes or belly during feeds, when the baby cries, or when you lift the car seat.
- Peeing takes a moment to start, or the stream stops and starts. Sit, lean forward, breathe out slowly.
- A tampon or sex feels tight or stings. Keep the routine daily and ask about a pelvic floor PT.
- An ache at the perineum that eases after the 10 breaths. Note it in the log and keep going.

Daily Release Log

Date	AM breaths done	PM position + minutes	Tension 0 to 10

When to get help: See your OB-GYN, midwife or a pelvic floor PT if you feel pressure, heaviness or a bulge at the vagina, or cannot fully empty your bladder.

Free guide: **How to Relax Your Pelvic Floor After Birth**
postpartumlibrary.com/body/how-to-relax-pelvic-floor

The complete plan: **The 10-Minute Mom Pooch Reset**
postpartumlibrary.com/mompooch