



Apron Belly Daily Care Card

Keep the skin under the fold healthy and start gentle breath and core work in 10 minutes a day this week.

Under the fold, once or twice a day

- ☐ Wash under the fold with warm water and a mild unscented soap, then rinse until no soap is left.
- ☐ Pat the skin dry with a soft towel for a full minute. Do not rub. Let it air for 2 minutes before dressing.
- ☐ Wear a cotton or moisture-wicking waistband that sits above or below the fold, not on the crease.
- ☐ Change out of damp clothes, pads or a sweaty bra within 30 minutes so the skin does not stay wet.
- ☐ Look at the crease in a mirror or with your phone camera once a day and note any redness or sting.
- ☐ If the skin is intact but chafes, a thin layer of zinc oxide or petroleum jelly after drying can help.

Breath and deep core, 5 minutes

- 1 Lie on your back or side with knees bent. Place both hands on your lower ribs, thumbs toward your back.
- 2 Breathe in through your nose for 4 counts and feel the ribs widen into your hands. Do 10 breaths.
- 3 On each exhale, gently lift the pelvic floor and draw the lower belly in for 5 counts. Do 8 reps, then rest.
- 4 From week 2 if you feel ready, add heel slides: exhale, slide one heel out, inhale back. 6 each side.
- 5 Standing, stack your ribs over your pelvis and let the belly hang soft. Repeat 5 slow breaths, 3 times a day.
- 6 Skip sit-ups, crunches and planks for at least the first 12 weeks, longer if you see coning along the midline.

Signs to pause and go slower

- A ridge or dome rises along the middle of your belly when you lift your head or exhale hard.
- You feel pressure, heaviness or dragging in the vagina or rectum during or after the breaths.
- You leak urine with the reps, or need to hold your breath to finish them.
- The skin under the fold is red, hot or stings after washing, or the redness has not faded by the next day.
- Your C-section scar pulls, burns or feels numb-then-sharp during heel slides. Drop to breaths only.

Daily Skin and Breath Log

Date	Skin washed and dried (Y/N)	Skin looks (ok / red / sore)	Breaths done	Core reps done

When to get help: See your OB-GYN or midwife if the skin under the fold is raw, weeping, cracked, smelly or still red after 3 days of daily drying.

Free guide: **What Is Apron Belly and What Changes It After Having a Baby**

postpartumlibrary.com/body/what-is-apron-belly

The complete plan: **The 10-Minute Mom Pooch Reset**

postpartumlibrary.com/mompooch