

10 things I wish I'd known during pregnancy

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It seems that during pregnancy, family, friends, co-workers, and even strangers have suggestions, advice, and opinions to give the mama-to-be.

Yet, despite all of the 'advice' given most mamas get to the other side of pregnancy feeling like they were not ready for what it would **really** be like.

At MUTU we want you to feel **prepared** in deeper and more important ways.

We talk to women every day that tell us what they wish they'd have known...what would have been helpful...what they felt was missing in the advice they were given during their pregnancy.

So here are the top *10 Things* we want you to know *during* pregnancy that will help you prepare for after pregnancy.

1. Exercising has many benefits

Exercise during pregnancy can help minimize pain and discomfort, prevent injury, build strength for birth and significantly aid in postpartum recovery.

Exercising has so many mood-boosting and mental health benefits also. It's important to focus on physical and mental wellbeing during pregnancy.

It doesn't matter if you didn't exercise before, you can still start. And if you are working out already, you can adapt and modify your exercise program to stay strong and healthy throughout your pregnancy.

What you can do:

- Find ways you enjoy moving your body during pregnancy - exercise should be fun.
- Try for 20 minutes of movement each day to gain the health benefits and reduce the risk of pregnancy complications.
- Build your core. Staying connected to your deep core muscles as well as your pelvic floor is crucial to your body's health during and after pregnancy.

MUTU is not only safe during pregnancy but extremely beneficial. You will learn the correct exercises and techniques to maintain core and pelvic health, modifications to help adapt your exercises as you get further along in pregnancy, and you'll have access to community resources to ask questions and get support.

The focus of exercise during pregnancy is supporting and preparing your body through the process of pregnancy, birth, and recovery.

After using the MUTU program, 95% had noticed a change in how they feel about their body and what it is able to do*



2. Feelings immediately after birth

There is no one right way to feel after giving birth.

You might have that moment of instant bonding and love as you see your baby for the first time, or you might be totally overwhelmed, confused or fearful wondering what have I done?!

What you can do:

- Recognize and acknowledge your feelings without judgement.
- Talk to others who are going through the same as you about how you are feeling. Keep talking and surround yourself with support. Our community of pregnant and postpartum mamas is on hand to surround you with the support you need.
- Focus on bonding with your baby through skin to skin and feeding.

Understand that there is nothing wrong with any way you feel, it doesn't make you any less or more for having a certain experience. This journey is unique to you and there is no 'one way' to be.

3. Riding that Roller Coaster of Emotions

You will ride a roller coaster you didn't know you signed up for - the emotional roller coaster. It comes with feelings of high highs and low lows. This could happen minute to minute... hour by hour... or day by day.

Your hormones are going through massive adjustments which leads to emotions being all over the place. This is normal - give yourself some extra kindness as you go through the swings of emotions.

It is okay to be laughing one minute over how cute your baby is and crying the next because you have no idea what you just got yourself into.

You are **not** crazy, you are a normal mama experiencing the 4th trimester. If you are struggling, do not hesitate to ask for help.

Part of that can be the 'baby blues' - feelings of worry and sadness for no reason. This is normal for the first few weeks after giving birth.

But if you find you can't shake feelings that bring hopelessness, sadness, paralyzing overwhelm, or you feel disconnected and numb, or maybe you don't know how you are feeling, you just know something is not right-- speak up.

Postpartum depression, anxiety and even psychosis are real. Nothing to feel shame about, to hide, or to try and ignore.

What you can do:

- Prioritize taking care of yourself postpartum. Eating consistent meals, hydrating, resting, taking a little time for just yourself. Taking care of a new baby is time consuming, but not caring for yourself is NOT an option. You need to nurture yourself the same way you nurture your child.

- If you are struggling don't keep it to yourself. Tell your partner, other mamas in your community, family, or a trusted confidant.
- Be honest with your provider at your 6 week checkup. They should ask about your mental health, tell them exactly how you are feeling and keep speaking up until you receive the help you feel you need. It can also help to bring someone close to you to this appointment as well, as they can also speak up and support you.

Even if you aren't in the immediate postpartum phase if you find you are struggling with your mental health and wellbeing, **seek support**.

Pre and postnatal mental health support

UK PANDAS

US Postpartum Support International



4. Sex, let's talk about it.

Sex can be painful for a few weeks, or months after birth, especially depending on the type of birth you had and if you had any interventions that caused pelvic floor trauma.

Sure the doctor says you are good to go around 6 weeks PP, but if 6 weeks rolls around and you still want nothing and no one going near your nether regions- that is okay and understandable. Take your time!

What you can do:

- During pregnancy, master the release phase of your pelvic floor exercises. A too-tight (hypertonic) pelvic floor post-birth can cause pain during sex. Getting yourself familiar with engaging and, equally important, releasing those muscles will really help.
- Wait until you feel ready. You should never be pressured into anything.
- Use extra lubrication if needed as postpartum hormones can affect natural lubrication.

- Go slow. Ensure your body is ready for penetration to limit pain.
- Speak up if there is any pain or discomfort- physically or emotionally.

Sex should be empowering, fun, and pleasurable for you. The moment it isn't, slow it up or stop.

After using MUTU, 93% saw an improvement in discomfort during sex*

5. Feeding your baby

Breastfeeding?... Amazing! Pumping + bottle feeding?... Amazing! Tube Feeding?... Amazing! Formula feeding?... Amazing! A combination of those? You go mama!

Fed is best. Period. There is NO shame and should be no judgement in how you choose to feed your baby.

Everyone has circumstances inside and outside of their own control that can impact this choice. It's nobody's business but yours.

What you can do:

- If planning to breastfeed take a lactation course to ensure you have the right tools and support needed to help you be successful.
- Find a support partner. Your birth partner, a family member, or friend. Having outside support will help you feel more confident and happy in your choice.
- No matter how you feed your baby, use that time to connect and bond by speaking to your baby, looking them in the eyes, and being present in the moment.

When it comes to feeding, go with what works best for you and your baby. This is a personal choice for YOU to make-- no one else.



6. Hemorrhoids

Even if you've never experienced hemorrhoids before, there is a good chance you will postpartum.

Hemorrhoids are swollen veins in the lower part of the anus and rectum. Awesome, huh?

While annoying and painful they are often temporary and heal within the first few weeks postpartum.

What you can do:

- Use tuck pads. Change often.
- Ice and rest often.
- Sitz baths.
- During pregnancy and after, avoid straining when going to the bathroom. Use a low stool or squatty potty to rise your feet into an optimal position.

7. Incontinence

The pelvic floor goes through a lot during pregnancy and birth. Depending on many factors incontinence could come as a result of the load, strain, and trauma experienced.

There are different types of incontinence, urinary and/or faecal, including:

- Stress Incontinence. Think sneeze pee, trampoline pee, laugh pee, cough pee.
- Urge Incontinence. The kind of sudden, for no apparent reason, uncontrollable urge to pee (or poo - that's a thing too).
- Overflow Incontinence. When you can't quite empty your bladder and dribble urine after.

Incontinence is not just something you have to put up with and live with. It is something you can address and move past to enjoy a leak free life.

What you can do:

- Educate yourself on your pelvic floor during pregnancy. Knowing your body is the first step to empowering yourself.
- Learn how to correctly contract and release your pelvic floor muscles and how to integrate that into your daily movements and exercise. Doing this work during pregnancy will help improve your recovery.
- Prioritize rest during the first few weeks postpartum.

Your pelvic floor has healing to do and

rest is key.

Kegels are often taught as the gold standard for pelvic floor exercises, but your body needs more than just isolation of these muscles. You need to learn how to utilize the function of your pelvic floor into daily living. MUTU teaches you this and the sooner you start to apply it, the better.

8. Prolapse

Pelvic organ prolapse is an injury that can also happen due to excessive pressure inside your abdomen and pelvis. Pressure that pushes everything away, outwards and downwards.

Pregnancy doesn't cause prolapse and neither does simply having a weak pelvic floor. Similar to incontinence it is a combination of multiple factors that can lead to prolapse. However there is no question that prolonged labour and pushing, or medical intervention such as forceps or ventouse, may increase the likelihood of prolapse occurring.

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Use this promo code at checkout: **PREP10**
or read on to learn more about MUTU System

What you can do:

- Apply the principles of MUTU that help you manage pressure systems and stay connected to your pelvic floor through functional movement throughout pregnancy and early postpartum.
- Again, prioritize rest during the first few weeks postpartum.
- See a pelvic physical therapist for an internal exam if you have any discomfort, pain, or other symptoms concerning your pelvic floor. WW

Knowing about prolapse and what you can do to support your pelvic floor throughout pregnancy will help you understand many of the factors that contribute to prolapse and can help lessen the chances of developing one, or increase your recovery time.

9. Diastasis Recti

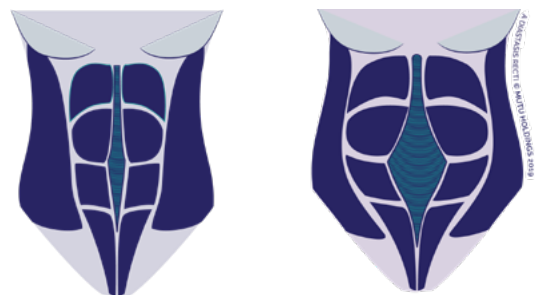
Did you know that 100% of pregnant women get Diastasis Recti (a separation of the abdominal muscles)?

This usually heals shortly after giving birth but sometimes doesn't and can cause a host of issues.

What you can do:

- Learn about alignment through MUTU and how this impacts core health, especially during pregnancy.
- Don't skip core exercises during pregnancy! No, you won't be doing traditional crunches or 100's but there are plenty of ways to focus on core strengthening and connection during your prenatal period.
- Ease into high impact exercises postpartum. Allow time for the core to heal in the early months and focus on supporting that healing through gentle restorative exercises.

Not sure what the right core exercises are for during pregnancy? MUTU has you covered with all the right core focused exercises to prepare you during pregnancy and also to help the abdominal wall heal and restore after giving birth.



Having diastasis recti does **not** mean your body is broken, or that you did something wrong, or that there is no hope.

There absolutely is! You just need the right tools and environment to support healing.

94% of women with diastasis recti reported an improvement after using MUTU*

10. Patience in Healing

Healing takes time. Your body took months to grow a life inside you. Be patient as your body heals post-birth and have realistic expectations for healing.

What you can do:

- Get adequate sleep at night. While this can be hard with newborns the key is to prioritize rest whenever possible.

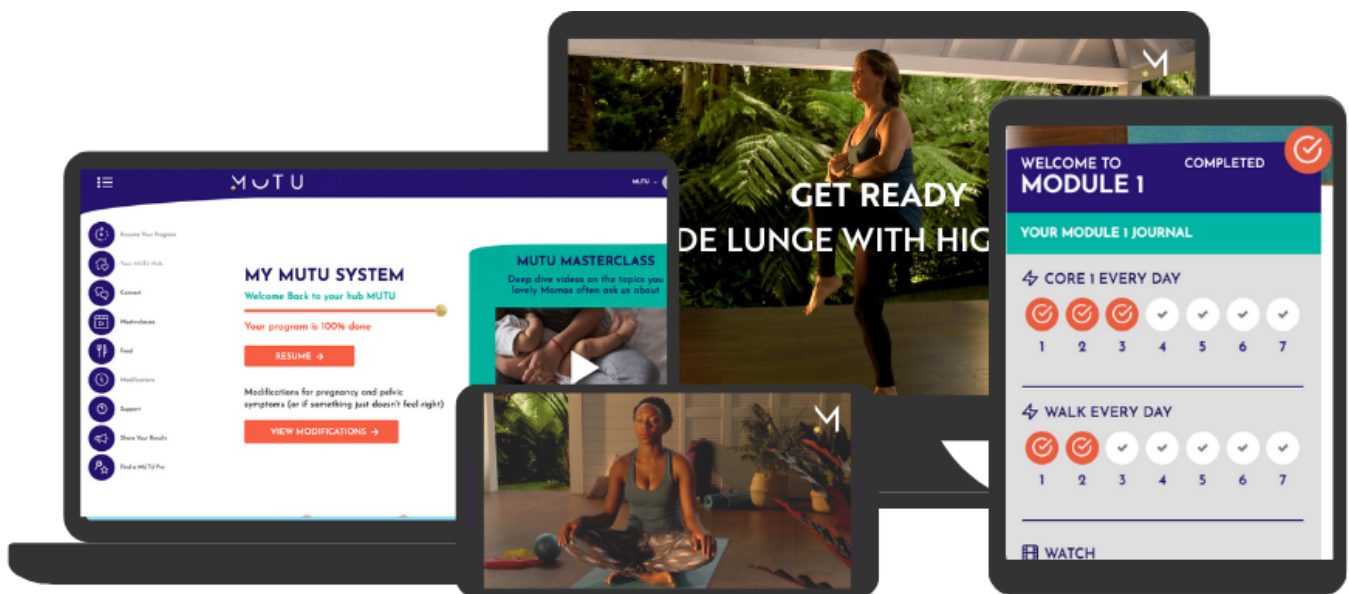
- Proper nutrition and hydration. Plan meals ahead, stock your kitchen with nutritious snacks and food, keep a water bottle full and close by. Set reminders to nourish your own body if needed.
- Connect with the right muscles during pregnancy so your healing can be quicker and more effective post-birth.
- When ready, start incorporating proper restorative movement into your routine. The MUTU Breath is not only beneficial but very manageable to incorporate into your daily routine in the early days and weeks. From there MUTU Core is the perfect companion to give your core and pelvic floor the needed TLC to strengthen and heal.

Above all, ditch the societal pressures of 'snapping back' or 'getting your body back'... since it didn't *actually go anywhere!*

Your body is a total ROCK STAR for bringing life into this world-- don't lose sight of that, ever.

Are you ready for your next step?

MOTU are the leaders in transformative pregnancy and postnatal care, medically proven to prepare you for birth and recovery. By joining us during your pregnancy you are in the absolute best place to have a more comfortable pregnancy, prepare for birth and to heal and restore afterwards.



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