

## 5 Myths about Post Natal Baby Bodies



Imagine a life where you had made peace with how you look, ate to nourish your body and moved for joy.  
And a world where you could sneeze with ease.....;)

1. ***“You CAN get your pre baby body back”.***

Again this is unhelpful to a new mum who is facing a multitude of changes to her physical body; to her sense of self; her body image; her relationship and to her life in general. Once you have a baby you are post natal for life. Your body will not be the same again but personally, I saw it as a new beginning and a chance to really find that core connection that I used to hear Pilates teachers talk about.

2. ***“You’ve got to work hard lose the baby weight”*** You

don’t have to ‘lose the baby weight’. That is not how this works. Postnatal weight retention is a thing. and it's TOTALLY normal. As with most things, your body is smart as because of the hormone prolactin, our appetites are stimulated. Breastfeeding moms should stock up on food when available. That way they maintain sufficient energy reserves to feed their babies. So rather than focusing on weight loss, allow your body to do its job, nourish your body and embrace movement that you enjoy and can do regularly. The rest will take care of itself.

3. ***“Burpees and bootcamps will help you to “bounce back.”***

During pregnancy your alignment naturally shifts and hormones such as relaxin stay in body for several months so rushing back to punishing workouts and throwing your body around with HIIT training could be potentially detrimental to your recovery. You should focus on easing back into some functional movement to realign the pelvis, and to begin to gently reconnect to your core muscles and strength.

4. ***“No movement at all for the first 6-8 weeks.”***

This is simply NOT good advice. New mums need to pick up and nurse their babies and often their older siblings, carry car seats and get up at all times throughout the night. Incorporating gentle movement can really help prevent the typical neck, shoulder and low back tension that can plague a new mum's existence.

5. ***Pelvic floor dysfunction is completely normal and just part of having a baby***

Again this is what so many of us are conditioned to believe.

Pelvic floor dysfunction IS a common by-product of childbirth - absolutely! - but continuing stress incontinence is NOT a necessary outcome of having children. When you have a baby you are post natal for life and as such we can ALL benefit from pelvic floor exercises and/or physio if you're struggling.