

# prima Baby & pregnancy

£2.80  
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## 6 BABY HEALTH BOOSTS

PROUD TO BRING YOU  
start 4 life

Every mum should know!

10 ways  
to stay close  
as a couple



FOR EVERY MUM & MUM-TO-BE

**'I'm shattered!'**  
SAFE CURES FOR  
**PREGNANCY  
TIREDNESS**

### NEW BABY?

**CRYING \* SLEEPING \* FEEDING**  
YOUR TOP WORRIES SOLVED!

### How to...

- \* Treat a **fever**
- \* Find great **childcare**
- \* Stop toddler **tantrums**

**REAL-LIFE  
BIRTH  
STORIES**



### How your unborn baby grows

Amazing pictures inside!

### 'What if I need a Caesarean?'

YOUR NO-PANIC GUIDE

**BEST  
BUYS**

\* **COTS, CRIBS,  
MOSES BASKETS**

\* **FEEDING  
ESSENTIALS**

# AND RELAX...

**When you're imagining life with your new baby, bladder weakness isn't something you think about! Depressingly, however, it's a long-term problem for 43% of new mums, says women's health physiotherapist Samantha Gillard.**

'It's common,' she says, 'but not inevitable. Doing pelvic floor exercises during pregnancy can help. Tighten around your back passage as if trying to stop passing wind, then do the same around the front as if trying to stop a wee. Hold for 10 seconds, then relax. Repeat 10 times, then do 10 quick squeezes where you just hold and let go. Repeat three to six times a day.'

'These exercises also mean you'll get more satisfaction during sex and you'll be less likely to suffer incontinence during the menopause.'

Do the exercises post-birth and see a women's health physiotherapist if you're still suffering after four months.

- Samantha helped develop FitBack & Bumps classes for new and expectant mums. Visit [fitbackandbumps.co.uk](http://fitbackandbumps.co.uk).

