



Here are my favorite tips to help mom's regain confidence over bladder urges.

1. When you get the first urge, STOP and DO NOT run to the bathroom! Take a moment before heading off to the toilet. Did you just go a little while ago? Do you really feel full, or is this just an automatic response? Sometimes just the simple awareness of what is going on is enough to shift our mindset and get the urge to settle down. If not, try the following steps.
2. Quickly contract your pelvic floor muscles 10 times or more. These are the muscles in the vaginal area, so think about closing the vaginal opening and lifting them upward like an elevator. These are also the same muscles you use to hold back urine. After ten quick 'elevators' you can keep holding the muscles in, if you feel like that may help.
3. Positive self-talk is important! Calming words to yourself are essential so that you stay out of panic mode and your brain doesn't feel under threat. I recommend a few positive mantras such as:
 - I've got this.
 - I have this under control.
 - I can do this.
4. If you can, sit down or cross your legs. If that's not enough, sit on your heel, or place a towel roll against your perineum. Pressure in the area will help with urge suppression as well.
5. Distraction! After all of the above steps, shift your focus to something else. Think of all the times you were super busy and didn't feel bladder urgency even after a long stretch of time.

Most of all, take a few breaths and *wait for the urgency to pass*.

What's important is getting there *without hurrying*. Instead, calmly walk to the bathroom. If you hurry it could trigger a familiar panic feeling and the urgency may return.

You can do this!