



Tummy Team Birth Professional Pledge

As a Tummy Safe Birth Professional, I pledge to:

- Promote the new standard of care for prenatal core training in my clinical setting.
- Assess all prenatal and postpartum clients for diastasis recti throughout their pregnancy and up to a year postpartum (or longer if complaining of functional weakness symptoms).
- Support neutral alignment and functional core strengthening prenatally and postpartum.
- Educate on optimal mother/fetal alignment.
- Use every opportunity to instruct in the disassociation between the core and pelvic floor in preparation for practice pushing/exhale pushing.
- Encourage postpartum abdominal splinting and birth recovery rehab.
- Assess for core and pelvic floor dysfunction postpartum and make appropriate rehabilitation referrals.
- Apply what I learned in the Tummy Team professional training and continue learning about the importance of emotional and physical core and pelvic floor connection.
- Be a resource in my community for Prenatal and Postpartum Functional Core Strength

THE TUMMY TEAM

THE PROFESSIONAL