

## **Episode 2 - Wee with Tinuke Awe**

### **Intro:**

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*Just a warning this episode does contain some adult language. So please listen with care, especially if little ears are around. And don't forget to subscribe so you don't miss any future episodes. And if you can spare the time to write a review, please do it would make my day.*

### **Speaker: Siobhan Miller**

Welcome to Up the Duff pod, a brand-new pregnancy birth and parenting podcast brought to you by the Positive Birth Company. In this first series we are diving straight in at the deep end and tackling taboos. The everyday stuff most people experience after having a baby but which nobody likes to talk about. I'll be chatting to friends of the Positive Birth Company about their experiences as well as sharing my own on everything from poo, wee, mind, body, sex and bodily fluids. If it's a bit gross or a bit embarrassing, you can be sure we've got it covered.

Before I go any further and introduce this week's guest, I should probably let you know who I am. My name is Siobhan Miller, my pronouns are she/her. I am a mom to three boys who are co-parent with their dad, and I am currently pregnant with my fourth baby, and I'm doing it solo by choice. I'm also the founder of the positive birth company and the author of "Hypnobirthing, practical ways to make your birth better". I love talking about everything relating to pregnancy, birth and the postpartum period. And because I'm lucky enough to have done it a fair few times, I

can confidently say, been there, done that, got the t-shirt to most of the things we will be discussing from poo dramas to leaky boobs, and I'll be sure to share my stories in the hope they help you feel less embarrassed, and at the very least, so you know you're not alone.

Today, I'm recording at the Soho live studios in central London, and I'm joined by someone I've been lucky enough to work with previously on a number of projects, on anti-racism initiatives. She is the co-founder of "FiveXMore", creator of the "Mums and tea platform and community network" and runs a small business called "Learning with Ez" if that doesn't keep her busy enough. She's also a mom to two under four. Welcome to the pod Tinuke.

**Speaker: Tinuke Awe**

Thank you so much for having me.

**Speaker: Siobhan Miller**

I know how busy you are and how many plates you're spinning. So, I'm really grateful you've been able to find the time to come today and record with me.

**Speaker: Tinuke Awe**

Of course, like I'll drop it all to come and talk about wee.

**Speaker: Siobhan Miller**

So today we're gonna be talking about something that affects a lot of people in pregnancy and after birth, but it's still pretty taboo. Probably because it can feel a little bit embarrassing. We're going to be talking about wee. Yep, peeing yourself. Full blown accidents, little leaks and the near misses. We're gonna be sharing our personal experiences and hopefully normalise talking about what's a really common issue for people, especially those who are pregnant or have given birth. We're going to try and laugh rather than cry about our mishaps. And although neither of us are experts, we are going to offer some advice at the end of this episode and signpost you to where you need to go for help, because that's key to know. If you do suffer with bladder weakness, urgency or incontinence, you don't have to take out shares in Tena Lady or live like this forever. It can be fixed. So, stick around and we'll get to that bit.

**Speaker: Tinuke Awe**

Absolutely.

**Speaker: Siobhan Miller**

So, Tinuke, apart from all the amazing work you do through five times more to raise awareness of the racial disparity and maternal mortality rates, which we'll get to I'm sure, you also share your experiences of motherhood through your blog and YouTube channel, "Mums and Tea" and you recently shared a really great reel, where you talked about this very topic. Isn't that right?

**Speaker: Tinuke Awe**

Yeah, that's right. It kind of goes something like this... 'Because of you!'

**Speaker: Siobhan Miller**

Sing it again, sing it louder.

**Speaker: Tinuke Awe**

'Because of you'. And then the little caption at the bottom is, 'Mum, how come you close your legs when you sneeze?'

**Speaker: Siobhan Miller**

Or cross your legs?

**Speaker: Tinuke Awe**

Yeah,

**Speaker: Siobhan Miller**

Cross your legs when you sneeze. A classic mum move!

**Speaker: Tinuke Awe**

Absolutely.

**Speaker: Siobhan Miller**

I love that, because of you kid, because of you.

**Speaker: Tinuke Awe**

Yeah, literally because of you, and all the comments. Everyone was like, LOL, don't tell our secrets. This is so funny. And yes, whilst we're making jest of it, it's actually something that's quite serious.

**Speaker: Siobhan Miller**

Yeah. And I shared that reel, and I put a little vote up on my own stories. Like, do you relate? And it was like 100%, Yes. So..

**Speaker: Tinuke Awe**

Like, absolutely everyone. It's quite common. Also, back in 2018 even, you shared a blog post about it. Again, loads and loads of people relating. So why do you think it's so important for us to talk about this?

**Speaker: Tinuke Awe**

Absolutely. That actual blog post, the blog post, yeah. One of the quotes on there is, "*Surely this can't be. I'm not five years old. How come I can't hold in a piss anymore*". And I was so, it was

**Speaker: Siobhan Miller**

And was this after the birth of your first baby?

**Speaker: Tinuke Awe**

This was after the birth. I did have an incident whilst I was pregnant. And after this particular incident, I was just like, I've got to do something about this, because this is actually getting embarrassing now. And so many people, you know, obviously laughing but like, no, this is actually quite a serious topic. And thank you for sharing this. Yeah. Thank you for sharing this because I thought I was alone, but clearly I'm not, which is really good.

**Speaker: Siobhan Miller**

That was people's feedback.

**Speaker: Tinuke Awe**

Absolutely. Yeah.

**Speaker: Siobhan Miller**

So, you think it's important to share so that people know that they're not the only one?

**Speaker: Tinuke Awe**

Yeah.

**Speaker: Siobhan Miller**

And I agree. And I think that the only thing that happens if people don't talk about it is, everyone suffers in silence, thinking they're the only one. But we know that's definitely not the case. Now, I have poo stories galore, which I shared in the first episode of the podcast, and I know you do too, but not so many wee ones. Now, don't

think I'm being smug because I literally have shared how I pooped myself. But something that I am pretty proud of is the fact that after three kids, I can still go on a trampoline. But there definitely seems to be this kind of universal belief or kind of expectation that if you've had a baby, if you go on a trampoline, you run the risk of wetting yourself, which would suggest it's pretty common. And yet still, people don't tend to talk openly about incontinence. So, to test my hypothesis, I thought we could try and ring some people from our phonebook at random, people who haven't had children, and ask them why they think people who have just had babies can't go on trampolines and see what they say.

Now, it could all go very wrong, and they could have no idea. But if they say what I think they might say, then I think that will confirm that actually, this is like the worst kept secret. People know that this happens, they just don't talk about it. So, I'm going to bring my brother, he's definitely never had any kids. And I haven't given him a heads up at all. So, this is completely live and unscripted. In fact, he may not even answer but we'll give it a go.

**Speaker: Tinuke Awe**

Let's do it.

**Speaker: Siobhan Miller**

I hope he's not gonna embarrass me. So, we're going to try ringing my brother Mike, on loudspeaker. See what he says.

**Speaker: Mike**

Hello

**Speaker: Siobhan Miller**

Hey, Mike.

**Speaker: Mike**

Hi

**Speaker: Siobhan Miller**

I'm calling you from the Soho live studios. No, I'm recording. I'm recording a podcast. I just want to warn you that you are being recorded. But now that you mention it, I have forgotten my keys. So, I will be ringing you later about that, too. Anyway, I'm just, I've got a question for you, and I wondered if you could answer it, or if you might know the answer. If you've had a baby, why should you not jump on a trampoline?

**Speaker: Mike**

Prolapse

**Speaker: Siobhan Miller**

Prolapse. That's quite close. But what would be the consequence of that? You think that jumping on the trampoline would give you a prolapse or you think that you might have

**Speaker: Mike**

Yeah, the g-force.

**Speaker: Siobhan Miller**

The g-force.

**Speaker: Mike**

You might weaken some muscles in there,

**Speaker: Siobhan Miller**

Right, and what might be the consequence of that?

**Speaker: Mike**

Prolapse?

**Speaker: Siobhan Miller**

This is not the answer I was looking for, but it's in this similar region to what I was hoping for, but.

**Speaker: Tinuke Awe**

A for effort.

**Speaker: Siobhan Miller**

A for effort. Thank you. The answer was wetting oneself. Speak later.

**Speaker: Mike**

Bye.

**Speaker: Siobhan Miller**

Bye. Well, that proves I really didn't give them a heads up.

**Speaker: Tinuke Awe**

That's really hilarious.

**Speaker: Siobhan Miller**

But prolapses is quite close. I thought he was gonna get there. But that was a lot more severe.

**Speaker: Tinuke Awe**

So extreme

**Speaker: Siobhan Miller**

So extreme. Yeah. That's not going to happen, people. Please don't worry about that. Right. Who are you going to call?

**Speaker: Tinuke Awe**

I'm gonna call one of my besties, Lola. So, let's try Lola.

**Speaker: Siobhan Miller**

And she's not had

**Speaker: Tinuke Awe**

She's not had any kids, no.

**Speaker: Siobhan Miller**

Come on, Lola.

**Speaker: Tinuke Awe**

Come on.

**Speaker: Siobhan Miller**

Now, I'm worried about what she's gonna think.

**Speaker: Siobhan Miller**

Come on, Lola.

**Speaker: Tinuke Awe**

Come on, Lolly. She's probably in a meeting, just busy.

**Speaker: Siobhan Miller**

We're disturbing people at work.

**Speaker: Tinuke Awe**

Yeah.

**Speaker: Siobhan Miller**

People with real jobs.

**Speaker: Tinuke Awe**

Yeah. That's funny. I got a real job, right. The honour it is. Oh, someone's messaging me. I'm in the office.

**Speaker: Lola**

Yo much.

**Speaker: Tinuke Awe**

Yo, wagan B?

**Speaker: Lola**

Nothing much. Here innit.

**Speaker: Tinuke Awe**

So, I must warn you. I'm recording a podcast at the moment and you are being recorded.

**Speaker: Lola**

What?

**Speaker: Tinuke Awe**

Don't worry, be yourself, fam. Be yourself. It's absolutely hilarious that the first thing we do is like, yo fam, wha you sayin? We are so South London. But I have, it's how it goes.

**Speaker: Lola**

It's how the thing goes.



**Speaker: Tinuke Awe**

I have a question. Why is it that, it's believed that mothers shouldn't jump on a trampoline, if they've had a baby?

**Speaker: Lola**

I didn't know that was a rule.

**Speaker: Tinuke Awe**

Oh really, it's not really a rule. But like, now you've heard that what do you think? If they do have what could happen?

**Speaker: Siobhan Miller**

What could go wrong?

**Speaker: Lola**

More blood comes out?

**Speaker: Siobhan Miller**

Well that's close, bodily fluids.

**Speaker: Lola**

When they jump on a trampoline, I can't

**Speaker: Tinuke Awe**

Okay, okay. Okay, not okay. Maybe you're thinking straight after birth? Okay, what about me now? Like, I've had Eden. She's two. If I went on a trampoline, what could potentially happen? What could go wrong?

**Speaker: Lola**

Eden can want to jump on the trampoline as well?

**Speaker: Tinuke Awe**

Well, I'll put you out of your misery. We're talking about wee on the podcast. And the popular belief is that if you go on a trampoline, as a mum, you might wet yourself because of, you know, incontinence issues and stuff like that.

**Speaker: Siobhan Miller**

And I thought this was genuine public knowledge. But clearly, it's not. Clearly this is actually just public knowledge. When you've had a kid.

**Speaker: Lola**

I would have never known that. I promise you.

**Speaker: Tinuke Awe**

Okay,

**Speaker: Siobhan Miller**

We've ruined it for her now.

**Speaker: Tinuke Awe**

Yeah. We have. Sorry, sorry.

**Speaker: Siobhan Miller**

Apologies.

**Speaker: Lola**

Why are you saying sorry?

**Speaker: Siobhan Miller**

We'll put you off having kids.

**Speaker: Lola**

I don't jump on a trampoline anyway.

**Speaker: Siobhan Miller**

Okay, no loss.

**Speaker: Tinuke Awe**

I love it. I love it. All right, in a bit, G.

**Speaker: Lola**

All right. In a bit

**Speaker: Tinuke Awe**

All right. Bye.

**Speaker: Lola**

Bye.

**Speaker: Siobhan Miller**

Well, that didn't go quite the way I expected.

**Speaker: Tinuke Awe**

Definitely did not.

**Speaker: Siobhan Miller**

I think we would have got a different outcome if we'd run people that actually had had children. Because once you've had children, you know that you can't be jumping up and down confidently.

**Speaker: Tinuke Awe**

Maybe it's just in this sphere.

**Speaker: Siobhan Miller**

Like we're so in the bubble of parenting.

**Speaker: Tinuke Awe**

Parenthood

**Speaker: Siobhan Miller**

That, were like everyone knows, then you actually ring someone outside, and they're like, Yeah, I've got no idea.

**Speaker: Tinuke Awe**

I don't have a clue what you're on about, well,

**Speaker: Siobhan Miller**

We haven't got any statistically significant findings, or hypotheses at this point. But, moving on past that, so just to be really clear, jumping on a trampoline, you're not going to start bleeding, and you're not gonna have a prolapse by jumping on a trampoline. Not correct. At worst, you might have a little leak, but you're not going to have a prolapse. My God. So extreme. Well, moving on. I think that I haven't got anything to prove it now, but just anecdotally, I think that everybody who's had a child knows that you're likely to have some bladder weakness, because obviously the weight of the baby and pregnancy for nine months, and then having to push a baby out vaginally. But even if you have given birth by caesarean, you've still carried a

baby for nine months, and that is going to weaken a lot of muscles. So, I think most people who've had a baby know about it, you agree?

**Speaker: Tinuke Awe**

Oh, absolutely.

**Speaker: Siobhan Miller**

But people still don't talk about it. And we know that silence and shame about anything like this just prevents people from getting help. And so, although it's very common, I guess the thing I want people to know is that it shouldn't become your new forever normal. I'm not saying you're abnormal, because it's really, really common, but you don't have to live like it forever. And you can absolutely get help whether that's through a specialist physio, or women's health physio, doing pelvic floor exercises, but we'll get to that at the end, how to fix the problem. But do you think that the main reason people don't talk about it or seek help is because of embarrassment?

**Speaker: Tinuke Awe**

I think it is, definitely. I like, even just the caption, you know, in that post. Am I five years old? How come? You automatically think, oh, only children wee on themselves. You know, and it's a bit like, oh, it's a bit embarrassing. It's a bit shameful. It's a tiny bit of a taboo. You know, I'm an adult, how come I can't control my bladder? So, I think that's definitely got something to play. But I think like you said, it's, it's a huge thing, and it's common. And I think the more people speak out about it, and once people realise that it's number one, and, like preventable and treatable, it won't be so much of a taboo,

**Speaker: Siobhan Miller**

Because I think there are lots of people that live like it for years and years and years, like their whole lives thinking it's normal and put up. And that's what I think, I think as well as there's definitely shame around wetting yourself. Of course, it's embarrassing. But I think in a weird way also, it's like normalised in our society that that's something that happens if you have a kid. And I think if you think about adverts for any kind of sanitary ware, you see adverts on TV all the time, right and in magazines about promoting sanitary ware for those little leaks. And I think in a way then it kind of normalises it that you think, well, I'll just buy sanitary ware, because that's the solution. You never see advertising about how to get the problem fixed or sorted. And I don't want to rant about capitalism and patriarchy, and like every single episode, I record, but I do think that there are companies that make money off people being incontinent.

**Speaker: Tinuke Awe**

Absolutely.

**Speaker: Siobhan Miller**

And as we know, historically, all of the big corporations in the world are run by men, it's very much a woman's issue, not exclusively, but predominantly. And therefore, I think historically, there's been little interest in developing things to help people improve their kind of bladder control, because it's not been at the forefront of these men's minds when they're like running their companies. I don't know, if you think there's any truth in that,

**Speaker: Tinuke Awe**

No, no, no, I think there's definitely truth in it. It's almost like, here's an advert for a sanitary towel or you know, one of those nappies which are really good after you give birth by the way.

**Speaker: Siobhan Miller**

There's a time and a place

**Speaker: Tinuke Awe**

There's a time and a place, it's time and place, but it's never, have you done your pelvic floor exercises today. It's a reminder, or anything like that, there's nothing. It's more

**Speaker: Siobhan Miller**

Live with it.

**Speaker: Tinuke Awe**

Yeah, live with it

**Speaker: Siobhan Miller**

And buy this thing.

**Speaker: Tinuke Awe**

Yeah, it's not prevention rather than cure. Do you know what I mean? It's like, okay, here's the solution, but, you know, why don't we actually get to the root cause of it?

**Speaker: Siobhan Miller**

Yeah, there's never adverts for that?

**Speaker: Tinuke Awe**

No.

**Speaker: Siobhan Miller**

But for sure I think if men were walking around wetting themselves on the daily, it would be a different outcome.

**Speaker: Tinuke Awe**

Yeah, absolutely.

**Commercial break**

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*Again, I'll be sure to include links to everything I've mentioned in the show notes.*

**Speaker: Siobhan Miller**

It's time we lighten the mood. Yeah, and perhaps shared some of our own mishaps which we can laugh about.

**Speaker: Tinuke Awe**

Now,

**Speaker: Siobhan Miller**

Laugh about now. We did promise some laughs so I know you've shared things in the past. So, have you got a story for us?

**Speaker: Tinuke Awe**

I do, I do. So, I have a story. I remember being about eight months pregnant. I was still this is obviously pre-pandemic. We're talking almost five years.

**Speaker: Siobhan Miller**

First baby

**Speaker: Tinuke Awe**

Yeah, first baby.

**Speaker: Siobhan Miller**

So, this is like something that had never happened to you before, unexpected.

**Speaker: Tinuke Awe**

Absolutely never happened to me before. Five years ago, because he's about to be five and I was eight months pregnant. So yeah, in the month of August, I guess, commuting into work.

**Speaker: Siobhan Miller**

Oh my God,

**Speaker: Tinuke Awe**

having to stand on a packed train literally packed like sardines, and I did the sniss.

**Speaker: Siobhan Miller**

The sniss, what's the sniss?

**Speaker: Tinuke Awe**

Sneezing and pissing at the same time.

**Speaker: Siobhan Miller**

How bad was it? Was it, was it a little leak or it was a full blown?

**Speaker: Tinuke Awe**

It was bad. It was, it was bad enough for me to jump off at the next stop, run to the nearest Marks and Spencers and look for new pants and tights and end up coming in late for work and having to explain to my manager why I was late. Thank God, she

was a mum. Thank God, she was a mum. So, she's like, oh, it's fine. It's totally normal. Don't worry.

**Speaker: Siobhan Miller**

But even if it had been a bloke who had no experience. He probably would have been so horrified by this story.

**Speaker: Tinuke Awe**

I wouldn't have said it anyway, because, yeah,

**Speaker: Tinuke Awe**

He wouldn't have asked any further question.

**Speaker: Tinuke Awe**

It is what it is. I have no shame.

**Speaker: Siobhan Miller**

Was it, did you leave a puddle? Or was it kind of absorbed by the tights?

**Speaker: Tinuke Awe**

The tights were wet. The tights were wet, and I was like, I cannot stay on this train all the way to work because maybe it'll smell, I don't know. So, it was just really embarrassing. Deeply unpleasant, deeply embarrassing. It never happened to me before.

**Speaker: Siobhan Miller**

Well like your friend, they don't know, they don't know.

**Speaker: Tinuke Awe**

Yeah, yeah.

**Speaker: Siobhan Miller**

Well, my main problem is actually around urgency. So rather than actually wetting myself, although things have changed with the fourth pregnancy, so I'll get there but I don't usually wet myself spontaneously. But my problem is when I need to go, I need to go like right away. And there's like, feels like there's a real risk that I will wet myself if I don't get to a toilet. And I think that actually this has been something I've had like my whole life since I was little but it's got worse since having children, that I have this kind of like urgency and I have this, like, coping mechanism that I do, which is I basically bend down and crouch, like sit on one foot, and on one leg, this



kind of stops me wetting myself, but that's really desperate. And my friends, my close friends now know when they see me doing that that's like, they know what I'm doing. But honestly, I think I did this because it obviously works, it stops me wetting myself, but I would like pretend that I was tying my shoe lace or just like attending to something or like tucking my sock in. Because it was embarrassing. So instead of standing there, like holding myself, I'd be like, oh, I'm just doing up my shoe lace. But actually, I was just trying my best not to wet myself.

**Speaker: Tinuke Awe**

Siobhan's wearing shoes without shoe laces.

**Speaker: Siobhan Miller**

I know, I'd be like, just scratching my ankle bone. You know, I literally would do something to try and stop myself, wetting myself, but obviously, like was too embarrassed to be like, obvious about it. So, I try and like, have this little thing that I do. But yeah, now that I'm actually pregnant for the fourth time, I have recently had two accidents. So, it's confession time. And honestly, when I was planning this podcast, I had no content for it. Like I hadn't wet myself, and now I'm like, I've wet myself twice recently. So, I'm like, well, at least I've got content to share. But the first is actually a very sad story, I can laugh about it now.

**Speaker: Tinuke Awe**

It's sad but you are laughing.

**Speaker: Siobhan Miller**

I know. I can laugh about it now. So, I recently damaged my ankle pretty badly. I mean, that's like a whole other story of me thinking I was Ronaldo and trying to do a rainbow flick. Don't do that if you're pregnant. But anyway, so I'm currently wearing an air boots and using crutches to get around a lot of the time. But when the accident first happened, about two and a half weeks ago, I couldn't put any weight on my foot whatsoever, like literally none. So, I've just had to hop or crawl between like my bedroom and the bathroom. And also, I'm not used to using crutches and I'm eight months pregnant. So, none of this like bodes well. So, one evening, I was desperate for the loo, and of course, normally I would just like go there quickly, but I couldn't because I couldn't put my foot down and I can't use my crutches. So, and I said I struggle with urgency. So, I'm there like trying to make my way to the toilet, hop, hop, hop, but I've got to keep stopping because I'm like so out of breath and the exertion of trying to hop, at eight months pregnant. So, like, hop, hop, hop, pause, hop, hop, hop, pause. Anyway, so I'm like getting more and more desperate, get to

the toilet and, it's a shower room. So, the floor is wet, I slip over. So, I end up smashing to the floor, screaming in pain and wetting myself all in one moment.

**Speaker: Tinuke Awe**

Oh, my God.

**Speaker: Siobhan Miller**

Fully wet myself. So, I'm just lying there in a puddle of my own piss screaming in pain. My children are like, what's happened? So, my youngest, he's six, he's like, what happened Mummy? And I was like, I fell over and I wet myself. Then he just looked at me and went, that's really sad mummy. I didn't know whether to laugh or cry. I'm just like, can you go and get a mop please? So, I couldn't even go and get a mop myself. And also, another thing like a sort of offshoot of that is the only way I could get into the shower was literally crawling because I couldn't put any weight on the foot. And so, I crawled into the shower, and I try and wash myself and then I realised that outside there's scaffolding, and the roofers can clearly see through the window so they could have witnessed the entire thing.

**Speaker: Tinuke Awe**

Splat on the floor, everywhere.

**Speaker: Siobhan Miller**

New level of embarrassment.

**Speaker: Tinuke Awe**

Oh no.

**Speaker: Siobhan Miller**

And then the second accident was literally just the other day. And this is the very first time in my life this has ever happened to me. And it's a bit like your sniss, but this would be a riss. A retch and piss. Again, really pregnancy related. And yeah, it's never happened to me before but good timing, given that we're about to record this episode

**Speaker: Tinuke Awe**

your body knew

**Speaker: Siobhan Miller**

but I was retching because I'm pregnant, and I suffer with sickness all the way through my pregnancy. So, anything can set me off, and it was Fabreeze that set me

off. You know, just like it's meant to be a nice smell, but I was retching and I was retching pretty hard. And then basically as I was retching, I just felt this pressure of the baby, you know, move down, and then just suddenly my pants were wet. No warning at all. I did not need the toilet. And suddenly I was like retch, wet and I was like, what the hell? Like I can't live like that. Like, I can't be just going about my day-to-day life just suddenly spontaneously, having wet pants

**Speaker: Tinueke Awe**

You can't live like that.

**Speaker: Siobhan Miller**

Anyway, such a weird feeling.

**Speaker: Tinueke Awe**

Again, not as extreme as the first one. But there was a time when

**Speaker: Siobhan Miller**

The first was pretty extreme.

**Speaker: Tinueke Awe**

It was pretty extreme. There was a time where I was out with Ezekiel, so I'd had him by this point. We'd been out all day and not as urgent as you but at that point I just really needed to go, and I remember I was hopping. I've got out of the car seat, hopping, trying to put the key in the door

**Speaker: Siobhan Miller**

We've got a sound effects from the seat as well. Hopping along.

**Speaker: Tinueke Awe**

And I sneezed.

**Speaker: Siobhan Miller**

Oh, no. The sneeze is the trigger for you.

**Speaker: Tinueke Awe**

It's the sneeze. The sneezes get me. Thank God I was outside my house because it would have been really embarrassing if that would have happened like 10 minutes ago on the bus. But yeah, that was pretty embarrassing. And I think after that point, I was like, right, I think I need to do something about this. I think I need to speak to someone because this is actually more embarrassing at this point.

**Speaker: Siobhan Miller**

This is the first, the very first time it happened to me, just literally a few days ago, but apparently, it's called stress incontinence. So not like mental stress. So, there's no worry that if you're like feeling really stressed out with work, you're suddenly going to start wetting yourself. It's actually a physical stressor. So, stress incontinence, so from retching or coughing, or sneezing, and any of these kind of like physical stresses can then cause you to have a leak if you've got a weakness. But yeah, so you did seek help?

**Speaker: Tinuke Awe**

I did.

**Speaker: Siobhan Miller**

Yes. What help did you get?

**Speaker: Tinuke Awe**

You know, it was really random. So, after that incident with the door a couple of weeks after, I was at the baby show, really random. And there was this, I can't remember the name of the company, they were just really friendly. So, I started talking, I was like, oh, what do you do? This is fun. And they were like, oh, you know, we help women who suffer with incontinence. And I was like, that's me. Give me all you've got. And they ended up just gifting me a bunch of free stuff. Because we're talking for ages.

**Speaker: Siobhan Miller**

So, what did they give you?

**Speaker: Tinuke Awe**

They give you they gave me a weighted ball. Yeah, they gave me a weighted ball.

**Speaker: Siobhan Miller**

And what do you do with the weighted ball?

**Speaker: Tinuke Awe**

You pop it inside you and you do your pelvis exercise.

**Speaker: Siobhan Miller**

That sounds like a sex toy, like

**Speaker: Tinuke Awe**

I know, I know.

**Speaker: Siobhan Miller**

A weighted ball inside your vagina, and then you have to do your exercise. I mean, tell me there's a string on it. There's a string, your not going to have to end up in A&E with like these balls inside you explaining that you wet yourself and you have to put them in, no.

**Speaker: Tinuke Awe**

No, no. You definitely don't have to do that because it comes with a long string. But yeah, so you pop them inside you. And there was an app to go with it as well. So, like, it'll remind you to do your pelvic floor and actually, it helped solve the problem in quite a short amount of time.

**Speaker: Siobhan Miller**

That's amazing.

**Speaker: Tinuke Awe**

So, I didn't actually have to go to my GP in the end. I know I should have but

**Speaker: Siobhan Miller**

Well, this solved the problem.

**Speaker: Tinuke Awe**

This solved the problem for me. A couple of weeks after,

**Speaker: Siobhan Miller**

And also, there's healing going on as well, your body's going to heal and get stronger. And that's probably just helping it with his natural healing. And then did you have any problems when you had your second did the same problems happen? No

**Speaker: Tinuke Awe**

No.

**Speaker: Siobhan Miller**

So just with your first.

**Speaker: Tinuke Awe**

It was just with my first, yeah,

**Speaker: Siobhan Miller**

That's so strange, because I've had three no problems. And now fourth time, I'm like, it's happening to me

**Speaker: Tinuke Awe**

Really? But I think because I was more aware of, oh, this muscle was called the pelvic floor and you have to strengthen it and you have to do you know, exercises with it, which I didn't know before, because I was doing that after Ezekiel, I think, I think I was okay for Eden.

**Speaker: Siobhan Miller**

Yeah, that you'd actually done the work, essentially and strengthen your muscles,

**Speaker: Tinuke Awe**

Which is why, you know, a lot people say it's actually preventable. And I believe that

**Speaker: Siobhan Miller**

And it's incredible how quickly you managed to make a positive difference and fix the problem instead of just living like that for years and spending all your money on Tena Lady. Yeah, pelvic floor exercises are really important. And I guess one of the things that I often recommend when I'm talking to people that are expecting babies is to download the Squeezy app. Do you know the Squeezy app?

**Speaker: Tinuke Awe**

I haven't heard of this one.

**Speaker: Siobhan Miller**

It's an NHS app, and it's free. It's been designed by specialists, kind of pelvic health, physios. And yes, this little app you get on your phone, and you can set reminders. So, like literally gives you notification, times do you have to do your pelvic floor.

**Speaker: Tinuke Awe**

Time to do a pelvic floor, ladies.

**Speaker: Siobhan Miller**

And then it's got this little like visual that you kind of follow and like lift your pelvic floor hold release, and you do these exercises, you know, a couple times a day. And then you're just, even if it's preventative like it's you're strengthening your pelvic

floor. And if you have a nice strong pelvic floor, then hopefully you're not going to suffer with that, after your baby's born.

**Speaker: Tinuke Awe**

Wow, pelvic floor exercises are good for a lot of things.

**Speaker: Siobhan Miller**

Yeah. Sex, incontinence, and also really good for men to do as well as women. Because men can later in life suffer with incontinence, which is actually a thing for everyone. And the other thing that I know of which I haven't used personally, but is a company called Elvie, that make the breast pump.

**Speaker: Tinuke Awe**

Yes, yes, they do, don't they?

**Speaker: Siobhan Miller**

Yes, they now make a pelvic floor trainer. So, it's like a little device like you say that you put inside your vagina. It's not balls, but it's like a kind of cone, like an acorn type of shape, not as big as an acorn, a small acorn. And you put it inside your vagina, and then you do your pelvic floor exercises with this device. And then it connects to like the Elvie app that you have in your phone. And it literally tracks your progress and tells you like that you you're improving, you can see the pelvic floor muscles are getting stronger. I mean, I haven't used that personally. So that's not like a personal endorsement. But what I think is really good is that there are companies using technology to develop products to help people with bladder weakness incontinence, because 10 years ago, that was not the case at all.

So, I love that there are companies and apps, and like people are talking about it and actually making things that are going to help prevent rather than just, kind of encourage people to live with it.

**Speaker: Tinuke Awe**

Yeah, of course.

**Speaker: Siobhan Miller**

Then also, you mentioned the GP. Of course, you can always go to your GP. And I know in my area where I live, you can actually self-refer straight to a women's health physio, so you don't actually need to go to your GP. So, I suppose you can always google that or ring your GP practice to find out.

**Speaker: Tinuke Awe**

Well, I know that NHS did a massive rollout last year, and I was briefly involved with it through one of the other things I do with Maternity Voices Partnership. But there was this massive rollout of these, essentially hubs where you get information and you get all the specialists and they try to encourage the information to be given whilst you're pregnant, as opposed to it just being an afterthought in your six weeks checkup. It's this whole big thing. And there are professionals you can see and I think again, you can self refer. You don't have to wait to see the GP. I think they're very big on that. They're very hot on that, because they know it's not something that you have to live with.

**Speaker: Siobhan Miller**

Live with. Yeah. I think that's the main kind of takeaway

**Speaker: Tinuke Awe**

You don't need to be embarrassed by it. I know. It's so common. Exactly.

**Speaker: Siobhan Miller**

I think that's the main takeaways. Like it's happening to a lot of people. Don't be embarrassed, like, share your experience with a friend. They're probably gonna say, me too. And also, that you can get help, so you don't need to live with that problem forever. But before we wrap up, I've got one final question for you, Tinuke. This is something I'm asking every guest at the end of their episode. And it's, what message would you give your younger self? It can be in relation to what we've been discussing or not, anything else? What would you like to tell your younger self pre-kids?

**Speaker: Tinuke Awe**

Do your pelvic floor exercises.

**Speaker: Siobhan Miller**

That's absolutely true. That would be mine as well, do your pelvic floor exercises.

**Speaker: Tinuke Awe**

Do your pelvic floor,

**Speaker: Siobhan Miller**

Stop crouching down and pretending you're tying your bloody shoelace, and start doing your pelvic floor exercises. That'd be my message.

**Speaker: Tinuke Awe**



Do your pelvic floor, because it's not just about pregnancy and incontinence as well. It's good for sex. So yeah, that's

**Speaker: Siobhan Miller**

Good for many things. Do your pelvic floor.

**Speaker: Tinuke Awe**

Do your pelvic floor

**Speaker: Siobhan Miller**

And you can either use a free app or you can just do your pelvic floor exercises without an app. The Squeezy app is free, and it does actually show you how to do them properly as well. So, there is that. Or you can maybe get a device, however you want to do it wherever you want to do it. Well, thank you so much Tinuke for being so open and sharing so openly, and being such a great guest. We've not even discussed all the incredible work you do through FIVEXMORE, and I wondered if you wanted to just share a little bit about what you do and where people can find you.

**Speaker: Tinuke Awe**

Thank you for having me today. It's been such a pleasure. I loved talking about this taboo, quote, unquote, subject. Hopefully it's less of a taboo, and people know that it's quite common, and everyone goes through it. But yes, okay, so FIVEXMORE, I am the co-founder of FIVEXMORE and what we do as an organisation is we're committed to highlighting and changing black maternal outcomes in the UK, essentially. So black women in the UK are four to five times more likely to die in comparison to white women during their pregnancies, childbirth, and the six-week postpartum period after, and we just want to find out why. And we want to put an end to it essentially, close that gap, close that gap. We do this in three different ways. First, we train health professionals, we lobby the government, but most importantly for us is we give women resources and information and make sure that they feel confident for self-advocacy. And so that they can speak up for themselves and know their rights, that kind of thing. So, we're very big on making sure that black women and birthing people feel confident in that whole process of pregnancy and beyond. We've obviously got that partnership with yourselves at PBC.

**Speaker: Siobhan Miller**

We've been able to work together which has been amazing.

**Speaker: Tinuke Awe**

It's been really, really good over the years.

**Speaker: Siobhan Miller**

Yeah, you do incredible work and are really driving real change. So yeah.

**Speaker: Tinuke Awe**

Thank you.

**Speaker: Siobhan Miller**

And where can people find you?

**Speaker: Tinuke Awe**

Okay, so again, there are few different hats.

**Speaker: Siobhan Miller**

Yeah, you have so many hats, so many things. You're like when I'm blogging, When I'm like changing the world. When I've got my business.

**Speaker: Tinuke Awe**

When I'm Tik Tioking.

**Speaker: Siobhan Miller**

Yeah, that's tell us all.

**Speaker: Tinuke Awe**

So first and foremost is Mums and Tea, that's kind of the social platforms slash personal blog site. So, I share, you know, my experiences my journey of motherhood, and also have mighty network, which is like an upgraded version of a WhatsApp group. And we've got all different topics and so many, there's over 650 of us on there. And we're just talking about things that we love as like black mothers, and parents. So, we've got that platform. And then we've got Learning with Ez. So, I also specialise in diverse educational resources, because I believe representation matters for all. So, we do like flashcards and posters and tracing kits. And, you know, we're hopefully going to do a book soon talking about, you know, black children with autism because my son is autistic, and there's just not enough representation there. So, trying to make sure that that gap is also filled, as well. And yeah, and obviously, FIVEXMORE so on Instagram, if you search for Mums and Tea, you'll find everything else on there as well.

**Speaker: Siobhan Miller**

Do you ever sleep? Do you ever sleep?

**Speaker: Tinuke Awe**

No not really.

**Speaker: Siobhan Miller**

Make sure that we include links to your website and all of your socials in the show notes so people can find you.

**Speaker: Tinuke Awe**

Thank you,

**Speaker: Siobhan Miller**

And of course, a massive thank you to everyone who has listened to this episode. I hope it's given you some laughs at our expense, perhaps. But most importantly reassured you that bladder weakness leaking, stress incontinence are very common, especially in pregnancy and after birth, so there's no need to be embarrassed. But if it's interfering with your day to day, then please get some help because help is out there, and you don't need to put up with it forever. And if you've enjoyed this episode, please do share it. We are new to podcasting. So, every share really helps us to spread the word. You can also tweet us at Up the Duff pod. We'd love to hear your feedback. And if you relate to what we've talked about today or have your own story to share, we would love to hear it. Next week, I will be joined by Steph Douglas, aka the founder of don't buy her flowers, thoughtful gift box service, all about losing your mind after having children.

We're not talking about serious or diagnosed mental health illnesses, we are saving that for another time. But rather the combination of sleep deprivation, exhaustion, raging hormones and overwhelming responsibility that comes with being a parent to a small person, or multiple small people, that can cause you to act somewhat irrationally at times. Moments of madness, we've all been there. Right? So please do tune in for that. And finally, a big thanks to the team at the Positive Birth Company for making this podcast possible. If you're trying to conceive or pregnant approaching birth, postpartum or navigating the early years of parenting, then please do check out the positive birth company @thepositivebirthcompany.co.uk or @thepositivebirthcompany on Instagram, Facebook, and YouTube.

Thank you again for listening and a massive thank you Tinuke for being a fantastic guest.

**Speaker: Tinuke Awe**

Thank you so much. It's been brilliant.

**Commercial**

*This podcast is sponsored by Elvie who makes smart technology products for women and birthing people including their innovative Elvie trainer. Did you know that as many as one in three women develop pelvic floor problems. We are working with Elvie to bust open the taboo around our pelvic floors and get us all treating our pelvic floor with a little more love. Elvie is on a mission to empower people to take charge of their pelvic floor with the help of their innovative Elvie trainer which offers you expert designed care from home. It's so clever. The Pebble shaped pod is placed discreetly inside your vagina, pretty much like a tampon and connects to an app on your phone and then you simply begin your exercises, while it's being guided by the gamified app. You'll see noticeable improvements in as little as four weeks, plus it's even got patented technology that tells you if you're doing your exercises right. We've all had those little leaks or near misses after a cough or a sneeze. But with Elvie trainer, you can take back control and feel confident again. It will help speed up postnatal recovery, prevent prolapse and improve bladder control, plus a strong pelvic floor can also improve your sex life and offer stronger orgasms. Sign me up. Discover Elvie for yourself with 25% off trainer and 15% off the Elvie breastfeeding range with the code "UPTHEDUFF". The discount is available between the 19th of June to the 14th of August. This offer is available online from elvie.com only, and it's not available in conjunction with any other offer.*