
THE CONFIDENT OUTGOING KIT
Go Anywhere Without Worrying: Church, Weddings, Traffic & Travel
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PASSPORT
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Go Anywhere Without Worrying: Church, Weddings, Traffic & Travel

Come, my sister. You have been learning to find your muscle, use the Knack, and build your strength. That is wonderful. But I know what is on your mind.

“Nnenna, that is fine at home. But what about when I am out? What about the long church service, or the wedding, or three hours in Third Mainland Bridge traffic?”

That is exactly what this kit is for. It is short, it is practical, and you can start using it this week. You do not need to wait for Day 21 to step out of your house with your head high.

Before You Leave the House

A good outing starts at the front door. Run through this quick checklist, and it will take you two minutes.

1. **Go to the toilet if you feel a normal need.** This is not the “just in case” habit from Chapter 6. If you genuinely feel you need to go, go. If you do not, do not force it.

2. **Drink your water in small sips.** Do not skip water to “be safe,” and do not gulp a big bottle right before you leave. Steady sips through the morning is the goal.

3. **Skip the triggers for today.** If you know that strong tea, a cold fizzy drink, or alcohol makes you rush to the toilet, leave them for after the event.

4. **Choose your outfit wisely.** Darker colours and busy prints hide small marks. A longer top, a loose skirt, or a wrapper tied around you gives you comfort and cover.

5. **Do three Knack squeezes.** Just a quick warm-up, like stretching before a run.

That is all. You are ready.

Your Handbag Kit

Pack a small kit and keep it in your bag at all times. Think of it as your quiet insurance policy. When you know it is there, your shoulders drop and you can relax.

Put these in a small zip pouch or a plain nylon bag:

- **Two spare pads or liners**

- **One spare pair of underwear**, folded flat

- **A small zip bag or nylon bag** for used items (also good for a wet pair if you ever need it)
- **Unscented wipes** or a small pack of tissues
- **A small bottle of water**, so you can keep sipping
- **A light wrap, scarf, or cardigan** you can tie around your waist if you need cover
- **A tiny pack of dark underwear**, if you want extra peace of mind on a long day

Keep the pouch in the same place every time. Then you never have to search for it.

Here is something I tell every friend: **a spare kit does not mean you expect to fail. It means you are prepared to relax.** You will be amazed how many days the kit sits unused in your bag. But having it lets you laugh freely.

Church and Long Services

Long services are a real worry for many mothers. You stand for praise and worship, you sit for the sermon, you stand again, you laugh at the pastor's joke, and sometimes the service runs for three hours.

Here is how to handle it:

1. **Choose your seat.** Pick an aisle seat, or a seat near the back or the exit, so you can leave quietly if you need to. Nobody will notice, and you will feel calmer just knowing you can.
2. **Use the Knack when you stand.** Breathe out, squeeze gently, then rise. Standing up from a pew is one of the most common leak moments.
3. **Sip, do not gulp.** Small sips during the service, not a large drink before.
4. **Plan a quiet break.** If you feel a normal need, slip out at a calm moment, such as during the offering or a long song. Do not hold on until you are desperate.
5. **Squeeze before the laugh.** When you sense the joke is coming, give a quick, soft lift. Over time, you will do this without thinking.

6. **Sit tall and relaxed**, with your feet flat. Crossing your legs tightly is fine for a moment, but do not clench your muscles all service. Let them rest between squeezes.

Weddings and Parties

Weddings are long, loud, and full of laughing, dancing, and standing. They are also full of fizzy drinks and small chops. It is a lot for your pelvic floor.

Try this plan:

- **Arrive with a plan.** Find the toilets as soon as you arrive. Knowing where they are and how far they are makes you feel safer.

- **Choose your table.** A seat near the edge of the room, with an easy path to the toilets, is worth more than a seat near the front.

- **Pace your drinks.** Alternate a sip of your fizzy or sweet drink with water. If a certain drink usually gives you trouble, leave it out today.

- **Dance gently for now.** Slow movements and small steps are fine. Save big jumping and high-energy dancing for later, when your strength has built up. You are not missing out. You are protecting your progress.

- **Squeeze before you stand, lift, or laugh.** The same Knack, the same rule.

- **Take a break every hour or two.** A quick trip to the toilet, a fresh breath, a sip of water.

You do not have to sit in a corner and watch everyone have fun. You just have to be clever about how you join in.

Traffic, Long Drives, and Flights

Lagos go-slow can turn a 30-minute drive into three hours. Many mothers dread it. Here is how to take control.

Before a long journey:

1. Go to the toilet if you feel a need before you set out.

2. Pack your handbag kit and a bottle of water.

3. Wear comfortable, breathable clothes.

4. Know your options. Petrol stations, restaurants, and plazas on your route usually have toilets. If you are in a car, you can often pull in.

During the journey:

- **Sip water steadily.** Do not stop drinking because you are scared of needing the toilet. Dehydration makes your bladder more irritable.

- **Do not hold on too long.** Holding for hours, then rushing, is a recipe for an accident. If you feel a real need and there is a safe place to stop, stop.

- **Do quiet squeezes** while seated, to keep the muscle switched on. No one can see them.

- **Use the Knack** when you cough, sneeze, or shift your weight.

On a flight:

- Choose an **aisle seat** if you can, so you can get up easily.

- Use the toilet before boarding.

- Walk the aisle every hour or two. Moving helps, and it is good for your legs too.

- Keep your handbag kit in the bag under the seat in front of you, not in the overhead locker.

- Sip water through the flight. Cabin air is dry.

If a Leak Happens Anyway

Let me be honest with you. Even with the best plan, a leak might happen one day. You may sneeze before you can squeeze. You may laugh before you can think.

If it does, this is what to do. Slowly, and with no panic.

1. **Breathe out and do one Knack squeeze.** This can help stop the flow.

2. **Stay calm.** Nobody is staring at you. Most people are busy with their own business.

3. **Cover yourself.** Tie your wrap or cardigan around your waist.

4. **Walk to the toilet at a normal pace.** Do not run. A calm walk draws no attention.

5. **Clean up and change.** Use your wipes, change your pad or underwear, and put the used items in your zip bag.

6. **Take one deep breath in the mirror.** Remind yourself that this is a muscle that is still learning.

7. **Go back out.** Hold your head up.

If someone happens to ask what took you so long, you can say, “I had to sort something out, I am fine.” You do not owe anyone a long explanation.

And please do not let one accident undo your confidence. One leak is a small event. It does not erase the progress you have made, and it does not mean you failed. It is simply information. Look at your bladder diary and ask, “What was I doing? Is there a pattern?”

Then go on living.

A Small Word of Caution

If your leaks are getting worse instead of better, if you feel a sudden, strong urge that you cannot hold, or if you feel pain, burning, or heaviness, please see a doctor or a pelvic health physio. That is not something to push through at a party. It deserves a proper check.

Go and Live

You are not meant to hide at home. You are meant to enjoy your children’s school events, the Sunday service, your friend’s wedding, the family trip.

So pack your little kit. Pick your seat. Sip your water. Do your quiet squeeze. And walk out of the door knowing you have a plan.

The world is waiting, my sister. Go and enjoy it.