

Sex and Pregnancy

It's good. It's fun. It's safe.



A hot topic...

There are a wide array of emotions surrounding pregnancy and sex, and there are just as many concerns and myths. Anything that you feel about whether or not to have sex is usually quite normal. Sex during pregnancy is usually very safe and encouraged for the health of your relationship with your partner.

During pregnancy you might want lots of sex, no sex, "just playtime", or physical closeness that doesn't result in intercourse. All of these are normal. Speak openly with your partner about your comfort level.

Common Concerns:

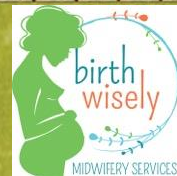
- ∞ Your baby cannot see a penis or a toy
- ∞ Sex will not cause miscarriage in a healthy pregnancy
- ∞ You will not hurt the baby
- ∞ The baby has no idea what is going on
- ∞ You may use toys IF they are kept very clean

Not-so-common Things to Know:

- ∞ Due to estrogen and progesterone, you may feel a boost in your libido and experience increased vaginal lubrication and breast/nipple sensitivity
- ∞ Your cervix and amniotic fluid protect your baby
- ∞ Spotting after sex is common during the 1st and 3rd trimesters due to increased cervical blood flow
- ∞ Orgasms are a great way to tone your uterus for birth and may cause mild practice contractions

When sex is NOT safe:

- When there is any vaginal bleeding
- If your midwife is concerned about miscarriage
- If the bag of water has broken
- If the placenta is close to the cervix



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Common Feelings

Breaking it down by trimester

First Trimester Feelings:

- ∞ Feeling “icky” due to nausea
- ∞ Feeling relieved about not using birth control

Second Trimester Feelings:

- ∞ Sexy
- ∞ Increased libido
- ∞ Decreased libido

Third Trimester Feelings:

- ∞ Decreased desire
- ∞ Awkward
- ∞ Can't find comfortable position
- ∞ Gentleness may be required

Get creative about satisfying each other's needs.



Tips to spice things up:

- ∞ Oral sex – it's perfectly fine with one exception: no blowing into the vagina.
- ∞ Mutual masturbation – with or without toys.
- ∞ Try different positions for penetration – sometimes shallow penetration feels better during pregnancy.
- ∞ In the postpartum period – no intercourse is recommended for up to 6 weeks. Try alternatives to intercourse or snuggle and savor the closeness.

Reference:

The Best Sex Positions for Pregnant Women. (n.d.). Retrieved March 16, 2015, from <http://www.fitpregnancy.com/pregnancy/sex-relationships/best-sex-positions-pregnant-women?page=2>
Frye, A. (2013). *Holistic midwifery: A comprehensive textbook for midwives in homebirth practice*, Volume 1 care during pregnancy. Portland: Labrys Press.
Pregnancy week by week. (n.d.). Retrieved March 16, 2015, from <http://www.mayoclinic.org/healthy-living/pregnancy-week-by-week/in-depth/sex-during-pregnancy/art-20045318>



Your desire may vary daily.

Positions to consider:

- ∞ No more missionary in the 3rd trimester – your partner's weight on the baby may not feel good
- ∞ Spooning
- ∞ Scissors
- ∞ You on top
- ∞ Reverse cowgirl
- ∞ Doggy style
- ∞ Lie on the edge of the bed with your legs hanging off
- ∞ On the counter
- ∞ Standing
- ∞ Propped with pillows in bed
- ∞ Kneeling while facing the back of the couch

For more information:

Women's Experience of Sex, Sheila Kitzinger
Making Love During Pregnancy, Elizabeth Bing
and Libby Coleman