

Sexuality in Postpartum

Earthwise Midwifery



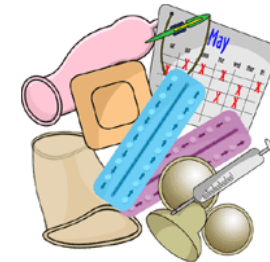
Many women have concerns about resuming intimacy and sexual activity after the birth of their baby, especially when there is a prolonged recovery or healing time. Every woman is different and each experience brings its own sensations, emotions and feelings that will influence her decision.

Intimacy doesn't have to involve penetration and can help keep the closeness of the relationship with your partner as you heal and recover. Being close, touching and kissing can help bring back the sensations slowly and help to ease your body into readiness for intercourse.

You will be the best person to know when you feel comfortable resuming sexual activities based on how you feel both physically and emotionally. There is no standard or target date. If you and your partner feel comfortable having sex before your six week checkup, its ok to do what feels natural and good to you.

If there are concerns about a repair from birth, you can contact your midwife for advice or recommendations.

You may also want to consider what, if any, kind of contraception you want to use and when to start. You can discuss this with your midwife, in addition to your own research.



You may experience some tenderness or soreness of the vagina and/or perineum initially. Talk to your partner about your feelings and at what you feel comfortable with. Breastfeeding often experience effects on their sexuality throughout he breastfeeding relationship, including decreased libido and vaginal dryness. Including foreplay and intimacy can help with increasing your libido naturally and using natural lubricants can help counter any dryness.



Many women experience temporary urinary incontinence in postpartum and feel bashful about becoming intimate or relating the experience to her partner. Stress urinary incontinence is a common part of postpartum. For more information, ask your midwife for more information about Postpartum urinary incontinence.

References

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