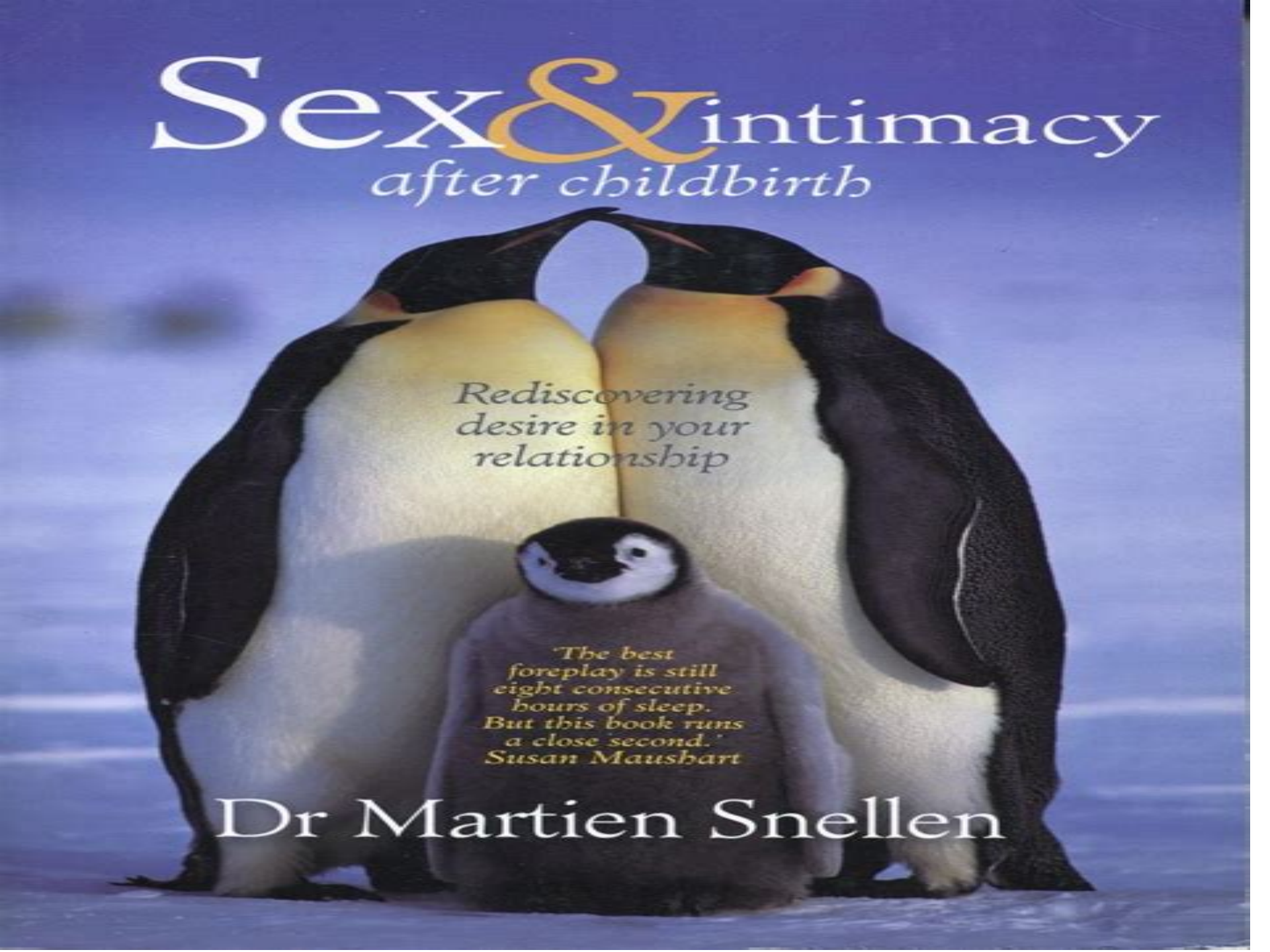


# Sex & intimacy

*after childbirth*

The background of the book cover is a photograph of two adult King penguins and a small chick standing on a snowy, icy surface. The two adults are facing each other, their heads tilted upwards and beaks touching, forming a heart shape. The chick is positioned in front of them, looking towards the camera. The text is overlaid on this image.

*Rediscovering  
desire in your  
relationship*

*'The best  
foreplay is still  
eight consecutive  
hours of sleep.  
But this book runs  
a close second.'*  
Susan Maushart

Dr Martien Snellen

# Sex And Intimacy After Childbirth Rediscovering Desire In Your Relationship

**Victoria Dolby Toews**



## **Sex And Intimacy After Childbirth Rediscovering Desire In Your Relationship:**

*Sex and Intimacy After Childbirth* Martien Snellen, 2005 It's not exactly a newsflash that pregnancy and childbirth bring enormous changes in people's lives. But not every couple is prepared for the impact parenthood can have on their sexual relationship, particularly when it's the first baby. Of course we expect to put sex on hold for a while in the period just before and after the birth, but most of us naively expect that pretty soon things will return more or less to normal. Unfortunately for many couples, it doesn't work out like that. Typical contributions to the discussion of post-baby passion usually follow the line of lubricate, medicate, try alcohol, and variation, which at the end of the day doesn't really cut it. But in this timely new book, Martien Snellen explores the factors that can influence and inhibit your sexual relationship when you're a new or newish parent, from changes in body image to serious health issues such as postnatal depression, from divergent levels of interest to just not being able to find the time. And most importantly, he offers practical, down-to-earth suggestions for rethinking your relationship and rediscovering physical intimacy in a way that works for both of you. Funny, insightful, and deeply wise, Martien Snellen has written an essential read for anyone who's looking to rekindle the sparks of their relationship or simply wants to better understand the implications of one of the less-spoken-about aspects of parenthood.

**Postnatal Sexuality**,  
Postnatal Sexuality: Rediscovering Intimacy After Childbirth  
Physical Changes: Explore the physical changes that occur in your body after childbirth and how they can impact your sexuality. Gain insights into postpartum recovery and regaining physical comfort.  
Emotional Adjustments: Understand the emotional adjustments that both partners experience in the postnatal period. Discover ways to reconnect emotionally and rebuild trust.  
Hormonal Shifts: Learn about the hormonal shifts that can affect your desire and arousal. Discover strategies to navigate these changes and rekindle your sexual desire.  
Body Image Concerns: Address common body image concerns and insecurities that can arise after giving birth. Find practical tips for improving body confidence and embracing your post-baby body.  
Postpartum Depression: Recognize the signs and symptoms of postpartum depression and its impact on sexuality. Discover effective coping strategies and when to seek professional help.  
Communication and Connection: Enhance your communication skills to better connect with your partner. Explore ways to have open and honest conversations about your desires and concerns.  
Rebuilding Trust: Rebuild trust and emotional intimacy in your relationship. Discover techniques for deepening your connection and rekindling the emotional bond.  
Setting Realistic Expectations: Set realistic expectations for your postnatal sex life. Learn how to manage time effectively and find moments for intimacy amidst your busy parenting responsibilities.  
Practical Tips: Find practical tips for enhancing your physical comfort during sex. Explore new techniques and approaches to reignite your passion and pleasure.  
Seeking Professional Help: Consider the benefits of seeking professional help from sexual therapists and medical professionals. Learn when and how to reach out for expert guidance.  
Reconnecting with Desire: Rediscover your sexual desire through self-care and self-exploration. Explore intimacy-building activities and

strategies for reigniting the spark in your relationship Supporting Each Other Support each other in your journey to rediscover postnatal intimacy Share responsibilities express appreciation and nurture your connection for long term happiness Postnatal Sexuality Rediscovering Intimacy After Childbirth is your guide to reigniting the spark in your intimate relationship after having a baby With practical advice emotional support and expert insights this book empowers you to navigate the challenges and joys of postnatal sexuality with confidence and grace Rediscover the pleasures of intimacy and strengthen the bonds of love in your relationship Table of Contents Introduction Postnatal Sexuality Rediscovering Intimacy After Childbirth PHYSICAL CHANGES EMOTIONAL ADJUSTMENTS HORMONAL SHIFTS BODY IMAGE CONCERNS POSTPARTUM DEPRESSION COMMUNICATION AND CONNECTION REBUILDING TRUST SETTING REALISTIC EXPECTATIONS PRACTICAL TIPS PHYSICAL COMFORT EXPLORING NEW TECHNIQUES TIME MANAGEMENT SEEKING PROFESSIONAL HELP SEXUAL THERAPISTS MEDICAL PROFESSIONALS RECONNECTING WITH DESIRE SELF CARE AND SELF EXPLORATION INTIMACY BUILDING ACTIVITIES SUPPORTING EACH OTHER SHARING RESPONSIBILITIES EXPRESSING APPRECIATION LONG TERM EFFECTS     Life After Baby Victoria Dolby Toews,2012-04-15 Life After Baby brings a welcome measure of honesty and sanity to the discussion of how women can rediscover and reclaim their health their verve and their joie de vivre after a newborn joins their family     **Sexual Longevity** Laura Anderson,AI,2025-03-17 Sexual Longevity tackles the often avoided topic of maintaining a fulfilling sex life as we age It emphasizes that while aging brings changes it doesn t have to mean the end of sexual satisfaction The book highlights the physiological changes affecting sexual function the pivotal role of hormone levels and lifestyle s impact on long term sexual health Did you know that proactive strategies can help manage these changes and that societal stigmas often prevent open discussions about aging and sexuality This book challenges misconceptions by presenting evidence based insights into the impact of aging on sexual desire arousal and orgasm It explores topics like menopause s effect on women and age related changes in male sexual function Sexual Longevity takes a holistic approach blending medical insights with lifestyle modifications to ensure long term sexual well being Beginning with fundamental concepts the book progresses through specific issues and concludes with practical tips to enhance intimacy and address sexual challenges     **Tips for a Happy, Healthy Postnatal Journey** , Postnatal Yoga Healing Your Body and Mind After Pregnancy is your comprehensive guide to rejuvenating your body and finding inner peace in the postpartum period This book offers a wealth of insights and practices that will help you embrace the transformative journey of motherhood with strength grace and mindfulness Chapter 1 The Power of Postnatal Yoga The Healing Benefits Explore how postnatal yoga can support your physical and mental well being during the postpartum period Safe and Gentle Practice Learn why postnatal yoga is specifically designed to cater to the needs of new mothers Chapter 2 Preparing for Postnatal Yoga Postpartum Body Awareness Understand the changes your body has undergone and how yoga can aid in recovery Choosing the Right Class Find guidance on selecting the most suitable postnatal yoga class or program

Chapter 3 Yoga Poses for Postpartum Healing Gentle Asanas Discover a range of gentle yoga poses that will help you regain strength and flexibility Pelvic Floor Exercises Learn essential techniques to restore and strengthen your pelvic floor muscles Chapter 4 Yoga for Emotional Well Being Managing Postpartum Emotions Understand how yoga can assist in managing the emotional ups and downs of new motherhood Mindfulness and Meditation Explore mindfulness practices and meditation to find inner peace and resilience Chapter 5 Incorporating Yoga into Your Routine Creating a Practice Space Learn how to set up a calming and supportive environment for your yoga practice Practice Length and Frequency Discover how to integrate yoga into your daily routine without feeling overwhelmed Chapter 6 Nurturing Your Body and Soul Self Care Rituals Explore self care practices that complement your yoga journey Balancing Motherhood Find strategies for balancing the demands of motherhood with your personal well being Chapter 7 Connecting with Other Moms Joining Postnatal Yoga Communities Discover the benefits of connecting with other new mothers in a supportive environment Sharing Your Journey Learn how sharing your experiences can inspire and uplift fellow moms Postnatal Yoga Healing Your Body and Mind After Pregnancy is a nurturing companion on your postpartum voyage Whether you re new to yoga or a seasoned practitioner this book will empower you to embrace motherhood with vitality and mindfulness Through the healing practices of yoga you ll find strength serenity and a deeper connection to yourself and your new role as a mother Table of Contents Introduction Tips for a Happy Healthy Postnatal Journey SELF CARE FOR NEW MOTHERS NUTRITION TIPS FOR POSTNATAL HEALTH IMPORTANCE OF HYDRATION HEALTHY SNACK IDEAS EXERCISE AND FITNESS AFTER GIVING BIRTH POSTNATAL YOGA AND PILATES CARDIOVASCULAR ACTIVITIES MANAGING POSTPARTUM DEPRESSION AND ANXIETY RECOGNIZING THE SIGNS SELF CARE FOR MENTAL HEALTH BONDING WITH YOUR BABY SKIN TO SKIN CONTACT READING AND SINGING TO YOUR BABY SUPPORT NETWORK AND COMMUNITY JOINING PARENTING GROUPS REACHING OUT TO LOVED ONES INTIMACY AND RELATIONSHIPS AFTER CHILDBIRTH COMMUNICATION AND UNDERSTANDING REDISCOVERING INTIMACY RETURNING TO WORK OR CAREER PLANNING CHILDCARE OPTIONS TIME MANAGEMENT AND PRIORITIZATION

Let's Talk About Sex (Quietly, While the Kids Sleep) Fran Preston, Once upon a time your relationship was full of passionate moments spontaneous dates and the kind of wild energy that made you forget to lock the door Then came the kids And the door definitely got locked Not to mention the conversation about sex which now takes place in whispers and involves more discussions about bedtime routines than you ever thought possible In Let s Talk About Sex Quietly While the Kids Sleep Fran Preston takes on the hilarious and often awkward reality of trying to maintain intimacy after kids careers and the constant sound of someone asking for more juice With her trademark wit Fran shares the struggles the triumphs and the quietly intimate moments that come with keeping the romance alive when your house is no longer quiet and your evenings are spent either parenting or praying for sleep This book is the hilarious and sometimes heartwarming survival guide for couples who still want to talk about sex but you know without waking the kids up Fran s insights will have

you laughing out loud while also giving you the permission to be imperfectly human Because love and intimacy don't stop they just get a little quieter and maybe a bit more strategic

**You and Your Newborn Baby** Linda Todd, 1993-10-25 Warm encouraging advice for baby's first months and for mother's recovery

*Midwifery and Sexuality* Sam Geuens, Ana Polona Mivšek, Woet.L. Gianotten, 2023-03-09 This first open access book on midwifery and sexuality integrates sexual health into the care for the pregnant and postpartum couple It addresses sexuality and intimacy from an education and prevention perspective instead of just focusing on treating problems aiming to foster the development of sexual well being and happy couplehood Sexuality and intimacy are essential elements in the bonding of the couple and the parents to be That process can be seriously hampered by sexual problems due to mutual misunderstanding fear and sexual troubles especially when the natural processes of conceiving pregnancy and delivery are disturbed In this phase of life disruption of intimacy sexuality and sexual relationship is a significant risk factor for developing couple and family problems The need for such a book stems from the very limited attention given to this health area in the daily practice of most midwives and related healthcare professionals In building a close relationship with the couple through frequent intense longstanding contact the midwife acquires a perfect position to address sexuality and intimacy With 36 authors from 14 countries the book comprises five modules 1 Sexuality 2 Sexual aspects of the various phases of reproduction when things develop without complications 3 Sexual aspects when those same phases deviate from physiology 4 Special topics on sexuality relevant to daily midwifery practice 5 Teaching learning skills and competencies with regard to sexuality This new practical textbook guides healthcare professionals such as midwives obstetricians gynaecologists nurses general practitioners pelvic floor therapists etc by offering both basic knowledge and skills on sexual health and wellbeing combined with modern sexological knowledge like the entirely new topic of sexual aspects of preconception care

**The Family Guide to Sex and Relationships** Richard Walker, 1996 Beginning with the question What is sex The Family Guide to Sex and Relationships covers the entire spectrum of human sexuality and relationships between the sexes Here are clear explanations of every sexual topic from gender identification to adolescent hormonal changes from the mechanics of sex to sexual dysfunction and STDs from menstruation to menopause female and male Ideal for parents wanting to talk to their children about sex or for anyone with any sex related questions this comprehensive reference takes the reader through the entire life cycle from birth to old age Many topics have special resonance for today including single parenting divorce the risks posed by HIV and AIDS contraception teenage pregnancy gay and lesbian parenting and sexual offenses such as harassment rape and child abuse More than 300 color photographs illustrations and diagrams complement the text throughout

**The Complete Lesbian and Gay Parenting Guide** Arlene Istar Lev, 2004-11-02 Gay parenting is a productive and positive decision but author and lesbian mother Arlene Lev admits it isn't always an easy one With practical wisdom and advice and personal real life stories Lev prepares gay parents for this endeavor with everything they need to know and everything they can expect while making their own significant and

challenging mark on family life in the 21st century      **Growing with Your Child** Christine Anne Langlois,1998 A Canadian Living Family Book      Post-Baby Passion Natesa Estella Sparks,2025-08-19 Post Baby Passion Reigniting Sex Intimacy After Childbirth Bringing a baby into the world changes everything including intimacy Many new parents quietly struggle with painful sex low desire or feeling disconnected after childbirth You re not alone and you don t have to accept distance as the new normal This supportive guide helps couples heal their sex life after childbirth and rediscover closeness in ways that feel safe joyful and real With medically informed advice and compassionate strategies it addresses both the physical recovery and the emotional shifts that impact intimacy after baby Book discusses Clear guidance on postpartum healing what really happens to your body and how to know when you re ready Gentle pelvic floor rehab exercises to reduce pain and increase pleasure Communication tools for couples to talk openly about fears needs and desires Practical tips for first intimate encounters positions lubrication and creating a relaxed atmosphere Solutions for common setbacks like low libido discomfort or emotional distance Creative alternatives to intercourse when you re too tired but still want closeness Workbook style exercises and reflection prompts to track progress and strengthen your bond If you re a new mom rebuilding confidence or a partner wanting to reconnect this book gives you the step by step roadmap to restore intimacy improve your relationship and enjoy sex again after baby It s time to move from survival mode to connection and bring passion back into your life

**Blossoming Beauty** Jo Glanville-Blackburn,Dan Duchars,2004 Blossoming beauty is all about you Now you are pregnant you are blossoming inside and out and now more than ever it is time to remember that you are beautiful Pregnancy is a special time in your life yet it is one of the most natural things that you will ever know so seize the opportunity to feel truly at one with yourself in body and mind While other pregnancy books focus on the baby and what s going on inside the mother s body blossoming beauty focuses on you the pregnant woman and the changes that are happening to you both physically and emotionally Filled with practical and invaluable tips on how to make the most of pregnancy it aims to help you take more time to nurture yourself as you nurture another from within Designed to be a source of endless inspiration this book will help you understand what s happening to you during pregnancy and to feel positive about the birth Each of the three trimesters 1 to 14 weeks 15 to 28 weeks and 29 to 40 weeks has      Parents ,2006      Simply Radiant Bharti Vyas,1999 A natural health and beauty therapist to the stars offers anti aging and menopause solutions and advice for building confidence health and energy 25 recipes 8 color photos 46 line drawings      Newsweek Raymond Moley,Samuel Thurston Williamson,Malcolm Muir,Rex Smith,Joseph Becker Phillips,2004      Your Fertility Signals Merryl Winstein,2003 How to achieve or prevent pregnancy naturally      The New York Times Book Review ,1960      Postpartum Intimacy Lydia Scott,Dom G Scott,2025-07-31 Your relationship hasn t disappeared It s just been drowned out by midnight feedings piles of laundry and the endless demands of new parenthood If you ve ever sat beside your partner exhausted but longing for a touch a glance a spark Trust me you re not alone Postpartum Intimacy is an honest intimate guide for couples Especially helpful to those in

dominant submissive relationships who are learning to rediscover connection after having a child Written from the voice of a loving Dom this book is filled with raw reflections real world challenges and solutions for staying close when everything around you is pulling you apart With a candid message from Lydia about what life has been like since having a child

**American Book Publishing Record** ,2005



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