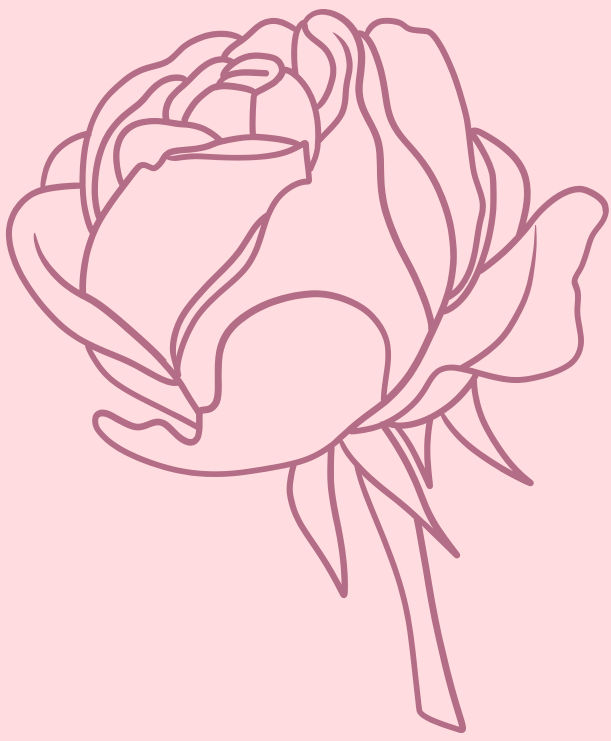


NAVIGATING Sexuality In Pregnancy



Sexuality doesn't always mean sex, and sometimes it does. Navigating sex with your changing body can feel scary and that's ok! Remember to be patient with yourself and prioritize communication with your partner. It's ok to have sex during pregnancy, it won't hurt your baby, as long as you are not at risk for preterm labor or placental problems.

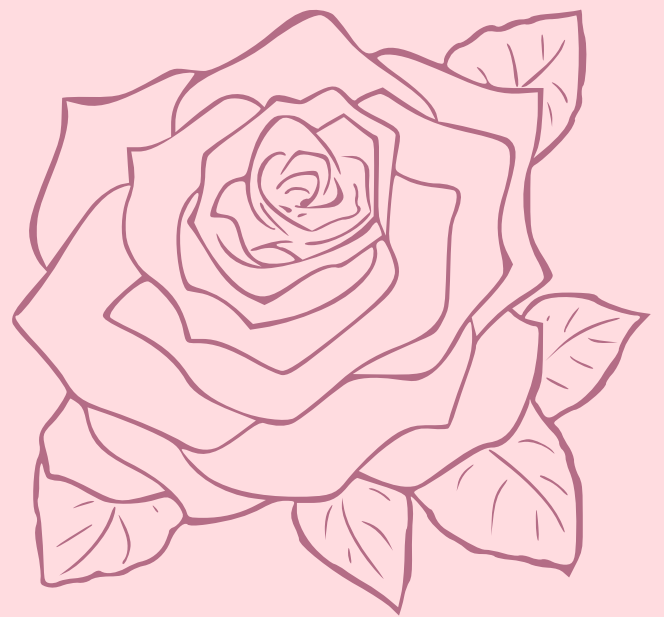
FIND YOUR NEW NORMAL

Libido changes are normal in pregnancy.

You might find that you want to have a lot of sex during certain times in your pregnancy, and you might also find that the opposite is true. Libido changes are normal. If you are feeling like your libido is negatively impacting your relationship ask your midwife for guidance on herbs that may help.

BODY IMAGE

It is not uncommon to have different feelings about your body as it is changing.



To support your pelvic floor during sexual intercourse, focus on positions that are comfortable for you. Sex should not be painful. Use pillows and props to support the changing weight of your breasts and belly. If sex is painful or uncomfortable please let your midwife know!

PELVIC FLOOR HEALTH

Pelvic floor therapy can be a useful tool, during and after pregnancy!



BEAUTY TAKES TIME TO GROW. IT'S OK TO STOP AND SMELL THE ROSES.

MARCHOFDIMES.ORG

SAFE SEX DURING
PREGNANCY



March of Dimes (2022).
Sex during Pregnancy.

<https://www.marchofdimes.org/it-starts-with-mom/is-sex-safe-during-pregnancy.aspx#:~:text=Sex%20doesn't%20hurt%20your%20baby%20during%20pregnancy,with%20your%20baby%20during%20sex.>

MAYOCLINIC.ORG

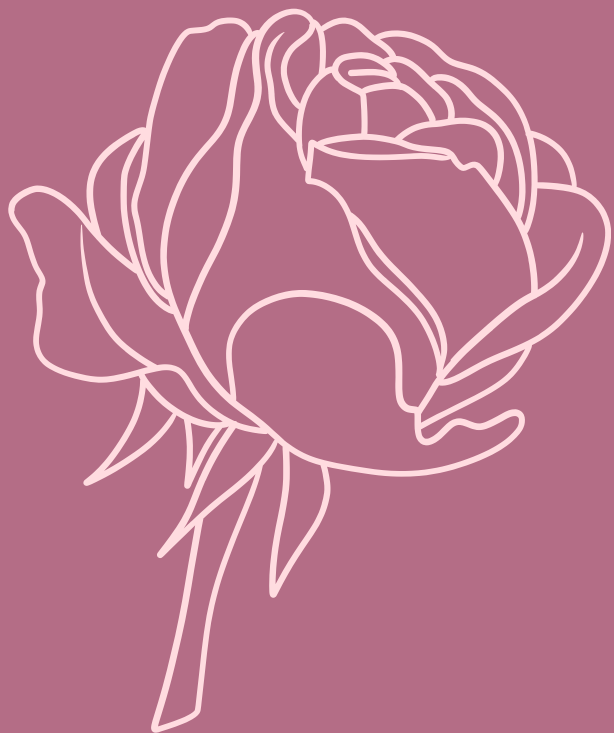
SAFE DURING
PREGNANCY

<https://orwh.od.nih.gov/research/maternal-morbidity-and-mortality/information-for-women/pregnancy-and-body-image#:~:text=Hormonal%20changes%20will%20cause%20your,have%20mood%20swings%20more%20often.>



NATIONAL INSTITUTES
OF HEALTH

BODY IMAGE DURING
PREGNANCY



PELVIC FLOOR SUPPORT
MEDLINE PLUS

<https://medlineplus.gov/ency/article/003975.htm>

ADDITIONAL RESOURCES:

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPISTS/WA/KITSAP-COUNTY?CATEGORY=SEX-THERAPY](https://www.psychologytoday.com/us/therapists/wa/kitsap-county?category=sex-therapy)