

# Sex & intimacy

*after childbirth*

*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

**Andrew Goldstein, Marianne Brandon**



## **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  
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      **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

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

**Love and Relationships after 40: A Modern Woman's Guide to Dating, Marriage, and Friendship** Ciro Irmici, 2025-06-23 Love and Relationships After 40 A Modern Woman s Guide to Dating Marriage and Friendship Navigate the thrilling and sometimes chaotic world of love and relationships after 40 with confidence humor and a dash of sensuality Whether you re reentering the dating scene looking to reignite the spark in a long term relationship or nurturing deep and meaningful friendships this book is your go to guide Packed with practical advice candid stories and plenty of laughs it explores everything from online dating and blended families to embracing your sexuality and thriving in your independence Rediscover yourself redefine what love means to you and reclaim your passion for life This isn t just a book it s your roadmap to creating connections that are more fulfilling fun and authentic than ever before Because love doesn t come with an expiration date it only gets better with age

*18+: A Global Guide to Understanding Sexuality,*

*Intimacy, and Pleasure* S. Oladimeji, 2024-10-24 18 A Global Guide to Understanding Sexuality Intimacy and Pleasure is more than just an ebook it s a captivating exploration of the complexities of sexuality and intimate relationships Through a novelistic engaging and romantic style I guide you through the fundamentals of sexual communication preferences and techniques all while emphasizing the importance of understanding each other especially in intercultural relationships This book offers insights from various sexual related books worldwide giving you a well rounded perspective on how to enhance your sexual connection Whether you re navigating the challenges of a new relationship or looking to reignite the passion in a long term partnership 18 provides practical advice deep insights and romantic inspiration to help you build a more fulfilling passionate and connected relationship With detailed chapters that delve into the nuances of sexuality and intimacy this book is your go to guide for understanding and improving your sexual relationship ensuring that you and your partner stay connected on a deeper level

*Wanting Sex Again* Laurie Watson, 2012-12-04 I never want to have sex again If you feel like sex just isn t worth the effort you re not alone Forty million American women are frustrated by their lack of sexual passion They know something s missing and their husbands know it too but the emotional physical and mental obstacles to healthy desire can be a knot that seems too tangled to unravel Drawing on twenty years of clinical experience Laurie Watson shows that it really is possible to restore the thrill of sex using proven psychological methods and personal accounts from actual therapy sessions Her strategies will Offer a glimpse into the reality of other people s bedrooms Address the sexual problems that can develop with life changes from marriage to motherhood to menopause Uncover the hidden factors that impact desire stress cultural messages emotional connection chemical and hormonal challenges physical appearance issues and more Show how joyful meaningful satisfying sex can be yours again Candid practical and much needed this book can help you rediscover your sexual self or discover it for the first time Instead of dreading bedtime you can look forward to it again

*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

**How to Have Nice Sex: A Relaxed Guide to Intimacy** Rita Evans, What does nice sex truly mean? For many it's a concept clouded by societal pressures, unrealistic expectations, and a lack of honest communication. This book aims to redefine nice sex as an experience centered around emotional connection, mutual respect, and shared pleasure. It's about fostering a deep understanding of yourself and your partner, creating a space where vulnerability is embraced and where open communication flourishes. We will explore the essential link between emotional intimacy and sexual satisfaction, discovering how nurturing a strong emotional bond enhances the quality of your sexual experiences. Within these pages, we'll move beyond the pressure to perform and instead focus on creating an environment where both partners feel comfortable, safe, and empowered to express their needs and desires. We will delve into practical strategies for improving communication, both verbally and nonverbally, to ensure mutual understanding and shared pleasure. This includes exploring effective techniques for articulating your desires, setting healthy boundaries, and addressing any anxieties or insecurities that may be hindering your intimacy. The book will also provide practical advice on setting the mood for intimacy, exploring physical pleasure, and navigating common challenges couples face in their sexual relationship. Ultimately, *How to Have Nice Sex* is a journey of self-discovery, a celebration of intimacy, and a guide to building a more fulfilling and connected sexual life. Get ready to embark on a transformative experience, one that emphasizes genuine connection over performance and mutual respect over expectation.

**Reclaiming Desire** Andrew Goldstein, Marianne Brandon, 2009-06-09 I'm so busy and tired; how can I find time for sex? How can I go from mommy one minute to passionate lover the next? What medicines or natural herbs can I take to improve my libido? At some point in their lives, most women experience a decline in their sexual desire. Yet despite the vast number of books devoted to sex, surprisingly few focus on the problem of low libido. Fewer still offer any practical advice to the woman who has lost her sex drive and longs to find it again. *Reclaiming Desire* presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandon, co-founders of the Sexual Wellness Center in Annapolis, Maryland, use to successfully treat women with low libido. Capitalizing on their combined medical and psychological expertise, they reveal how a complex set of physical, emotional, intellectual, and spiritual factors, as well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopause, can affect female sex drive. Reading this book, women will come to understand that low libido isn't all in their heads or all in their bodies; for that matter, the problem is real, and it's diverse, but it's curable.

**Unlocking Libido** Dr. Katherine M. Reeve, 2024-11-22 Reignite Your Inner Spark: A Journey to Rediscovering Desire. Are you ready to embark on an empowering journey of rediscovering your deepest desires? Dive into a transformative exploration with insights that shatter myths and unveil the true essence of female libido. This book is your ultimate guide to understanding and rejuvenating desire, reclaiming your sexuality with confidence and joy. Discover the hidden truths behind female desire as you navigate through expertly crafted chapters. Uncover the factors affecting libido, debunk societal misconceptions, and understand the profound

impact of psychological and physiological influences A comprehensive delve into emotional well being physical health and relationship dynamics will equip you with the knowledge to overcome common obstacles helping you foster deeper connections with yourself and your partner Imagine revitalising your sensual self embracing change with newfound vigour Envision a life where mindful intimacy alternative therapies and lifestyle changes elevate your passion to new heights From embracing body confidence to sparking a new flame in your love life this book offers practical tools and strategies designed to enhance your sexual health and happiness Let this book be your compassionate companion on the path to empowerment With supportive resources and professional insights you ll master effective communication and cultivate a sex positive environment Feel empowered to advocate for your needs create lasting sexual wellness and set intentions that sustain your libido health in the long term This journey is more than a guide it s a celebration of your sensual empowerment Dive into this essential read and take the first step towards embracing a liberated joyful and desire filled life

*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

**Natural Family Living** Peggy O'Mara,Jane L. McConnell,2000-03 From preconception to adolescence to creating a healthy family lifestyle this guide covers health during pregnancy and natural childbirth healthful eating for the whole family uses and abuses of TV computers and video games discipline issues and more

**Our Bodies, Ourselves** Boston Women's Health Book Collective,Judy Norsigian,2011-10-04 THE BESTSELLING WOMEN S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women s sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women s health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women s reproductive health and sexuality this latest edition of Our Bodies Ourselves shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health



and the health of your partner Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health Body image resisting negative media stereotypes and embracing healthier approaches to looking and feeling good Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women's lives As well as crucial information about gender identity sexual orientation birth control abortion pregnancy and birth perimenopause and sexuality and sexual health as we age Together with its companion website OurBodiesOurselves.org Our Bodies Ourselves is a one stop resource that belongs on the bookshelves of women of all ages

Harlequin Desire September 2017 - Box Set 2 of 2 Cat Schield, Joss Wood, Yvonne Lindsay, 2017-09-01 Do you love stories with sexy romantic heroes who have it all wealth status and incredibly good looks Harlequin Desire brings you all this and more with these three new full length titles in one collection 2541 THE HEIR AFFAIR Las Vegas Nights by Cat Schield When millionaire Kyle Taylor's new girlfriend is spotted by paparazzi with an old flame it's an instant deal breaker until he realizes just how wrong his assumptions were Problem is she's actually pregnant with his child and it'll take everything he has to prove himself worthy again 2542 CONVENIENT CINDERELLA BRIDE Secrets of the A List by Joss Wood When he proposed to Katrina Morrison wealthy hotelier Jonas Halstead made it very clear their marriage would be in name only to save his inheritance So why is he the one falling in love 2543 LITTLE SECRETS THE BABY MERGER by Yvonne Lindsay Shy Sally Harrison indulged in a one night stand to push her own boundaries and now she's pregnant with her new boss's baby Kirk Tanner doesn't believe in love but will doing the right thing for their baby lead to romance Look for Harlequin Desire's September 2017 Box Set 1 of 2 filled with even more scandalous stories and powerful heroes

*Our Bodies, Ourselves: Pregnancy and Birth* Boston Women's Health Book Collective, Judy Norsigian, 2008-03-04 The trusted editors of Our Bodies Ourselves called a feminist classic by The New York Times present a comprehensive guide to pregnancy and childbirth from prenatal care and emotional well being to how to handle the pain of childbirth Pregnancy and birth are as ordinary and extraordinary as breathing thinking or loving But as soon as you announce you're expecting you may be bombarded with advice from every angle well meaning friends relatives medical professionals even strangers want to weigh in on what you should or shouldn't do and it's easy to feel overwhelmed by their conflicting recommendations Our Bodies Ourselves Pregnancy and Birth will help you sort fact from fiction giving you the most accurate research up to date information and the firsthand experiences of numerous women who have been exactly where you are today You'll get the tools you need to take care of yourself and your baby during and after your pregnancy from tips on eating well during pregnancy to strategies for coping with stress and depression Learn everything you need to know about Choosing a good health care provider Selecting a place of birth Understanding prenatal testing Coping with labor pain Speeding your physical recovery Adjusting to life as a new mother Our Bodies Ourselves Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead

*Mastering Sexology - a practical guide to develop your sex life.* Jens Belner, 2025-08-17 Mastering

Sexology A Practical Guide to Develop Your Sex Life Beginner to Advanced Unlock the secrets to a more fulfilling passionate and adventurous sex life with Mastering Sexology This comprehensive guide takes you on a journey from the fundamentals of sexual health and pleasure to advanced techniques for deep connection exploration and satisfaction Blending practical advice scientific insights and modern perspectives this book explores Sexual anatomy and erogenous zones explained with clarity The power of sexual energy and how to harness it Tools techniques and toys from G spot and clitoral stimulation to anal play role play and beyond Enhancing intimacy with communication overcoming taboos and building confidence How aging libido and supplements affect desire and performance Modern frontiers AI companions swinger clubs and evolving sexual expression Quizzes micro stacking practices and journaling tools to track your sexual development Written in a warm approachable tone Mastering Sexology is more than just a manual it s an invitation to self discovery growth and shared pleasure Whether you re starting from the basics or looking to expand your horizons this book gives you the confidence and practical steps to master your sexuality at every level

**Post-Baby Passion** Natesa Estella Sparks, Post Baby Passion Reigniting Sex Intimacy After Childbirth Your body is healing Your relationship feels different And intimacy It may seem out of reach But this new stage of life doesn t mean passion is gone it means building it back in a way that works for you now With compassionate guidance expert tips and step by step exercises this book helps you and your partner heal reconnect and rediscover intimacy after baby From pelvic floor recovery to rebuilding desire you ll find clear answers and supportive strategies for every stage of postpartum life Because intimacy isn t about going back It s about creating something new together

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