

Sex During Pregnancy

It is important that you nourish your relationship as much as you nourish your unborn child during pregnancy. Most women find that their bodies grow large and unwieldy during pregnancy. Many women are surprised to find that their sex drive actually increases during pregnancy, particularly during the second trimester. This is due to the increased amount of blood that is coursing through your pelvis and vagina.

Is Sex Safe During Pregnancy?

Sex is safe during pregnancy provided you have a low risk pregnancy with few complications. Your doctor will let you know if you should avoid sex for any reason at all. Most women can enjoy a healthy and fulfilling intimate relationship throughout their pregnancy, right up until their delivery date.

Will I Enjoy Sex During Pregnancy?

Surprisingly, many women find that they are more sexually aroused during their second trimester than they were prior to pregnancy. The increased blood flow to the vaginal and a woman's growing bosom often results in a heightened sense of self and sexual arousal.

Most women will shy away from sexual relations during their first trimester when morning sickness and fatigue often get in the way of love making. During the third trimester, some women find themselves uncomfortably large and prefer not to be intimate, whereas others continue having intercourse right up until they go into labor.

Will Sex Hurt the Baby?

One of the most common concerns of fathers to be is that sex will hurt the baby. Some men are afraid that they will bump into the baby when they have sex. By and large however this concern is unfounded. If your husband is overly concerned about having sex during pregnancy, have him join you at your prenatal visits. A little reassurance from your physician that he will not hurt or bump into the baby may be all your husband needs.

Partners often react very individually when it comes to sex and pregnancy. While some men find the sight of their wife's blossoming body a true turn on, others are ambivalent or even a little turned off by pregnancy. It is important that you are open, honest and communicative with your partner about your needs during pregnancy, and try not to take any emotions your partner may be feeling personally.

Remember that pregnancy is often an emotional roller coaster, and your husband or partner may be more concerned that you might react differently, or may be scared of the idea of having a family in general. Some men have a difficult time being intimate with their wives even when they recognize that they will not harm the baby, because they feel another presence is in the room.

That said, many men and women have remarkable sexual relationships throughout their pregnancy. Even if you do not engage in intercourse with your husband, it is important that the two of you work on nurturing your relationship throughout your pregnancy. Foot rubs, kissing, back rubs and holding hands are all excellent ways to share some intimacy without actually engaging in intercourse.

The best way you can ensure that you and your partner remain close during your pregnancy is to check in with your partner on occasion. Inform them of your needs, let them know where you are coming from and what you need or want from them.

Positioning

If you and your partner are interested in maintaining a healthy sexual relationship during pregnancy, then undoubtedly you must be wondering what positions will work best for you as your belly grows and expands. The best thing you can do during your pregnancy is keep an open mind and be creative. Most women will find that it is uncomfortable to enjoy sex in a missionary position after about the first or mid second trimester. Try flipping over, woman on top and even lying next to one another during your pregnancy.

Short note about the author

Article by Beverley Brooke, author of "Ensure a healthy safe pregnancy for you and your baby", visit <http://www.pregnancy-weight-loss.com> for more on pregnancy health issues.

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