

# PostpartumSex

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curator & creator of PostpartumSex.com

photos by Joslyn Kilborn

## what's NOT normal?

pressure to have sex or fear to refuse sex  
pain/numbness 6+ mths postpartum (though common)  
shamed for wanting or not wanting sex  
told to "accept your new normal" without context  
feeling used, resentful, or violated after sex  
bleeding after penetration

## what impacts postpartum sex?

Chest/Breastfeeding  
Vaginal tears, episiotomies/c-section scars  
Hormonal fluctuations  
Exhaustion  
Feeling touched out  
Constantly giving to others  
Relearning your body  
Weight changes  
Changes in relationship dynamics  
Identities: gender, orientation, race, etc.  
Cultural & religious beliefs  
Past trauma or birth trauma  
Mental & physical abilities (medications)  
Income & access to information/services

## what's normal?

Changes in . . .  
sexual desire  
relationship intimacy  
ability to lubricate  
feeling sexy  
strength or number of orgasms  
use of sex toys

arousal during chest/breastfeeding  
sex while the newborn sleeps  
masturbation without partners  
painful penetration 6 wks - 6mths postpartum  
initial numbness from nerve damage  
nervous to have sex again

common thoughts:

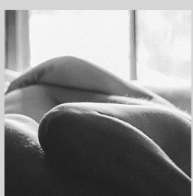
"if I don't have sex, will my partner leave me?"  
"I want my body back"

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learn more at PostpartumSex.com

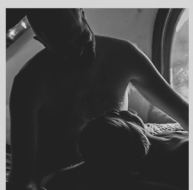
## who's enjoying sex?

Sometimes challenges can bring about changes that deepen relationships and enhances our sex life! This happens when people are open to: having honest and compassionate conversations about their sex lives with partners, trying new sexual activities or focusing on what works while healing, a willingness/ability to schedule private time away from children to be intimate with themselves or their partners, and an understanding of what needs to happen (or not happen!) to make sex enticing. An emphasis on pleasure over functionality or quantity works for many people, as well as lubricants and sex toys!

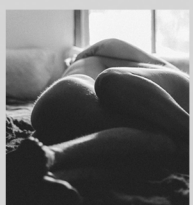


## who can help?

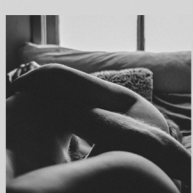
Sexuality specialists in the following fields:



Sex Therapists & Counsellors  
Couples Therapists & Counsellors  
Pelvic Physiotherapists  
Midwives



Doulas  
Naturopathic Doctors  
Traditional Chinese Medicine/Acupuncture  
Herbalists & Aromatherapists  
Medical Doctors



OB & Gynecologists  
Sexual Health Clinics  
Reproductive Health Clinics/Programs