

# After Birth: When Is it OK to have Sex Again?

Just after giving birth, sex may be the last thing on your mind. Each woman's postpartum experience is different. While some new moms may feel ready a few weeks after having a baby, others may need more time.

For most women, it's okay to start having sex again about four to six weeks after giving birth. But it's always best to check with your doctor first.

When you can start having sex again might depend on many things, such as whether you had a C-Section, how much vaginal tearing you experienced, if you had an Episiotomy or if you had complications during delivery.

If you're worried or scared about having sex again, don't worry. This is very normal.

Talk to your partner about your feelings. There are other ways to connect and express intimacy that don't involve intercourse. Communication is key.

It's also natural to feel insecure about your post-baby body, which can affect your feelings about having sex. Once again, communication with your partner is important. Try to be open about your feelings, so you can decide together when the time is right for both of you.

There are a few things you can do to be more comfortable during sex. Practice Kegel exercises. These exercises help strengthen your pelvic floor muscles and make it easier to have sex. If your breasts are leaking and sensitive, you can feed or pump just beforehand and wear a supportive bra during sex.

If you are feeling insecure, turn the lights off. For some women, breastfeeding increases vaginal dryness for a short time. If this happens, you can use a sexual lubricant.

You might also want to take it slow at first. Be open with your partner and communicate any concerns you may have about resuming your sex life.

Start with simple things like holding hands and cuddling. Physical affection can build and lead to sex when you're both ready.