

Does Sex Feel Different After Having A Baby

The Pregnant Couple's Guide to Sex, Romance, and Intimacy Sandra Margot 2002 The first book of its kind, renowned sexologist Sandra Margot has delivered a term by term guide to sustaining emotional and sexual intimacy between couples during the sensitive and often taxing time leading up to and just after the birth of a child. Filled with practical advice and suggestions, this book will help keep both partners feeling connected and fulfilled, strengthening the marital bond in preparation for the baby's arrival.

A Worry-Free Pregnancy for First Time Parents Harley Carr 2020-01-22 Why you won't harm your baby, even if you had a glass of wine before you knew you were pregnant? You can't describe the happiness you felt the moment you got the positive results of your pregnancy test. But only a couple of hours later, you catch yourself worrying about everything that could go wrong.

Exploring the Biological Contributions to Human Health Institute of Medicine 2001-07-02 It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. Exploring the Biological Contributions to Human Health begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). Exploring the Biological Contributions to Human Health discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. Exploring the Biological Contributions to Human Health will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

Safe Abortion Organisation mondiale de la santé 2003-05-13 At a UN General Assembly Special Session in 1999, governments recognised unsafe abortion as a major public health concern, and pledged their commitment to reduce the need for abortion through expanded and improved family planning services, as well as ensure abortion services should be safe and accessible. This technical and policy guidance provides a comprehensive overview of the many actions that can be taken in health systems to ensure that women have access to good quality abortion services as allowed by law.

How Not to Hate Your Husband After Kids Jancee Dunn 2017-03-23 'Clever, honest and hilarious . . . her book should become a baby shower classic.' Publishers Weekly 'Funny, honest and helpful.' Grazia 'Loads of useful, achievable advice.' The Pool How did I become the 'expert' at changing a nappy? Jancee Dunn wondered. This, combined with a lack of sleep, a suddenly unfair division of household chores and her husband's new found passion for very long bike rides, meant that Jancee found it hard to look at her well-meaning, clever, funny husband playing with his iPhone without feeling a white-hot rage. Like many expectant parents, they'd spent weeks researching the safest car seat but little time thinking about the titanic impact the baby would have on their marriage — and the way their marriage would affect their child. Tired of having the same fights over and over, Dunn consults the latest relationship research, solicits the counsel of renowned sex and couples therapists, canvasses friends and parents, and even consults an FBI hostage negotiator on how to effectively contain an 'explosive situation'. Could it be that the person who got her into this position is the ally she'd forgotten she had? Funny, honest and actually helpful, this book can't do the washing but it might just save your marriage.

Sex After . . . Iris Krasnow 2015-01-27 The bestselling author of *The Secret Lives of Wives* offers a refreshingly straightforward guide to enjoying a long, satisfying sex life. Women of the baby boomer

generation know and trust Iris Krasnow as a writer who speaks candidly to the issues that concern them most. In the months following the publication of her most recent book, *The Secret Lives of Wives*, Krasnow addressed thousands of women, and she discovered that two subjects dominated her audiences' conversations: sex and change. Whether women are worried about marriage and divorce or illness and death, they're all asking: "How do I handle the shifts in my sexuality caused by these events?" *Sex After . . .* holds the answers to everything from regaining sexual confidence after childbirth and breast cancer to navigating the dating scene in senior communities. As with all of Krasnow's books since her New York Times bestseller *Surrendering to Marriage*, the narrative is driven by real women's stories: raw, intimate, and, most importantly, true. Prescriptive, emancipating, and insightful, *Sex After . . .* addresses a range of circumstances, including what happens: When you or your spouse doesn't want sex anymore After cancer, amputation, PTSD, or another illness maims the body If you come out of the closet at middle age When your marriage is damaged by adultery If you're dating again after twenty-five years with the same sexual partner When your husband is addicted to Viagra Filled with edgy and honest stories of carnal challenge and triumph from women of all backgrounds and life stages, *Sex After . . .* is Krasnow's signature take on *Everything You Ever Wanted to Know About Sex but Were Afraid to Ask*—during all of life's passages. Krasnow is a media and lecture tour favorite, and readers—whether in the heat of an initial can't-eat-can't-sleep attraction or rounding the corner to their sixtieth anniversary—will applaud her eye-opening perspectives on the one issue that can change lives for better or worse like nothing else.

Counselling for Maternal and Newborn Health Care World Health Organization 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. *Counselling for Maternal and Newborn Health Care* is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions. *And Now We Have Everything* Meaghan O'Connell 2018-04-10 A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. *And Now We Have Everything* is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, *And Now We Have Everything* is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself. Smart, funny, and true in all the best ways, this book made me ache with

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recognition." -- Cheryl Strayed

Rekindling Martien Snellen 2010-03-29 We all know parenthood brings massive changes. But not every couple is prepared for the impact pregnancy and childbirth can have on their intimate relationship. Sure, we expect to put sex on hold for a while just before and after the birth, but most of us naively assume that things will eventually return more or less to normal. Unfortunately for many couples it doesn't work out like that. And although it's true, as Martien Snellen points out, that no one ever died from lack of sex...Well, sometimes it can make a relationship feel a little bit under the weather. Dr Martien Snellen is a psychiatrist with an extensive practice in relationship counselling. In this new edition of his immensely well received book (originally released as *Sex & Intimacy after Childbirth*) he explores the factors that can affect your sex life when you have a new baby. From changes in body image to serious health issues like Postnatal Depression; from divergent levels of interest to just not being able to find the time. And, most importantly, he offers practical suggestions to help get the spark back. For both of you. This book is a godsend for any new, or newish, parent who thinks their other relationship could do with a little attention too.

Cat Person Kristen Roupenian 2018-05-03 She thought, brightly, This is the worst life decision I have ever made! And she marvelled at herself for a while, at the mystery of this person who'd just done this bizarre, inexplicable thing. Margot meets Robert. They exchange numbers. They text, flirt and eventually have sex - the type of sex you attempt to forget. How could one date go so wrong? Everything that takes place in *Cat Person* happens to countless people every day. But *Cat Person* is not an everyday story. In less than a week, Kristen Roupenian's *New Yorker* debut became the most read and shared short story in their website's history. This is the bad date that went viral. This is the conversation we're all having. This gift edition contains photographs by celebrated photographer Elinor Carucci, who was commissioned by the *New Yorker* to capture the image that accompanied Kristen Roupenian's *Cat Person* when it appeared in the magazine. *You Know You Want This*, Kristen Roupenian's debut collection, will be published in February 2019.

Mayo Clinic Guide to a Healthy Pregnancy the pregnancy experts at Mayo Clinic 2011-05-01 Any woman looking for accurate, reliable, and authoritative information on pregnancy will appreciate this book from the world-class Mayo Clinic. The *Mayo Clinic Guide to a Healthy Pregnancy* offers hundreds of pages of in-depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth, month-by-month changes that mom can expect, and a forty-week pregnancy calendar, as well as a symptom guide and a review of important pregnancy decisions. In this illustrated book you'll also find advice on getting pregnant, meal planning, healthy exercise, and safe medication use, along with general tips on becoming a parent. This pregnancy book is the result of the efforts of a collective team of pregnancy experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child with a healthy mother. The *Mayo Clinic Guide to a Healthy Pregnancy* is an essential pregnancy resource for parents-to-be.

Cribsheet Emily Oster 2019-05-30 'Emily Oster is the non-judgemental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way' Amy Schumer Parenting is full of decisions, nearly all of which can be agonized over. There is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths and offers non-judgemental ways to consider our options in light of the facts. *Cribsheet* is a thinking parent's guide that empowers us to make better, less fraught decisions - and stay sane in the years before preschool. *Now you can navigate the primary school years with Emily Oster too, in her new book *The Family Firm*, out now*

Woman Cancer Sex Anne Katz 2020-11-29 Winner of the 2023 SSTAR Consumer Book Award! *Woman Cancer Sex*, Second Edition, is an accessible and comprehensive resource for women living with and surviving cancer as they navigate specific challenges related to sex and sexuality. *Women*

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who have survived cancer remain sexual beings despite the challenges of cancer treatment, and they often have nowhere to go with their questions and concerns. This text interweaves stories from clinical practice with evidence-based tips and interventions for a range of physical and emotional side effects resulting from cancer and its treatment. Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, body image issues, depression, and struggles communicating with a partner and health care providers. Written by a leading voice in the field of cancer and sexuality, this book offers essential guidance surrounding questions about sexual health for women diagnosed with cancer. It will also be of use to health care providers including social workers and sex and couple therapists.

Whoa, Baby! Kelly Rowland 2020-06-02 A first-time mom's view of life after childbirth, with a no-holds-barred look at all the physical, mental, and emotional changes that will forever turn your life upside-down...but in a good way! When multi-million-selling vocalist and actress Kelly Rowland gave birth to her son Titan in November 2014, it was love at first sight; she honestly could not believe how beautiful he was. But, as Rowland says, she would be lying if she said she wasn't also a little freaked out about what had just happened to her body, as well as by many overwhelming new thoughts and emotions. It was a good thing that Dr. Tristan Bickman, Rowland's OB/GYN for the last 14 years, was there, day and night, to answer every question that popped into her head, no matter how raunchy. With Dr. Bickman no topic is off-limits, and she provided Rowland with the reassurance she so desperately needed, telling her over and over that, in the months after a woman gives birth, nothing is exactly strange; but nothing is necessarily normal, either. There are so many guides to what our kids need, from the time they're the size of a poppy seed to the time they start kindergarten. But what about what the mother needs? In *Whoa, Baby!*, Rowland and Dr. Bickman team up to cover everything a new mom needs to know: the gross physical stuff; the hormonal and emotional stuff ("Why am I crying five times a day when this is the happiest I've ever been?"); and the just plain weird stuff ("Why did my nipples change colors?"). Readers will simultaneously cringe in agony and shriek with laughter at the scenarios Rowland and Dr. Bickman describe ("What happens if I fall asleep with the pump on?"; "Why does sex still hurt when I had a C-section?"; "Why are my legs so swollen?").

The Year After Childbirth Sheila Kitzinger 1996 This book focuses on a woman's experience during her physically, emotionally, and socially turbulent first year as a mother.

Woman's Experience of Sex Sheila Kitzinger 1985

Pregnancy, Childbirth, Postpartum, and Newborn Care World Health Organization 2003 This guide provides a full range of updated, evidence-based norms and standards that will enable health care providers to give high quality care during pregnancy, delivery and in the postpartum period, considering the needs of the mother and her newborn baby. All recommendations are for skilled attendants working at the primary level of health care, either at the facility or in the community. They apply to all women attending antenatal care, in delivery, postpartum or post abortion care, or who come for emergency care, and to all newborns at birth and during the first week of life (or later) for routine and emergency care. This guide is a guide for clinical decision-making. It facilitates the collection; analysis, classification and use of relevant information by suggesting key questions, essential observations and/or examinations, and recommending appropriate research-based interventions. It promotes the early detection of complications and the initiation of early and appropriate treatment, including time referral, if necessary. Correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world, thereby making pregnancy and childbirth safer.

Pelvic Pain Explained Stephanie A. Prendergast 2017-11-28 Pelvic pain is more ubiquitous than most people think and yet many suffer in silence because they don't know there is help or they are too embarrassed to seek it. This book looks at the variety of problems that can lead to pelvic pain, and how to address the issues when they arise.

Cognitive Neuroscience of Memory Consolidation Nikolai Axmacher 2017-02-09 This edited volume provides an overview the state-of-the-art in the field of cognitive neuroscience of memory

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consolidation. In a number of sections, the editors collect contributions of leading researchers. The topical focus lies on current issues of interest such as memory consolidation including working and long-term memory. In particular, the role of sleep in relation to memory consolidation will be addressed. The target audience primarily comprises research experts in the field of cognitive neuroscience but the book may also be beneficial for graduate students.

Trauma Informed Care in the Perinatal Period Julia Seng 2015-10-29 The past two decades have seen a convergence of findings across studies of traumatic stress, attachment, and neurobiology, confirming the crucial importance of well-being within the mother-infant dyad for life-long mental and physical health, and for reaching the fullest developmental potential. It is now established that there are intergenerational cycles of childhood maltreatment and psychiatric vulnerability that warrant a prevention approach. Pregnancy is a crucial point of intersection between generations. During pregnancy, women with a childhood maltreatment history have a 12-fold increased risk of posttraumatic stress disorder (PTSD). Although awareness of the need for trauma-informed care and trauma-specific interventions is increasing in the fields of addiction and mental health treatment in particular, there are no front-line programmes for the childbearing year that address maltreatment-related PTSD. This edited collection addresses the issues of intergenerational cycles of childhood maltreatment and psychiatric vulnerability by providing a resource to facilitate incorporating trauma-informed care and trauma-specific interventions into maternity services with an emphasis on improving outcomes for childbearing women with a childhood maltreatment history. The book will prove of use to those training for or working in child protection and nursing.

From Ouch! To Ahhh...The New Mom's Guide To Sex After Baby Sarah J. Swofford 2015-11-04 Are you wondering why sex is difficult since you became a mother? You are not alone. Having a baby can change everything you thought you knew about sexual intimacy and desire. "From Ouch! To Ahhh" addresses what most new moms wonder: Why is sex so different after baby? Why do I feel so disconnected from my partner? What happened to my libido?

The Impatient Pregnancy Plan - Pregnancy Secrets Most Women Would Never Know! Susan Wild Are you ready to have a baby and get pregnant? Trying to get pregnant is enough to make any woman impatient. This book is a detailed guide for women who want to have a baby and learn how to deal with pregnancy issues before and during labor. More specifically, you'll discover: - are you ready to be a mother? - what are the signs that you are pregnant? - best positions to get pregnant - all you need to know about pregnancy tests - causes for infertility and decreased libido - abortion - pros and cons - sex during pregnancy - what food to eat during pregnancy - health problems during pregnancy - how to prepare yourself for the hospital - giving birth tips and tricks - and much more Grab your copy now!

The New Mom's Survival Guide Jennifer Wider, M.D. 2008-06-24 Why can't I lose the extra weight? Why am I shedding like my pet golden retriever? I'm just too tired to have sex—and it hurts. What should I do? How can I tell the difference between the "baby blues" and a real depression? Why am I having so many fights with my husband? At last your baby has arrived, and you're experiencing all the joys that come with being a new mom. But you may not have bargained on acne and enlarged feet, not to mention constipation, vaginal pain, mood swings, or perhaps one of the more serious conditions that pregnancy can trigger. So what can you do to deal with all these unexpected challenges? In this compassionate, comprehensive guide, Dr. Jennifer Wider, a physician as well as the mother of two small children, delivers up-to-date medical information, candid answers to a host of questions, and expert advice on a range of postpartum issues, including: Sex and intimacy after pregnancy—physical and mental roadblocks • Marital stresses and strains • How to safely lose weight and exercise • Cracked nipples and other breast-feeding concerns • When the baby blues are more than just a phase • Coping with thyroid problems, anemia, diabetes, urinary incontinence, and other conditions that can show up during or after pregnancy From redefining yourself to taking care of yourself while caring for your baby, *The New Mom's Survival Guide* offers such a wealth of practical help that new moms will turn to it again and again.

After Birth Jessica Hatcher-Moore 2021-05-27 'An absolute treasure trove on women's physical and

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mental postnatal health' Milli Hill, author of *Give Birth Like A Feminist* and *The Positive Birth Book* 'Brilliant' Clover Stroud 'Essential reading for all parents to be' Marina Fogle 'Helpful, honest and humorous - which is exactly what we all need after birth' Ross J. Barr, acupuncturist and women's health expert While there is a wealth of advice for new mums on caring for their babies the same is not true for postpartum health. Fulfilling this vital need, *After Birth* is the ultimate postnatal primer for women facing changes to their bodies after having a baby. Addressing issues great and small - from hair loss and stretch marks, to bladder and bowel leaks, painful sex, diastasis recti and mental health - researcher and writer Jessica Hatcher-Moore brings together straight-talking advice on preparation for childbirth, healing, and recovery in the weeks, months and even years that follow. She also offers insights for partners, whose role is often overlooked at this critical time. Blending knowledge from the full spectrum of modern and traditional therapies with honest experiences from mothers, here is balanced advice with no agenda. Taking a broad look at what we can do for ourselves at home, and also when to seek expert help, *After Birth* will reassure, inform and empower women to reclaim their post-birth bodies.

I'll Never Have Sex with You Again! Larry Bleidner 2002-05-06 FORGET EVERYTHING YOU THINK YOU KNOW ABOUT CHILDBIRTH. THIS IS REALITY, WITH BELLY LAUGHS. "I'll Never Have Sex with You Again!" chronicles birthing babies like nothing ever before. Told by moms, dads, OB/GYNs, labor nurses and the people next door, its stories give new meaning to the phrase "up close and personal." And many celebrities -- from Nikki Sixx to Faith Hill, Lucy Lawless to Phyllis Diller, Erin Brockovich to Peggy Noonan -- let down their guard and prove that the delivery room is definitely a no-spin zone. Read all about The birthing mom who watches helplessly as a sexy labor nurse tries to seduce her husband. The mother-in-law/M.D. wanna-be who seizes the forceps and orders the doctor to get the show on the road! The new dad who suffers a concussion during a crib-assembly mishap and first glimpses his infant as he's being wheeled into the emergency room. The woman who had to be knocked out cold by a baseball to discover she was pregnant. The dad who misses his daughter's birth when he runs home to change into a suit and tie. The woman in labor who discovers an old flame will administer her epidural, and opts to tough it out -- sans anesthesia! Heartwarming and hilarious, these 100-plus stories will thrill moms, mothers-to-be or anyone even thinking about having a baby.

I Had a Miscarriage Jessica Zucker 2021-03-09 Approximately one in four pregnancies end in miscarriage, and one in 100 result in stillbirth. In this half memoir, half manifesto, Zucker documents her mission to break open the silence, stigma, and shame surrounding pregnancy loss. Drawing from Zucker's expertise as a psychologist specializing in reproductive and maternal health, *I Had a Miscarriage* is a heartbreaking, hopeful book about loss, recovery, and honesty around birthing bodies--an urgent reminder, in these trying times, of the power of speaking openly and truthfully about one's experiences.

Women, Sex, Power, And Pleasure Evelyn Resh, CNM/MPH 2013-03-01 In her new book, *Women, Sex, Power & Pleasure*, Evelyn Resh, a sexuality counselor and certified nurse-midwife, takes an innovative approach to helping women create the lives - and sex lives - they want. With a funny and compassionate, yet tell-it-like-it-is style, she looks at the relationship between feeling powerful in life and accessing life's pleasures, and their combined effect on sexual desire. Resh introduces six essential qualities that women must have to live healthfully, stating that when these are out of balance women seem to exist in lives devoid of pleasure, self-empowerment, and sex. These markers of emotional well-being are: • Self-confidence and self-esteem • Healthy Habits • Spiritual Satisfaction • Creativity • Self-assurance/re-assurance • Compassion and Empathy Once the six traits are laid out, Resh devotes the rest of the book to exploring how, when one or more of a woman's markers of emotional well-being are off kilter, their reasons for avoiding sex mount exponentially. She looks at some of the most common excuses she's heard over her many years as a sexuality counselor - I Feel Nothing, It's All He Thinks About, I'm Too Busy!, I'm Too Fat to Have Sex - and outlines the specific imbalances that create this void of sexual desire and activity. With practical guidance, self-assessment questions, and stories from her practice and personal life, Resh

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explains to modern women how to regain their emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction. This book is a must read for all women. From housewives to sophisticated urban corporate types, from new moms to post-menopausal women - this book will help any woman who feels estranged from her sexual energy and a sense of empowerment, and deprived of pleasure, or who views sex as just another thing to tick off her overwhelming to-do list.

Breaking Mum and Dad Anna Williamson 2018-03-08 With more than 1 in 10 new parents experiencing post-natal depression and anxiety, and after suffering the traumatic birth of her son, and herself being diagnosed with post-natal anxiety and birth trauma, Anna Williamson uncovers the real thoughts, feelings and behaviours that many of us experience in those first few weeks and months after becoming a parent. From 'I'm struggling to love my baby' to 'I miss my old life' and 'Will I ever feel like "me" again?' to 'I'm anxious about having sex' this book will help new parents cope with the often taboo topics that we ALL encounter. A therapist in your pocket, meaning you don't have to face one of life's most momentous experiences alone, or fear being judged of the weird and often worrying irrational thoughts that plague our frazzled minds. Mental health for new mums (and dads) is a thing - a big thing - and it's time we all stopped suffering in silence. It takes time to adjust to this new identity and role - whether it's making new friends, coping with changing relationships, breast and bottle feeding anxiety, going back to work worries, or the whole shift being a new parent poses mentally. *Breaking Mum and Dad* is a little pocket guide of empathy, sympathy and above all, hope.

The Venus Week Rebecca Booth 2014-08-22 In *The Venus Week* Dr. Rebecca Booth describes a window of days each month when Nature gives women a gift; when we are more likely to conceive we feel and look our best. The significance of this phenomenon is far greater than fertility alone. Learning its secrets and how to sustain it can help the reader obtain hormonal balance, improve her beauty, her love life, as well as her overall health.

The First Six Weeks Midwife Cath 2016-04-27 Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between - every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

Asking for a Pregnant Friend Bailey Gaddis 2021-06-01 *The Straight Scoop on the Questions That Make You Blush* Why do I feel turned on when breastfeeding? Could an epidural paralyze me? Am I awful for feeling sad my baby isn't the sex I'd hoped for? In this comprehensive new book, doula and birth educator Bailey Gaddis offers frank girlfriend talk and expert advice about pregnancy, childbirth, and early motherhood. During her own pregnancy, Bailey had many unanswered questions she felt were too taboo or embarrassing to ask. To help other women have a more informed, less cringey experience, she went on to train as a birth professional, and her work has inspired this book. Bailey consulted with medical experts and psychologists to ensure accurate answers to the featured questions, and she presents her sought-after expertise to you with thoughtfulness and humor. Her accurate, nonjudgmental answers to even the most embarrassing or scary questions will help guide you through pregnancy and the first weeks of motherhood with

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greater calm and confidence.

The Little Book of Self-Care for New Mums Beccy Hands 2018-10-04 'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, *The Little Book of Self-Care for New Mums* is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

Birth Your Way Sheila Kitzinger 2011 Describes different approaches to childbirth and their advantages and disadvantages, including midwife delivery and birth centers.

Unexhausted Time Emily Berry 2022-03-01 *Unexhausted Time* inhabits a world of dream and dawn, in which thoughts touch us 'like soft rain', and all the elements are brought closer in. Feelings, messages, symbols, visions . . . Emily Berry's latest collection takes shape in the half-light between the real and the imagined, where everything is lost and yet 'nothing goes away'. Here life's innumerable impressions, moods, seasons and déjà vus collect and disarrange themselves, while a glowing, companionable 'I' travels the mind's landscapes in hope of refuge and transformation amid these displaced moments in time. Whether one reads *Unexhausted Time* as a long poem to step into or a series of titled and untitled fragments to pick up and cherish, the work is healing and inspiring, always asking how we might harness the power of naming without losing life's 'magic unknownness'. By offering these intangible encounters, Emily Berry more truly presents 'what being alive is'. 'Emily Berry has a refreshingly free, not to say incendiary, approach to poetry.' Observer

Sex After Baby Kathleen Hamilton 2007 After she had a baby at 39, Kathleen Hamilton's sexual desire dove overnight from, "Honey, can we please have sex tonight, I've got a headache?"; to nothing. Zero. Zip. Nada. It was an identity crisis. None of the books and articles Kathleen could find came close to explaining why was lost her libido, or how or when she might find it again. No one around Kathleen talked openly about her experience balancing sex and motherhood - until Kathleen asked. Funny, frank, political, and poignant, *Sex After Baby: Why There Is None* is Kathleen's quest to bring the surprise triple orgasm back into her life. Along the way, the book reveals how Kathleen's questions about sex after baby - among her friends and neighbours and favourite books - brought her new, unexpected understanding of women's sexuality and women's lives.

Kangaroo Mother Care WHO 2003-04-17 Kangaroo mother care is a method of care of preterm infants which involves infants being carried, usually by the mother, with skin-to-skin contact. This guide is intended for health professionals responsible for the care of low-birth-weight and preterm infants. Designed to be adapted to local conditions, it provides guidance on how to organize services at the referral level and on what is needed to provide effective kangaroo mother care.

Women's Gynecologic Health Schuiling 2016-07-29 *Women's Gynecologic Health, Third Edition* is a trusted, comprehensive, and evidence-based text that presents women's gynecologic health from a woman-centered and holistic viewpoint. Encompassing both health promotion and management of gynecologic conditions, it provides clinicians and students with a strong foundation in gynecologic care and the knowledge necessary to apply it in clinical practice. With an emphasis on the importance of respecting the normalcy of female physiology, it is an essential reference for all women's healthcare providers. The Third Edition includes four new chapters on prenatal and postpartum care, including anatomy and physiologic adaptations of normal pregnancy, diagnosis of pregnancy and overview of prenatal care, common complications of pregnancy, and postpartum care.

The Coregasm Workout Debby Herbenick 2015-06-09 *The Coregasm Workout* is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness.

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Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, The Coregasm Workout introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. The Coregasm Workout will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance Order matters: it's not just the kind of exercises you do, but the order in which you do them Relax and receive: be open to the experience of coregasm Engage your lower abs, muscles often strongly linked to coregasm Fun, fascinating, and useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

Dr. Ruth's Pregnancy Guide for Couples Dr. Ruth K. Westheimer 2020-11-25 This book offers helpful tips, case studies, and question and answer features about sexual activity, getting pregnant, being pregnant, delivering a baby, and keeping sex alive before, during, and after pregnancy. It focuses on maintaining a healthy relationship and sex life during pregnancy.

The Puberty Book - The Bestselling Guide for Children and Teenagers Wendy Darvill 2008-03-11 The Puberty Book is the ideal guide for teenagers navigating their challenging adolescent years. Taking a straightforward yet humorous tone and illustrated throughout with witty cartoons, this book gives children and teenagers the most clear and accurate information about themselves, their bodies and growing up. - 'What's a wet dream?' - 'At what age do you get eggs?' - 'How do you ask a girl on a date?' - 'Is it all right to try to get the perfect body?' The Puberty Book answers these questions and many more in a candid and funny way, providing dependable information on the physical and mental developments of adolescence. In simple, straightforward language, Wendy Darvill and Kelsey Powell discuss the changes that happen at puberty, sex and sexuality, health, relationships, pregnancy and birth, as well as providing a guide to looking after your mental health that focuses on issues such as self-esteem, body image, shyness, depression and bullying. While the authors recognise the primary role of parents and carers in the sexual education of their children, this book is written for children rather than parents. It contains witty and informative cartoons throughout and all of the questions that guide the topics are based on the kinds of questions that children and teenagers everywhere ask all the time. The Puberty Book: Table of Contents Introduction - What's happening to my body? - Understanding male and female bodies - Learning to live with others - Feeling healthy and looking after yourself - Looking after your mental health - Learning about sex - Fertilisation, pregnancy and birth - As you get older - Where to go for help

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