

Free research paper on maintaining or reclaiming a good sex life after children

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It is not uncommon to note that some parents are more engulfed in the euphoria of their new families and forget to take care of each other's needs. Some parents are more engrossed in their daily responsibilities and families that they forget about the needs and desires of their spouses. There are some factors that make it difficult for individuals to make time for each other, either physically, emotionally, mentally or sexually. This is detrimental to the couple's sex life because of the huge amounts of time spent apart. It is vital that the spouses establish a positive connection in an effort to rekindle their sexuality and sensuality (Live fully counseling).

Some mothers agree that it is difficult to reclaim their sex lives after children. It is relatively easy to reclaim one's sex life after such a monumental event as the birth of a new baby. There are some individuals who would state that there is sexual trauma to be had in giving birth, hence getting back on the wagon is a tad difficult. However, with healthy communication and a passionate lifestyle, there is hope in regaining a healthy and fulfilling lifestyle. There is a need for spouses to have a deeper connection and intimacy in their marriages (the frisky).

For individuals who have just had babies, it is plausible that sex is the last thing on their minds. However, marriage is about satisfying the needs of one's spouse. The first step is to want sex and the feeling of intimacy with the person that one fell in love with, and with whom they just had the baby. There are hormonal changes brought about by birth. Pure exhaustion from the whole process is also a plausible reason as to why individuals do not have sex after the baby. It is evident that parents need to get close again, even after birth. It is easy to lose sight of oneself as a wife and take up the

role of a mother. Parents need to set up a foundation for intimacy in the effort of continuing to enjoy a healthy sex life for the foreseeable future, even after more children (Today books).

It is vital that, even the months following childbirth, spouses have time for passion with each other. It is understandable that individuals, especially mothers might be exhausted from all the care they have been giving to their children. One's libido might be too low to be interests in any activities sexual, but there are some guidelines that one can follow to reclaim their sex life. The spouses could set the mood and share the chores in an effort to reach an agreement about the house chores (The Baby Corner). There are some instances when mothers might not feel attractive enough for their husbands. In such instances, the husbands should take it upon themselves to ensure that women feel secure and comfortable in their own bodies. This ensures that they have more intimate relationships in the months following their childbirths (Bounty. com).

It is of utmost importance that spouses realize the need to have a healthy sex life after children. This is the first step to regaining a healthy lifestyle after childbirth. It is vital for spouses to work with each other in the effort regain the sex life that was before marriage. Both spouses have to be involved in the process in order for there to be maximum benefits from the process of regaining sex life. Intimacy is essential in a marriage hence the need to achieve it after marriage. Couples need to talk about sex and open communications channels if they are to achieve the level of intimacy that they desire (Pandora's Project).

The most ideal method of reclaiming one's sex life after childbirth is to open

the communication channels between spouses and have them talk about their feelings and desires. It is clear that spouses should connect on a more intimate level. This is achieved by effective communication and an understanding of the manner with which they interact with each other and the manner with which the body of the woman has changed after childbirth. These changes need to be taken into account by the other spouse and be understood to increase the fulfillment during sex (Newswire).

Frustration might creep up on the spouses who are trying to have their sex life back on track after childbirth; hence the best route to take is to make the mother of the children feel more comfortable in her body. The husband needs to be spontaneous and give their wives the love they require (blogtalkradio. com). There are some mothers who detest the thought of intimacy after childbirth. It is the duty of the husband to ensure that the wife is comfortable enough for intimacy. It is vital for the couple to keep the romance alive and ensure that the arrival of the baby does not disrupt their intimacy and other forms of sex life (Parents. com).

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