

Sex during pregnancy is a common question that comes up. It's totally safe unless there's a high-risk problem that's been identified.

It's not going to do anything to harm the pregnancy. It's not going to do anything to harm the fetus as long as both partners are comfortable with the activity.

Initially it was hard because I was struggling a little bit emotionally, hormonally. And I think in the beginning it took him a little of time to get adjusted to it as well. I'm trying to get used to this and I think I had to realize, so is he. This is also a big change for my husband.

Some people definitely lose interest in sex during pregnancy and other people go the opposite direction. So it's a large variety and just is okay to listen to your body and what you want to do.

For a lot of moms, they feel that this may not be the best time for them to engage in certain activities. A lot of that is dependent upon the couple and what feels most comfortable for them.

Well, it's certainly uncomfortable after a certain point to be too intimate both mentally and physically. And so we've always been good about date night I

would say and so we also continued that throughout the pregnancy.

There's many ways to be intimate during pregnancy if intercourse is not something that you're interested in. Holding hands, cuddling, all those things are totally fine.

The reality is is that for most people sex during pregnancy is safe. The important thing is that it's comfortable for you.

Many couples feel like they would like to continue their sexual relationship through the pregnancy and there's no reason not to do so unless your provider has said to avoid it.