

Dear Diary, how can I keep my relationship and sex-life satisfying post-baby?

SEXUAL INTIMACY IN FIRST-TIME MOTHERS




New publication!



Archives of Sexual Behavior (2020) 49:2849–2861
<https://doi.org/10.1007/s10508-020-01667-1>

ORIGINAL PAPER

Sexual Intimacy in First-time Mothers: Associations with Sexual and Relationship Satisfaction Across Three Waves

Natalie O. Rosen^{1,2}  · Loriann Williams¹ · Sarah A. Vannier³ · Sean P. Mackinnon¹

Scroll to the next slide, we'll break down the findings!



Many new mothers report **negative changes** to their sexuality and intimate relationships.

We know little about what factors might **protect** mothers from these declines.



WHAT WE WANTED TO KNOW:

Does **greater sexual intimacy** protect new mothers from experiencing declines in their **sexual and relationship satisfaction** across the first 12 months postpartum?

WE DEFINED *SEXUAL INTIMACY* AS INCLUDING 2 PARTS:

1

Sexual disclosure: sharing sexual thoughts and feelings with a partner

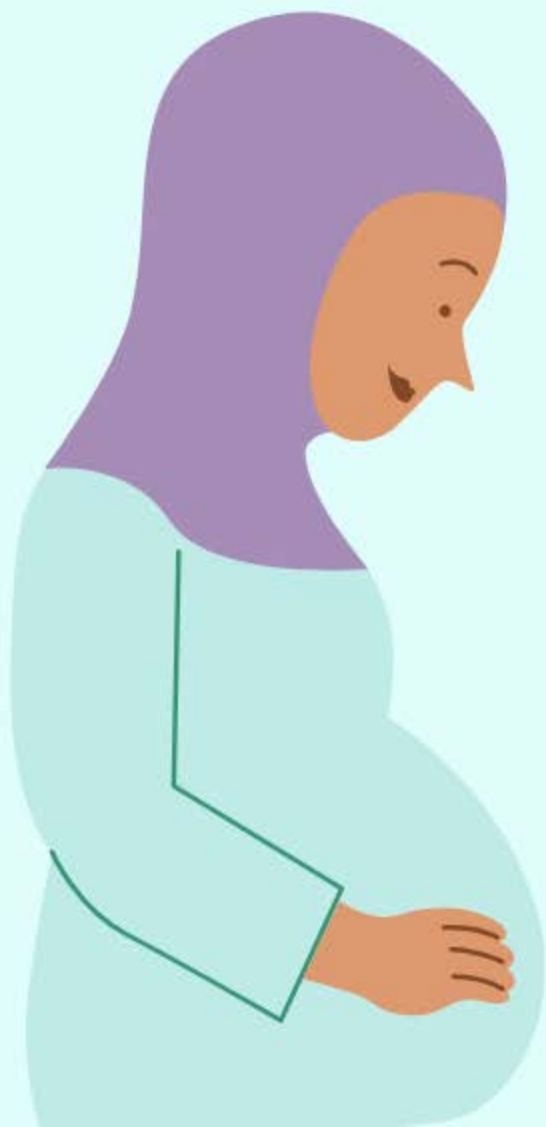


2

Perceived partner responsiveness (PPR): feeling understood, cared for, and validated by a partner in the sexual relationship



We recruited **171**
first-time mothers at
18-25 weeks
pregnant



Participants completed
a **questionnaire** at 4
waves of data
collection: at **18-25**
weeks pregnant, 3-, 6-,
& 12-months
postpartum

WHAT DID WE FIND?



Increased levels of **PPR** is an important predictor of higher levels of **sexual and relationship satisfaction** at the following wave.

New parents might **benefit** from interventions aimed at increasing their **perceived partner responsiveness** in relation to sex.



HOW SO?

Develop skills—

- **Acceptance**
- **Validation**
- **Reflective listening**

For tips on how to do this visit:

www.postbabyhankypanky.com



Improving the **sexual and relationship satisfaction** of new parent couples may help families **thrive** during this exciting, but often challenging time of their lives!



This is a summary of our published article:

Rosen, N. O., Williams, L., Vannier, S. A., & Mackinnon, S. P.
(2020). Sexual Intimacy in First-Time Mothers: Associations with
Sexual and Relationship Satisfaction Across Three Waves.
Archives of Sexual Behavior. 49, 2849-2861.
<https://doi.org/10.1007/s10508-020-01667-1>

