

NEW BLOG POST



**I am
worried,
are you?**



HOW NEW PARENT'S SEXUAL DESIRES CHANGES OVERTIME

a summary of our published article:

THE JOURNAL OF
SEXUAL MEDICINE

ORIGINAL RESEARCH & REVIEWS

EPIDEMIOLOGY & RISK FACTORS

Change in 21 Sexual Concerns of New Parents From Three to Twelve Months Postpartum: Similarities and Differences between Mothers and Partners

David B. Allsop, MS,¹ Emily A. Impett, PhD,² Sarah A. Vannier, PhD,³ and Natalie O. Rosen, PhD^{1,4}



*Scroll to see
what we found!*



The transition to parenthood is both **exciting** and **difficult**. A common concern for new parents is changes to their **sexual relationship**.

However, it is still **unclear** how sexual concerns **change over time** after a child is born.



WE WANTED TO KNOW:



1

If a couple's concerns about their sexual relationship would **decrease over time**

2

If a **mother's** concern was **greater** than their partner at three months postpartum

203

first time parent
couples
participated



Couples reported on a variety
of sexual concerns at 3, 6, 9,
and 12-months postpartum

WE FOUND THAT...

Results were **mixed!**

Some mothers and partners had **less sexual concerns** at 12 months compared to 3 months.



Specifically, experiences **related to the transition of parenthood** (delivery, recovery)

In other areas of sexual concerns, their concerns **do not change** over time.



Specifically, things that **most people** are concerned about sexually, not just during new parenthood.

Mothers were **more sexually concerned** at 12 months postpartum than 3 months postpartum.



Specifically, when mothers are **returning to work** their sexual concerns grow.

So, what does all of this mean?

Different sexual concerns tend to change in **different ways** for new parents. Some aspects can increase in concern while others stay the same, or decline.



Both **mothers** and **partners** can **differ** in what they are concerned about sexually during the transition to parenthood.

Knowing this, professionals such as doctors and therapists can help new parents navigate this life-changing event.



This is a summary of our published article:

Allsop, D. B., Impett, E. A., Vannier, S. A., & Rosen, N. O. (2022). Change in 21 sexual concerns of new parents from three to twelve months postpartum: Similarities and differences between mothers and partners. *The Journal of Sexual Medicine*, 19(9), 1366-1377.

