NEW BLOG POST



l am worried, are you?



HOW NEW PARENT'S SEXUAL DESIRES CHANGES OVERTIME

a summary of our published article:

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, Emily A. Impett, PhD, Sarah A. Vannier, PhD, and Natalie O. Rosen, PhD, and O.

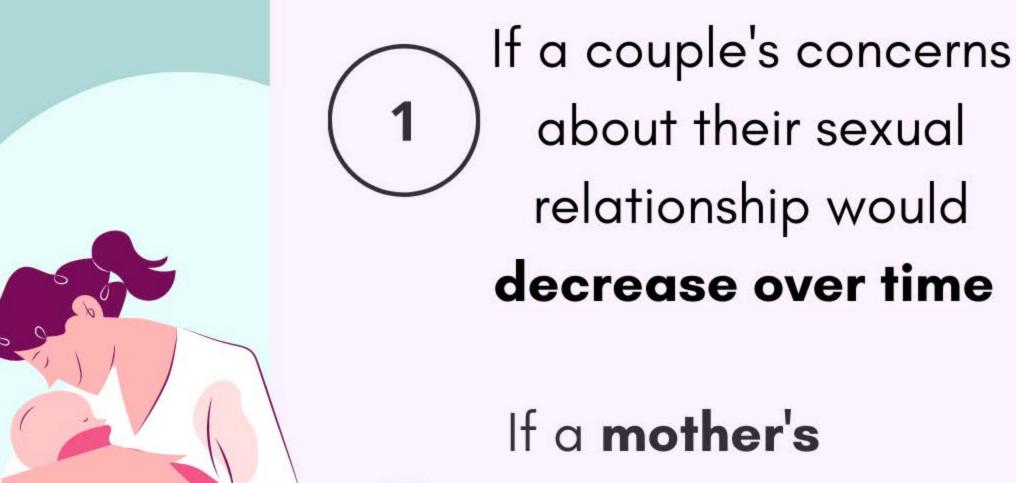
Scroll to see what we found!

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:



concern was

greater than their

partner at three

months postpartum

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 concered 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 lifechanging 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.

