

Sexual Union and Baby

Heather Bruce

Expressing ourselves lovingly and spontaneously is one of the pleasures within a committed relationship, which can deepen as we grow together. The process of becoming a family often changes how this may be achieved, and throughout the years (as a mother of mostly adult children) I know that this often takes second place to the mothering and general parenting input that appears to swell and swamp all resources.

Having realised that life will never be the same, we still need the time and space to be a lover - both within ourselves and beyond. Sometimes in the constant sameness of early parenthood it's easy to forget that children do eventually leave home physically, and then if you manage to switch off their presence in the worry part of your mind, they are actually 'away'.

More often than not, being a sexual being is washed away after birth in the surges of exhilaration, exhaustion, and ecstasy of having a new baby. Combined with the hormonal tides inherent in suckling and sharing your body with another, there is often little room for Dad. Desire is not like it used to be and there are little battles of wills between mismatched libidos. Sleep deprivation even in a non-parent tends to make one a touch snappy and less welcoming of *more* stimulation, especially so when the need to roll over to recover and rest is foremost. Loving connection is the glue that holds us together as mammals and as a couple. Sometimes we forget this.



**Setting the scene:
what helps the amnesia
(sex is good)?**

Exhaustion can make us struggle in the most basics of life and can create a very real situation where we forget that sex is good.

A good B complex can assist with exhaustion. I always suggest the Tresos B Plus – at a dosage of a half a tablet *six* times daily. The supermarket and even boutique pregnancy ones are all marketed for sales, rather than effect. When lactating, not sleeping and recovering post birth, the aim is for excellence



in all things that go in the mouth.

Zinc and why it is important, has been discussed in past issues. Take every day as a liquid or powder, to assist with maternal good humour, and the sanity gained through sleep and blood quality replenishment.

Magnesium is something we need vastly more of when stressed – and when we do not have it we are twitchy, can't handle noise, get very tense, and experience muscle cramps and spasms eventually. We are not likely to handle daily life, let alone sexual possibilities. The body attempts to regain equilibrium by zoning out unconsciously. I always suggest taking magnesium as a powder or in liquid form, as digesting tablets is dependent on being relaxed, *not* stressed.

A good blood tonic of Chinese herbs is often an instant 'fix' and I have often been rung the same day by a lactating mother who has started on them, querying whether it is 'psychological' as she feels so much better *already* after a just few doses. (Please look to other articles on www.easybabies.com.au regarding the connection between our blood energy and our womanhood).

Adequate maternal nutrition - protein, protein and more protein. When breastfeeding and

recovering ourselves, we need the building blocks - protein. A quick something in the mouth, that is not protein, to assuage the growling tummy/vague out does nothing to grow a good body for either the baby or ourself. This begins the low blood sugar roller coaster – and reaching out for sugar/chocolate and caffeine, plus all those bakery products to falsely bolster energy levels. This flows onto a baby who is wakeful and less likely to tolerate Mum's attention to be elsewhere.



Is my body up to it?

An **intact perineum** is more than up to the task. (See below). Good preparation and good midwifery, plus leaving nature to its own plans usually works to keep a perineum intact. Sexual action assists the return to muscle tone. Whilst we have a medical guide of six weeks after birthing – possibly for rigorous and sustained intercourse, there are degrees of sexual intimacy. Our uterus is repairing itself, and needs initially no harsh knocking. However we as a culture do tend to have a skewed idea of what intercourse is/ can be – which is a more male orientated concept.

If we use the energy take – whether Taoist or tantric – we may find another way. Is it intimacy or orgasm we seek? A woman needs her own cup filled as well as that of her partner.. The 'morning and evening devotions' spoken about in "*What Every Woman Would Like Her Man to Know About Sex*" and Dianne Riley, are a good example. A semi-erect male organ can be inserted and left to be whilst both lie in love with each other. Love flows when we are open

Infection always seems to be a lurking worry, yet it is very important

to realise that good nutrition, plenty of sleep and loving communion all allow the immune system to run effectively. A fertile garden is required for a seed (infection) to take hold.

The happy factor, of being the beloved and being included is such a blessing in early parenting. It eases the depression and the loneliness of being in a house whilst life goes on outside. It also helps assist with issues such as lack of sleep and other early parenting issues. The flow of yummy sex hormones can only help breast milk and all other tides that wash over baby as a woman gets her needs for touch and bonding met. Men can be there even more when he is attached at such a deep level.

I personally suggest therapeutic sexual connection on day five after my own experience of having had a forceps delivery and large baby. This left me with a massive internal vaginal prolapse. As I had rigorously massaged and oiled my nether regions for the preceding 10 weeks (uterus ready to expel baby from 29 weeks) I had a strong and happy perineum. I realized some sexual action would assist the tightening and inner strengthening. I had been offered an operation to do repairs after weaning. This was the day after I birthed and before my milk had even come in.

My other births would not have allowed me to even think of sex this early, but really good preparation and an inspired obstetrician who was acting conservatively and compassionately allowed this to happen. There were no unwanted side effects – the vaginal wall strengthened. I know this is *not* what is offered in mainstream, but I was a woman living in a woman's body, and waiting until weaning was not an option, nor was early ending breastfeeding earlier than I wanted..

A damaged perineum may slow this down considerably - aim to hasten its repair. In one case, I suggested to the mother of a 14 month old baby who was still unhealed from a vaginal tear, to do the moxa, massage and pelvic opening as in the "*What Dads Can Do*" manual and DVD. She did, and within a month they were both able to love physically again.

Normalising is what all this preparatory work is about. This is not within the range of standard medicine, but women have been living in their bodies and assisting others to heal for a longer time than we have been listening to the rational mental models. Anything is possible if we give the body the correct ingredients for healing.



Do | feel like it ?

Our Liver channel of energy flows all through the reproductive tract - inner and outer – and also up to and around the breasts. If we are not at one with ourselves emotionally, we get stuck. (See articles on Stuck Liver Qi in '*What Dads Can Do*' manual and on my website). Being stuck leads on to mastitis. This angst also gives rise to more aggression, irritation and anger surges – often expressed as everything from irritable bowel syndrome and depression, to arthritis and cancer. Feeling precious/brittle and unlistened to are all side effects of having little inner nourishmen, such as having sleep that is unbroken and replenishing. A cycle of relationship fracture once begun is difficult to mend under these conditions. The third (or new) person in your lover relationship has a place, but is not there to replace the other.



Am | too damaged?

Post traumatic stress is where a number of women find themselves after birthing in our current culture. Until something is done to return us all to gentle birthing, without violence, this emotional refugee status that many find themselves in, will continue.

The birth trauma vibrational drops, from Rose of Raphael are not just for distraught, sobbing, sleep scared babes – mums and dads also sometimes need the healing gently available through the use of them.

"Am I too damaged?" and "Who am

I now?" are really relevant questions, but outside the scope of this article. Please see someone like Jane Campbell - Kaye, for those living in Brisbane. She is now specialized in Gestalt work with women and their birthing related issues.



Do | want to get pregnant again?

Again – we can look to sexual intimacy without even intercourse – and definitely use our knowledge of each other's bodies to playfully and lovingly negotiate the brothers and sisters awaiting.



Baby's Presence

In the bed? A (warm) hot water bottle well wrapped and left in clothes you wear next to baby might kid it you are still there while you rediscover other venues close by.



Our bodies are designed to 'snap back' into position after allowing baby independent life. If we have an uninterrupted and natural birthing experience, our beings can also. What focus we have for the birthing of our FAMILY and OURSELVES as mature and loving lovers of life. It would then be unlikely that returning to being the lover of our newborn's dad would be anything other than ecstatic.

Heather Bruce is an acupuncturist, naturopath and Chinese herbalist, author and mother of four. Her passion is to assist people to help themselves, through the acupuncture/common sense mode. More articles on a variety of topics can be found at Heather's website www.easybabies.com.au. She is the author of "**What Dads Can Do – a manual for partners of pregnant women**" and has been a regular contributor to *Down to Birth* since 2005.