



## RESOURCES for POSTPARTUM SEX

### ARTICLES

***Reclaiming Sexual Vitality for Moms!*** by Lara Catone

<http://www.mothing.com/community/a/reclaiming-sexual-vitality-for-moms>

***Your Post-Baby Sex Survival Guide*** by Ian Kerner & Heidi Raykeil

<http://www.redbookmag.com/love-sex/advice/sex-after-baby>

***Do People Actually Have Sex After Babies?*** by Dr. Jennifer Wider, MD

<http://pregnant.thebump.com/new-mom-new-dad/your-life/articles/do-people-actually-have-sex-after-babies.aspx>

***Sex after baby: 27 things every new mom needs to know***

<http://www.ivillage.com/sex-after-baby-27-things-every-new-mom-needs-know/6-a-128286>

***Sex after baby: 4 things you need to know*** by Dr. William R. Stayton

<http://www.ivillage.com/sex-after-baby-4-things-you-need-know/6-a-128287>

***Sex or Sleep? 6 Tips That Will Have You Saying Yes to Sex***

<http://www.ivillage.com/sex-or-sleep-6-tips-will-have-you-saying-yes-sex/6-n-137835>

### WEBSITES

- Ⓢ Mothering - the Home for Natural Family Living [www.mothing.com](http://www.mothing.com)
- Ⓢ Lara Catone: [www.laracatone.com](http://www.laracatone.com). Check out her Sexual Wellness TV videos including segments on diastasis, pelvic floor strengthening, post-natal exercise and more.
- Ⓢ Tami Lynn Kent, PT. Holistic Pelvic Care™ [www.wildfeminine.com](http://www.wildfeminine.com)
- Ⓢ Arvigo Mayan Abdominal Therapy™ (Uterine Massage) [www.arvigotherapy.com](http://www.arvigotherapy.com)
- Ⓢ Postpartum Progress, [www.postpartumprogress.com](http://www.postpartumprogress.com). Great articles on postpartum depression.
- Ⓢ PPD to Joy [www.ppdtojoy.com](http://www.ppdtojoy.com)
- Ⓢ The Center for Postpartum Health <http://www.postpartumhealth.com>
- Ⓢ Postpartum Health Alliance [www.postpartumhealthalliance.org](http://www.postpartumhealthalliance.org)



## **BOOKS**

- © *After the Baby's Birth...A Woman's Way to Wellness: A Complete Guide for Postpartum Women* by Robin Lim
- © *After the Baby's Birth: A Complete Guide for Postpartum Women* by Robin Lim, Marcia Barnett-Lopez and Jan Francisco
- © *Natural Health After Birth: The Complete Guide to Postpartum Wellness* by Aviva Jill Romm
- © *The Year After Childbirth: Enjoying Your Body, Your Relationships, and Yourself in Your Baby's First Year* by Sheila Kitzinger
- © *Love in the Time of Colic: The New Parents' Guide to Getting It On Again* Ian Kerner, Ph.D., and Heidi Raykeil
- © *The New Mom's Survival Guide: How to Reclaim Your Body, Your Health, Your Sanity and Your Sex Life After Having a Baby* by Dr. Jennifer Wider, MD
- © *And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives* by John Gottman Ph.D. & Julie Schwartz Gottman
- © *Hot Mamas* by Lou Paget
- © *Your Orgasmic Pregnancy: Little Secrets Every Hot Mama Should Know* by Danielle Cavallucci
- © *Sex Again: Recharging Your Libido* by Jill Blakeway
- © *Wanting Sex Again: How to Rediscover Your Desire and Heal a Sexless Marriage* by Laurie Watson
- © *The Return of Desire: A Guide to Rediscovering Your Sexual Passion* by Gina Ogden
- © *Mothering the New Mother: Women's Feelings & Needs After Childbirth: A Support and Resource Guide* Sally Placksin
- © *Natural Health after Birth: The Complete Guide to Postpartum Wellness, 2002* by Aviva Jill Romm
- © *The Rhythms of Women's Desire: How Female Sexuality Unfolds at Every Stage of Life, 2013* by Elizabeth Davis

## **ONLINE PROGRAM** (*highly recommended*)

The **RSVP (Reclaim Sexual Vitality Postpartum)** on-line program by Jaiya and Ellen Heed ( world re-known sexologists) for ending painful sex after vaginal tears, episiotomies, and c-sections.

<http://rsvp.kajabi.com/sp/3800-fe3800>

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