



FÉDÉRATION  
Nourri-  
Source

# SEXUALITY AND BREASTFEEDING

**Breastfeeding is only one of many factors that can influence the sexuality of new parents. Here are a few others:**

- **Fatigue**
- **Pain**
- **Social pressure**
- **Hormonal changes**
- **Postpartum depression**
- **New family dynamics**
- **The changes in body shape and self-image as a result of pregnancy and childbirth**

**What gives us pleasure may be different than before.**



**Always ensure that you have your partner's consent.**

**Communication, respect and trust are of key importance**

## **In order to help reinitiate intimacy :**

- **The need for affection is not always the same as sexual desire**
- **Give yourself time, go on romantic dates**
- **Schedule time differently (review the tasks distribution)**
- **What qualifies as sexuality may differ after birth**
- **Breast may leak**
- **Tell your partner what feels good and what doesn't**

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[www.nourri-source.org](http://www.nourri-source.org)

**RÉFÉRENCE: LE PETIT NOURRI-SOURCE**

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