

SEX THROUGH THE TRIMESTERS: WHAT TO EXPECT

HEALTHY
MOMS.
STRONG
BABIES.



	First trimester (0 to 13 weeks)	Second trimester (14 to 26 weeks)	Third trimester (27 to 40 weeks)
What to expect	Early in pregnancy, common discomforts include fatigue, sore breasts, increased urination and nausea (feeling sick to your stomach). It's no surprise that all these changes may affect your sex drive.	Many of the unpleasant effects of early pregnancy disappear now. You'll likely feel more energy—and even see a change in your sex drive. In fact, you may want to have sex more often than you did before.	During this time, you might experience some late-pregnancy discomforts, like spotting (light bleeding) or leaking breasts. These are normal responses as your body prepares for baby's birth. As your belly grows, you might also find certain sexual positions challenging.
What to do	Try having sex at a different time of day when you might be feeling better. Since nausea tends to strike in the morning, nighttime romance may be just what the doctor ordered.	Although your belly is growing, it's still small enough to have sex comfortably. Experiment with positions, and enjoy your renewed sex drive!	Keep a towel handy, and try out different positions that work with your growing belly. Sitting and straddling your partner, laying sideways with your partner behind you or kneeling on all fours are safe positions.

MONTH	1 MONTH	2 MONTHS	3 MONTHS	4 MONTHS	5 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	9 MONTHS																															
WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
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