



Sex After Baby: Stop at 1?

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Self Introduction

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Clinical Sexologist

- Doctorate in Human Sexuality
- Masters in Public Policy and Management
- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching

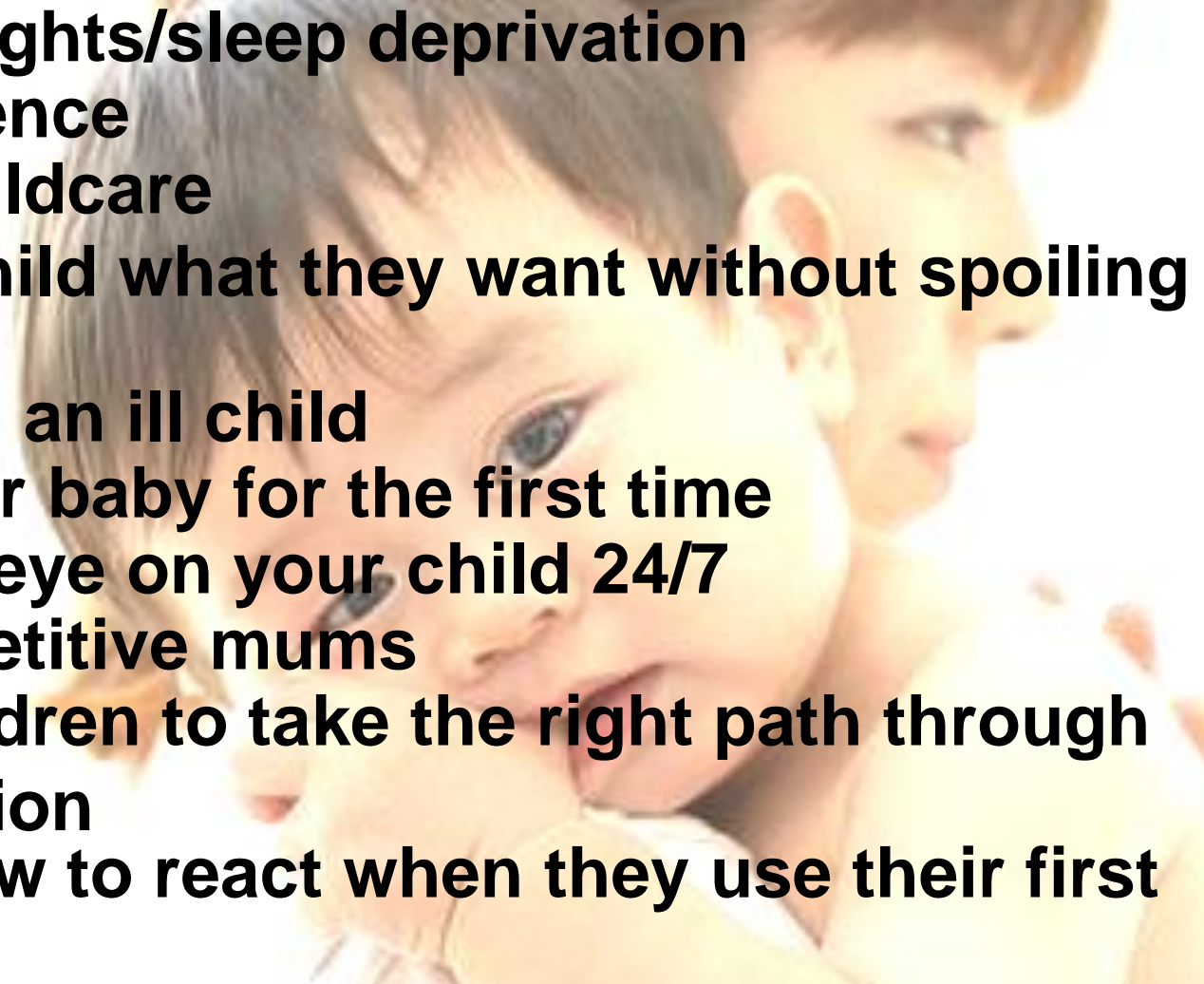


AGENDA

1. Reality – What's happening right now
2. Pros & Cons of Stopping at One
3. Preparing for No. 2
4. Can You Determine The Gender of Your Child?
5. Make Sex Fun Again



List challenges now that you have a child

- **Sleepless nights/sleep deprivation**
 - **Having patience**
 - **Juggling childcare**
 - **Give your child what they want without spoiling them**
 - **Dealing with an ill child**
 - **Leaving your baby for the first time**
 - **Keeping an eye on your child 24/7**
 - **Other competitive mums**
 - **Helping children to take the right path through their education**
 - **Knowing how to react when they use their first swear word**
- 

Pros and Cons of Stopping at One

PRO

- ✓ One child to think about
- ✓ Having an only child is that you can pass all that you own onto that child alone
- ✓ Spoil them
- ✓ Spend more time with them

CON

- X Lonely
- X How to give and take
- X Too Spoiled
- X Family size will be very small when they become adults
- X Not have a sibling to rely on if sick and in need

Conceiving a child

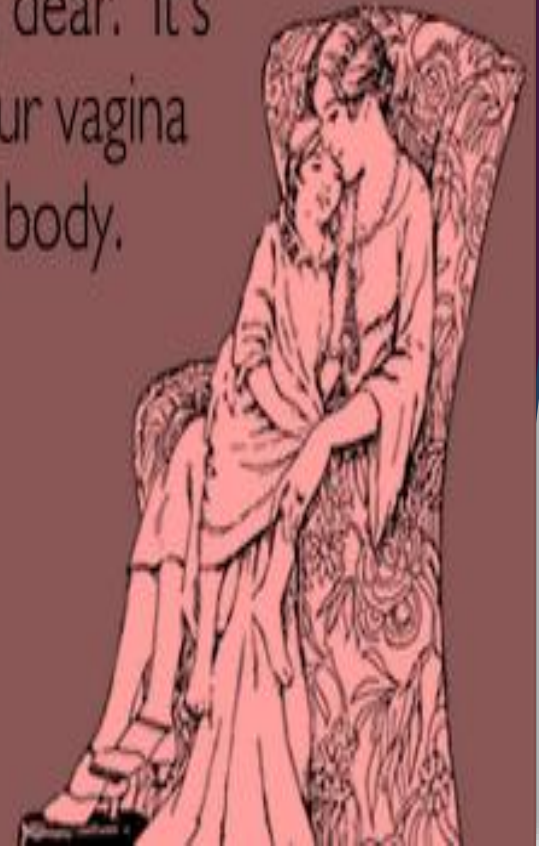
► Exercise



KEGELS

1. Frequency
2. Duration
3. Intensity

Do your Kegels, dear. It's nice to have your vagina stay inside your body.



Conceiving a child

► Diet

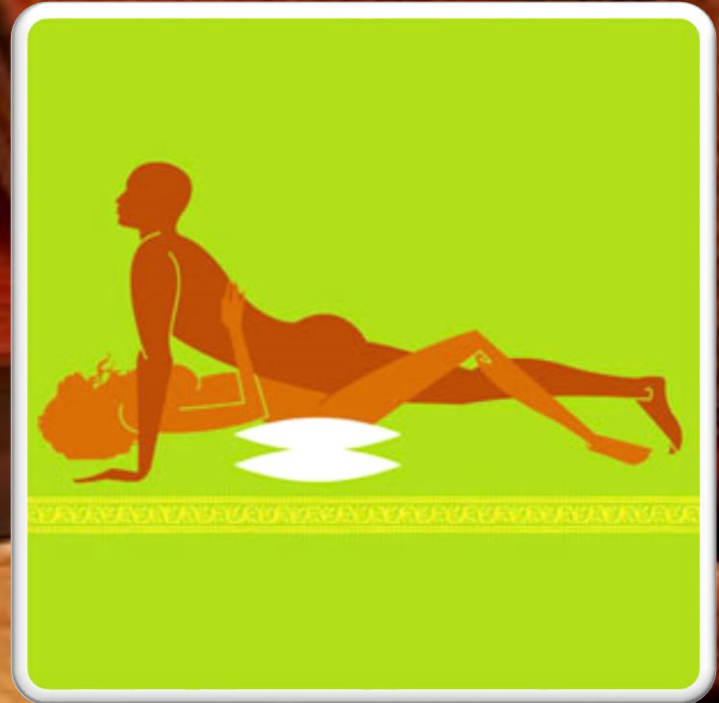
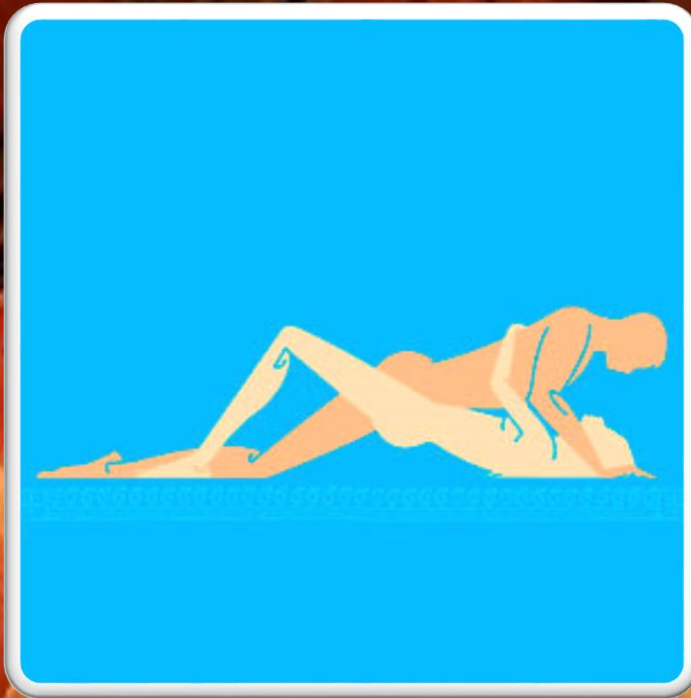


Conceiving a child

► Food

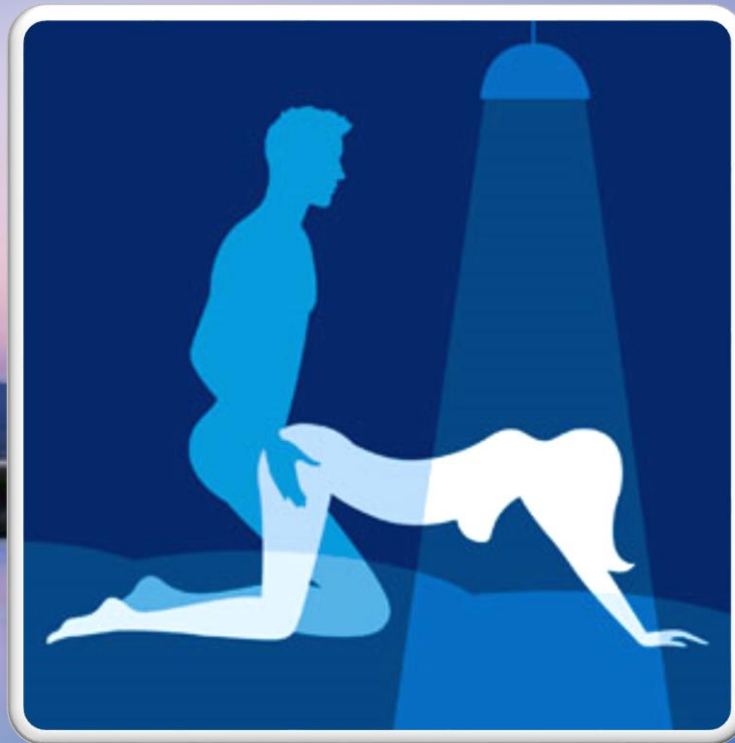


Sex positions to help with conceiving child



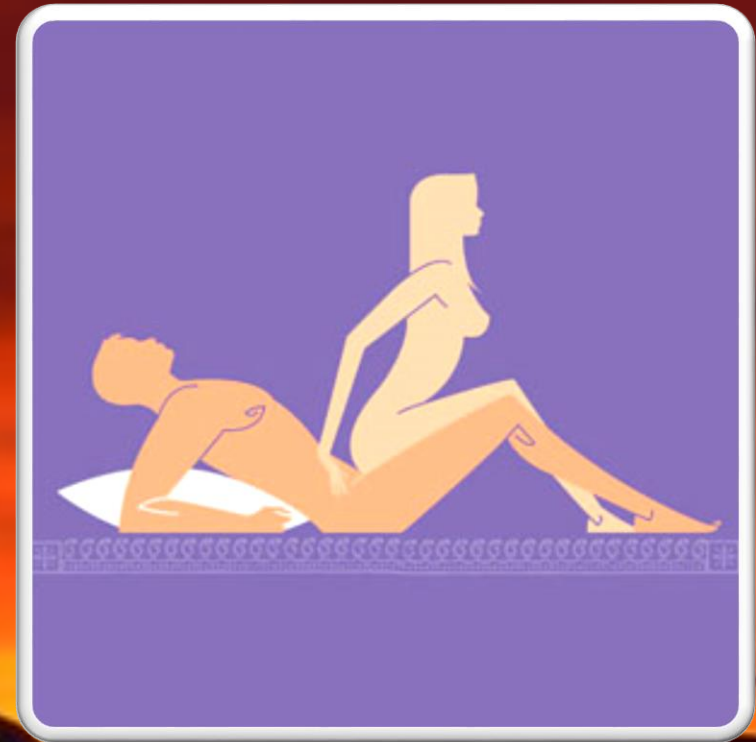
Missionary Position

Sex positions to help with conceiving child



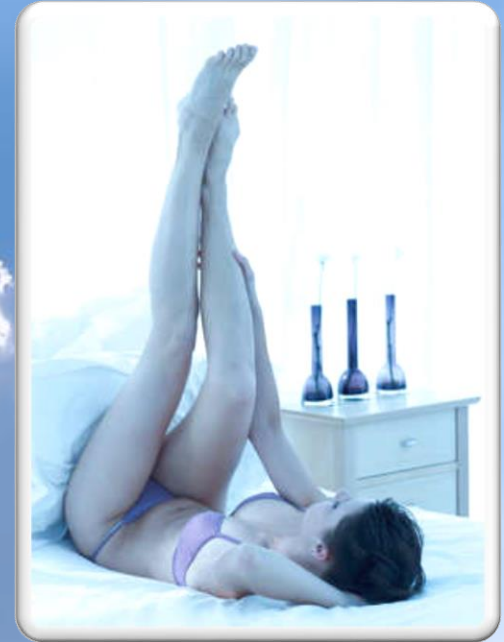
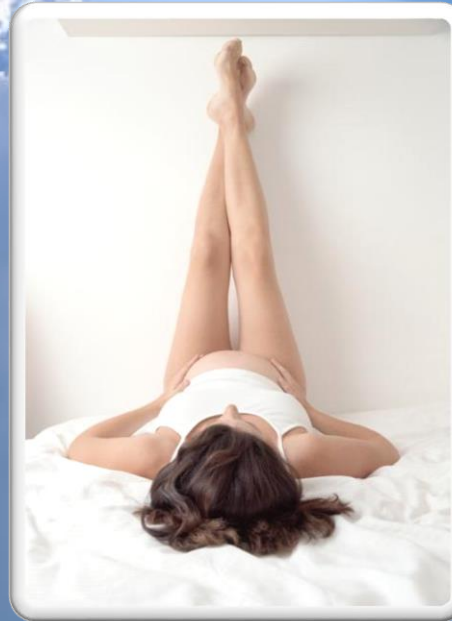
Hands-and-knees

Sex positions to help with conceiving child



Woman on top

Sex positions to help with conceiving child



After-Sex Position

Conceiving Gender of Your Choice

Method One: Shettles Method



1. Timing of intercourse

Girl: 2-3 days before ovulation

Male: Try as soon after ovulation as possible

2. Sexual position

Girl: Shallow penetration

Boy: Deeper penetration

3. Female orgasm

Girl: Do not reach orgasm

Boy: reach orgasm



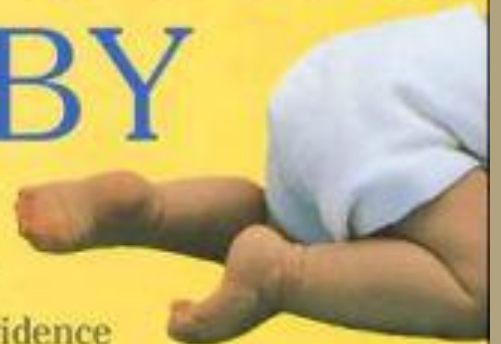
Dr. Landrum B. Shettles

Unfortunately, using standard

THE NEW 21ST CENTURY EDITION

HOW TO CHOOSE THE SEX OF YOUR BABY

The method
best supported
by scientific evidence



Landrum B. Shettles, M.D., Ph.D., and David M. Rorvik

Conceiving Gender of Your Choice

Method Two: Gender Diet

Boy

- High potassium, sodium, eggs
- Meat-intensive diet
- Have an energy drink, a cup of coffee or some chocolate before having sex.

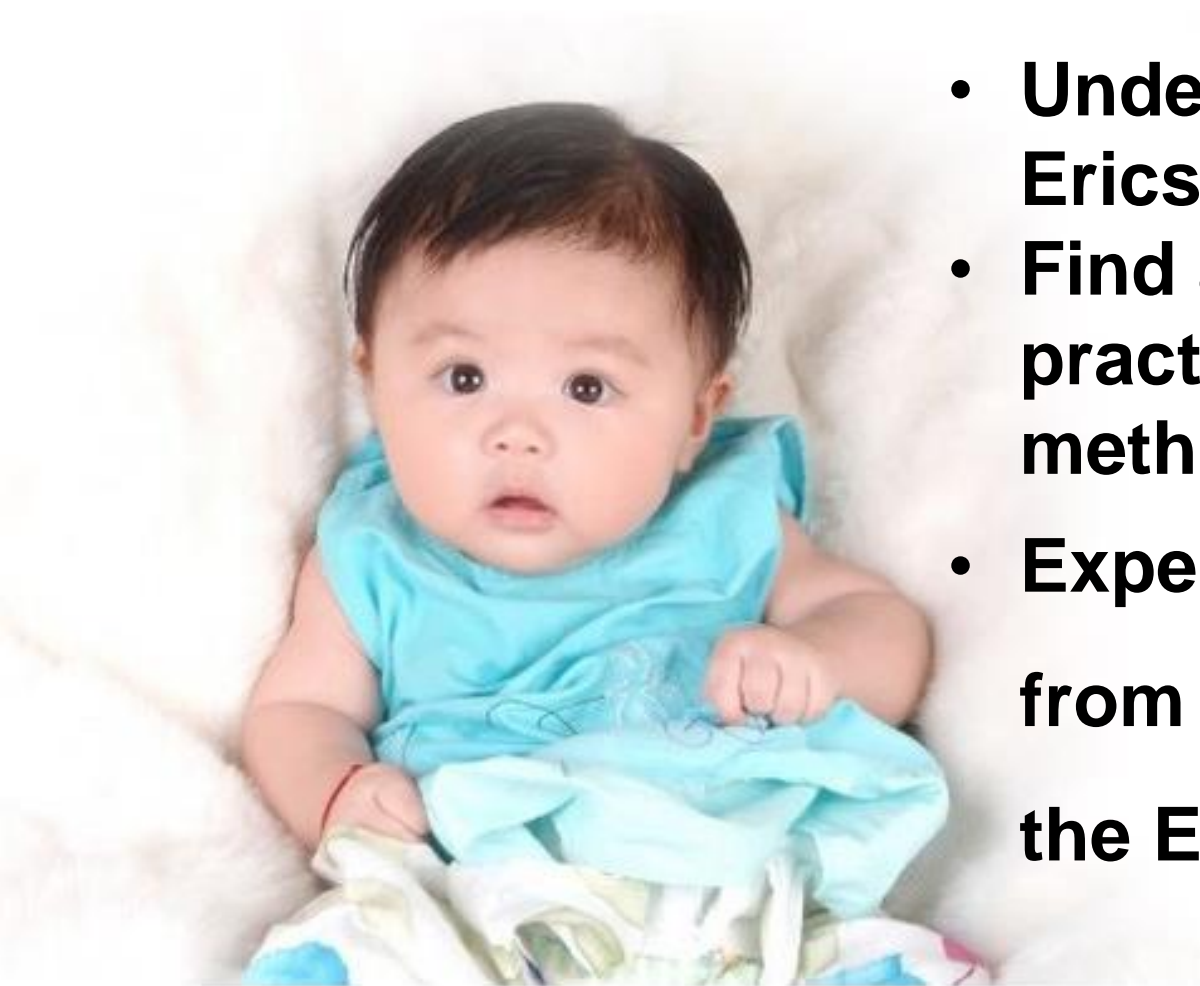
Girl

- High calcium and magnesium e.g. Fish, lettuce, milk
- High chocolate intake



Conceiving Gender of Your Choice

Method Three: Ericsson Method



- **Understand the Ericsson method.**
- **Find a doctor who practices the Ericsson method.**
- **Expect to pay anywhere from \$500 to \$1,000 for the Ericsson method.**

Conceiving Gender of Your Choice

Method Four: Chinese Birth Calendar

- **Use the Chinese Lunar Birth calendar.**
- **Determine the days on which conception would produce a girl.**

<http://www.pregnancypregnant.org/having-fun-predicting-babys-gender-with-chinese-pregnancy-calendar.html>



A romantic photograph of a young man and woman embracing. The man is seen from the back, shirtless, with his arms around the woman. The woman is leaning into him, looking over her shoulder at the camera with a soft smile. She is also shirtless. The background is a bright, out-of-focus indoor setting with large windows.

Make Sex Fun Again

1. **New:** Try role playing during sex.
2. **Fun:** Don't take sex so seriously.
3. **Learn:** Pick up some new tips.



Product	pH			Osmolarity (mOsm/kg)		
	Too Low	Physiologic for sperm 7.0 - 8.5	Too High	Too Low	Physiologic for sperm 260 - 360	Too High
Replens	2.79					>1000
FemGlide/Slippery Stuff		7.22		162		
KY Jelly	4.52					>1000
KY Liquid	3.82					>1000
Astroglide	3.45					>1000
Moist Again	5.29			187		
Pre-Seed*		7.1-7.4			314	
Egg White			8.95	238		
Saliva		7.08		151		
Tap Water		8.01		<100		
Mineral Oil			10.5			>1000
Baby Oil		7.16				>1000

* Osmolarity has to do with concentrations of ions (salts) in a solution.

sqweel®

A Revolution In Orgasms



Only At
U4Ria




分分

Cool and gentle breeze
Carrying a groaning rustle
Bamboo silhouetted against the moon
My lover in the moonlight



ZOOK
ZINI

During Sex

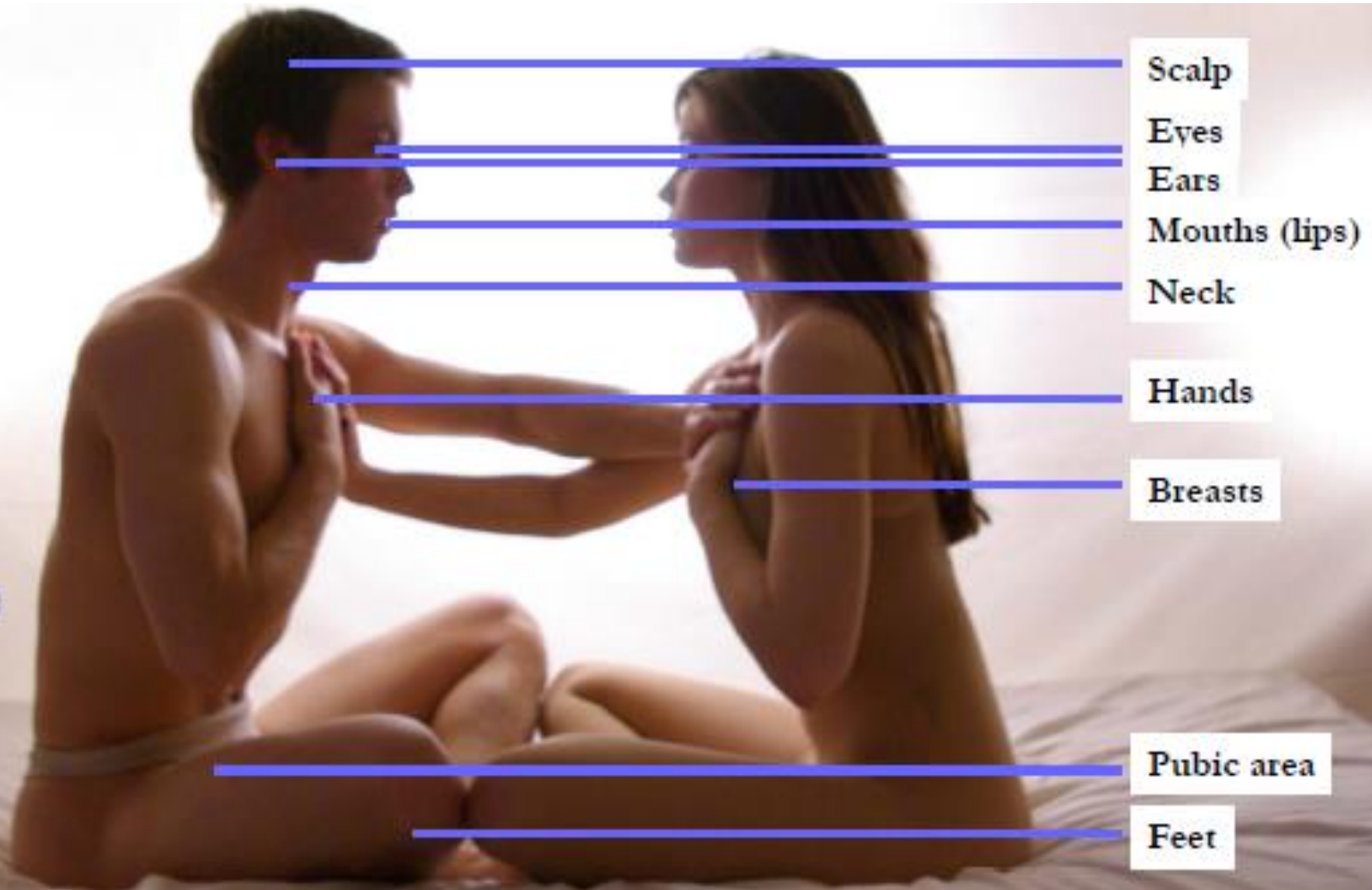


I have no idea what I'm doing right now.

1. Schedule time for sex
2. Change your lovemaking schedule.
3. Pay attention to the rhythms of your body.
4. Minimize distractions.

Exercise

Erogenous Zones



Super Duper Orgasms

1. Eye Gazing
2. Breath
3. Sound
4. Kegels
5. Movement
6. Touch
7. Fantasy



Pleasure



is healthy

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