

9 Pregnant and Postpartum Bodies



WHAT NEEDS TO CHANGE

- Sexual health should be included in routine antenatal and postnatal care.
- People should be informed about likely changes to their sexual wellbeing before birth — not left to discover them alone afterward.



WHAT YOU CAN DO

Pregnant or postpartum people:
Your sexual wellbeing matters during this time. You are entitled to raise it.

Midwives, obstetricians, and GPs:
Ask about sexual wellbeing — before and after birth.



LEARN MORE

O'Malley, Smith & Higgins (2022). Sexual health issues postpartum, a mixed methods study of women's help-seeking behavior after the birth of their first baby. *Midwifery*, 104, 103196

www.ncbi.nlm.nih.gov/34767981/



World Sexual Health Day (WSHD) is celebrated every year on September 4. The World Association for Sexual Health (WAS) launched the first WSHD in 2010, to bring the global community together to promote sexual health and well-being.

