



1. Is it safe to have sex during pregnancy?

Answer: If there are no complications, yes, it is safe to have sex during the entire pregnancy. Sometimes having intercourse will cause a little spotting due to the cervix being very vascular during pregnancy. You cannot hurt the baby during intercourse. At the end of pregnancy, having sex can even help to start labor.

2. When my wife/partner craves something to eat, what does that mean?

Answer: Sometimes cravings are the body needing a certain type of nutrition. For instance craving meat may signify a need for increased protein. If she is craving ice cream or fried chicken, she is just wanting something that she is in the habit of eating. If she is eating healthy and taking her prenatal vitamins, she shouldn't be having any cravings.

3. Is it OK to give the baby a bottle at night so that mom can sleep?

Answer: No, she can take the baby to bed with her and learn to nurse lying down so that she can rest. Breastfeeding is a supply and demand system. The baby nursing tells the body how much milk to make the next feeding. Whenever you substitute a bottle for nursing, you are giving the body the signal to cut down on milk production.

4. When can we give the baby a bath?

Answer: You can give the baby a bath when the stump of the cord falls off. Until then just wipe off whatever is dirty.

5. When will she be able to return to her normal schedule?

Answer: At 6 weeks post-partum a woman is considered to be returned to normal. The first week after the baby is born she should take it easy and let her body recover. The amount of bleeding she has will let her know if she is doing too much.

6. My wife/partner has been sleeping all the time since she got pregnant. Is this normal?

Answer: It is very normal during the first trimester of pregnancy (13 weeks) for women to be very tired and need extra sleep. At the end of pregnancy some women don't sleep much because they are uncomfortable or getting up a lot to urinate, so they are tired at other times. Be patient and she will return to her normal self.

7. What can I do when she is in labor to help her?

Answer: The most important thing is to be there and to be a part of her labor. You should attend childbirth classes together so that both of you will know what is coming and what to do. She will need lots of encouragement, kind words, massage, etc. Let her know you are there to help her and she will let you know what she needs.

8. How important is breastfeeding? I feel like it will interfere with our relationship.

Answer: Breastfeeding is extremely important for the baby and for her. It will make her body return to its pre-pregnancy shape sooner, it is the perfect food for your baby, and you will have a happier partner emotionally if you encourage her in this.

9. My baby is 8 months old and my wife hasn't had her period yet. Is that normal?

Answer: Yes. If a woman breast feeds exclusively for the first 6 months and continues to breastfeed for at least a year, her cycle normally returns 8-12 months post-partum.

10. How soon after the birth can we resume having sex?

Answer: Under normal circumstances, you can resume sex between 3 and 6 weeks post-partum. The exact time will depend on if your partner had stitches, a c-section, heavy bleeding, or any post-partum complications. It should be a time agreed upon by both of you.