

Self

&

EXERCISE

during

PREGNANCY

Pregnancy is not a sickness. It is a time of change.

Every woman is different.

Your body will not be the same as your mother's, your sister's, or your friends.



Here are some feelings about sex while you are pregnant. Many women feel these things. You may feel some of these feelings or none of them. None of these feelings is right or wrong. If you have any questions about sex while you are pregnant, ask your doctor.

1st, 2nd, and 3rd months

Your breasts may feel very tender and sore. Touching or petting your breasts may hurt. You may feel that your breasts are only for feeding your baby and not for your partner.

Some women feel the opposite way about their breasts. When your breasts grow larger, they have more feeling in them. Some women enjoy having them touched. You may feel this way.



Talk about these feelings with your partner.

You may throw up or feel sick during this time. You may not want to have sex when you feel sick.

You have to go to the bathroom often. Sometimes sex can make you go to the bathroom even more often.



SEXY **TIRED** **SICK**



You might feel tired all of the time, even if you are sleeping a lot. Some people do not feel like having sex when they are tired.

If you are healthy, sex will not hurt your baby. If you have had any miscarriages, cramps, or bleeding, your doctor will warn you. He will tell you not to have sex with your partner on top of you. Ask your doctor about other ways of having sex, like oral sex or masturbation. When having oral sex, do not let your partner blow air into your vagina. This could hurt you or the baby.



4th, 5th, and 6th months

You may feel very sexy now. If you had morning sickness, it is very likely gone now. You are not as tired as you were. The changes in your body can make sex more fun for you. Your vagina will swell up. You will have a thick, clear liquid coming out.

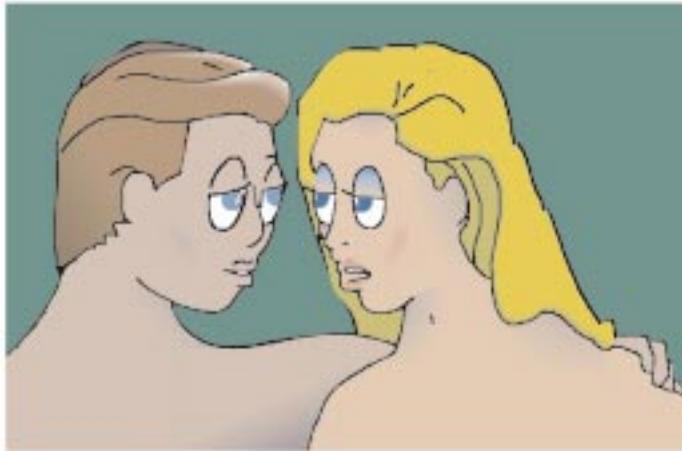


You may want sex while lying on your side facing your partner instead of having him on top. Or it may be easier for you to lie on your side with your back to your partner's face. Oral sex is safe for you and your baby. Masturbation with your partner or alone is also safe.

BE COMFORTABLE !

Talk about your feelings with your partner. Ask how he feels and tell him how you feel.

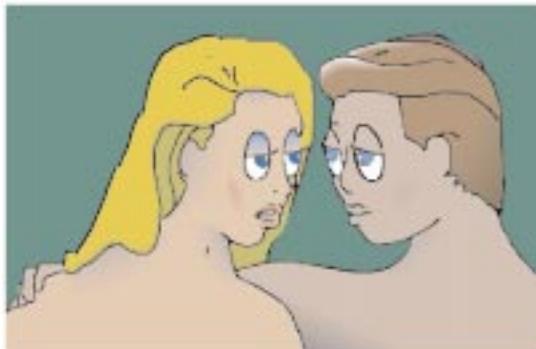
Do you think pregnant women look sexy? Does your partner think pregnant women look sexy? Some people think it is wrong to have sex with a pregnant woman. Some people think it is exciting to have sex with a pregnant woman. What do you think?



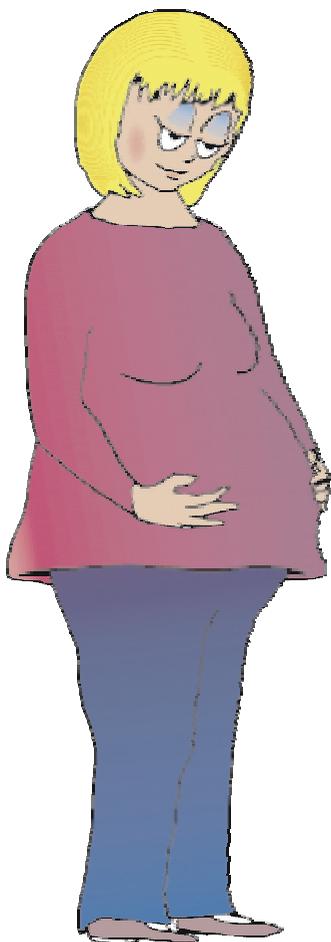
You may be tired and need a lot of rest now. Some women lose interest in sex as they get very big and are tired. Talk to your partner about this.

***Do you have any of these changes?
Do you feel any different about sex?***

Talk to your partner about the changes and your feelings. What is he feeling?



7th, 8th, and 9th months



As your body gets bigger, you may not want sex very much. If you are healthy, sex is still safe for you and your baby after the sixth month.

Sometimes you will feel the baby move a lot after sex. You have not bothered the baby. You may feel cramps or contractions after sex. Many people feel this way. If you do not like this feeling, you may want to stop having sex.

VD (Sexually Transmitted Disease)

VD is very dangerous to you and your baby. If you see or feel any of these things in your vagina or rectum,

TELL YOUR DOCTOR RIGHT AWAY.

warts or lumps



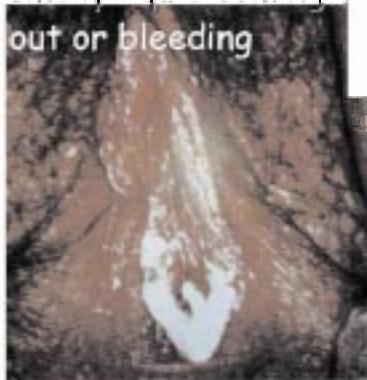
sores



itches or rashes



smelly liquid coming out or bleeding



blisters



If you see any of those same things on your partner's penis or rectum, tell your doctor right away. If you or your partner have sex with anyone new,

TELL YOUR DOCTOR.



If you think you have VD, do not use anything at home to treat it.

SEE YOUR DOCTOR.

Exercise for you and your baby

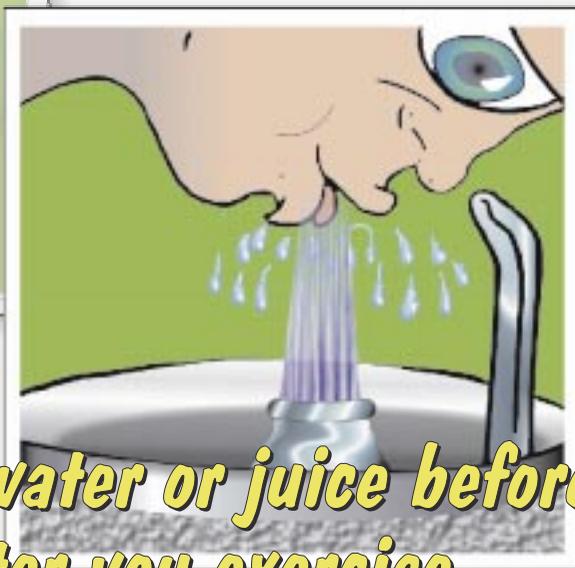
If you are not having pain or bleeding, you may feel like exercising. Ask your doctor for moves that will be good for you.

Do not jerk or bounce



Do not get too tired.

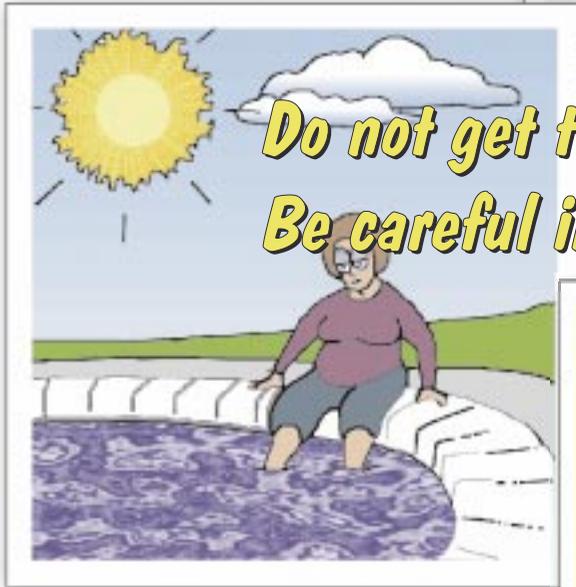
Rest often



Drink water or juice before and after you exercise.

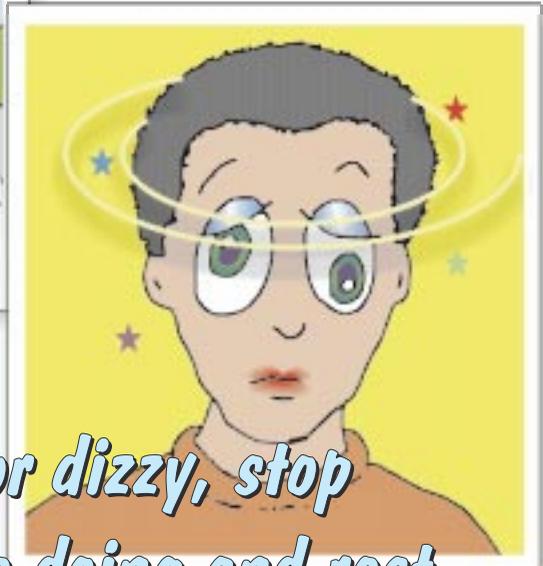
Walking is an exercise that most women can do until the baby is born.

Do not let your pulse go over 140 beats a minute



Do not get too hot.

Be careful in the summer



If you feel sick or dizzy, stop whatever you are doing and rest