

Top Ten Sex Tips for New Parents

Sex Tip #1 **Prioritise**

You both have to agree that sex is important and worth the effort. It is. A healthy sex life is a Good Thing. It's good for bonding as a couple, it's relaxing and energising, and it helps you feel good about yourself and about life in general.

And as to the 'effort' – you might think that there's enough effort in your life already, but all the good things in life take effort – health does, wealth does, and so does love. But the good news is that even a small effort creates a feedback loop that makes it easier: good sex strengthens the relationship and makes sex easier, which in turn strengthens the relationship and makes the sex easier, which in turn strengthens the relationship....

Sex Tip #2 **Forget spontaneity**

Where did the myth come from that sex is supposed to be spontaneous? It certainly wasn't when you were first dating, you would have put a huge amount of effort into your appearance and arrangements. You still have to, you have to make opportunities for sex, in terms of planning (try a nooky date, it really works!), creating the right atmosphere, distracting the kids, and experimenting with timing and locations. And if planning for sex turns you off, at least plan for the possibility of spontaneity by spending relaxing time together when the kids have gone to bed – if you're together and you're relaxed, then spontaneity is much more likely!

Sex Tip #3 **You don't have to be "in the mood" to have sex**

If you think you have to be "in the mood", already aroused, to have sex, you could be waiting a very long time. Once upon a time you might have looked at your man and felt a pleasant warmth and dampness in your loins, this won't necessarily happen with a mere look these days. Instead, be emotionally agreeable to starting to make love, and let your physical arousal occur as part of the act. Even if you're an exhausted phase-one mum you can just lie back and let your partner give you the delicious attention you so deserve.

Sex Tip #4 **Tell the kids you need "Cuddle Time"**

They like cuddles, so they'll understand that you do too. Then it's easier to distract them, you're less likely to be interrupted and it's easier to deal with if you are – "Hey, Mummy and Daddy and having cuddle time, go back and watch the rest of the movie and we'll go for an ice-cream after!" (Yes, bribery is a useful tool too.)

Sex Tip #5 **Modify your sex to suit the phase you're in**

The first phase is the toughest, so practise gentle and tender Buttered Muffin Sex (he does all the work, she just lies back and enjoys – groans if she can be bothered). In the second phase practise tried and true Chocolate Cake sex. And then in phase three, when the kids are more independent, you can, if you choose, access the full delights of Dessert Trolley Sex – as long as you prioritise, and don't use your extra time and energy to do the housework, watch TV or surf the net.

Sex Tip #6 **Work as a team with your partner**

When you become parents your roles and responsibilities will change and will continue to change. You don't have to be the same, you don't have to do it 50:50, but you do have to be clear about who's doing what and why. Otherwise you'll build resentments and you'll become exhausted, and those are dead cert libido killers.

Sex Tip #7 **Live life as foreplay**

But don't reduce your relationship just to logistics - live life as foreplay. If you're receptive to sex it'll be easier to take the opportunity when it arises, planned or otherwise (how about a quickie in the bathroom while the kids are engrossed in breakfast?). This means the two of you have to make an effort to get on together, to keep your feelings of intimacy and closeness high, to communicate and to be kind, to actually treat each other like lovers. You have to nurture your relationship, because without tender nurturing anything withers and dies, or at best limps along lamely.

Sex Tip #8 **Shift from 'sexiness' to 'sensuality'**

If you feel like you have to look and feel like a skinny teenager to be sexy and have good sex, then you won't! Think sensual: it's softer, rounder, full of depth and warmth, rather gorgeous really. And becoming a parent can enhance your sensuality, because you are surrounded by these wonderful little creatures who are incredibly sensual, who approach the world through their senses. Tune into this feeling and allow your life and your sex life to be richer and more beautiful because of it.

Sex Tip #9 **Practice selfish selflessness**

You have to look after yourself to look after your kids well. Tired, grumpy, resentful, flustered people do not make the best parents. You'll enjoy your parenting and your kids will enjoy your parenting more if you're relaxed and energised, getting on well with your partner and having a good sex life. That might seem like a big ask, but it's actually all about small things that lighten your load and make life easier. So you do less, take life more gently, let life flow and welcome back a long-lost sense of horniness! This puts the spark back into life so that you build up your love of life.

Sex Tip #10 **You've gotta love life to have a love life**

Learn from your children, savour and enjoy life like they do – be playful and carefree, appreciate all the little things that go to make up your life. Synergize with your kids' energy rather than fighting it. Engage in and really experience life, especially when you're busy and harried. Do this and you'll love life all the more, and that means your love life will improve - another great feedback loop that makes the tough stuff progressively easier.

Actually, it's all about love – keep the love between you and your partner strong and that'll spread to your kids and you'll have a happy loving family all round. So if you can't be bothered having sex for your own benefit – do it for the kids, there's nothing they like better than seeing their parents happy and in love! And there's another feedback loop: if you're happy, they're happier, so you're happier, so they're happier...

Afterword

To learn more about keeping your sex life alive once you've got children, order a signed copy of my book "The Sex Life Survival Guide for Parents – how to have great sex in spite of the kids" at <http://www.jacquelinehellyer.com/books-by-jacqueline>

Wishing you on-going great sex!

Jacqueline Hellyer