



HOT MAMA!

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The lowdown on the sexiest (and most comfortable) positions for intimacy during pregnancy

A roll in the hay. The dirty deed. Baby dancing. Whatever you want to call it, we've got the goods on how to make sex during your pregnancy reach new heights. Get ready gals: we've got some hot new moves to drive your man wild.

But before we start, let's put to bed (pun intended) some common concerns about safety during pregnancy. "It is completely safe for women to have sex during the entire term of their pregnancy," says Dr. Leonard Averill, head of obstetrics and gynecology at Day Kimball Hospital in Putnam, CT. And as always, sex and communication are an integral part of keeping

your relationship strong and healthy. That said, if you're high-risk or have any concerns specific to your own pregnancy, talk to your healthcare provider. And if any of the positions mentioned below cause pain, stop immediately.

Once you have your care provider's okay, the question becomes — considering your new and unfamiliar body shape — what are the most comfortable, pleasurable and exciting ways to stay intimate with the one you love?

Here at *ePregnancy* we've done our research and come up with some safe and exciting ways to make both the quiet and the wild nights sparkle. There are three

primary positions that are comfortable during pregnancy: behind your back, spooning and woman on top. We'll give you three variations on these positions, each a little spicier than the last.

POSITION 1: BEHIND YOUR BACK

This position is ideal when you start to feel uncomfortable with your man's weight pressing down on your belly. In its simplest form, you kneel on the bed with your legs spread apart and fall forward as your partner enters you from behind. Your partner can then caress your back and control the depth of thrust. If you want to relieve the pressure on your knees, it may

be easier to keep your bottom raised off the bed with the aid of a pillow or two placed under your hips. This tactic will also allow for deeper penetration. You can also try the following variations:

• **Hot: The Couch Potato.** We're not talking about your partner watching reruns of *The Simpsons* during the dirty deed. But this is the perfect opportunity to stray from the bedroom before the baby toys and pack 'n play consume your

household. How it works: stand behind the couch or a chair and lean forward using the backrest for support. Test the height in advance to make sure it's comfortable. Your partner can find just the right level for easy access by separating his feet father apart or bringing them closer together. You know what to do next.

• **Picante: The Big Ball.** No couch potatoes here! Haul out the exercise ball for this variation of "behind your back." Kneel on any level, stable surface (get creative) and place the exercise ball under your chest (not your belly) for support. Not only will it make the position easier to hold longer, but the rocking motion the ball provides will enhance the experience for both of you.

• **Three-Alarm Fire: Stairmaster.** This position is not for the faint of heart, but we know you've got it in you. Use the stairs as your support, just like you did in the couch potato. The twist: stairs allow you to experiment with different heights and angles. If your stairs are not carpeted, grab some pillows, towels or blankets for a little extra cushion. It's guaranteed to drive your man wild.

POSITION 2: SPOONING

This position puts no pressure on your abdomen and is suitable for the most advanced stages of pregnancy. Lay comfortably on your side as your partner enters you from behind by fitting his body closely to yours. Your partner has easy access to your breasts, and clitoris, and can further excite you by kissing the nape of your neck and shoulders. Here are a few funky twists to make your night of spooning stupendous:

• **Hot: Canoodle.** While this position might seem a little vanilla on its surface, the true intrigue comes in your choice of location. Obviously, there's the bed. Take a look around your house (or your office, if you dare) and see where your creativity leads you. Our suggestions include the couch, the dining table (as long as it's sturdy enough to hold both of you), or (if you just can't wait to make it to the bedroom) maybe the foyer.

• **Picante: On Your Knees, Honey!** Lie on your side with a pillow supporting your belly for comfort, and bring your knees as close to your chest as you can. Have your partner kneel behind you and place the heel of your top leg on one of his shoulders. This keeps pressure off your belly and will allow a better angle for your partner. The real beauty of this position is that it is a highly visual experience for your partner, plus it allows him to intensify your pleasure by brushing his fingertips lightly over your skin.

• **Three-Alarm Fire: Scissor Kick.** Lie on your side with your head on a pillow. Your partner will lie perpendicular to you, also on his side. Lift your top leg, allowing your partner to nestle his bottom leg between yours. Then, drop your top leg so it rests on his thigh. Your legs will be woven together. Your partner may need to rotate his hips forward for deeper penetration. What makes this a three-alarm fire? As your partner rocks back and forth, his hip bone will stimulate your clitoris. If it seems complicated, make figuring it out part of your bedroom challenge!

POSITION 3: WOMAN ON TOP

This is a good position for the middle months of pregnancy when your growing

belly makes you wonder how you'll ever maneuver some of the classic moves. Sitting astride your partner's lap, support yourself with your arms. This allows you to control the thrust and depth of penetration. And now for the twist...

• **Hot: Giddy Up!** This position is the classic on-the-bed position with your partner lying flat on his back. What's so hot about that? Bring on the props! Try gently tying your partner's hands with a silk scarf or, if you dare, a leather belt. Toss in a blindfold and he'll go wild as he surrenders to your every whim.

• **Picante: Manning the Desk.** Here's one to fulfill the sex-at-the-office fantasy (though your home office will work just fine, too). Before you begin, adjust your office chair so the armrests are as wide apart as they can go. While your partner is paying bills or checking email, surprise him by sauntering into the room donning your sexiest maternity lingerie, and straddle his lap. Experiment with different chair heights or, if you're feeling particularly wicked, play with the chair's hydraulic system.

• **Three Alarm Fire: Reverse Cowgirl.** The great thing about this position is that you can do it in bed, on a chair, just about anywhere. Your partner will lie on his back (or sit in a chair). Straddle his hips, facing away from him. Either sit upright or lean forward, resting your weight on your

arms, and rock your hips back and forth. In this position your partner can easily caress your back or play with your hair. Vary this pose by leaning farther back or forward, creating new and exciting angles of penetration. Because you are in control, you can easily target the pressure to your G-spot. Cowgirl hat and spurs optional.

SPICING UP ANY POSITION

Whether you try one of the positions described above or rely on you and your partner's hot favorites, there are other ways to turn up the heat besides just how you arrange your bodies. Fluctuating hormones can affect the amount of lubrication your body produces. If you're feeling dry at different stages of your pregnancy, use a lubricant designed for sex. Our favorite is Wet Original Gel Lubricant. Or turn up the heat with KY Warming Liquid, which lubricates while creating a warm sensation.

Having insatiable food cravings? Incorporate them into your sex life: try the behind-your-back position while leaning on the lowest refrigerator shelf during sex! Keep the whipped cream and strawberries within reach and nosh as needed. Here are a few other ways to use food to make sex an all-encompassing sensory experience:

Buy vanilla cake frosting and food coloring. Mix up a few different shades and paint it on each other's bodies with soft paintbrushes. Watch out, Picasso!

If your partner adores oral play, suck on a breath mint or an ice cube first. The cool sensation will be too hot to handle.

For some mouth-watering foreplay, take turns blindfolding each other, then feed each other sexy foods like fruit, oysters and chocolate. Tease him by touching a strawberry to his lips, then taking it away: he'll expect the whole strawberry, but you might have something else up your sleeve...

Now that you are familiar with some of the intimate possibilities of sex while you're pregnant, add your own twist to these moves and your options will be infinite. Be creative. Let loose your adventurous spirit. Don't be afraid to try new things; after all, these 9 months are filled with new experiences, and your sex life may as well follow suit.

No matter how it's configured, sex during pregnancy is just as important to your relationship as sex pre-pregnancy. It will help you and your partner maintain a closeness that will become vital in dealing with the joys and stresses that a new baby brings. Think of it as a new reason for keeping the home fires burning.

About the authors: Johannah Haney is a freelance writer in Boston and a contributing editor to ePregnancy. Lindsey Averill is a freelance writer, novelist and actress working in Boston and New York City.

10 WAYS TO MAKE YOUR BEDROOM A BOUDOIR

1. Exercise ball
2. Silk scarves
3. Breath mints (but not for the reason you think)
4. Pillows
5. Blindfold
6. Sweet treats
7. Candles
8. Personal lubricant
9. Paintbrushes
10. Ice

5 THINGS TO CHECK AT THE DOOR

1. Inhibitions
2. Poor body image
3. The "no pregnant sex" taboo
4. Clothes
5. Stress

POLL) Readers Respond

How has your level of sexual desire changed during pregnancy?

- 15% It's way up.
- 12% It's a little above normal.
- 11% It's pretty much the same.
- 45% I'm not quite as interested.
- 17% Sex? No way.