

Ask Pauline

Pauline is Soul Magazine's sex, intimacy and relationship agony aunt. If you have a question for Pauline, ask us on Facebook or email pauline@soulmagazine.com.au.

I need clitoral stimulation to come and my husband gets frustrated with me if it takes too long. Am I normal if I can't orgasm from penetration?

75 per cent of women have difficulty in not being able to orgasm from penetration alone. That's a pretty high statistic. It takes the average woman 30-40 minutes to be fully aroused and by that I mean having the whole clitoral system fully activated so the vulva is engorged due to the blood being pumped to the area.

- Imagine the clitoral structure looking a little bit like a giant wishbone. You have the clitoris glans, the shaft which is the fleshy part that sits behind the clitoris glans and the wishbone part, which is actually the legs which sits under the outer labia. So when this area is rubbed or sucked it stimulates you more.
- Your partner can try to stimulate your G-spot or alternatively use a curved vibrator or glass G-Spot dildo.
- Try different positions. On top means you get to control the tempo and the movement by moving your hips. Also doggy style is great with your bottom raised up higher.
- Stimulating the clitoris during penetration can also help.
- Your partner can see when you're ready as your vulva will be fully engorged from the blood being pumped to the area. That can be a great time for him to penetrate, just before you orgasm.
- Your partner needs to understand that foreplay is KEY, without it, you are just not going to even come close to vaginal orgasm.

The best way is for you both to be present, get out of your heads, relax and let go of outcomes.



Pauline is available
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Where's my sex life gone?

Getting real about sex after a baby

By Pauline Ryeland

Usually having sex after a baby is the last thing on your mind. Being a new mum, means you have all these new demands on your body. Your body will be going through a lot of changes and your focus is really just on the baby. Some days you are exhausted and don't even get to have a shower, let alone get dressed, so getting sexy with your partner unfortunately moves to the bottom of your priorities. If you had a traumatic birth or required stitches this may also lead to some anxiety and apprehension about resuming having sex.

Some of things you might be experiencing:

- Hormones all over the place
- Sleep deprivation
- Confusion
- Guilt
- Disconnected from your partner
- Possible prolapse
- Scar tissue from having an episiotomy or perineal tear
- C-section
- Traumatic or painful birth
- Depression
- Breast feeding problems
- Complete lack of libido
- Fatigue
- Birth plan not going to plan

It takes four to six weeks for the cervix to close fully and for post partum bleeding to stop, so you need to wait at least for that period.

If you've had an episiotomy, had perineal tears or a C-Section, the time frame could be a lot longer. It takes 12 weeks for scarring to heal fully and so you want to be extra careful when engaging in sex for the first time. You will possibly not be lubricating as much as you used to, so it's important to be very lubricated and to be very aroused as well. And to go SLOW...I mean really slow. If there is any pain at all, please stop and allow a little more time to heal. If further along you are still experiencing pain, then you need to seek the help of a professional Sexualogical Body Worker who is experienced at working with this type of internal pain.

Your partner is possibly feeling a little excluded and confused as well. He wants to have sex but is scared it will hurt you. Maybe you've tried to have sex and it was painful, so you're scared to go there again.

The time after a baby is so important to have some self nurturing, honouring yourself and doing what feels right for you. Everyone is different, so you need to go at your own pace of what feels right for you. The most important thing is to keep communication open about how you're both feeling and what's going on for both of you. It would be fantastic if part of your birth plan also included ways to remain intimate and reconnect sexually after having your baby.

How To Get Past Challenges:

Communicate - It might not fix the situation but at least it's being discussed and not ignored. This way both of you feel heard. Often women want to have intimacy and sex, but something has shifted and they don't want it the same way they used to any more. It's important to be able to talk about all of these things and to actually say what you are wanting. Often it's a good idea to take penetrative sex off the table for awhile and have less focus on orgasm and ejaculation and look at new ways to connect and slowly rebuild the intimacy again, which will then lead to penetrative sex when the time is right.

How to Create Intimacy:

- When your partner comes home from work, greet each other with a full body hug. Heart to heart, arms gently holding each other and take three deep breaths together, then slowly release.
- Another great intimacy building exercise is to sit with each other for five minutes and look into each other's left eye. It's done with a soft gaze and is known as looking into the windows of the soul. There may be giggles at first, if so, just close your eyes for a few seconds, breathe and open them again and continue with left eye to left eye. There may even be tears, that's ok too, just allow the tears to fall, don't ask is everything all right, just hold the space. After five minutes (you can put a timer on), have a hug.

These two exercises alone are so simple, yet incredibly powerful for rebuilding intimacy and connection and if you only do these two things every day, you will see a big difference!

Intimacy Building Exercises

- The three minute game: This is where you get to ask for some form of touch for three minutes only, (no genitals). You can ask for a back rub, head massage, light feather touching on your arms or face. Take turns - this is a great way to connect and feel nurtured from each other
- If you have a bath, run a nice bubble bath, light some candles and squeeze yourselves into it and relax together
- Alternatively, light some candles in the bedroom, put some music on and just snuggle
- Give each other a gentle massage
- Hold hands when out and about or sitting on the couch
- Give each other kisses, keep the connection going
- Find ways where both of you can feel nurtured
- Check in and communicate with each other about non-baby things.

Finally:

- Don't dump your emotions on your partner the minute they get home
- Give them space too
- Create space to connect together with your hug
- Breathe together
- Laugh together.

Pauline Ryeland, Intimacy Whisperer[®] is an Intimacy, Sex & Relationship Coach & Educator. She's certified as: Tantra Teacher & Facilitator, Somatic Sexological Body Worker, Master Trainer & Master Practitioner of Neuro-Linguistic Programming, (NLP), Advanced Subconscious Reprogramming, Erickson Hypnotherapy, Results Coach & Performance Consultant.

Pauline works with individuals and couples who are experiencing challenges with intimacy, sex & relationships and everything in between.

