



3 MYTHS ABOUT INTIMACY AFTER BABY *(And What's True)*

Q4/25

Myth: 1

You should “bounce back” quickly.

Fact:

Healing—physically, emotionally, and sexually—takes time. There’s no universal timeline for desire or pleasure to return, and forcing it can create more stress. Your journey deserves patience and care.

Myth 2:

It's selfish to want intimacy while caring for a baby.

Fact:

Everyone's needs matter. Intimacy can look different now, but it's not selfish to crave closeness, connection, or pleasure. In fact, nurturing your own well-being helps you show up more fully in all areas of life.

Myth 3:

If you're struggling, your partner won't understand.

Fact:

Many partners want to connect, but they may not know how. Open, compassionate communication can transform intimacy into a shared journey instead of a silent struggle.

You are not broken.!

Shifts in desire, pleasure, and intimacy are normal after baby—and with the right support, you can move toward confidence and connection again.

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