



HOT MAMA!

BY JOHANNAH HANEY
AND LINDSEY AVERILL

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