

# The "Yes" List

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*Returning to sex postpartum can be overwhelming and uncertain. The more this creates anxiety, the more your body will react with tension and displeasure. Therefore, we recommend that you have a conversation with your partner before any sexual activity about what you feel safe and comfortable doing in your current, glorious body.*



## Here are some suggested topics to discuss.

### Set the Scene

- What do we need emotionally, physically, or mentally for the setting to be right for sex?
- Do we want to plan a date night out or a date night in?
- How can we divide tasks and prioritize rest to increase the chances of desire?
- Do we need a babysitter? Baby out of the room? Baby in the room okay?
- How often do we want to have sex? Where do we want to have sex?
- Length for sexual encounter? Quickie vs. "gourmet sex"
- Who will initiate?
- Expectations for orgasm for both partners
- Are we using methods to prevent pregnancy and STI's? If yes, which methods?
- Do we need to prepare condoms, lube, towels, or any other items?

### Physical Touch

- What body parts or activities are on your "yes", "no", and "maybe" list right now?
- What type of touch are you craving today?
- The part of my body most in need of touch today is \_\_\_\_\_.
- Is there anywhere you are feeling pain and that I should avoid?
- What verbal and non verbal cues will we use to communicate if something feels ok?
- What other types of intimacy do you want?
- What are 3 needs you want from your partner? What are 3 gifts you can offer your partner?

### Specifics

- Self pleasure - When can I prioritize my own pleasure?
- Mutual masturbation - Can we use hands or toys to stimulate each other's genitals?
- Massage - Where? Type of touch?
- Breast touching - Firm, gentle, touching with mouth or hands? Are any parts off limits?
- Oral sex - Who is comfortable giving? Receiving?
- Penetration
  - Vaginal or Anal?
  - Positions? doggy style, vagina-owner on top, missionary, spooning, reverse cowgirl?
  - Penis? Toys? Fingers?
- Kink - How do we want to set our scene? Do we need a safeword? Adaptations?

### Aftercare

- How do we want to support and care for each other after sex?