



Rekindling: Your Relationship after Childbirth

Martien Snellen

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No one ever died from lack of sex...but sometimes it can make a relationship feel a little bit hollow.

We all know parenthood brings massive changes. But not every couple is prepared for the impact pregnancy and childbirth can have on their intimacy. Sure, we expect to put sex on hold for a while, but most of us naively assume that things will eventually return to normal. Unfortunately for many couples it doesn't work out like that.

Martien Snellen, a psychiatrist with extensive practice in relationship counseling, explores the factors that can affect your sex life after a baby: from changes in body image to serious health issues like postnatal depression; from divergent levels of interest to just not being able to find the time. And, most importantly, he offers practical suggestions to help get the spark back, for both of you.

This book is a godsend for any parent who thinks their other relationship could do with a little attention too.

'A funny, helpful, insightful book that should be handed out as you leave the maternity ward.' *Canberra Times*

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