

---

# ORA DOULA SERVICES

---

## **Sex and Postpartum: Course Syllabus**

Course Objective: This Google Classroom course is designed to help you navigate the sexual relationship with your partner during the postpartum phase of your relationship. For many folks, giving birth brings a new dynamic to the sexual relationship with their partners. This stage can be filled with more questions than answers, and finding good information in a gentle way can be difficult. At the end of this course, you should feel more prepared, more confident, and hopefully more ready to make choices about how you want to move forward in this stage of your relationship.

### Course Layout:

- Before You Begin: Note
- Lesson One: My Birth Was...
- Lesson Two: What's the Six Week Wait?
- Lesson Three: Taking it Slow
- Lesson Four: Breastfeeding and Sexuality
- Lesson Five: Ouch! Something Hurts
- Lesson Six: Growing Your Relationship
- Final Note

Please feel free to use the comment section in the course. Keep in mind, comments will be viewable to other participants. You may engage with other comments, please keep all interactions respectful and validating. Comparisons are not helpful and will be deleted. We do not say, "At least..."

If at any point you have a question, concern, or comment you'd like to address with me privately, please send me an email at [oradoulaservices@gmail.com](mailto:oradoulaservices@gmail.com) and I will do my best to respond promptly. Thank you for being here. You are welcomed and valued in this space.

Disclaimer: This course content is written from the perspective of a cisgender woman in a heterosexual marriage. While safe resources for this content are far and few between, I

recognize that my own personal experience and insight best serves heterosexual cisgender couples. If that doesn't describe you, I hope you still find value here, as much of this is universal, but not all of it. In the resources section, you will find an article about postpartum sexuality from an LGBTQ perspective, as I am not qualified to write that content myself.

~Laura Kiefer, Certified Birth Doula