

your means. Be sure your budget includes money allotted to savings, that will be available in a pinch.

Sometimes, just talking with your guy and assuring him things will be fine is enough to get his mind off money and on you.

the madonna syndrome

For some men, once a woman becomes pregnant with his child, he starts to view her differently – as a mother.

Debbie Mandel, M.A., a stress-management specialist and author of *Turn On Your Inner Light: Fitness for Body, Mind and Soul*, says, “If she becomes the Madonna with child, it is pretty difficult [for the man] to think of her as a sexual being.”

Carle says sometimes just dressing or acting more seductively can remind him you’re still the sexy person you were before. Mandel agrees and says, “Let him know verbally and through body language that he is your sheikh.” She suggests you get him involved by setting the stage. “With music, a little wine for him and some sexy lingerie

for you, initiate the foreplay he likes,” she advises. Often, turning it up a notch is all that’s needed to get the fire burning again!

Carle warns that sometimes no matter how much you play seductress, he may still see you as solely the mother of his child. In situations like this, she says she strongly recommends speaking to a couples’ or marriage counselor.

first-time father fears

If your husband or boyfriend sounds like he’s dealing with each of these issues, he’s probably a first-time father.

Decker says of he and his wife’s first pregnancy, they were young and went from being single to married with an instant family. Couple that with a career change, their decision for her to be a stay-at-home mom and nervousness about what to expect when the baby comes, and it’s easy to see how things got hectic.

Carle says, “You can do subtle things like bring over friends who just became parents so he can see how great it is, but in the end, he has to feel comfortable himself.”

To help him overcome his fears, try suggesting he talk with other dads, watch parenting videos or spend time interacting with small children. If none of that works, and since he’s going to be a father regardless, a counselor may be needed to help with the situation.

it’s not the end

With open communication and the desire to understand each other’s feelings, a sex spat is fully fixable. According to Carle, “If you once had a wonderful, relationship, you can always go back to it. You just have to work on it and you have to talk.”

Mandel adds that the couple doesn’t necessarily have to have sex to be close. “Even if you don’t have sex, hold hands and kiss,” she says. “Intimacy begins with a penetrating look, an easy smile and a hug from the opposite direction.”

So remember: Just because your man is stressed out or nervous about having sex while you’re pregnant, it doesn’t mean he doesn’t love you or he’s not attracted to you. Once he gets over his fears and you have the baby, he’ll be making up for lost time. So get ready! ❏

** Name changed to protect privacy*

how pregnancy can improve your sex life

Your man still a little iffy about doing the deed? Let him know that pregnancy can actually improve a couple’s sex life. Here’s how:

you’re easily aroused

What it means for him: Because of the increased blood flow to your pelvic region, you’re more easily aroused. End result? He can have a quickie sometimes, without worrying about extensive foreplay.

new positions

What it means for him: Due to the “bump,” you guys may be forced to try out new positions ... new positions that will come in handy even after the baby is born!

no worries about contraceptives

What it means for him: No condoms or other birth control to zap the spontaneity out of a sex session. He can indulge in that bare feeling, because, hey, you won’t get pregnant!

pleasure without sex

What it means for him: More hugging, kissing, oral sex and mutual masturbation. Did we mention oral sex?

fuller breasts and rounder hips

What it means for him:

The things of most male dreams! Even if your breasts are so tender that you don’t want him to touch, he can still appreciate looking!

