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## Perinatal sexuality: An overview of women's intimacy and sexuality during and after pregnancy

In the transition to parenthood (from the decision to have a child or conception until the baby is 2 years old), future and new parenting couples are faced with numerous intimate and sexual changes and have to adapt as best as they can. Women's sexuality change at different levels (biological, psychological, sociological, emotional) during the 5 phases of the perinatal period: Preconception, pregnancy, childbirth, postpartum and breastfeeding. However, very little attention has been given to women's intimacy and sexuality during the transition to parenthood both in research and practice. Moreover, there is a clear dearth of research and interventions in this domain, despite women's obvious and particular needs. This presentation has three objectives: Provide a critical review of the research studies conducted on this subject (what do we know on perinatal sexuality concerning women?); provide an overview of the interventions developed to support women (what are we doing to help those women?) and make recommendations for different levels of healthcare (what can we do as health professionals for those women?). This presentation will provide a better understanding of a sexual fundamental issue for women: Perinatal sexuality. It is part of an equity approach in population health to promote the individual, the couple, the family and the society and to promote equitable access to appropriate services and collaborative, continuous and durable care regarding sexual and reproductive health.

## Biography

Catherine de Pierrepont is a Sexologist (BA and MA from University of Quebec in Montreal) and she is presently a PhD Candidate in Population Health at the University of Ottawa. As a Perinatal Sexologist, her research interests focus on perinatal sexuality during the transition to parenthood i.e., intimacy and sexuality of future and new parenting couples during and after the pregnancy. Her PhD thesis is a multidimensional evaluation of francophone parenting couples' sexoperinatal experience living in a minority linguistic context in Ottawa and Eastern Ontario.

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