

CONVERSATION MATERIAL FOR INFORMATION ON THE PERIOD FOLLOWING DELIVERY

1. Explain that you will now talk about the period following the delivery, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - What is important to consider with regard to the period following a delivery?
 - Which emotions may be experienced following the delivery?
 - What can squeezing exercises be beneficial for?
- What should you think about in order to succeed in breast-feeding? Do you have to breast-feed?
- Following a delivery, you will bleed from the vagina and you may experience pain in the uterus. What is important to be aware of with regard to bleeding from the vagina?
- What is important to consider if you have given birth through caesarean section?
- A delivery may be associated with powerful emotions. Positive and negative emotions, for the woman giving birth, as well as the other parent. How can you provide good support for someone who is not feeling well after a delivery?
- How can the period following a delivery be experienced by the parent who did not give birth?
- Following a delivery, you may experience a period of reduced libido. Abdominal pain, stress and fatigue may affect you. Which emotions may be aroused by reduced libido? What can you do instead of having sex, if you still wish to feel close to a partner?
- Whom can you contact if you have problems following a delivery?

IMPORTANT TO CONSIDER:

- Some people may feel physically and emotionally ill following a delivery. Feeling ill emotionally may sometimes be called post-partum depression. It is not uncommon, and nothing to be ashamed of. Contact your midwife clinic or similar for help and support.
- It is common to feel less sexual desire following a delivery. Libido usually returns after a while. You never have to “perform” sex if you really don’t want to. Hugging, kissing and just being close to each



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other can be one way to give and receive love to and from your partner in periods when sex or sexual intercourse doesn't feel interesting.

- There is a lot of help at hand if you are unwell, or your body hurts following a delivery. You should not have to endure pain or discomfort for a long time, without contacting healthcare professionals directly.

RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).

RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association

**You can read more about RFSU's activities at
www.rfsu.se/upos**



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