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# 9 Best Pregnancy Sex Positions From the Pregnant Kama Sutra

Finding sex positions during pregnancy that are both comfortable and pleasure-boosting may not be easy, but we promise it's possible—no matter what trimester you're in. Here, experts dish on the best sex positions while pregnant to try ASAP.

By [Maressa Brown](#) | Updated on August 24, 2022

🌿 Reviewed by [Varuna Srinivasan, MBBS, MPH, FRSPH](#)



Illustration by Yeji Kim.



Illustration by Yeji Kim.

One of the most-preferred positions by pregnant people, cowgirl allows for increased sexual satisfaction for the pregnant partner to control penetration during penis-in-vagina sex by being on top of their partner. And, according to a [2019 study](#) published in the *International Journal of Environmental Research and Public Health*, it's the most-chosen position during the second trimester.

This comes as no surprise to [Shannon Chavez, Psy.D.](#), a psychologist and sex therapist in Los Angeles, who notes, "Being on top allows [the pregnant person] to not only control the depth of penetration but also position [their] body for the best comfort and friction for pleasure. This position allows control of speed, depth, and body position."

It can also be done during the first, second, or third trimester, says [Janet Brito, LCSW](#), a licensed clinical psychologist and AASECT certified sex therapist in Honolulu.

- [Is It Safe to Have Sex When You're Pregnant?](#)

## 02 | Doggy Style

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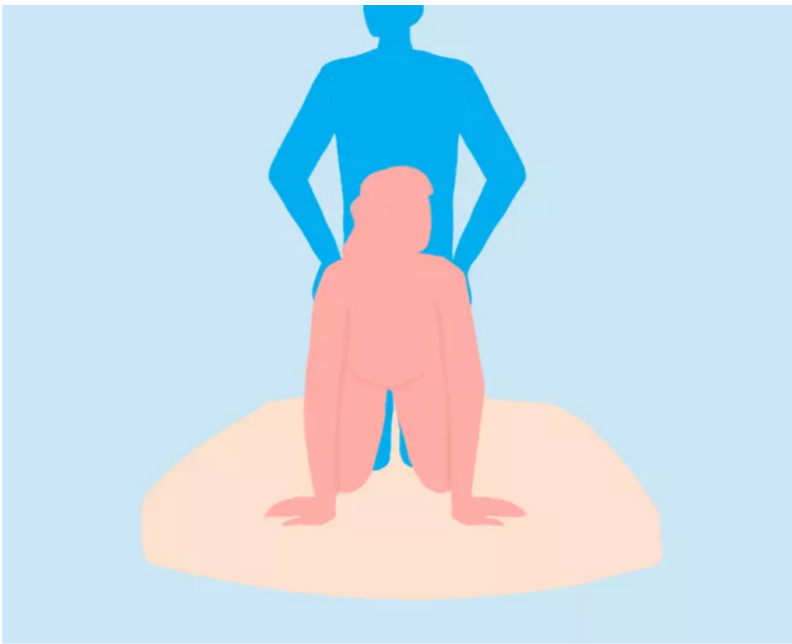


PHOTO: ILLUSTRATION BY YEJI KIM

A favorite for many people, whether they're expecting or not, rear-entry sex keeps pressure off of a growing stomach. "A partner can enter from behind while using the other hand to stimulate the clitoris," Chavez explains. "This allows the belly to be free, and it's more comfortable to hold the extra weight on all fours." (Excess weight may become more of a concern as you move toward the end of the second trimester.)

Chavez recommends using products such as the Liberator wedge to support the belly or body weight while receiving stimulation from behind.

### 03 | Oral Sex in Resting Position

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Illustration by Yeji Kim.

Cunnilingus is a wonderful go-to that prioritizes and bolsters your pleasure. Brito likes oral sex as a way to "connect intimately with your body, yourself, and your partner while also taking a break to relax and be in the present."

If you want to totally chill out and not have to think about any sort of balancing act or getting too active, Brito recommends this relaxing, seated position.

"By sitting up on your bed, and placing pillows all around you for support, you can comfortably rest, while your partner, in the prone position, gives you oral stimulation," she explains. "Your partner could also sit next to you or in front of you and give you manual stimulation, or use a vibrator to stimulate your clitoris." This pregnancy sex position can also be recreated wherever you're most comfortable, such as in a chair or on the edge of the couch.

## 04 | Reverse Cowgirl

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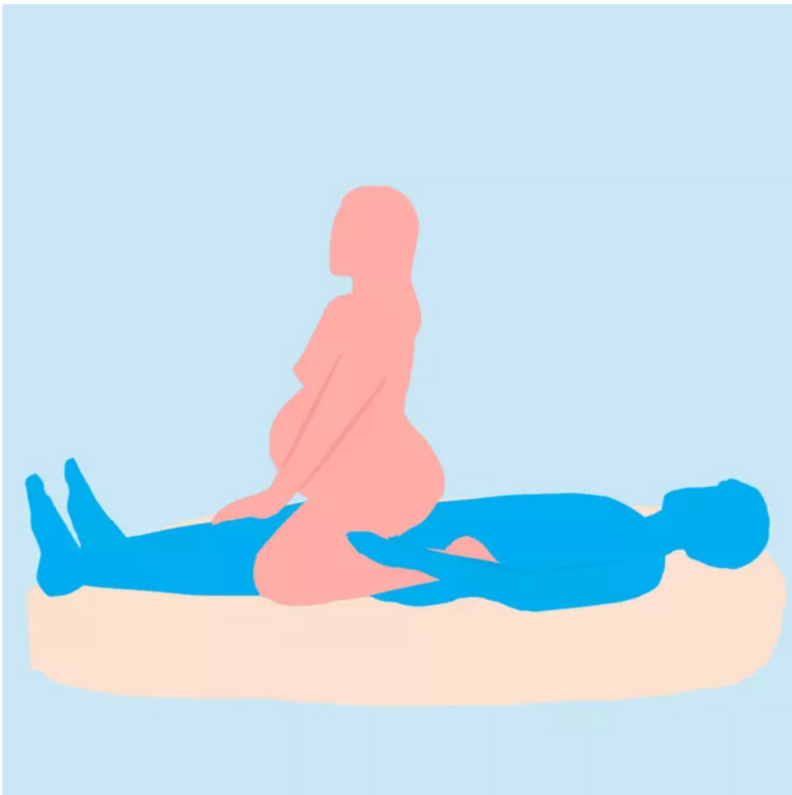


Illustration by Yeji Kim.



Being on top, facing your partner's legs, can offer a switched-up sensation without compromising the benefits of classic cowgirl. Plus, Brito likes reverse cowgirl for any trimester—especially the third. "Due to the size of your belly at this stage, you can sit on your partner and thrust as you wish," she notes. "For extra support, place your arms behind you, as you shift your weight back toward your partner."

You can also have your partner sit on a solid chair, which can offer more "stability as you stand on your ground and move like you want," Brito explains.

- [Sex During Pregnancy: 9 Things Every Pregnant Person Should Know](#)

## 05 | Mutual Masturbation

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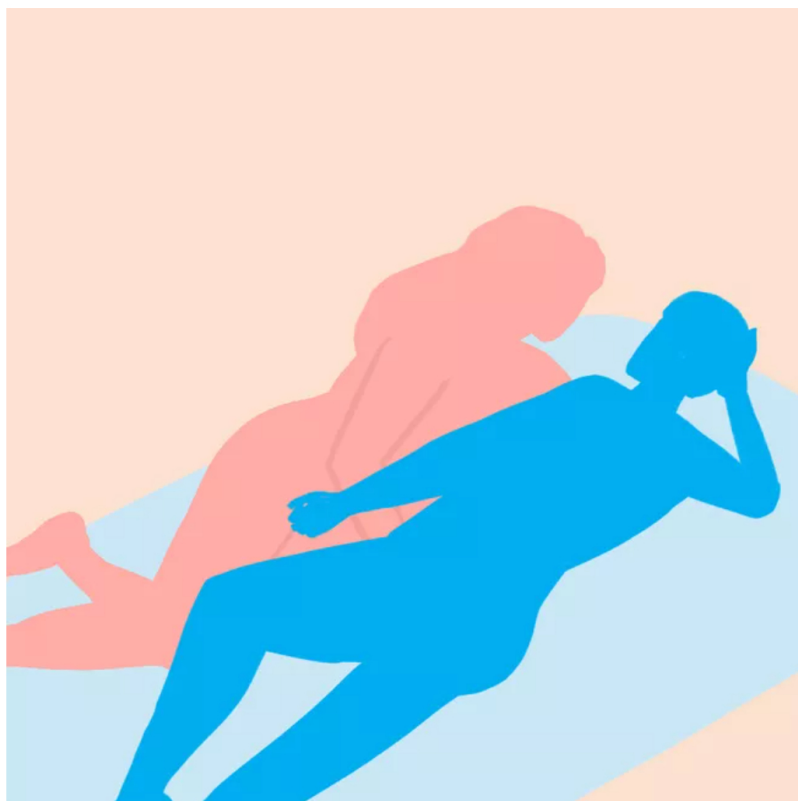


Illustration by Yeji Kim.

Mutual masturbation lets you connect with your partner—and enjoy the heightened libido you may be experiencing—wherever you're comfortable, from the couch to the shower to the bed.

According to the [March of Dimes](#), it's important to remind your partner not to blow air into your vagina during oral sex as this could lead to air embolism that could be dangerous for you and the fetus.

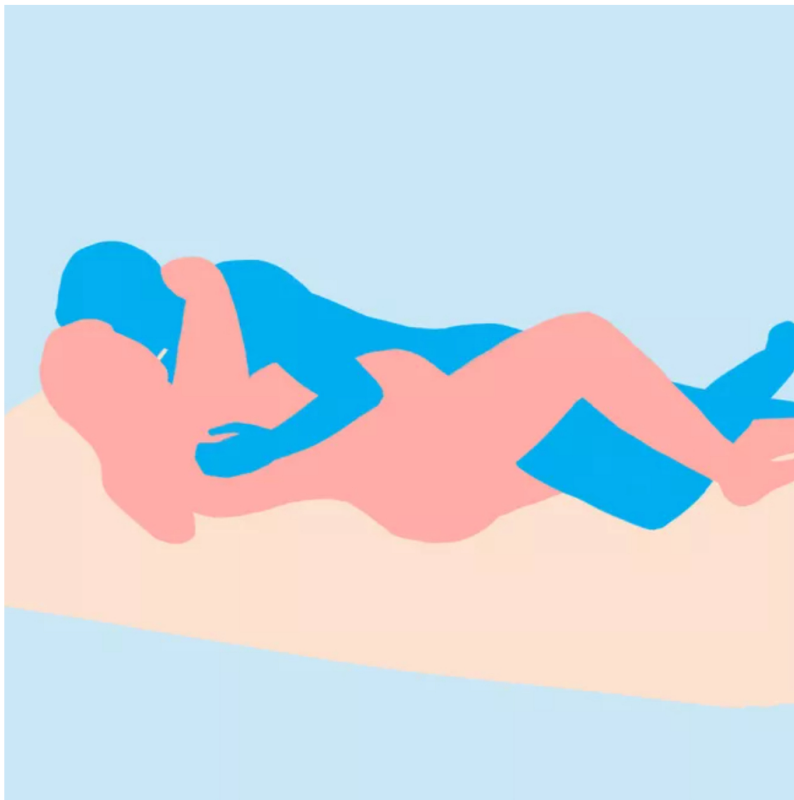
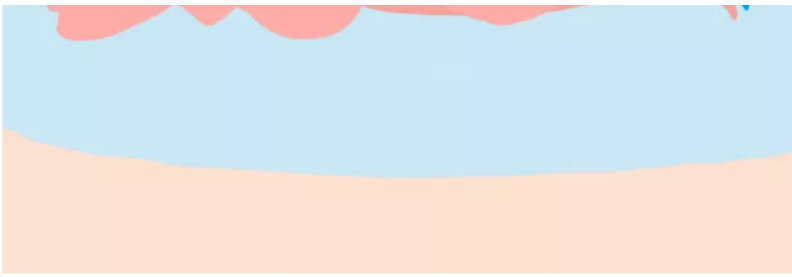


Illustration by Yeji Kim.

This face-to-face variation on spooning bolsters intimacy, which allows for more eye contact, kissing, and romantic or dirty talk. Another bonus: You'll be lying on your side, which is one of the most comfortable pregnancy positions as your belly grows. Do you want even more support? Place a pillow behind you or a towel or pillow under your stomach.





Lying on your side while your partner lies behind you, facing the same direction, can feel intimately soothing. Add in penetration, which by the nature of the position will be more slow and sensual, and you can't go wrong.

"When you're pregnant, it's important to be as comfortable as possible during sex," Chavez notes. "This position allows you to be in a close and intimate position where you can spoon and a partner can stimulate your clitoris with hands while entering from behind. It allows there to be closeness and comfort while being physically connected and able to stimulate all the right places. This position also allows there to be less tension in the body due to the extra weight in the belly."

## 08 | Anal Sex

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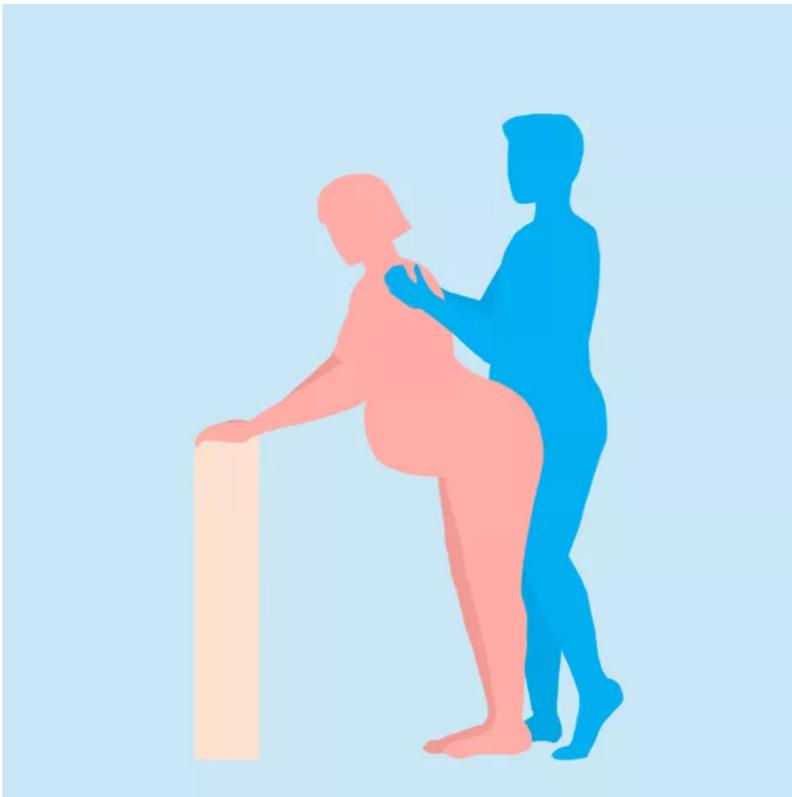


Illustration by Yeji Kim.

"If you have already been enjoying anal sex, and it's something that you

and your partner have already been comfortable doing, then enjoying it during pregnancy should be fine," says Brito.

But if you're trying it for the first time during pregnancy, Brito recommends doing it early on (given that there are already "a lot of changes" that come with expecting, so you "may not be up to this learning experience"). What's more, you should only attempt anal sex after at least 20 minutes of foreplay, and "always use lube."

That said, Brito warns against anal sex at any point if you have placenta previa, as it can cause trauma to the placenta if it covers all or part of your cervix. It's also best avoided in the case of hemorrhoids or constipation, which are both common during pregnancy, she says. Finally, "if you're going to switch positions, let's say from anal to vaginal sex, it's best to wash your genitals thoroughly to avoid infection," Brito notes. "To practice safer anal sex, use condoms."

- Is Anal Sex Safe During Pregnancy?

## 09 | "Hold My Waist, Honey"

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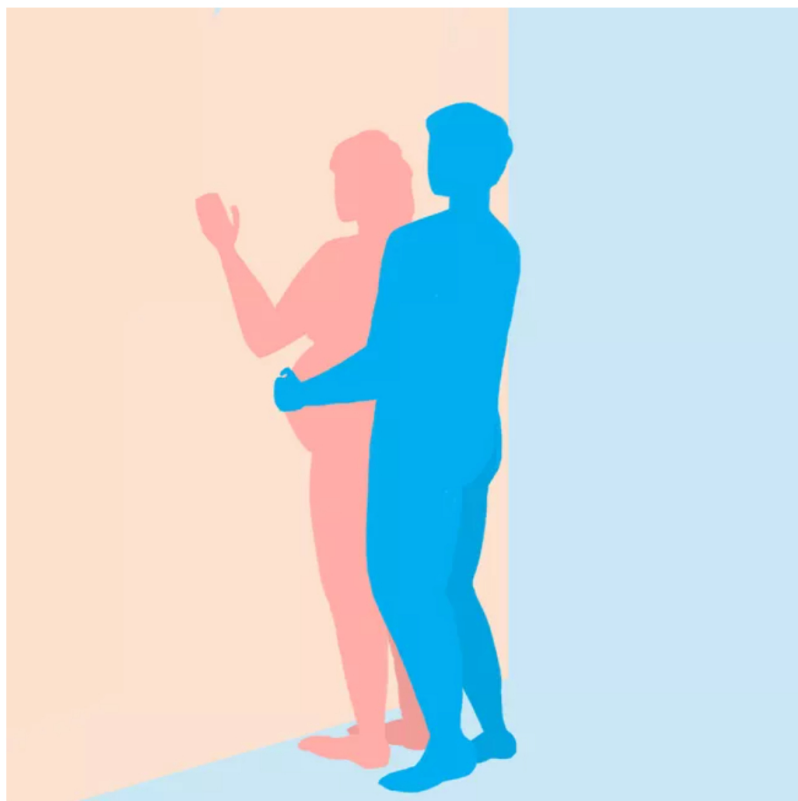


Illustration by Yeji Kim.

Brito likes this "fun," rear-entry sex position while pregnant in the first trimester (it may get less comfortable as the baby grows). "Place your palms on a sturdy wall, hold a grounding stance, and then ask your partner to hold your waist and enter your from behind," she says. "To

reduce falls, don't stand on anything." This pregnancy sex position also makes it easy for you or your partner to stimulate you with a vibrator or your fingers, boosting its pleasure quotient.

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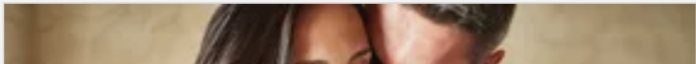
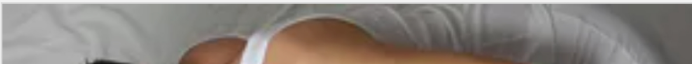
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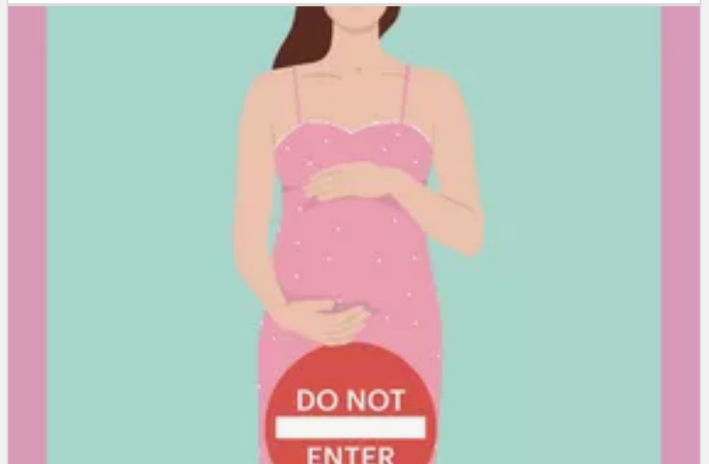
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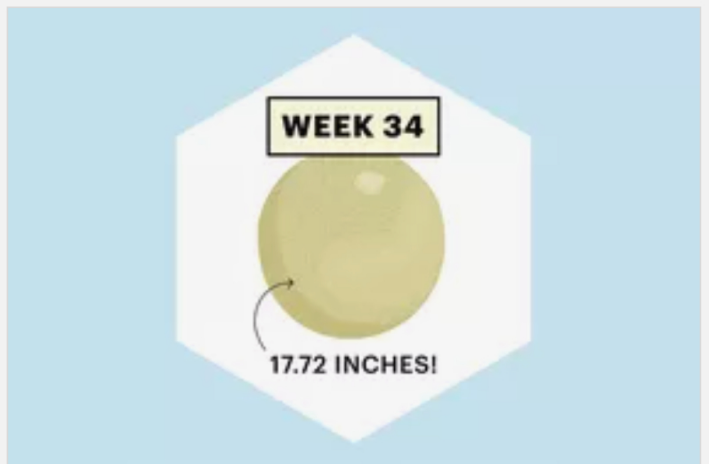
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