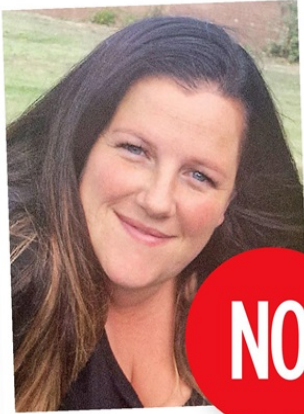


Do child-free women h

Woman investigates whether intimacy is better when couples have no kids



NO

'MUMS CAN HAVE GREAT SEX, TOO!'

Hayley Prince, 34, is a mum of seven and she lives with her rugby coach husband Ben, 36, in Rotherham, South Yorkshire.

When Ben and

I met online four years ago, the attraction was instant. It was August 2018, and I was already a mum to four kids, then aged 10, six, four and two. I'd recently come out of a 12-year marriage, so I wasn't looking for anything serious. But when I met Ben in person, he was funny and handsome, and we ended up in bed together on the first night.

In my teens, I'd been self-conscious about my body, and when I first started having sex, aged 16, I felt awkward and embarrassed. But after having my first baby, aged 20, I respected my body more. Having a baby was empowering, and despite pregnancy leaving me with a few stretch marks, I cared less about little hang-ups than I had in the past.

I grew more confident in my own skin and when Ben and I first had sex, he made me feel like the most beautiful woman in the world.

Never mind the bump

From then on, things moved quickly. Two months later, Ben moved in with me and in December 2018, just four months after meeting, I found I was pregnant.

It wasn't planned and I had been tracking my cycle to avoid ovulation, but we'd been having sex so frequently that it had happened anyway. We were both committed to each other and as my bump grew, it didn't get in the way of us being intimate, so our sex life continued.

In May 2019, we got engaged and Torsten was born three months later. Ben

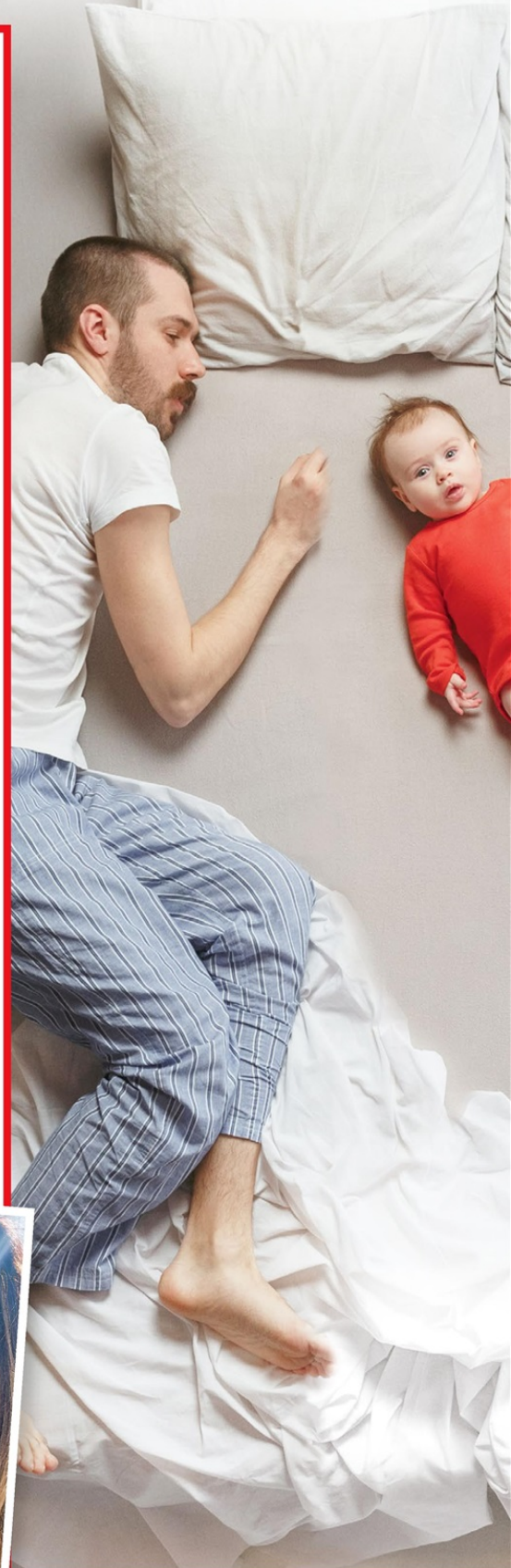
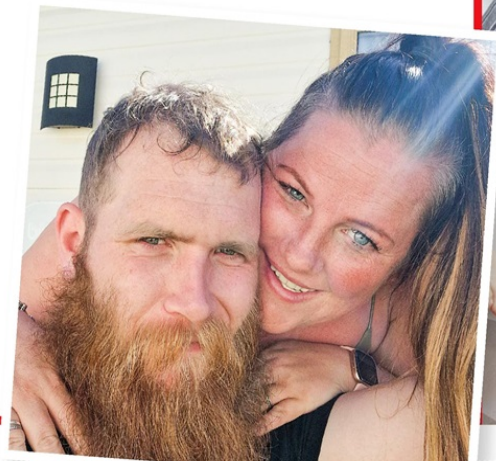
held my hand throughout labour and even witnessed our son being born, but it didn't change the way he felt about me sexually. Just 10 days later, we were back in bed together, and it felt great to know we still had that closeness as a couple.

Since then, we've got married and had two more children, Beauden, now two, and Pippa, nine months. I've breastfed all my babies and I'm still breastfeeding Pippa, but it doesn't make a difference to whether or not I have sex. My body has changed over the years and I'm proud of it – women's bodies are amazing, I've given birth seven times and always bounced back!

Between the school run, changing nappies and cooking dinner for the kids, Ben and I find time to have sex almost every day, even if we feel tired or moody. Having that intimacy between us always brings us closer and I think it's important to keep that spark alive in a relationship. If anything, we are more spontaneous because of the children, having a quickie when the baby is napping or if we get five minutes to ourselves! We don't mind doing it when the kids are in bed, either – it feels more sensual to have sex quietly.

I fancy Ben today just as much as the day I met him, and he fancies me, too. If we need to spice things up a bit, we'll try out new toys or positions. Being parents doesn't stop us having great sex.

'We were back in bed days after I gave birth'



Do you have **BETTER SEX?**



'WE HAVE SEX WHERE AND WHEN WE WANT!'

Verena Brunschweiger, 42, is an author, activist and teacher, and lives with her husband Jörg, 42.

Not having kids is the reason why my sex life is so enjoyable. I can have incredible sex with my husband Jörg where I want and when I want. Most mothers I know don't have that luxury – or the desire. While they spend their days sleep-deprived, catering to their children's needs, I'm able to have uninterrupted sex on the kitchen table.

I imagine that sex is the last thing on a young mum's mind – and understandably so. They are probably too busy juggling childcare with household chores and struggling to find time for their partners. That's why I hear so many men complaining about the lack of intimacy in their relationships and so often those men in sexless marriages go on to have an affair. Knowing that I am satisfying my husband sexually gives me a sense of security as I know he will never stray.

A couple's sex life is killed the moment they start trying for a baby. Gone is the passion as they schedule intercourse at certain times of the month in the hopes of conceiving a mini-me. Where is the fun in that? Then when the baby finally arrives, everything changes, including a woman's body and their emotions.

Having frequent sex not only keeps me in top physical shape, but it makes me a happier person, too.

Sure, lighting candles and cooking a romantic meal together can set the scene for an exciting night in, and I'm sure parents can steal away an hour or two for that. However, I prefer being spontaneous.

For example, last summer Jörg and I were taking a walk through



YES

a forest one afternoon when we stopped to give each other a kiss. Suddenly, we were both so aroused that we did the deed right there. I love having sex in the great outdoors as it feels adventurous. It's something I don't think many mums can claim they've had because when they're out in nature it's usually with a child in tow.

Orgasmic potential

Talking about female sexuality is important because I believe that women today should be living up to their full orgasmic potential.

So many mothers sacrifice their own pleasure for the sake of their children, which is something I simply can't understand.

One mum admitted to me that she had sex with her husband because she felt she

had to and then it was only twice a year, at Christmas and on their anniversary. Then she added that she no longer enjoyed it like she had before she had kids. I felt so sorry for her.

As a child-free woman who made the conscious choice not to reproduce I can honestly say that making love as often as I do is nothing short of empowering. It makes my confidence soar, which in turn raises my self-esteem.

Plus, with the sex getting better and better the older I get, I wouldn't want it any other way.

'Mothers sacrifice pleasure for their kids'

11%

of Brits have sex once in an average week, 7% have it twice, 9% manage three times and 5% have sex four times or more.*