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*special fall edition*

# YourLife

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WHAT'S IN *YOUR*  
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SEX

# Hot mom sex

BY JAMIE BECKMAN FOR USA TODAY

**i** IF YOUR DAILY LIFE CONSISTS OF scheduling your child's ballet or basketball practices or trying to sneak in a shower between breast feedings, sex with your partner can often sink to the bottom of your to-do list. But an active sex life has myriad benefits, aside from simply feeling amazing!

"Sex can return a sense of sexiness," says sex coach Eric Marlowe Garrison, author of *Mastering Multiple Position Sex*. "It's very important for a woman to have sex. It returns musculature to the vagina, it builds up [the hormone] oxytocin so she bonds with her partner. It's beneficial for everybody. Orgasms also boost the immune system and burn calories."

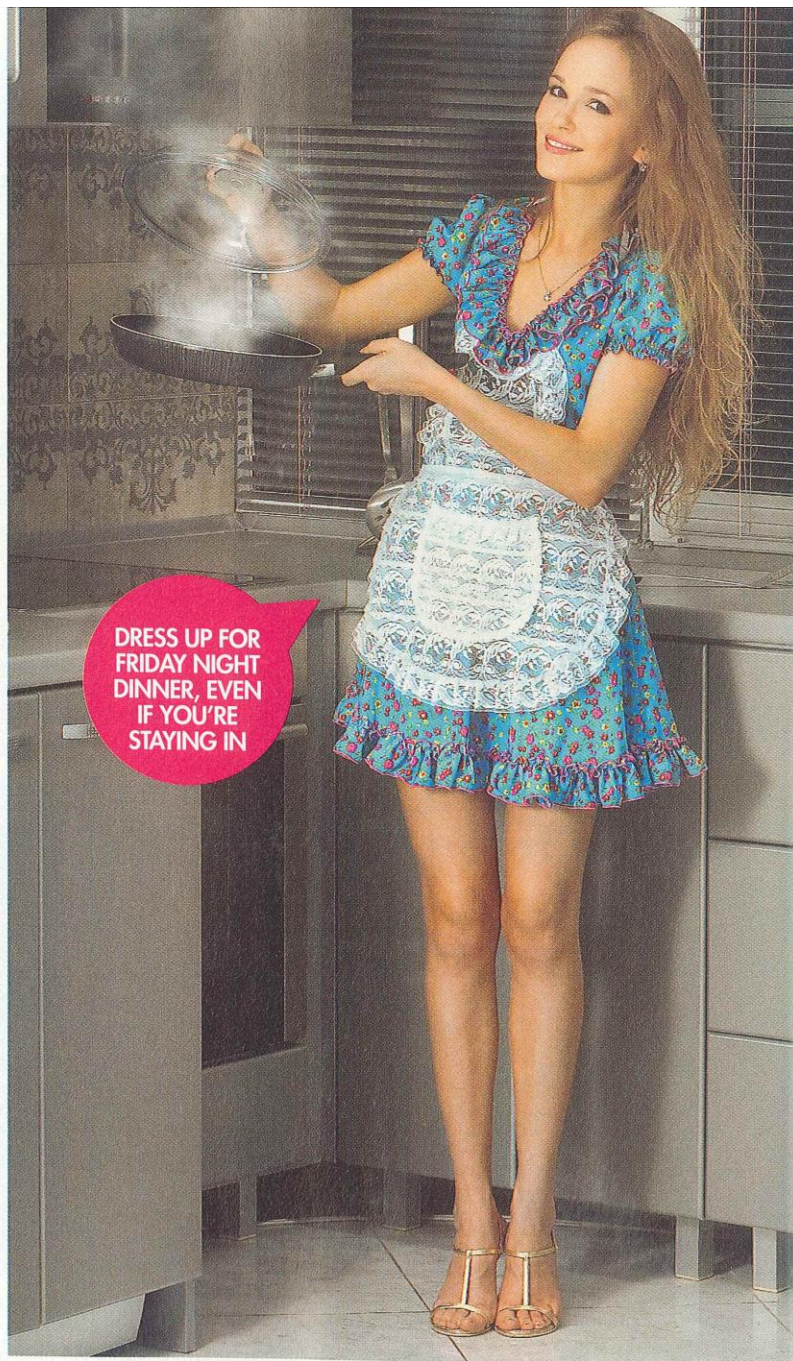
So how can you find your inner hot mom, even if motherhood leaves you exhausted at the end of the day? We talked to a few sexy mothers who say their sex lives are better than ever. Steal their ideas and steam up your own bedroom.

## MAKE SEX YOUR JOB

If you're a whiz at managing a boardroom full of execs or if you've become an expert at balancing the family budget, make those job skills work in the bedroom. First step: Master the art of the quickie.

Kristin Flannery, 43, a former entertainment executive who lives in Los Angeles, swears by waking up early and hopping in the shower with her husband before he goes to work.

"He's happy all day, and you don't have to worry about sex at the end of the day when you are tired and have had it with the kids," she says. "I have two girls now, 7 and 9, but have used this technique ever since they were little. If they were ever looking for us, we told



DRESS UP FOR FRIDAY NIGHT DINNER, EVEN IF YOU'RE STAYING IN

them that 'Daddy was helping Mommy fix the shower head.'"

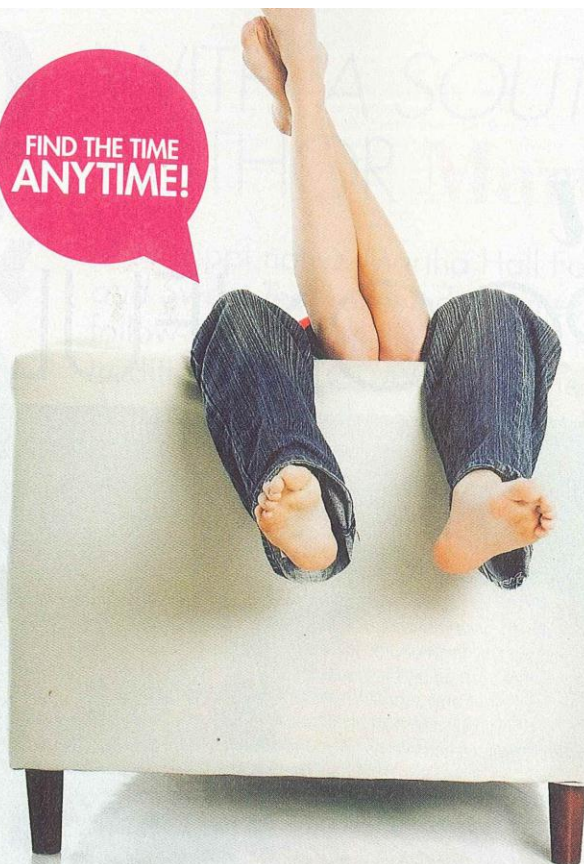
If your time is even more limited, don't feel afraid of going into boss mode and ordering up some quick intimacy from your partner, says Garrison, who counsels busy moms via Skype and email.

"You could tell him, 'If we only have three minutes, I want an orgasm,'" he says. "Or it could be, 'As soon as the kid goes down, I really want to cuddle.' You can put it in whatever order you want."

That said, be a flexible supervisor in the bedroom if things don't always go quite the way you want, says mom of twin 2-year-old boys Genine Fallon, 31, of Cincinnati, Ohio. In addition to chasing her toddlers, she works as a marketing rep for Pure Romance intimacy products, helping women find what they like in the bedroom.

"Women get very discouraged because they try one thing and it doesn't work, and I think there are so many things that could be tried," she says.

**FIND THE TIME  
ANYTIME!**



"There are no rules for you. It doesn't have to be a toy. It could be as simple as listening to yourself and getting your needs met. I always say that vanilla is okay. You don't have to be swinging from the chandelier."

### DRESS THE PART

Another fun part of making sex your full-time job: buying new work clothes, meaning lingerie or a flattering outfit that's as easy for you to put on as it is for him to take off.

"You can look sexy and be comfy too without having to invest a lot of time," says marriage counselor Jacqueline Del Rosario, mother of two boys. "For me, figured out that if I buy everything in black, I would still match and still look pretty, but I didn't have to give it much thought. So now my lingerie drawer is full of black lace panties and black bras. I'm happy, my husband's happy—it works!"

Or take a cue from Flannery, who had few holiday drinks with her husband one night and, on the way back home, found up with a brand-new outfit for his yes only.

"We went into a store and got a usher, and I was Naughty Santa. That was a great Christmas gift," she says.

When you've got the underthings

down pat, don't underestimate the power of a little bit of lipstick and a nice dress. Hearing your husband compliment you can be the ultimate feel-good pick-me-up, Fallon says.

"I dress on a Friday night so that even if it's just my husband and me, if we go out to dinner, I hope every time that we go out that he just looks at me for an instant and says, 'Gosh, my wife is beautiful,'" she says. "There's something to be said for some of those 1950s housewives—they always say to look great for your man. I most certainly think that dressing for him is a big deal."

### CHANGE YOUR MINDSET

Sometimes sexy is a state of mind. Going from mommy to hot mama when you've been disciplining children all day is hard. Even though it sounds counter-intuitive, in order to get back into that sexy mindset focus on what you need to keep yourself energized, and the sex will naturally follow, Garrison says.

"Energy begets energy. Think of yourself as a whole body, not just two breasts that are feeding this new baby," he says. "Return to your church, mosque, or synagogue; return to the gym; get audio books so you're mentally stimulated; recycle cans. All of those things that you

gave up—including sex—you need to start getting back into your life."

After she had her second child, Flannery found that reaching the end of her mental rope actually became a big boon to her physical fitness. One day, when both of her children were screaming and she had run out of patience, she put them both in a double stroller and walked several blocks, then back home, pushing the heavy load of kids the whole way. From that point on, when her kids were fussy, she'd take them on long walks—and she ended up losing most of her baby weight, restoring her confidence, and giving her sex life a shot in the arm.

### DITCH DATE NIGHT

When you have a new baby or kids who need to be carted everywhere from soccer practice to cello lessons, date night becomes tough to stick to—not to mention pricey.

Michelle Morton, 41, a mother of three boys in Raleigh, N.C., suggests stealing pockets of time from your day-to-day routine and making romance come to you.

"Every weekend since we have been married, we take time to do something that is just the two of us," she says. "It may be front-porch drinks, it may be drinks at the pool while the kids are swimming, or it may be watching a movie for just the two of us while the kids watch their own. The idea is not to talk about anything too serious but to talk and have fun. Even flirting can get the ball rolling, and then when the kids go to bed, let yourselves go!"

### ACHIEVE AS MUCH BALANCE AS POSSIBLE

True balance probably doesn't exist for anyone, especially women with kids, but in order to achieve as much equilibrium as possible, it's okay to put your needs first, says Del Rosario.

"Remember: Your well-being constitutes the whole well-being of the family unit," she says. "When you're not good, nobody is good. You can only give out from the best that you are. To keep things balanced, remember the dumbbell metaphor: you and your husband on either side, and then the children in the middle. When you keep that proper order, you don't just give your life over to being just mommy."

Flannery, the hot mom with the shower trick, has a piece of unconventional advice that she'd like to give to all moms: "Don't put your kids first. Obviously you love them, but you're not just a mom. You're part of a couple. You're a woman."