dianne ([00:00](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=0)):

Welcome To the badass breastfeeding podcast. This is Dianne, your lactation consultant,

abby ([00:27](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=27.08)):

and this is Abby. The badass breastfeeder. And today's episode is brought to you by kindred bravely. Kindred Bravely strives to bring comfort and functionality to moms with their ultra absorbent reusable nursing pads. They're delivering more competence to your breastfeeding journey. And today's episode is also brought to you by FairHaven health Milky, nipple nurture balm is your organic and lanolin free answer to sore or cracked nipples. Uh, we'll hear more about these sponsors later, but what I would like to ask you to do is go to badassbreastfeedingpodcast.com after the episode, and check out our sponsor page. And if you happen to need anything or holidays are coming up, try and see if there's any thing that you can get there, support our sponsors because they make this podcast happen. And while you're there, you can scroll down and enter your email address, and we'll send this episode right to your inbox. Um, and right now Dianne has our review of the week.

dianne ([01:22](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=82.79)):

I do it came to us via email from Natasha, and she says, I just found your podcast a few weeks ago and have been bingeing it so hard. My son is turning one in two weeks and breastfeeding has been the absolute greatest joy of my life. I plan to breastfeed a long as my son wants to, and my husband is extremely supportive of this choice. I just wanted to thank you for all of your stories. You're both so relatable and inspiring. I find a great nugget in every single episode. Please keep the awesome coming and thank you. I'm glad you had such a great year with your baby with breastfeeding and thank you for making us part of that. That's awesome. And we are going to do some stories today.

abby ([02:03](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=123.23)):

Oh, we've got stories. We have some stories. So listen, we can't tell any stories until we tell you that it's going to get dirty and filthy and rotten. If you have kids in this room that can understand, you know, of course, if you have a baby, whatever, don't worry about it. But kids that are older, that might wonder what we're talking about. You saw the, you saw the name of the episode. So put your headphones in or push, pause and listen to it later. Um, but clear the room because I'm just going to give you a minute to do that,

dianne ([02:41](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=161.27)):

unless you want to have the sex talk with your kid today.

abby ([02:43](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=163.88)):

Oh, well, don't do it this way. No, maybe not. We don't want this to be the intro. It's all fine and fun, but I mean, not with the, you know, you might want to have my child still, still is traumatized when he learned that penis' goes into vaginas. He can't, he just cannot is unwilling to except this. It's weird. It is so, okay. So we are, I'm assuming the room is clear. Everybody had time to do that. I'm going to, I'm going to read a message that was sent to, to the badass breastfeeder or Instagram, which was the idea for this episode. And it's true because we don't talk about this. We don't really talk about, I mean, the, the, the gist of it is just kind of like your sex life as a breastfeeding person. Cause it's a little different, right. And not just the logistics of like where and when, and there's too many kids around, not that, but like the sex itself.

dianne ([03:49](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=229.93)):

Yeah. Your body is different. Totally different hormones. Different. Everything is different.

abby ([03:54](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=234.31)):

Yeah. Yeah. So let me read this one. Uh, so she says, um, hi Abby, hope you're doing good. This might be a strange one, but I was wondering if you ever considered doing an episode about sex life when breastfeeding, I was listening to another Irish podcast I love about motherhood and they touched on the subject. Just how it can be a strain on your relationship at times. My daughter is 13 months old and we share a bed together as she's still nursing a lot at night, which I love she's my Teddy bear, but there is no room for my partner. So he is in the other room. Also having milk coming out of your breasts during sex feeling touched out, having a baby latched onto you most of the time, my partner has suggested a night away in a hotel once COVID restrictions ease, but I've never spent a night away from her. And it makes me sad to think she would be sobbing, crying without me not there. Anyway, I'm slightly ranting, but your podcast is always such a support to me. And I guess this may be a subject that I think I'm not alone feeling and you're so right. She's very right. And so we asked for stories and, um, we got some stories of people who are struggling, who struggled to kind of, you know, work it out in their house. And then we got some stories of people who are not struggling at all. I don't think they ever struggled. They didn't seem to struggle in that area. And they very much worked it out and things are going quite smoothly. It's hilarious though. It is. It's wonderful. Um, and I'm so happy to hear it. Um, so we can just like, we're going to read these stories. And I know for me to share my story first, um, when I first had babies, um, my first one, I was like that birth was traumatic. My vagina was all cut open, had stitches in it. And like, I just thought, I remember those first, that first month or two or whatever, I was like, nothing's going in there ever again, like nothing. It is purely an exit now. There's nothing ever going inside there. Again, I'm done. That was like, it was terrible. And it healed and things got better. And I don't, a lot of people have pain at first. It wasn't really that painful. I was just so, so freaked out about doing it again because it was just so like ratcheted weed whacked down there. It was so like, it was so bad, but it healed as it does. And um, you know, things got better, but I did, I did one thing for me was like before babies, my breasts were very much a part of sex. And after babies, there's like this force field around them. And if you come inside the force field, you get punched in the face. I cannot cannot handle it. There's something about it. Now don't touch my boobs. I cannot handle it. Even my kids, I like elbow, like my kids, you know, like sit on my lap and they're like readjusting themselves. And they're like, kind of rubbing up against my boob. I just dig my elbow into their side and they're like, Oh, and I'm like, don't touch my boob. I can't handle it. I think it's the nursing aversion. I think it gets in your head. And like, I just can't get over the feeling. It's just like, yeah, but that's a big change. Apparently not everyone feels that way as we will find. So. Yeah.

dianne ([07:35](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=455.6)):

So you want to read our first one?

abby ([07:37](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=457.01)):

Sure. Okay. Here goes, we're not sharing any names. These are all totally anonymous. I gave birth via C-section after over 24 hours of labor and pushing for over an hour. Because I didn't have any vaginal tears, I didn't anticipate any issues having sex. After I got all the all clear from my doctor, we first tried having sex about seven weeks after giving birth anxious to reclaim that intimacy in the midst of having a newborn and all the turmoil that goes along with it. I was breastfeeding and still working on regulating my supply. So my breasts were engorged and tender prone to leaking at the slightest touch. So foreplay was interesting. Luckily my hubby thought it was a turn on and was extremely gentle. When we tried having intercourse, it felt like being sliced open with a knife, no exaggeration. We tried lube different positions, et cetera, made no difference. So we gave it a rest for that time. Fast forward a few months, we've managed to have intercourse a few times, but each time the initial part is extremely uncomfortable. And overall underwhelming, I went to my doctor and they did a vaginal ultrasound, not fun when anything going in feels like being stabbed, uh, and found I had a couple of places that looked dry and irritated inside my vagina. Most likely due to the hormonal shift of giving birth and breastfeeding, I was prescribed a topical estrogen cream to help, which did nothing but make a mess. Sex continued to be painful for me until I had my first period at 10 months postpartum, it became a point of contention in my marriage. My husband believing the pain was all in my head. As the doctor hadn't found much and the estrogen cream didn't do anything. And we managed to have sex once or twice without pain. I, on the other hand was hesitant to have sex with the possibility of pain and closed it out, closed down with this accusation. Each time we would attempt to even do some heavy petting, it would eventually lead to a fight. Eventually we were able to connect and discuss our fears and emotions about sex being new parents and all the other stress the year had brought this, lessen the pressure. And we finally tried again and it was pain-free and we had already connected. We had already reconnected. I continued to breastfeed until my daughter self weaned at 17 months. And I feel so much stronger in my relationship and own power, but I know it could very easily have gone a different path. And I'm grateful for my husband's continued dedication and understanding the end. Yeah, I think that's, yeah, that's a great one. And it's so true that this can be like a point of contention and while it is not okay for somebody to pressure you, um, it's okay for people to have feelings and frustrated and being frustrated and talk about it. And, and when, you know, when you're not connected, you know, especially after like having kids, you know, you're, you're going through one thing, your partner is going through another thing and you just don't feel like you're on the same page.

dianne ([10:31](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=631.73)):

And you know, we connect differently too. Right. We need different things to feel connected.

abby ([10:37](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=637.55)):

I think that's very interesting that it didn't work out for her until she and her husband were getting on the same page. Yeah. And then things started to work better and that's like, cause men and women are like totally, totally different.

dianne ([10:51](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=651.59)):

Oh my God. Yeah. And I also think it's good here that, you know, she had a C-section and I think even, I mean, obviously C-section and vaginal deliveries are very, very different, but I think we think, okay, I had a C-section it's not going to hurt me.

abby ([11:04](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=664.58)):

Oh yeah.

dianne ([11:05](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=665.78)):

You know, vaginally, because there was no tears. There was nothing like that happened. So why would it be uncomfortable? Yeah. So I think that's a really good point to bring up too, that because of hormonal changes and stuff like that, it absolutely can be painful still. Totally.

abby ([11:24](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=684.98)):

I have a friend who I learned that from I've thought the same thing. I was like, Oh, well, you know, that would be, you know, an easier, not easier, but, um, your vagina wouldn't be as painful, you know, afterwards. And she was like, no, no, no.

dianne ([11:41](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=701.03)):

Yeah. So I think that's a really good one. Should we go to our next one?

abby ([11:47](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=707.84)):

Yeah. Do you want to read the one?

abby ([11:49](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=709.011)):

The two? Yeah. The, I think is great.

dianne ([11:54](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=714.52)):

I think this is a great topic due to all change in hormones, I had little to no desire and was super dry. That seems to be a theme with this. It took more time to get in the mood. And lube was a must we plan date nights. So I had a sitter and could plan shower, shaving, grooming, et cetera. We would give each other massages with oil and showered together before sexy time. Boobs felt off limits because they were so sensitive because of breastfeeding. Also hubby didn't see them as sexual anymore because the baby was always sucking on them. With communication and trying new things, We made it through. Yeah. It's um, I think one of the themes that we saw in a lot of these stories, is the dry being, feeling dry.

abby ([12:40](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=760.42)):

Yeah. That makes it really, really hurt

dianne ([12:44](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=764.41)):

And that's normal. So I think I'm glad that we're bringing this up because you know, if that's, if that's been happening to any of our listeners, I think that that's a really good time for you to go. Oh, okay. So it's not just me. I'm not just some weird freak that can't have sex anymore After I had a baby, no, this is like totally normal stuff.

abby ([13:01](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=781.14)):

No birth and breastfeeding affects your hormones. And that affects the, your vaginal fluids.

dianne ([13:09](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=789.21)):

And plus, you know, like when you have a baby I mean, a lot of times people talk about, okay, there was some tearing. I had some stitches, like you mentioned that, but there could also be cervical tears, which means they're inside. Oh yeah. And that happens. So that could make it even more sensitive if you've had those cervical tears too. So you just, and you know, I know that they always say, Oh, six weeks, you get the go ahead. But if you're not feeling comfortable with it, it's okay to wait a little bit longer.

abby ([13:37](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=817.05)):

Everyone is different. Everybody's body heals differently. Even when you skin your knee everybody's body heals differently. So after you give birth, your body's going to heal differently from your, from every other person, just throwing a number out there is absolutely ridiculous.

dianne ([13:49](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=829.98)):

I know. So don't listen to that. And I don't remember anybody ever saying to me, Oh, you're going to feel, you might feel really dry and it might be uncomfortable at first. Why don't you take your time? I don't remember that.

abby ([14:00](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=840.21)):

No my Doctor was like, you just have to do it. Otherwise you're going to get like a complex about it.

dianne ([14:04](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=844.35)):

Oh dear.

abby ([14:05](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=845.16)):

That's what she said to me. You're just going to get it. You guys just do it. You're going to get a complex about it. I'm like, I'm sitting here with a fully blown complex. We are here. We are in problem area. Oh my God. Such an asshole.

dianne ([14:23](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=863.97)):

Um, do you wanna do number three?

abby ([14:25](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=865.8)):

Sure. So things are going to change now. So now I think we covered a little bit of like, you know, it can be uncomfortable. It can be, you know, you're going to have difficulty in your relationship. Um, also, you know, I want to say before we move on to that, it's very like, it's very, also common when you like have a new baby and you're doing like the co-sleeping and all that stuff is that people end up in different rooms. Yeah. You know, and that's not like, that's not a sign that you're like, marriage is falling apart. It's just like, it's, it's just becomes like musical beds. Um, and you can utilize other areas of the house if it's possible. That's what we do. We're like never in the regular. Exley is always in there. Yeah.

dianne ([15:09](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=909.16)):

I had a friend that said too, like she has a family bed. And she was like, yeah, we've just had sex in every other room in the house. I'm like, yeah, remind me, not to sit on your couch kind of thing. Well, that's what you do. Yeah. Like that's what you do,

abby ([15:26](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=926.53)):

Right? Yeah. So, you know, just work it out however you can if you want. Um, okay. So here's another one. My first child nursed until 22 months around 17, 18 months, I got my sex drive back tenfold. We had sex all the time. And the letdown feeling with my partner was much different. When nursing, they ended up suckling at my breast at first, just to contain the leakage. Then we found we both enjoyed it. I liked for them to drink my milk. And I have never been into breast nipple play before, or since it has been over four years. Since that time I got pregnant again during all that sex, but I thought back and it still gets me hot. I used to be slightly embarrassed about it and thought it was weird, but not so much anymore. We all like different things. True. And we all like different things. When I was first reading these stories, I was like, wow. Oh my God. I had no idea that people were like drinking the milk during sex. And then there was like more than one story about it. And I was like, Oh my God, you know, your body is your body. Like and your body now is making milk. So now you get to do whatever you want with that too, that doesn't make breastfeeding sexual. Right. You're a person who is sexual and this is your body now like own it. Right. Absolutely. If you're into it, Whatever.

dianne ([16:47](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1007.08)):

And I mean, if you committed to breastfeeding, which obviously you have, you're listening to this podcast, then that is going to be part of your sex life as far as like the changes of your body. I mean, that's going to be part of your sex life,

abby ([16:59](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1019.53)):

Right? It's going to be part of it. And then you can do whatever you want with it.

dianne ([17:04](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1024.63)):

Honestly like some partners, especially if the turn-on for them is a breast, which we know for a lot of partners that's is a turn on. I mean, your breasts are more full. It's just, you know, sometimes you just can't get away from it.

abby ([17:19](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1039.12)):

And like, let's be a little real right now breastfeeding being able to make milk is cool.

dianne ([17:24](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1044.43)):

I know. It kind of is

abby ([17:25](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1045.93)):

you know, think about the other bodily fluids that we sometimes swallow.

dianne ([17:30](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1050.04)):

That's not So cool sometimes.

abby ([17:33](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1053.52)):

Right? And it's like, Oh my God. But I mean, you know what? Breast milk is awesome. And if it's being incorporated into your sex life, you're not a freak. It's just a part of who you are now. And if it's not fine, I never did that. Never came out when I was having sex. It didn't, I never had, I never had any of that. Um, leaking during sex, again, individual, that was never a thing. And for me, it's just like, don't touch my breasts. Like that particular area. I just, I couldn't what if you're like, but before, before having kids very much, and if there had been milk in there, then here it comes. Yeah. Um, actually time to read from our sponsors, which is so I know everybody's like, Oh no, I want another story.

dianne ([18:19](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1099.55)):

We do have a good one coming up.

abby ([18:20](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1100.751)):

So we do have a whole bunch of them. So yeah, just a we'll be right back today's episode is brought to you by Kindred Bravely. Kindred Bravely strives to bring comfort and functionality to moms and with their ultra absorbent reusable nursing pads, they're delivering more confidence to your breastfeeding journey. These reusable Breast pads are unlike anything else on the market. Contoured, antibacterial machine washable non-slip and extremely absorbent, no matter how busy you your day may be. These nursing pads will keep you feeling dry, comfortable, and confident. Kindred bravely has tested extensively to ensure these eco-friendly breast pads don't leak. Each pad can hold up to one ounce or 30 milliliters of milk, eight times the absorbency of other washable nursing pads. In fact, their testing has also shown that each pad feels 90 times less wet than other leading breast pads. Check out the ultra absorbent reusable nursing pads at kindredbravely.com and use promo code B F mama 20 for 20% off your purchase. That is kindredbravely.com and code B F M a M a two zero for 20% off. And today's episode is also brought to you by Fair Haven Health. If you're struggling with sore nipples, you need pain relief fast. And when sore nipples turned to cracked nipples , forget about it. It's enough to want to call it quits. Damaged nipples can cause real problems with successfully breastfeeding your baby. Check with a lactation consultant that your baby is getting a good latch and get some milkies Nipple nurture balm. Nipple nurture balm is formulated to sooth, protect and heal, sore or cracked nipples. This nipple balm is made with organic herbal ingredients and combined with natural moisturizers to help provide relief and to heal effected areas and even prevent cracks from reappearing. Nurture nipple balm alleviates the discomfort. So the joy can be restored to your special bonding time. It is safe for both parent and baby, and there is no need to wipe it off before breastfeeding. Head to FairHavenhealth.com. That's F a I R H a V E N health.com and use promo code badass for 15% off of your purchase. Uh, these sponsors and their promo codes can be found in the show notes under this episode at badassbreastfeedingpodcast.com. Our show notes will also include further information about things we talk about in this episode. And at badassbreastfeedingpodcast.com You can also find our breastfeeding resources, all of our other episodes and information about scheduling your very own one-on-one online lactation consultant consultation with Dianne. And our shout out of the week goes to a super sexy mama Ashley Wright at Ms. Wright's Way. I don't know if you're following her. She has a huge Instagram. She is like the ultimate in sharing everything. She's a breastfeeding mama, super like into normalizing sexuality as a mom. And she has a beautiful Instagram of her being her. And she's also a pole dancer. Um, and she posts those things. She is incredible to me. You have to see the things that she can do on this fricking pole. It is amazing. Um, so follow her. She's Ms Wrights Way Um, on Instagram, it's Ashley Wright. I have the pleasure of knowing her and she is fantastic follow her. And, um, she would like this episode. Oh yeah. Um, so another story we need to get ready to get down to it. Um, should I just go, yeah, go, okay. This is taboo, but I know we aren't. The only ones lactating is now a part of our sex life. When I was pregnant, I learned about adult breastfeeding relationships. I know what you're probably thinking. A lot of people say this is weird gross, even perverted, but for us, it's a sweet way to connect with my husband to it. That encompasses who I am as a woman now. It feels incredibly empowering. And I, I love knowing my husband and I share something so personal. That is only between us. We don't do it all the time, but occasionally it's a very special and exciting thing. And just how I kiss my infant differently than I kiss my husband breastfeeding is different when it involves my infant versus my husband. I think my, I think many people have adult breastfeeding relationships, and are too nervous to ever mention them.

dianne ([22:40](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1360.21)):

I think she's right.

abby ([22:40](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1360.93)):

I think that's probably true that people are doing all kinds of things with the breast milk and their boobs. And just won't talk about it because it's, it is, it's very taboo. I think sex in general is very taboo. We think it's like, we think it's like, we're so, so sexual, like whatever, but it's taboo. And it's like very unhealthy. Everything we're talking about sex in this country is pretty unhealthy.

dianne ([23:02](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1382.26)):

Kind of weird. If you think about it, it's like, obviously we know everybody's doing it and we know that's how babies are made. So why are you like acting like, Oh my gosh, that's something you do??,

abby ([23:15](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1395.04)):

Just another way of like controlling people, making things it's really, really ridiculous. Um, and I like how, you know, she was talking about the difference between kissing her baby and kissing her husband. And it's so different with everything. It's not like, you know, when people say this too, when they're like, you know, when people are trying to sexualize breastfeeding, like I use my mouth during sex. I use my hands during sex, you know, we're not like, Oh my God, ah, don't touch your baby with that hand. You just gave a handy with.

dianne ([23:44](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1424.01)):

Oh my God. A handy. Right. And it's true.

abby ([23:53](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1433.92)):

It's like, I've washed my hands. Oh my God, it's hilarious. Uh, where are we at? I'm so happy. You're covering this topic. I'm way too embarrassed to share my experience with anyone. I know I have a 19 month old boy and we just weaned prior to that, my husband and I had zero sex zero. We slept in separate rooms and it was a serious source of worry for me. I had no sex drive at all whatsoever. He was afraid to touch me because he knew I was so touched out since weaning my sex drive is come back full force. I seriously want to get busy like all the time. I think that we forget that deep down, we are just mammals. It makes sense that sex is fundamentally about reproduction. And if you're breastfeeding, your physical priorities, aren't really about sex. I also do have to point out that I have a very understanding husband. We've been together for more than 10 years. We are pushing 40. And this is our only child. I know that my situation might be a little unique. I think that if we were, if he was still in his twenties, he may not have been so patient, I would just say to anyone feeling like they may never feel sexy again, that it does come back. I think weaning is also a thing that where things can change, you know, again, because your hormones are shifting.

dianne ([25:03](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1503.93)):

Right. And you're out of that newborn phase where you feel like you're up all the time and you know, it's just, it's different. It's a different part of your life As a parent.

abby ([25:12](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1512.64)):

And it's true that if they say they're pushing 40, like maybe the sex drive is a little different. Although I will say if your partner is in their twenties, they still have a responsibility to be patient.

dianne ([25:23](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1523.02)):

Absolutely. Absolutely. Yeah. I mean, I don't want anybody to feel like they need to be in a place where they know, you know, And I think we do feel like that I've had people say that to me. Well, I didn't want my partner to wait.

abby ([25:37](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1537.42)):

Well, they have to just wait. I know you just have to, I mean like what you can't just like make somebody suddenly feel cool about having sex after giving birth and breastfeeding.

dianne ([25:47](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1547.32)):

You know, when I worked in the hospital, I remember being in somebody's room one morning, getting ready to do their discharge, you know, and talk to them about what to expect. Once they go home with breastfeeding and everything. And I was came in and the doctor was in there doing the discharge, you know, the doctor's stuff discharge. And so I just, you know, kind of Stood patiently and was waiting. And I was listening to him, talk to this family. And he said, and I couldn't believe It. But he said, you know, no sex for six weeks. Of course you can have Clinton sex. Ah, you know, and if anybody is too young to Know who might be listening to you and to know that, You know, when Bill Clinton was president, he got caught getting a blow job in one of the offices in the white house. I can't remember which office, but I think actually said which office it was. I can't remember which one, but, um, that's whatever he met that blow job. Yeah. And that's what he was talking about. And it's like, how dare you tell this family that she cannot have sex, but she should still pleasure her husband.

abby ([26:47](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1607.46)):

No, that's disgusting.

dianne ([26:49](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1609.38)):

Like, it's just, I don't ever want anybody to feel like they, you know, I mean, you need this baby. You committed to this baby as, as a team, which means you go forward as a team. Like it's just right.

abby ([27:02](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1622.011)):

And just like, you work everything else out, it takes time. This is going to be something that takes time to work out too. Right.

abby ([27:10](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1630.92)):

Yeah. And you got to do that together. Yeah. Yeah. Okay. I think this is our, well, this is the last one in this group. This is Dianne loves this story. Do you want to read, you want me to read it?

dianne ([27:21](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1641)):

No, you can go ahead.

abby ([27:21](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1641.631)):

You want to listen to it? It's hilarious. Yes. Okay. My favorite was, yeah, I was eight or nine weeks postpartum and holding off from having sex until I felt more recovered. My husband has a high sex drive, but masturbates all the time. Anyways. So we were both content one morning. My baby and toddler were both asleep and my husband had gotten up before me. I went into the bathroom thinking he was downstairs. And to my surprise, he stood there. Jerking off whilst brushing his teeth. Yes, really. I decided to throw him a bone. PardonThe pun. So gave him a helping hand. Well, my youngest is a full on unicorn who has slept through the night, the whole eight hours since she was a month old she's seven months and still does. Don't be too jealous though. My two and a half year old, still wakes up every night. Her sleeping through the night is amazing. And I wake up with two giant rocks on my chest. Every morning. This morning was no exception. My husband was super engorged. I mean My boobs were super engorged My boobs were super engorged And the combination of that with the motion of jerking him off, made them start leaking. First, they dripped. Then they started, they both started really, really leaking all over the bathroom floor and all over his penis. I was mortified, but then realized he was into it, like really into it. It was like lube. It's a very niche kink. And we haven't yet recreated that scene, but we still talk and laugh about it. And it's just shows yet again, that there's not much, you can't improve by putting a little breastmilk on it. That's awesome story. And I think we are realizing that it is not a niche kink. This is just you and your body. And like, go with it, go with the flow, man. I mean, it might seem weird for you fine then like, you know, then you can just, whatever,

dianne ([29:16](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1756.89)):

some people even like might stay away from sex after, especially like, you know, okay, maybe you hit that six week mark, eight week mark And you're like, Oh my God, my boobs are going to leak. I don't, what if that happens? I don't know what to do. I just don't want to even put myself in that position and you just stay away from it. Like, definitely don't be afraid. And if you're not sure how to get things going, like when I used to teach childbirth classes, I used to tell people all the time too, like, you know, start back. Like you know, you're a couple, you started as a couple, go back to that, have a date night, start like dating and being like, you know, work up to that again. If you need to, you don't have to jump right back into the heavy stuff. Like, you know, I mean

abby ([30:00](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1800.97)):

no, and everyone is different. Like some people are just, you know, this is just tough. Some couples are... some people masturbate while they're brushing their teeth, leave them alone. They are allowed to totally fine multitask now. And I love that. She was just like, Oh, okay, whatever.

dianne ([30:25](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1825.57)):

Yeah. Like, didn't phase her at all.

New Speaker ([30:27](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=1827.79)):

She was just like, Oh, I didn't realize you were in here. Oh, here. Okay. Okay. And so I have a couple more stories and we do have a few more minutes. I'd like to get those in. Yes. Okay. So listen, this is really funny. So I posted this post on Instagram and Facebook asking for stories and um, Instagram, the comments under the thing. This is, this is here. If you need a different, like, what's the difference between Facebook and Instagram, if anyone ever asks, this is the difference under the post on Instagram, people were like, I sent you a story. I hope it's not too weird. Which is what everyone says about their story. That now we're finding out that all these people have the story and that it's actually not weird, but people like, Oh, this is so great. This is so fun. Here's Facebook. Let me just read this. Let me read the comments. Not just the comments. These are just the comments with the names. I won't read the names, but I'll just, you know, my boyfriend and I had our first sexual time together. Only a few weeks after our daughter was born. I was giving him a blow job and I wasn't wearing a bra for his pleasure. And as I was doing some of the best, some of my best work, I mean, he says, honey, you're dripping on me to my horror. I realized that I was leaking breast milk all over the place. So I had to put my nursing bra and nursing pads on and finish the job. I had to wear a nursing bra during sex for almost the full duration of two years I breastfed my daughter. So here's somebody who chose to put a breast pad on, but there are seven comments under her comment of like, nah, my boyfriend likes it. So I don't wear a bra , its good moisturizer, just rub it in and keep going. And it's like, all these people are just like, you don't need that. Oh my God. Yeah. Here's more my husband And I can't like even consider doing the deed. Now that our second daughter is breastfeeding and sleeping in our own bed. It's a small room for how much furniture you need for a baby and two adults. And she just lays down to the bed with it within a foot of us. Uh, we swear. She senses whenever my hubby so much is hugs me because she cries every time it's been a lot of fun. And then there's all of these people again...So here's somebody who's like, Oh, we can't even, we can't even do it. It's too, you know, baby's too close. It's too weird. Um, and so then there's a whole bunch of comments that are like, just go to a different room or that, you know, get a roommate or get, you know, get a babysitter. And we also have a roommate who's occupying the bedroom, uh, which would belong to my daughter. So it's hard to think outside the bedroom. Um, anyway, so there's just different, you know, there's different setups and stuff, but people are like, just go to a different room. Oh my God, that's so funny. Yeah. Somebody says, what sex life I get that. Um, and, uh, here's another one, one time. We were one time when we were doing it on the lounge floor, hubbie grabbed my boob and accidentally squirted himself in the face, but he kept a straight face and kept going. Then we giggled about it later. Um, and here's another one. My husband loved the leakage and love to suck on them during sex. He's weird type that likes breastmilk LOL. Um, and then somebody says mine too. Um, but it was more of a didn't mind it, since he somehow managed to suck different and didn't get much milk. That's another thing.

dianne ([33:38](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2018.18)):

So I think like it's important to remember too, that a lot of like how that one person commented, like what sex life. There's a lot of these stories where people didn't really get started back with a sex life for several months.

abby ([33:49](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2029.13)):

Well, this is what we're seeing. This is totally different. Some people are not having sex at all. And some people are jerking off while they're brushing their teeth and giving blow jobs. I mean, it's fine. And then this woman says, um, every time I start to orgasm, I start leaking. He knows he's doing a good job when he sees milk.

dianne ([34:06](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2046.75)):

He's going to get used to that.

abby ([34:07](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2047.85)):

Right. Right. And then, uh, and then somebody says my husband's gotten as far as trying to hump my leg. Oh my God. So they're, you know, some people it's as, as we can see, everybody's different and there is really no freak. No, no, it's just, it's just sex and I will say sex is between two consenting adults. And two consenting adults. Adults can do whatever the they want to consenting adults. If there is one person who is, if you're not into it, then you are not consenting. And you know, that's, um, that's not sex, that's rape. Um, and if you have a situation like this in your, um, household, please contact contact us at the badassbreastfeeding. No, no. Badassbreastfeedingpodcast@gmail.com. If you are in a situation where you feel like you need help.

dianne ([35:05](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2105.24)):

Yeah. For sure.

abby ([35:08](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2108.48)):

Um, but I don't know. That's all the stories I've got there. Yeah. Thanks for listening.

dianne ([35:15](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2115.651)):

Thanks for sharing the stories those of you who wrote in.

abby ([35:16](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2116.491)):

Yes. Thank you so much for your stories. They were wonderful. And I think they've really helped. Hopefully, hopefully this has helped normalize a little bit of this and help if this is wherever you are on the spectrum. Hopefully you're feeling a little validated. Yeah. So go enjoy. Yeah.

Speaker 1 ([35:35](https://www.temi.com/editor/t/swqvtN1mSyiPFpw8SkWNi2FVAB11WmvV8ih_4JP2R4hIaNOPFDtFN9OllBcZpZkHOovkR_AttOtyXvARGqGzOmTkp1I?loadFrom=DocumentDeeplink&ts=2135.74)):

Joy. [inaudible].