

# How does Masturbation help in Delivery?



## Do Kegels while masturbating

- Strengthen pelvic floor muscles
- Reduce pelvic floor issues in delivery



## Try perineal massages before delivery

- Lowers the risk of perineal trauma due to increased elasticity
- Reduces the duration of the second stage of labor

## Try breast massage for nipple stimulation before delivery

- Helps to induce labor due to oxytocin production
- Helps in the successful initiation of breastfeeding



### References:

1. Kegels; Chicago Urogynecology
2. Antenatal perineal massage benefits in reducing perineal trauma and postpartum morbidities: a systematic review and meta-analysis of randomized controlled trials; National Library of Medicine
3. Sex and Pregnancy: A Perinatal Educator's Guide; National Library of Medicine
4. Pleasure From Erotic Nipple Stimulation, Pre-Pregnancy, As A Predictor Of Successful Initiation Of Breastfeeding; College of Mount Saint Vincent