

“Witty, clever, and thoughtful mothering advice.”

—Mehmet Oz, MD

MOM HACKS

100+ SCIENCE-BACKED SHORTCUTS TO
RECLAIM YOUR BODY, RAISE AWESOME
KIDS, AND BE UNSTOPPABLE

DARRIA LONG GILLESPIE, MD



LIFELONG BOOKS

*Hack 105***Prioritize Intimacy**

I was scrolling through a Facebook mom group when a post caught my eye. Another mom was concerned about the sex-related dreams she was having, despite the fact that she and her husband had sex three or four times a week, each with multiple orgasms. *Wait. Go back.* I love my dear fellow moms who responded with everything from, “Are you a fake Russian bot?” to “I got exhausted just reading this.” If you’re feeling that your friskiness has fizzled, that’s normal.

- **Tease.** It takes no time to appreciatively slap your spouse’s butt or to walk too closely and graze his front with your behind. Send a flirty text (just keep it in code, or risk explaining “sexy time” to your five-year old who just learned to read). If you have the opportunity and it crosses your mind, do it.
- **Cuddle.** Take time daily (or weekly) to physically connect, without any expectation of sex. Simply enjoy sharing each other’s space.
- **Do “appreciations.”** This one comes from tantric practices (yes, the kind Sting does, and I’m pretty sure he has sex seventy times a day) and was shared with me by San Francisco–based therapist Yael Melamed. For five minutes, face your partner, knees and hands lightly touching. Take turns saying one thing that you appreciate about the other, including physical “assets” as well as emotional and supportive ones.
- **Schedule sex.** I know. There’s no way that Carrie and Big, or Princess Leia and Han Solo scheduled sex, right? They also never changed a blowout diaper or had to wear postpartum underwear, so there’s that. According to