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Question:

How often do other Christian couples have sex while raising kids?

Answer:

One of those questions that comes up so often is frequency: “How frequently should we have sex?” Or, “How frequently do other people have sex?”—because we want to make sure that we’re normal, you know?

But really, there is a wide variety in how frequently people have sex.

The most common frequency, which is sort of horrifying to some couples, is once a week.

The second most common frequency is between two and three times a week.

And the third most common frequency is once a month.

What we found out in the survey that I did of 2,000 Christian women is that women with children have sex about as frequently as women without children. However, they complain much more about how difficult it is to find the energy to have sex.

So, women with children feel the multiple burdens or roles or energy drains more than women who don’t have children—but the frequency remains pretty much the same.