

like drill sergeants posting a sexual schedule on the fridge like a duty roster. She is now the keeper of the keys to the gates of heaven. For some couples, this shift in the power base is obvious. For others, it can be more subtle.

Her gynaecologist

Her gyno can also assume control, and often seemingly in collusion with your partner. It can seem like the gynaecologist has joined you for a medical menage-a-trois. You'll find that they are now setting the pace. Some people have received phone calls from their doctors, advising that 'tonight's the night'. How romantic. And you may find that your partner treats their advice as if it were carved in stone tablets brought down from Mount Sinai. When the gyno gives the green light, you need to be ready to race. Not before - you'll be black flagged for breaking early. Not after - you'll be left stalled on the starting grid.

It can feel unfair. You were once King of the Jungle, Master of all you surveyed (or at least you thought you were). But now you've had to hand over the controls of one of your most basic instincts to someone else.

WHAT'S IN THE TOOLBOX?

There are a lot of misunderstandings here. The real possibility of conception is a five-day fertility window - from four days before ovulation to one day after. The hour is not necessarily critical, but the days are. If you have any questions, it may be best to get some advice from a fertility specialist. It's certainly preferable to rely on information based on fact, rather than on fiction.

The fact that your partner has specific sexual demands is no reflection on you as a man. She knows that her fertile time is limited and don't forget that she's probably getting more and more worried. Every month, she feels she has a small window of opportunity that could possibly end her grief and fulfil her womanhood. And the longer your time of uncertain fertility goes on, the more clinical your sex life may become.

Communicate. Tell her how you feel. She may not know that you feel this way and if she's aware of this, she could adapt the way she tells you that the time is right. Think of the fun you