Conceive

<http://www.parenting.com/article/tips-for-getting-pregnant>

<http://www.livescience.com/44221-how-to-get-pregnant.html>

<https://www.babycenter.com/0_how-to-get-pregnant-fast_10337115.bc>

## Figure out when you ovulate

## Step up sex before ovulate

<http://www.parenting.com/article/tips-for-getting-pregnant>

As soon as you pick up a hormonal surge, have sex that day, plus the next two days. Pregnancy rates peak two days before ovulation, says Clarice Weinberg, Ph.D., chief of biostatistics at the National Institute of Environmental Health Sciences. Some experts speculate that's when cervical mucus is at its optimum for helping sperm travel to the egg and break down its shell-like coating.

Sperm can live inside the uterus for 24 to 48 hours, which means there will be plenty on hand to greet the egg once ovulation starts.

Another reason to have sex before you ovulate, as opposed to the day it happens: An egg survives for only 12 to 24 hours after ovulation, so if you begin to ovulate in the morning and wait until nighttime to have sex, the egg may lose its viability by the time the sperm gets to it. In addition, says Dr. Zarmakoupis, cervical mucus starts to become thick and impenetrable right after ovulation, rendering it "hostile" to the passage of sperm.

### Things your man can do

And then this last one is for the men specifically. Keep those sperm cool! No warm showers, no hot tubs, no hot laptops in your lap, no super snug underwear, no bike riding. Anything that is going to increase the warmth in the genital area will decrease your sperm count as well as their motility. Furthermore, advise your partner to abstain from intercourse with you for 3-5 days before ovulation, to ensure enough sperm is built up to ensure maximum chance of conception.

## Which positon is best for you?

An option that couples have together, would be your sexual position. Yes, sexual position. You have many options like doggy style, missionary, and side-by-side, but not all positions are created equal when you want to get pregnant. The best position for couples trying to conceive would be either doggy-style or missionary with hips slightly elevated. Both allow for deeper penetration, to ensure that the sperm is deposited as close to the egg as possible. However, be sure not to raise your hips too much because then you can bypass the cervix altogether. So be careful with that one. But keep in mind that a little bit of gravity can’t hurt to help the sperm find its way to your egg. And also, after intercourse, it just makes good common sense to stay still laying down for 5-10 minutes, perhaps atop a small pillow or cushion, and allow the maximum amount of time for the sperm to find its mark – before getting up to go to the bathroom or walking around, etc.

Ovulate - ডিম্বাণু উত্পাদন

<http://www.conceiveeasy.com/get-pregnant/how-to-get-pregnant-with-a-boy/>

<https://www.bellybelly.com.au/conception/how-to-conceive-a-boy/>

Best Sex Position to Conceive a Baby Boy:

Female Orgasm and concept a boy: