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.

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: