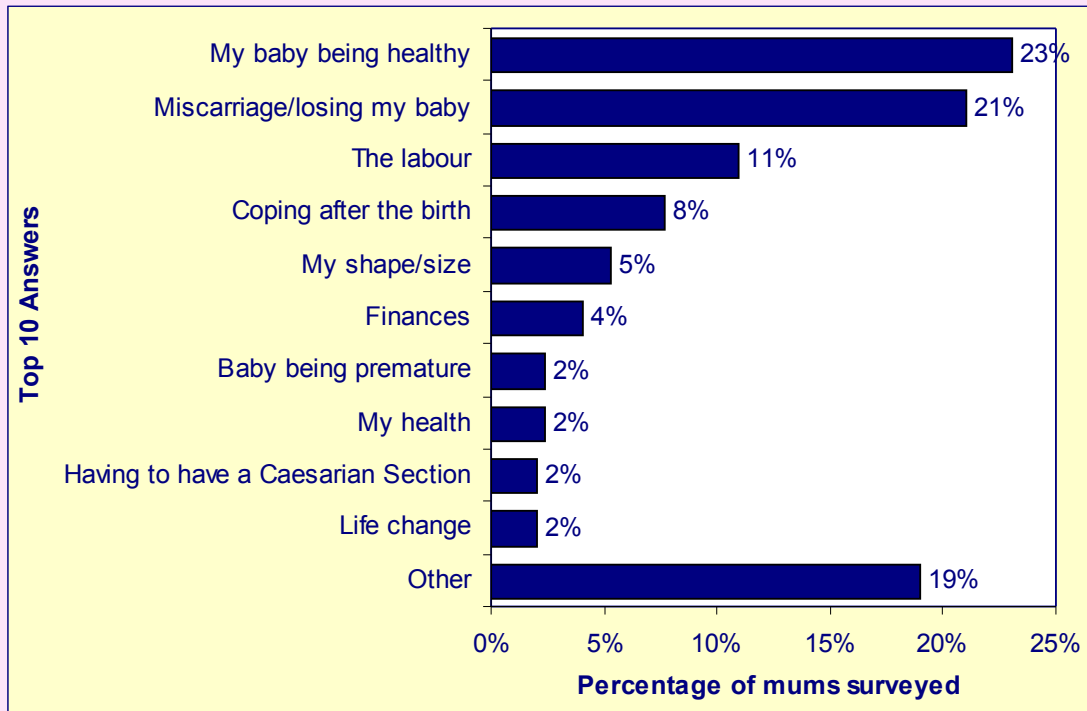


Survey Question:

“What has been your **biggest worry** about being pregnant?”

The “Top 10” most popular answers are:**Info on the survey:**

- Although 21% of mums stated that their biggest worry was losing their baby, only 0.5% of babies are actually stillborn in the UK.
- Rates of caesarean sections have doubled in the last twenty years. In 2004/2005 23% of births were by caesarean section, half of which were emergencies. This rate varies between hospitals, between 15% to 30%. The World Health Organisation has stated that the rate of caesarean births should be between 10 and 15%.
- National guidelines issued in 2004 stated that women should be discouraged from having a caesarean section if they did not need one.
- In 2003/2004 the Department of Health estimated that 46% of deliveries were ‘normal deliveries’ defined as those without surgical intervention, use of instruments, induction, epidural or general anaesthetic. Also:
 - 20% of deliveries were induced
 - 1 in 3 women had an epidural, general or spinal anaesthesia
 - 12% of women had an episiotomy

- 12% of births were instrumental deliveries

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Staying Healthy during pregnancy	www.direct.gov.uk/en/Parents/HavingABaby/HealthInPregnancy/index.htm
NHS Direct	www.nhsdirect.nhs.uk
Healthy baby/ pregnancy	<a href="http://www.parentscentre.gov.uk/familymatters/havingababy/healthymumhealthypr
egnancy/">www.parentscentre.gov.uk/familymatters/havingababy/healthymumhealthypr egnancy/
Healthy baby	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/10stepstohealthypregnanc
y">www.babycentre.co.uk/pregnancy/antenatalhealth/10stepstohealthypregnanc y
Antenatal Results and Choices – support and information on the antenatal testing process	www.arc-uk.org/
Heart problems in babies	www.echocharity.org.uk/
Action on Pre-Eclampsia	www.apec.org.uk/
Group B Strep Support	www.gbss.org.uk/
Obstetric Cholestasis Support Group	www.britishlivertrust.org.uk/content/home/default.asp
Symphysis Pubic dysfunction (SPD) Support Group	www.spd-uk.org/
Miscarriage, including support and information	www.miscarriageassociation.org.uk
Miscarriage, including medical explanations	www.netdoctor.co.uk/diseases/facts/miscarriage.htm
Miscarriage	www.nhsdirect.nhs.uk/articles/article.aspx?articleId=249
Stillbirth and Neonatal Death Society, including advice, support and online forum	www.uk-sands.org
Baby loss – during pregnancy, birth or shortly afterwards	www.babyloss.com/
Bereaved families	www.childbereavement.org.uk/
The Compassionate Friends – for bereaved families	www.tcf.org.uk/
Pregnancy information, including having a healthy baby, and problems that can arise	www.tommys.org/pregnancy-information.htm
Labour	www.readysteadybaby.org.uk/labourandbirth/stagesoflabour.htm
Support from dads during labour	www.babyworld.co.uk/information/pregnancy/becoming_a_dad/support_labour.asp
Labour	www.emmasdiary.co.uk/pregnancy/labour.html
Birth Trauma support	www.birthtraumaassociation.org.uk/
Caesarean birth and vaginal birth after caesarean	www.caesarean.org.uk
Caesarean birth information, including mums discussion forum	www.babyworld.co.uk/information/birth/cesarean/cesarean_birth.asp
Recovery after caesarean section	www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/
Homebirth	www.homebirth.org.uk/
Twins and Multiple Births Association	www.tamba.org.uk/
Twins Club – Twins and Multiple births	www.twinsclub.co.uk/
Doulas – independent birth assistants	http://doula.org.uk/

Midwives – including “Ask a Midwife” and advice	www.midwivesonline.com/index.php
Independent Midwives	www.independentmidwives.org.uk
Association for Improvements in Maternity Services	www.aims.org.uk/
National Childbirth Trust – advice, information, local training, and support groups	www.nct.org.uk/
Disabled Parents Network	www.disabledparentsnetwork.org.uk/
Where to have your baby	www.birthchoiceuk.com/
Active Birth Centre – advices and courses for having an active or water birth	www.activebirthcentre.com/
Association of Breastfeeding Mothers, including online and telephone support/ chat	www.abm.me.uk/
Breastfeeding advice and support	www.breastfeedingnetwork.org.uk/
Breastfeeding – advice, local groups, telephone support and online forum	www.laleche.org.uk
Birth and afterwards	www.babyworld.co.uk/information/birth/
Coping after the birth	www.bbc.co.uk/parenting/having_a_baby/birth_coping.shtml
Crying babies support	www.cry-sis.com/
Child health –NHS website listing best websites in this area	www.yourchildshealth.nhs.uk/
Home Start – support for families in their home	www.home-start.org.uk/
Premature babies	www.bliss.org.uk/
Contact a Family – for families with disabled children	www.cafamily.org.uk/
British Institute for the Brain Injured Child	www.bibic.org.uk/
Cystic Fibrosis Trust	www.cftrust.org.uk/
Meet a Mum Association – support from other mums, including online forum for parenting issues and post natal depression	www.mama.co.uk/
Support from other mums, including online forum for many problems including post natal illness, bereavement etc.	www.netmums.com/lc/selfhelp/selfhelphome.php
Parentline Plus – online advice, and forums	www.parentlineplus.org.uk
Online forums to chat with other mums	www.mumsnet.com/Talk
Sudden Infant Death Syndrome (Cot Death)	www.sids.org.uk/
Baby Blues and Post Natal Illness	www.netdoctor.co.uk/health_advice/facts/depressionpostnatal.htm
Post Natal Depression	www.mind.org.uk/Information/Booklets/Understanding/Understanding+postnatal+depression.htm
Post Natal Illness	www.pni.org.uk/
Post Natal Depression	www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/postnatalmentalhealth/postnataldepression.aspx
Samaritans – if you need someone	www.samaritans.org.uk/

to talk to, by telephone or email	
Womens health concerns, including gynae problems – telephone or email advice from qualified nurses	www.womens-health-concern.org/
Healthy weight loss	www.babycentre.co.uk/baby/youafterthebirth/nutrition/diethealthyweightloss/
Weight loss after birth mums' forum	http://boards.babycentre.co.uk/n/pfx/forum.aspx?webtag=bcUKPostnWtLoss&redirCnt=1
Finances and budgeting	www.bbc.co.uk/parenting/family_matters/finance_budget.shtml
Maternity pay	www.dwp.gov.uk/lifeevent/benefits/statutory_maternity_pay.asp
Benefits – Government website	www.direct.gov.uk/Bfs11/BenefitsAndFinancialSupport/Expecting_or_bringing_up_children/fs/en
Benefits advice from the Citizens Advice Bureau	www.adviceguide.org.uk/index/life/benefits/benefits_for_families_and_children.htm
Maternity rights for employees – government website	www.direct.gov.uk/Employment/Employees/fs/en
Maternity rights for employees	www.ivillage.co.uk/workcareer/workrights/archive/0,,208,00.html
Setting up your own business	www.thisismoney.co.uk/small-business/article.html?in_article_id=412698&in_page_id=10
Childcare provision in your area – government website	www.childcarelink.gov.uk/index.asp
Childcare provision	www.daycaretrust.org.uk/
Working families	www.workingfamilies.org.uk/asp/home_zone/m_welcome.asp
Lone Parents	www.gingerbread.org.uk/
Lone Parents	www.oneparentfamilies.org.uk/
Adoption	www.adoption.org.uk/information/default.html
Adoption and fostering	www.baaf.org.uk/
Stepfamilies	www.stepfamilies.co.uk/

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	All pregnant – 50% first pregnancy; 50% already with one or more child