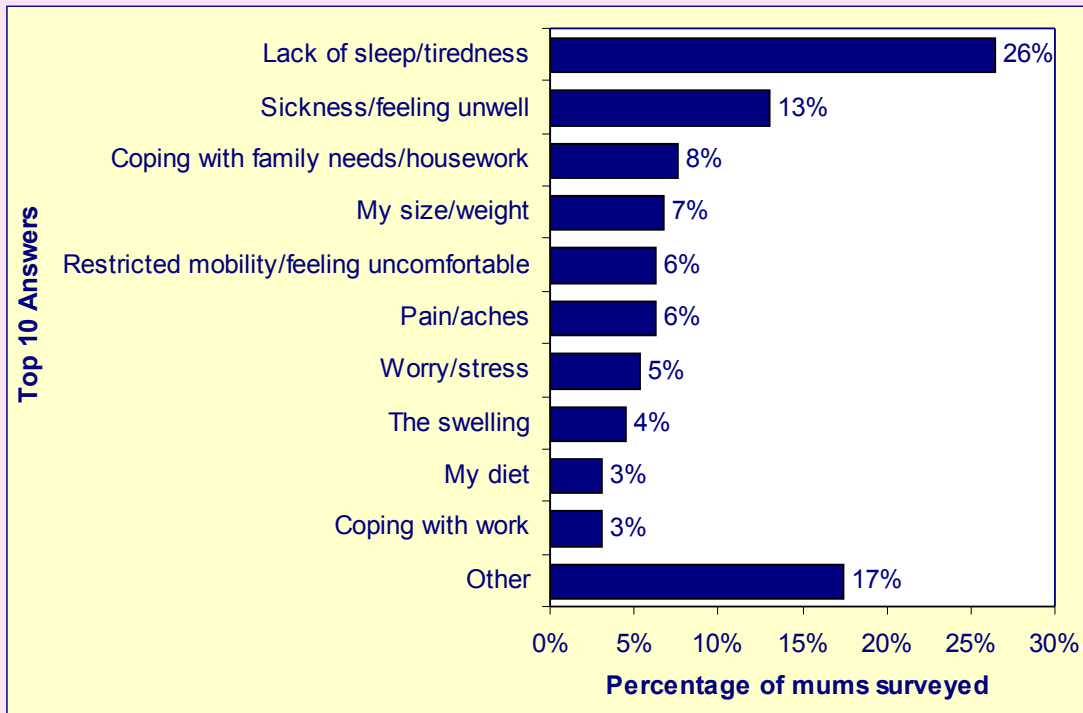


Survey Question:
 “What has been the **hardest** thing about being pregnant?”

The “Top 10” most popular answers are:



Info on the survey:

- We found the following websites particularly helpful:

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
Coping with tiredness	www.babyworld.co.uk/information/pregnancy/pregnancyproblems/pregprobs_tiredness.asp
Advice on sleep	www.babycenter.com/pregnancy/pregnancysleep/index
Relaxation tips	www.babyworld.co.uk/information/pregnancy/pregnancyweek/relaxationtips.asp
10 ways to avoid stress	www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/
Relaxation	http://thepregnancycentre.com/relaxation.html
Sleep problems	www.netdoctor.co.uk/health_advice/facts/pregnantsleep.htm
Sleep - Strange dreams	www.babycentre.co.uk/pregnancy/antenatalhealth/sleep/strangedreams/
Pregnancy sickness - explanation	www.netdoctor.co.uk/health_advice/facts/pregnantnausea.htm
Pregnancy sickness – treatments (from NHS Direct and the BMJ)	www.besttreatments.co.uk/btuk/conditions/17143.html
Coping with sickness	www.bbc.co.uk/parenting/having_a_baby/pregnancy_sickness.shtml
Pregnancy sickness support	www.pregnancysicknesssupport.org.uk/003.asp
Weight gain	www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/weightgain/
Weight gain	www.babyworld.co.uk/information/pregnancy/kilo_counting.asp

Stress in pregnancy	www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/
Stress in pregnancy	www.babyworld.co.uk/information/pregnancy/health/emotions/stress_in_pregnancy.asp
Work in pregnancy	www.babyworld.co.uk/information/working/work_pregnancy.asp
Work in pregnancy	www.babycentre.co.uk/pregnancy/work/
Work and pregnancy	www.bbc.co.uk/parenting/having_a_baby/pregnancy_work.shtml
Health and Safety at work when pregnant	www.hse.gov.uk/mothers/faqs.htm
Heartburn	www.bbc.co.uk/health/ask_the_doctor/pregnancyheartburn.shtml
Heartburn	www.netdoctor.co.uk/ate/pregnancyandchildbirth/204677.html
Heartburn	www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/heartburn/
Symphysis Pubis Disfunction (SPD)	www.spd-uk.org/
SPD	www.plus-size-pregnancy.org/pubicpain.htm

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