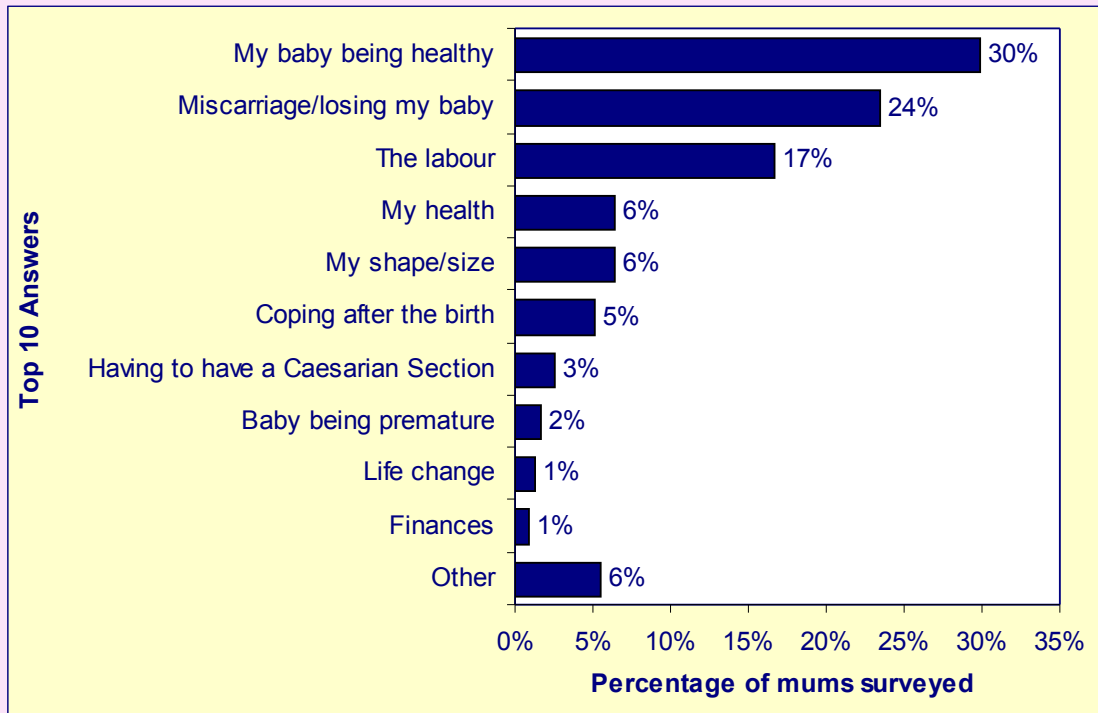


Survey Question:
 “What was your **biggest worry** about your pregnancy?”

The “Top 10” most popular answers are:



Info on the survey:

- Although 24% 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 | www.parentscentre.gov.uk/familymatters/havingababy/healthymumhealthypregnancy/ |
| Healthy baby | www.babycentre.co.uk/pregnancy/antenatalhealth/10stepstohealthypregnancy |
| 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/ |

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| 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.cfftrust.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 to talk to, by telephone or email | www.samaritans.org.uk/ |
| 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 |

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| 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/Bfsl1/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 | 50% with one child; 50% with more than one child |