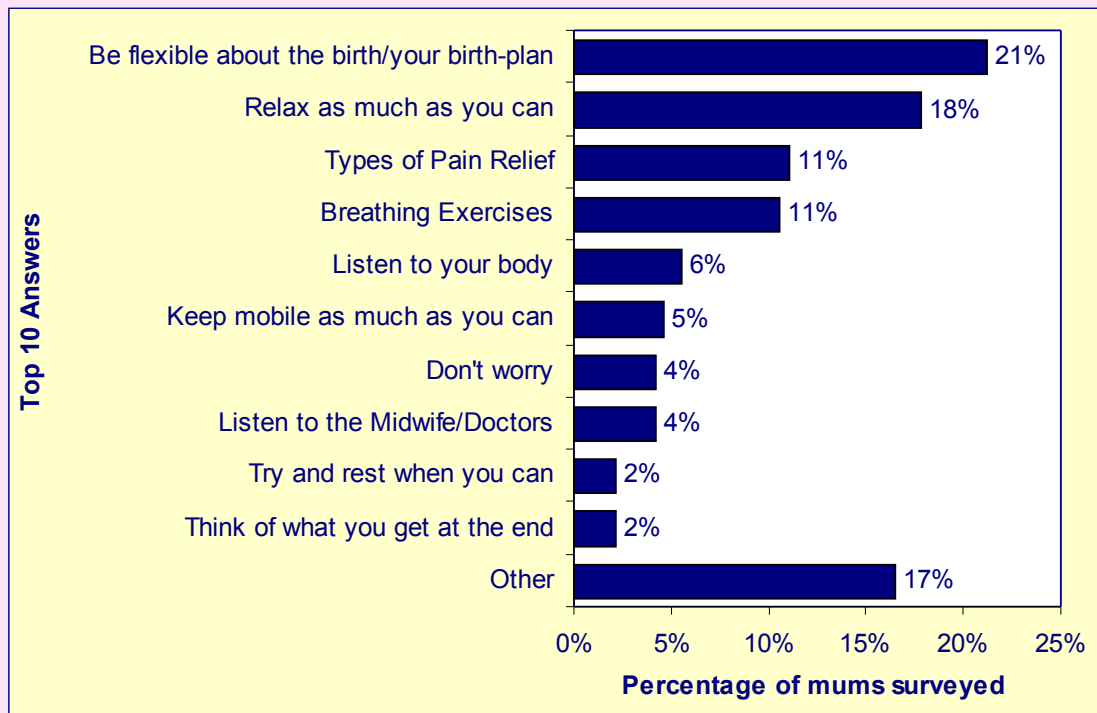


Survey Question:

“What was the best piece of **advice** given to you about childbirth?”

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

- To ease Morning Sickness:
 - Taking Ginger was the top single piece of advice received
 - Fizzy Drinks and Soda Water to help with Morning Sickness
 - Eating first thing in the morning
- Types of drinks that Mums received as advice:
 - Milk to deal with heartburn
 - Orange Juice to help increase iron intake
 - Don't drink alcohol
- Morning sickness and vomiting are very common, especially in early pregnancy, although the cause is unknown. However, the condition hyperemesis gravidarum is very serious as it involves dehydration and loss of minerals due to not being able to keep liquids down.
- 1 in 150 pregnant women will have to be admitted to hospital because they are suffering with hyperemesis gravidarum (source: pregnancysicknesssupport.org.uk)

- Eating reduces nausea in 50% of sufferers of nausea and vomiting in pregnancy (source: pregnancysicknesssupport.org.uk)
- 30% of pregnant women need time off work due to nausea and vomiting (source: pregnancysicknesssupport.org.uk)

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Birth plan	www.babyworld.co.uk/information/birth/birth_plan/main.asp
Birth plan	www.babycentre.co.uk/pregnancy/labourandbirth/planningyourbabysbirth/writingbirthplan/
Birth plan - homebirth	www.homebirth.org.uk/plan.htm
Birth plan	www.midwivesonline.com/parents/parents.php?id=5&tid=PARENTS1HOME
When birth doesn't go according to plan	www.bounty.com/Articles/Prima/Insider%20secrets%20of%20a%20natural%20birth.aspx
Relaxation/ breathing in labour	www.babycentre.co.uk/pregnancy/labourandbirth/labour/relaxation/
Relaxation/ breathing in labour	www.babyworld.co.uk/information/birth/pain_relief/self_help_labour.asp
Breathing in labour	www.thirdeyeyoga.co.uk/pranayama%20in%20pregnancy.htm
Breathing exercises	www.babydirectory.com/cgi-bin/showPreg.pl?BREATHING_EXERCISES
Pain relief advice and explanations	www.bbc.co.uk/parenting/having_a_baby/birth_painrelief.shtml
Pain relief advice and explanations	www.babyworld.co.uk/information/birth/pain_relief/pain_relief.asp
Pain relief advice and explanations	www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/
Pain relief advice and explanations	www.tinytums.co.uk/content/pregnant/you_and_your_body/pain_relief.aspx
Ask and midwife and Frequently Asked Questions including information on pain relief	www.midwivesonline.com
Pain relief in a home birth	www.homebirth.org.uk/pain.htm
Pain relief natural childbirth	www.naturalchildbirth.co.uk/pain.shtml
Birth positions	www.empoweredchildbirth.co.uk/cgi-bin/hib.cgi?page=freenatpos
Birth positions	www.babycentre.co.uk/referencedarticles/pregnancy/positionsforlabour/
Birth positions	www.emmasdiary.co.uk/pregnancy/labour.html

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