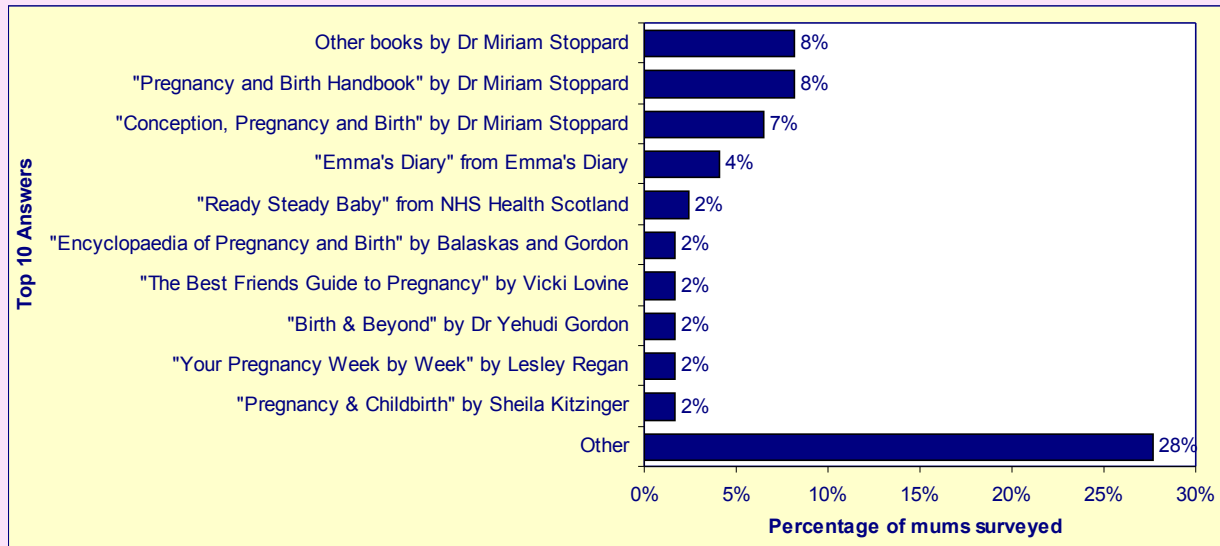


**Survey Question:**  
**“What was the best book about childbirth?”**

**The “Top 10” most popular answers are:**



**Info on the survey:**

- The information mums have given us shows that there are a wide range of books available and the choice made by mums is varied. Of the 250 mums we surveyed more than 40 different books were mentioned.
- Miriam Stoppard is the most popular author that mums turn to for information on childbirth.
- Our surveys showed that only 1% of mums specifically stated that they did not use any book for childbirth information. However, another 25% either did not use one or did not find any useful.

<b>Useful Links (see the ‘more info’ tab for all links)</b>	
<b>Link Type</b>	<b>Website Address</b>
Reviews of some pregnancy books	<a href="http://www.babyworld.co.uk/information/pregnancy/book_reviews.asp">www.babyworld.co.uk/information/pregnancy/book_reviews.asp</a>
Emmas Diary	<a href="http://www.emmasdiary.co.uk">www.emmasdiary.co.uk</a>
Bounty	<a href="http://www.bounty.com">www.bounty.com</a>
Website of the author of What to Expect When you Are Expecting. Information on pregnancy and birth. U.S site	<a href="http://www.whattoexpect.com">www.whattoexpect.com</a>
The Pregnancy book – online edition and link to department of health website with pdf download of book	<a href="http://www.nhsdirect.nhs.uk/questions/category/index.aspx?categoryId=54">www.nhsdirect.nhs.uk/questions/category/index.aspx?categoryId=54</a>
Miriam Stoppard’s website, including advice and discounts on her books	<a href="http://www.miriamstoppard.com">www.miriamstoppard.com</a>

NHS Direct	<a href="http://www.nhsdirect.nhs.uk/questions/category/index.aspx?categoryId=54">www.nhsdirect.nhs.uk/questions/category/index.aspx?categoryId=54</a>
Interview with Lesley Regan author of "Your Pregnancy Week by Week"	<a href="http://www.meettheauthor.co.uk/bookbites/506.html">www.meettheauthor.co.uk/bookbites/506.html</a>
Annabel Karmel	<a href="http://www.annabelkarmel.com">www.annabelkarmel.com</a>
Ready Steady Baby online information	<a href="http://www.hebs.scot.nhs.uk/readysteadybaby/">www.hebs.scot.nhs.uk/readysteadybaby/</a>
Sheila Kitzinger. Informative site from this author and campaigner.	<a href="http://www.sheilakitzyinger.com">www.sheilakitzyinger.com</a>
Janet Balaskas	<a href="http://www.activebirthcentre.com/NEWpages/JANETB.html">www.activebirthcentre.com/NEWpages/JANETB.html</a>

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