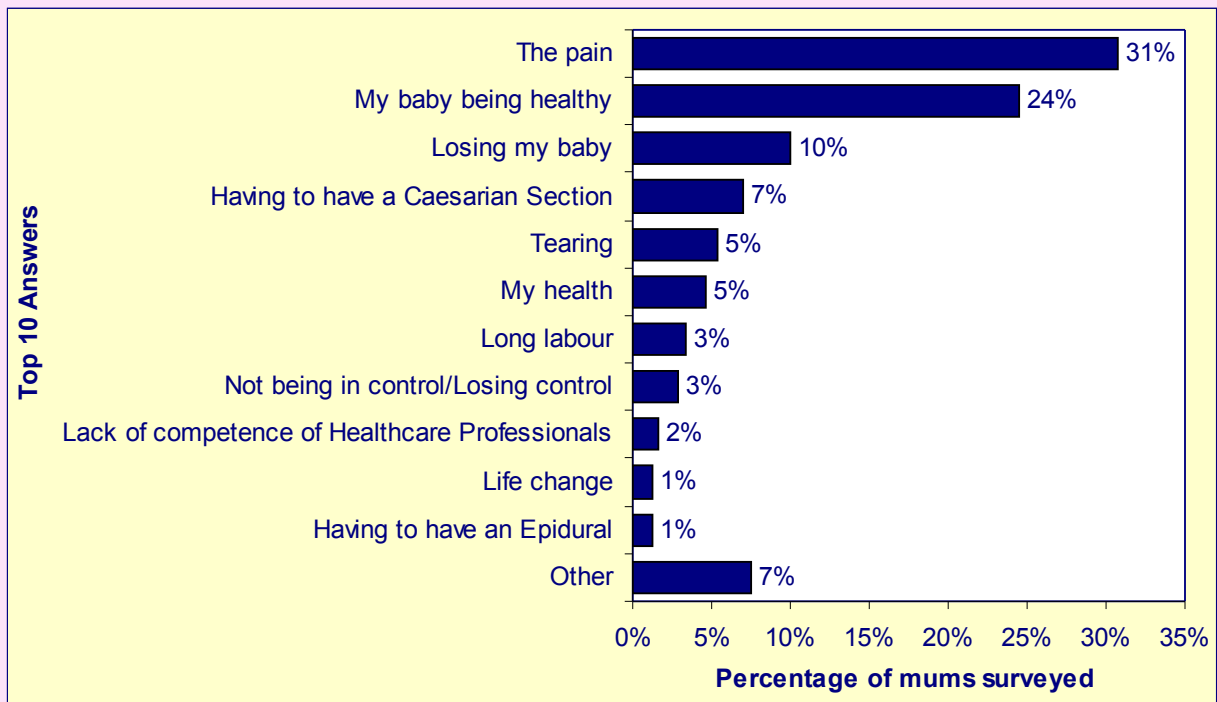


**Survey Question:**

“What was your **biggest worry** about childbirth?”

**The “Top 10” most popular answers are:****Information relevant to the survey:**

- Although 10% 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

<b>Useful Links (see the ‘more info’ tab for all links)</b>	
<b>Link Type</b>	<b>Website Address</b>
Pain relief advice and explanations	<a href="http://www.bbc.co.uk/parenting/having_a_baby/birth_painrelief.shtml">www.bbc.co.uk/parenting/having_a_baby/birth_painrelief.shtml</a>
Pain relief advice and explanations	<a href="http://www.babyworld.co.uk/information/birth/pain_relief/pain_relief.asp">www.babyworld.co.uk/information/birth/pain_relief/pain_relief.asp</a>
Pain relief advice and explanations	<a href="http://www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/">www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/</a>
Pain relief advice and explanations	<a href="http://www.tinytums.co.uk/content/pregnant/you_and_your_body/pain_relief.aspx">www.tinytums.co.uk/content/pregnant/you_and_your_body/pain_relief.aspx</a>
Ask and midwife and Frequently Asked Questions including information on pain relief	<a href="http://www.midwivesonline.com">www.midwivesonline.com</a>
Pain relief in a home birth	<a href="http://www.homebirth.org.uk/pain.htm">www.homebirth.org.uk/pain.htm</a>
Pain relief natural childbirth	<a href="http://www.naturalchildbirth.co.uk/pain.shtml">www.naturalchildbirth.co.uk/pain.shtml</a>
Miscarriage, including support and information	<a href="http://www.miscarriageassociation.org.uk">www.miscarriageassociation.org.uk</a>
Miscarriage, including medical explanations	<a href="http://www.netdoctor.co.uk/diseases/facts/miscarriage.htm">www.netdoctor.co.uk/diseases/facts/miscarriage.htm</a>
Miscarriage	<a href="http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=249">www.nhsdirect.nhs.uk/articles/article.aspx?articleId=249</a>
Stillbirth and Neonatal Death Society, including advice, support and online forum	<a href="http://www.uk-sands.org">www.uk-sands.org</a>
Baby loss – during pregnancy, birth or shortly afterwards	<a href="http://www.babyloss.com/">www.babyloss.com/</a>
Bereaved families	<a href="http://www.childbereavement.org.uk/">www.childbereavement.org.uk/</a>
The Compassionate Friends – for bereaved families	<a href="http://www.tcf.org.uk/">www.tcf.org.uk/</a>
Birth Trauma support	<a href="http://www.birthtraumaassociation.org.uk/">www.birthtraumaassociation.org.uk/</a>
Birth Crisis Network	<a href="http://www.sheilakitinger.com/Birth%20Crisis.htm">www.sheilakitinger.com/Birth%20Crisis.htm</a>
Caesarean birth and vaginal birth after caesarean	<a href="http://www.caesarean.org.uk">www.caesarean.org.uk</a>
Caesarean birth information, including mums discussion forum	<a href="http://www.babyworld.co.uk/information/birth/cesarean/cesarean_birth.asp">www.babyworld.co.uk/information/birth/cesarean/cesarean_birth.asp</a>
Recovery after caesarean section	<a href="http://www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/">www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/</a>
Tearing/ episiotomy (NHS advice)	<a href="http://www.besttreatments.co.uk/btuk/conditions/1000255406.html">www.besttreatments.co.uk/btuk/conditions/1000255406.html</a>
Perineal massage to avoid tearing	<a href="http://www.naturalchildbirth.co.uk/perineal.shtml">www.naturalchildbirth.co.uk/perineal.shtml</a>
Perineal massage to avoid tearing	<a href="http://www.treehuggermums.co.uk/articles/pregnancy/article.php?article=20">www.treehuggermums.co.uk/articles/pregnancy/article.php?article=20</a>
Alternative/ complementary therapies for birth	<a href="http://www.birthfriendly.co.uk/alternative.htm">www.birthfriendly.co.uk/alternative.htm</a>
Epidural	<a href="http://www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/epidural/">www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/epidural/</a>
Epidural	<a href="http://www.netdoctor.co.uk/health_advice/facts/epidural.htm">www.netdoctor.co.uk/health_advice/facts/epidural.htm</a>

<b>Survey Stats</b>	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	50% with one child; 50% with more than one child