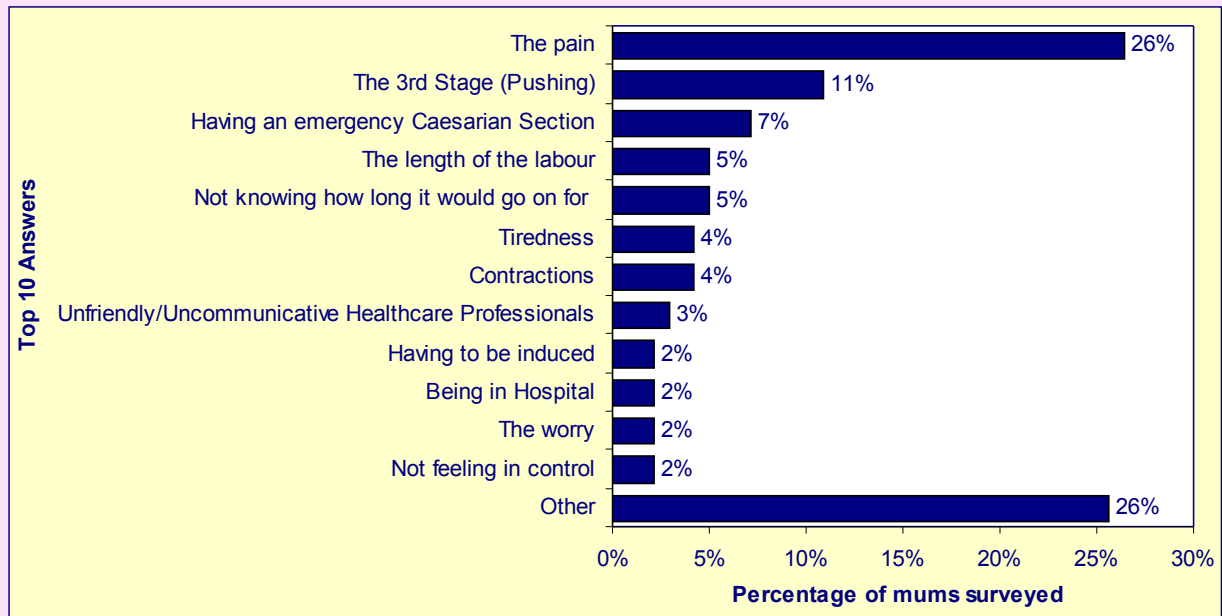


**Survey Question:**  
**“What was the hardest thing about childbirth?”**

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



**Info on the survey:**

- 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

- For a first baby, the average length of the first stage of labour is 12 to 14 hours, the second stage 1 to 2 hours and the third stage 5 to 60 minutes. Women expecting a subsequent baby can expect the first stage to last around 6 to 8 hours and the second stage lasting from 5 to 60 minutes.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
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>
Birth Trauma support	<a href="http://www.birthtraumaassociation.org.uk/">www.birthtraumaassociation.org.uk/</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>
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>
Recovery after caesarean section	<a href="http://www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/">www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/</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>
Pregnancy information, including having a healthy baby, and problems that can arise	<a href="http://www.tommys.org/pregnancy-information.htm">www.tommys.org/pregnancy-information.htm</a>
Labour	<a href="http://www.readysteadybaby.org.uk/labourandbirth/stagesoflabour.htm">www.readysteadybaby.org.uk/labourandbirth/stagesoflabour.htm</a>
Support from dads during labour	<a href="http://www.babyworld.co.uk/information/pregnancy/becoming_a_dad/support_labour.asp">www.babyworld.co.uk/information/pregnancy/becoming_a_dad/support_labour.asp</a>
Labour	<a href="http://www.emmasdiary.co.uk/pregnancy/labour.html">www.emmasdiary.co.uk/pregnancy/labour.html</a>
Birth Trauma support	<a href="http://www.birthtraumaassociation.org.uk/">www.birthtraumaassociation.org.uk/</a>
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Recovery after caesarean section	<a href="http://www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/">www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/</a>
Homebirth	<a href="http://www.homebirth.org.uk/">www.homebirth.org.uk/</a>
Twins and Multiple Births Association	<a href="http://www.tamba.org.uk/">www.tamba.org.uk/</a>
Twins Club – Twins and Multiple births	<a href="http://www.twinsclub.co.uk/">www.twinsclub.co.uk/</a>
Doulas – independent birth assistants	<a href="http://doula.org.uk/">http://doula.org.uk/</a>

Midwives – including “Ask a Midwife” and advice	<a href="http://www.midwivesonline.com/index.php">www.midwivesonline.com/index.php</a>
Independent Midwives	<a href="http://www.independentmidwives.org.uk">www.independentmidwives.org.uk</a>
Association for Improvements in Maternity Services	<a href="http://www.aims.org.uk/">www.aims.org.uk/</a>
National Childbirth Trust – advice, information, local training, and support groups	<a href="http://www.nct.org.uk/">www.nct.org.uk/</a>
Disabled Parents Network	<a href="http://www.disabledparentsnetwork.org.uk/">www.disabledparentsnetwork.org.uk/</a>
Where to have your baby	<a href="http://www.birthchoiceuk.com/">www.birthchoiceuk.com/</a>
Active Birth Centre – advices and courses for having an active or water birth	<a href="http://www.activebirthcentre.com/">www.activebirthcentre.com/</a>
Association of Breastfeeding Mothers, including online and telephone support/ chat	<a href="http://www.abm.me.uk/">www.abm.me.uk/</a>
Breastfeeding advice and support	<a href="http://www.breastfeedingnetwork.org.uk/">www.breastfeedingnetwork.org.uk/</a>
Breastfeeding – advice, local groups, telephone support and online forum	<a href="http://www.laleche.org.uk">www.laleche.org.uk</a>
Birth and afterwards	<a href="http://www.babyworld.co.uk/information/birth/">www.babyworld.co.uk/information/birth/</a>
Coping after the birth	<a href="http://www.bbc.co.uk/parenting/having_a_baby/birth_coping.shtml">www.bbc.co.uk/parenting/having_a_baby/birth_coping.shtml</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