



Information about the survey:

- The early months of having a baby can be a particularly stressful time for relationships with changes to you and your partner’s ‘roles’ and the time and energy you have to give to each other.
- However, positively, our surveys showed that most women are in long-term relationships with the father of their child and maintain these relationships through the first year of their baby’s life.
- Post-natal depression can have a major impact on relationships, especially if it isn’t recognized. At least 10% of mums suffer from post-natal depression in some form (see links overleaf).

<b>Useful Links (see the 'more info' tab for all links)</b>	
<b>Link Type</b>	<b>Website Address</b>
Coping with stress after birth	<a href="http://www.babycentre.co.uk/baby/youafterthebirth/stressexpert/">www.babycentre.co.uk/baby/youafterthebirth/stressexpert/</a>
Realtionships after birth	<a href="http://www.babyzone.com/mom_dad/love_friendship">www.babyzone.com/mom_dad/love_friendship</a>
Post Natal Depression	<a href="http://www.netdoctor.co.uk/health_advice/facts/depressionpostnatal.htm">www.netdoctor.co.uk/health_advice/facts/depressionpostnatal.htm</a>
Post Natal Depression	<a href="http://www.netmums.com/lc/postnataldepression.php">www.netmums.com/lc/postnataldepression.php</a>

<b>Survey Stats</b>	
Date of survey	February 2007
Number of mums surveyed	1148
Type of mums surveyed	323 pregnant women; 825 mums with a child age 0 – 12 months