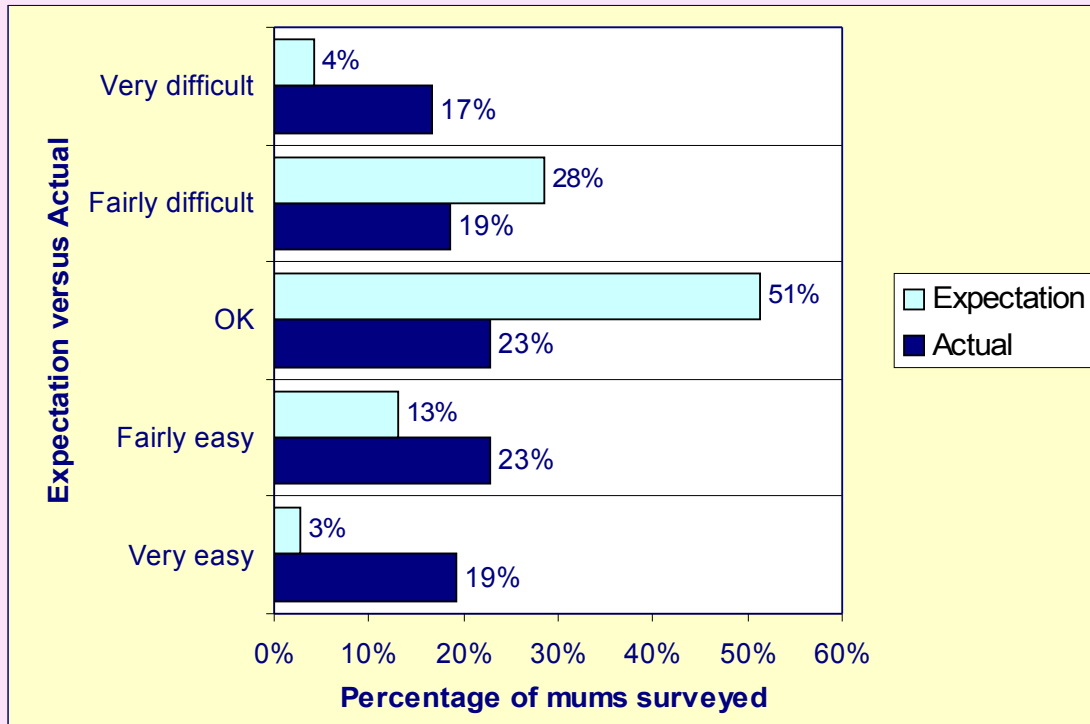


**Survey Question:**  
*“Are you expecting your birth experience to be:”*  
*compared with*  
*“How would you describe your birth experience:”*



Information about the survey:

- Whilst only 16% of pregnant women expect their birth experience to be easy more than 40% actually report that this was the case.
- However, 17% of new mums say that their birth experience was very difficult, whilst only 4% of pregnant women expect this to be the case.
- Overall, there is a fairly even split across actual birth experiences with roughly 1 in 5 women saying that their birth experience was each of ‘Very Difficult’, ‘Fairly Difficult’, ‘OK’, ‘Fairly Easy’ and ‘Very Easy’.

<b>Useful Links (see the 'more info' tab for all links)</b>	
<b>Link Type</b>	<b>Website Address</b>
Midwives online, including FAQs and "Ask a midwife"	<a href="http://www.midwivesonline.co.uk">www.midwivesonline.co.uk</a>
BBC – lists associations and support services	<a href="http://www.bbc.co.uk/parenting/support_for_you/pregnancy.shtml">www.bbc.co.uk/parenting/support_for_you/pregnancy.shtml</a>
NHS Direct	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
Advice on fatherhood	<a href="http://www.fathersdirect.com">www.fathersdirect.com</a>
Online advice from health visitors, including "Ask a Health Visitor" and FAQs	<a href="http://www.healthvisitors.com">www.healthvisitors.com</a>
National Childbirth Trust – advice, support, training and local groups	<a href="http://www.nct.org.uk/">www.nct.org.uk/</a>
Information on difficult birth types	<a href="http://www.childbirth.org/articles/labor/difficultbirth.html">www.childbirth.org/articles/labor/difficultbirth.html</a>

<b>Survey Stats</b>	
Date of survey	February 2007
Number of mums surveyed	1159
Type of mums surveyed	327 pregnant women; 832 mums with a child age 0 – 12 months