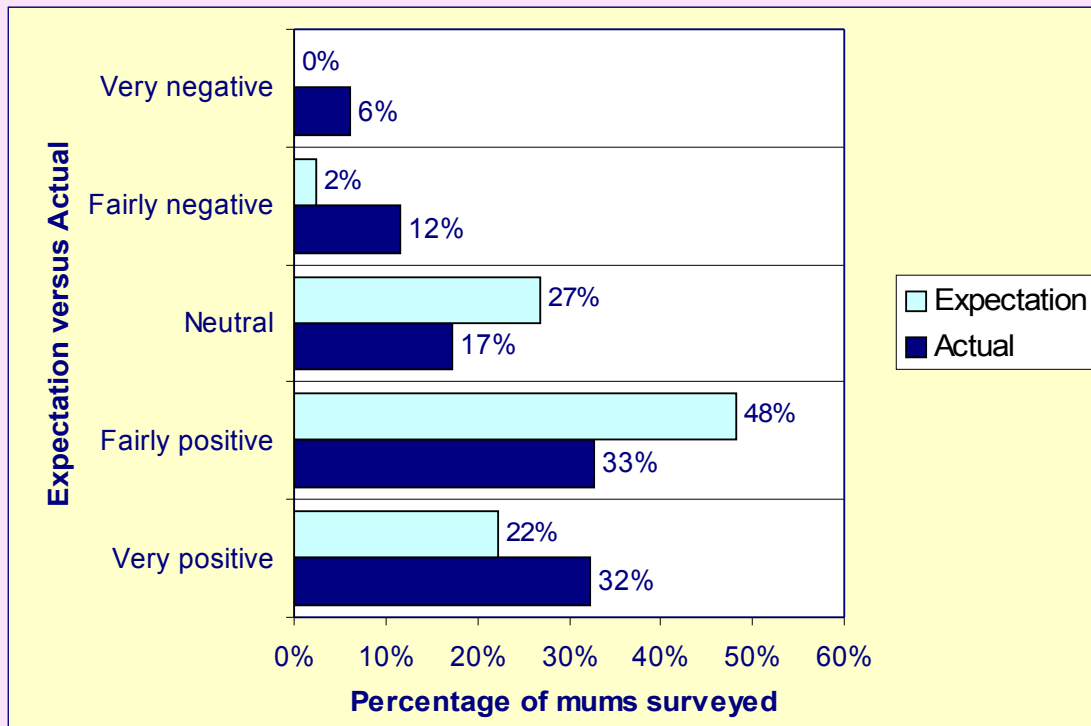


Survey Question:
“Are you expecting your birth experience to be:”
compared with
“Was your birth experience:”



Information about the survey:

- Whilst 22% of pregnant women expected their birth experience to be ‘Very Positive’, new mums say that 32% of births are actually a ‘Very Positive’ experience.
- However, whilst few pregnant women expect their birth to be a negative experience nearly 1 in 5 women say that this is actually the case. The main reasons for this are:
 - Having to have a Cesarean Section when not planning to
 - Not knowing how long the labour will take once started
 - The pain, tiredness and length of time in labour

| Useful Links (see the 'more info' tab for all links) | |
|---|--|
| Link Type | Website Address |
| Midwives online, including FAQs and "Ask a midwife" | www.midwivesonline.co.uk |
| BBC – lists associations and support services | www.bbc.co.uk/parenting/support_for_you/pregnancy.shtml |
| NHS Direct | www.nhsdirect.nhs.uk |
| Advice on fatherhood | www.fathersdirect.com |
| Online advice from health visitors, including "Ask a Health Visitor" and FAQs | www.healthvisitors.com |
| National Childbirth Trust – advice, support, training and local groups | www.nct.org.uk/ |
| Information on difficult birth types | www.childbirth.org/articles/labor/difficultbirth.html |
| Pain relief advice and explanations | www.bbc.co.uk/parenting/having_a_baby/birth_painrelief.shtml |
| Pain relief advice and explanations | www.babyworld.co.uk/information/birth/pain_relief/pain_relief.asp |
| Pain relief advice and explanations | www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/ |
| Pain relief advice and explanations | www.tinytums.co.uk/content/pregnant/you_and_your_body/pain_relief.aspx |
| Ask and midwife and Frequently Asked Questions including information on pain relief | www.midwivesonline.com |
| Pain relief in a home birth | www.homebirth.org.uk/pain.htm |
| Pain relief natural childbirth | www.naturalchildbirth.co.uk/pain.shtml |
| Birth Trauma support | www.birthtraumaassociation.org.uk/ |
| Caesarean birth and vaginal birth after caesarean | www.caesarean.org.uk |
| Caesarean birth information, including mums discussion forum | www.babyworld.co.uk/information/birth/cesarean/cesarean_birth.asp |
| Tearing/ episiotomy (NHS advice) | www.besttreatments.co.uk/btuk/conditions/1000255406.html |
| Perineal massage to avoid tearing | www.naturalchildbirth.co.uk/perineal.shtml |
| Perineal massage to avoid tearing | www.treehuggermums.co.uk/articles/pregnancy/article.php?article=20 |
| Alternative/ complementary therapies for birth | www.birthfriendly.co.uk/alternative.htm |
| Recovery after caesarean section | www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/ |
| Epidural | www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/epidural/ |
| Epidural | www.netdoctor.co.uk/health_advice/facts/epidural.htm |
| Pregnancy information, including having a healthy baby, and problems that can arise | www.tommys.org/pregnancy-information.htm |
| Labour | www.readysteadybaby.org.uk/labourandbirth/stagesoflabour.htm |
| Support from dads during labour | www.babyworld.co.uk/information/pregnancy/becoming_a_dad/support_labour.asp |
| Labour | www.emmasdiary.co.uk/pregnancy/labour.html |
| Birth Trauma support | www.birthtraumaassociation.org.uk/ |
| Caesarean birth and vaginal birth after caesarean | www.caesarean.org.uk |
| Caesarean birth information, including mums discussion forum | www.babyworld.co.uk/information/birth/cesarean/cesarean_birth.asp |
| Recovery after caesarean section | www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery/ |
| Homebirth | www.homebirth.org.uk/ |
| Twins and Multiple Births Association | www.tamba.org.uk/ |

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

| Survey Stats | |
|-------------------------|---|
| 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 |