



Information about the survey:

- Although adjusting to having a new baby can be one of the most difficult times of a woman’s life, nearly 7 in 10 said the adjustment was easy and only 16% said it was difficult.
- Overall women expect the adjustment to be much harder than they actually experience.

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
25 tips to help new mums adjust	www.ivillage.co.uk/print/0,,703255,00.html
Advice for adjusting to becoming a new mum	www.radiantmother.com
Coping as a new mum	www.homeandhealthtv.co.uk/hh_site/article.jsp?section_id=7&theme_id=23&subtheme_id=81&article_id=153&site=uk
Having a baby	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