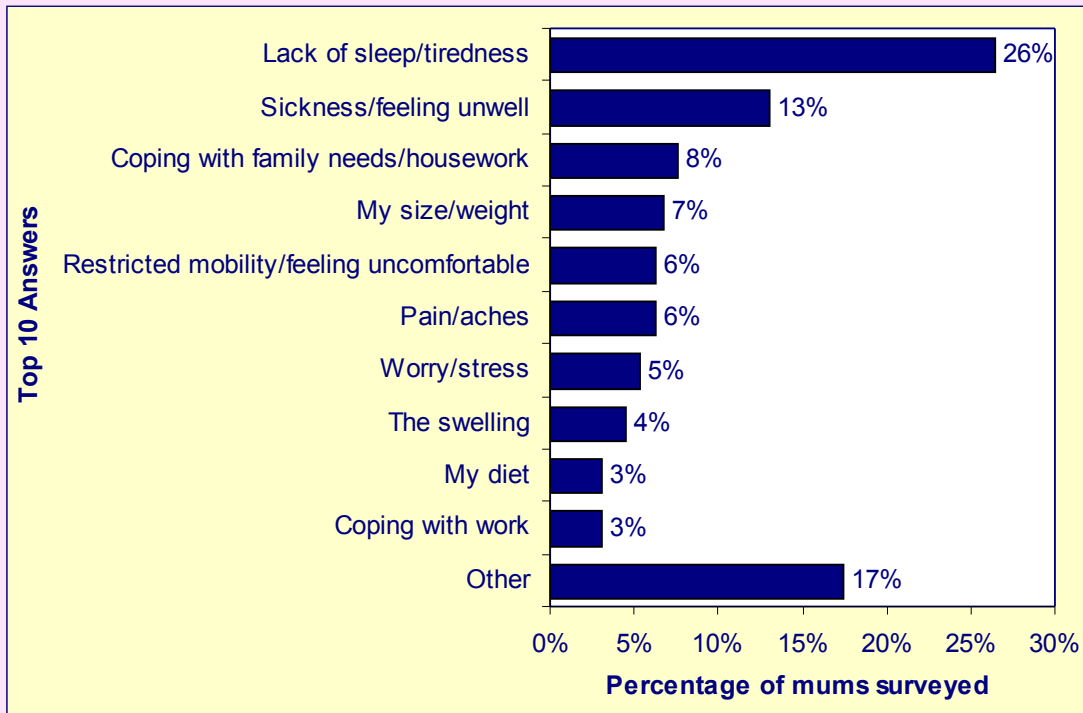


**Survey Question:**  
 “What has been the **hardest** thing about being pregnant?”

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



Info on the survey:

- We found the following websites particularly helpful:

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
Coping with tiredness	<a href="http://www.babyworld.co.uk/information/pregnancy/pregnancyproblems/pregprobs_tiredness.asp">www.babyworld.co.uk/information/pregnancy/pregnancyproblems/pregprobs_tiredness.asp</a>
Advice on sleep	<a href="http://www.babycenter.com/pregnancy/pregnancysleep/index">www.babycenter.com/pregnancy/pregnancysleep/index</a>
Relaxation tips	<a href="http://www.babyworld.co.uk/information/pregnancy/pregnancyweek/relaxationtips.asp">www.babyworld.co.uk/information/pregnancy/pregnancyweek/relaxationtips.asp</a>
10 ways to avoid stress	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/">www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/</a>
Relaxation	<a href="http://thepregnancycentre.com/relaxation.html">http://thepregnancycentre.com/relaxation.html</a>
Sleep problems	<a href="http://www.netdoctor.co.uk/health_advice/facts/pregnantsleep.htm">www.netdoctor.co.uk/health_advice/facts/pregnantsleep.htm</a>
Sleep - Strange dreams	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/sleep/strangedreams/">www.babycentre.co.uk/pregnancy/antenatalhealth/sleep/strangedreams/</a>
Pregnancy sickness - explanation	<a href="http://www.netdoctor.co.uk/health_advice/facts/pregnantnausea.htm">www.netdoctor.co.uk/health_advice/facts/pregnantnausea.htm</a>
Pregnancy sickness – treatments (from NHS Direct and the BMJ)	<a href="http://www.besttreatments.co.uk/btuk/conditions/17143.html">www.besttreatments.co.uk/btuk/conditions/17143.html</a>
Coping with sickness	<a href="http://www.bbc.co.uk/parenting/having_a_baby/pregnancy_sickness.shtml">www.bbc.co.uk/parenting/having_a_baby/pregnancy_sickness.shtml</a>
Pregnancy sickness support	<a href="http://www.pregnancysicknesssupport.org.uk/003.asp">www.pregnancysicknesssupport.org.uk/003.asp</a>
Weight gain	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/weightgain/">www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/weightgain/</a>
Weight gain	<a href="http://www.babyworld.co.uk/information/pregnancy/kilo_counting.asp">www.babyworld.co.uk/information/pregnancy/kilo_counting.asp</a>

Stress in pregnancy	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/">www.babycentre.co.uk/pregnancy/antenatalhealth/emotionalhealth/10waystosurvivestress/</a>
Stress in pregnancy	<a href="http://www.babyworld.co.uk/information/pregnancy/health/emotions/stress_in_pregnancy.asp">www.babyworld.co.uk/information/pregnancy/health/emotions/stress_in_pregnancy.asp</a>
Work in pregnancy	<a href="http://www.babyworld.co.uk/information/working/work_pregnancy.asp">www.babyworld.co.uk/information/working/work_pregnancy.asp</a>
Work in pregnancy	<a href="http://www.babycentre.co.uk/pregnancy/work/">www.babycentre.co.uk/pregnancy/work/</a>
Work and pregnancy	<a href="http://www.bbc.co.uk/parenting/having_a_baby/pregnancy_work.shtml">www.bbc.co.uk/parenting/having_a_baby/pregnancy_work.shtml</a>
Health and Safety at work when pregnant	<a href="http://www.hse.gov.uk/mothers/faqs.htm">www.hse.gov.uk/mothers/faqs.htm</a>
Heartburn	<a href="http://www.bbc.co.uk/health/ask_the_doctor/pregnancyheartburn.shtml">www.bbc.co.uk/health/ask_the_doctor/pregnancyheartburn.shtml</a>
Heartburn	<a href="http://www.netdoctor.co.uk/ate/pregnancyandchildbirth/204677.html">www.netdoctor.co.uk/ate/pregnancyandchildbirth/204677.html</a>
Heartburn	<a href="http://www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/heartburn/">www.babycentre.co.uk/pregnancy/antenatalhealth/physicalhealth/heartburn/</a>
Symphysis Pubis Disfunction (SPD)	<a href="http://www.spd-uk.org/">www.spd-uk.org/</a>
SPD	<a href="http://www.plus-size-pregnancy.org/pubicpain.htm">www.plus-size-pregnancy.org/pubicpain.htm</a>

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	All pregnant – 50% first pregnancy; 50% already with one or more child