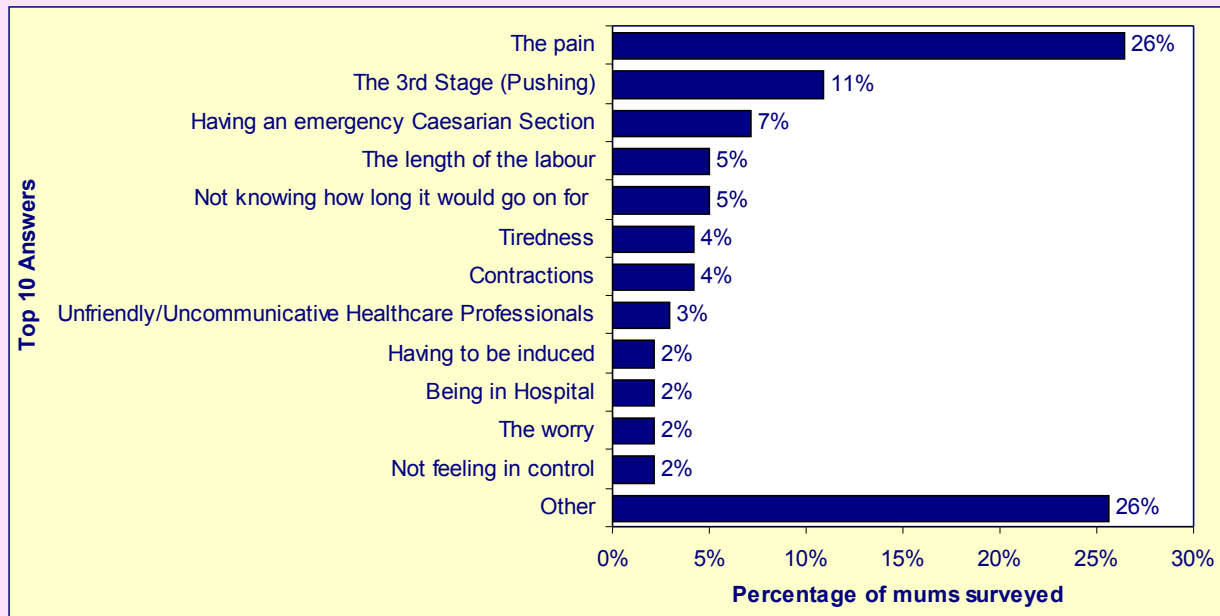


Survey Question:
“What was the hardest thing about childbirth?”

The “Top 10” most popular answers are:



Info on the survey:

- Rates of caesarean sections have doubled in the last twenty years. In 2004/2005 23% of births were by caesarean section, half of which were emergencies. This rate varies between hospitals, between 15% to 30%. The World Health Organisation has stated that the rate of caesarean births should be between 10 and 15%.
- National guidelines issued in 2004 stated that women should be discouraged from having a caesarean section if they did not need one.
- In 2003/2004 the Department of Health estimated that 46% of deliveries were ‘normal deliveries’ defined as those without surgical intervention, use of instruments, induction, epidural or general anaesthetic. Also:
 - 20% of deliveries were induced
 - 1 in 3 women had an epidural, general or spinal anaesthesia
 - 12% of women had an episiotomy
 - 12% of births were instrumental deliveries

- For a first baby, the average length of the first stage of labour is 12 to 14 hours, the second stage 1 to 2 hours and the third stage 5 to 60 minutes. Women expecting a subsequent baby can expect the first stage to last around 6 to 8 hours and the second stage lasting from 5 to 60 minutes.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
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/
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	July 2006
Number of mums surveyed	250
Type of mums surveyed	50% with one child; 50% with more than one child