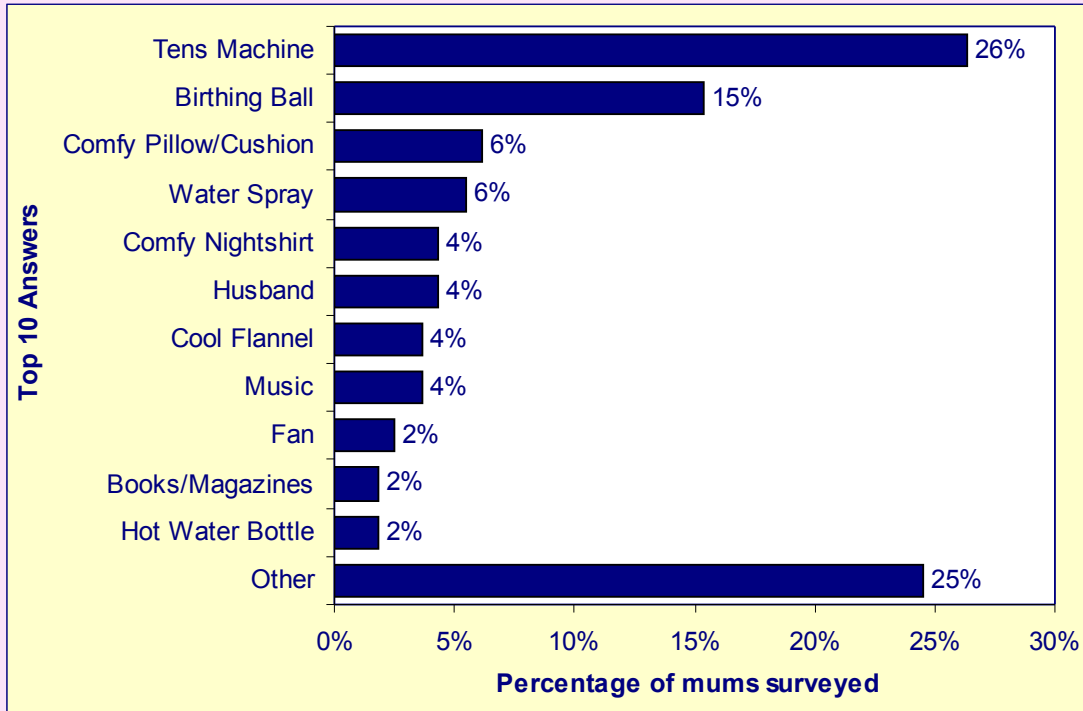


Survey Question:
 “What was the **most useful item** you owned for childbirth?”

The “Top 10” most popular answers are:



Info on the survey:

- More than 4 in every 10 mums surveyed said that either a Tens Machine or a Birthing Ball was the most useful item they owned for childbirth.
- Tens stands for ‘Transcutaneous Electrical Nerve Stimulation’. A TENS machine is basically a small box that transmits small electrical pulses to specific areas on your back via small adhesive pads placed on your body (usually 4). The theory behind TENS machines is that the electric pulses cause your body to release natural chemicals (endorphins) that counteract the pain of contractions and birth.

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
Tens machine advice	www.babyworld.co.uk/information/birth/pain_relief/common_forms_pain_relief.asp
Tens machine advice and explanations	www.babycentre.co.uk/pregnancy/labourandbirth/painrelief/tens/?_requestid=1810141
Tens machine hire and buy online	www.tens.co.uk
Tens machine –purchase online	www.nctms.co.uk

(NCT)	
Tens machine hire and buy online	www.tens-hire.co.uk
Birthing ball	www.birthease.com/
Birthing ball	www.natalhypnotherapy.co.uk/
Birthing ball	www.tens.co.uk/acatalog/TeNS UK Birth Balls.html
Pregnancy pillow	www.beansbeans.co.uk
Pregnancy pillow	www.bumpto3.com
Pregnancy pillow	www.cozeebee.co.uk
Pregnancy pillow	www.dreamgenii.com
Pregnancy pillow	www.hi-baby.co.uk

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