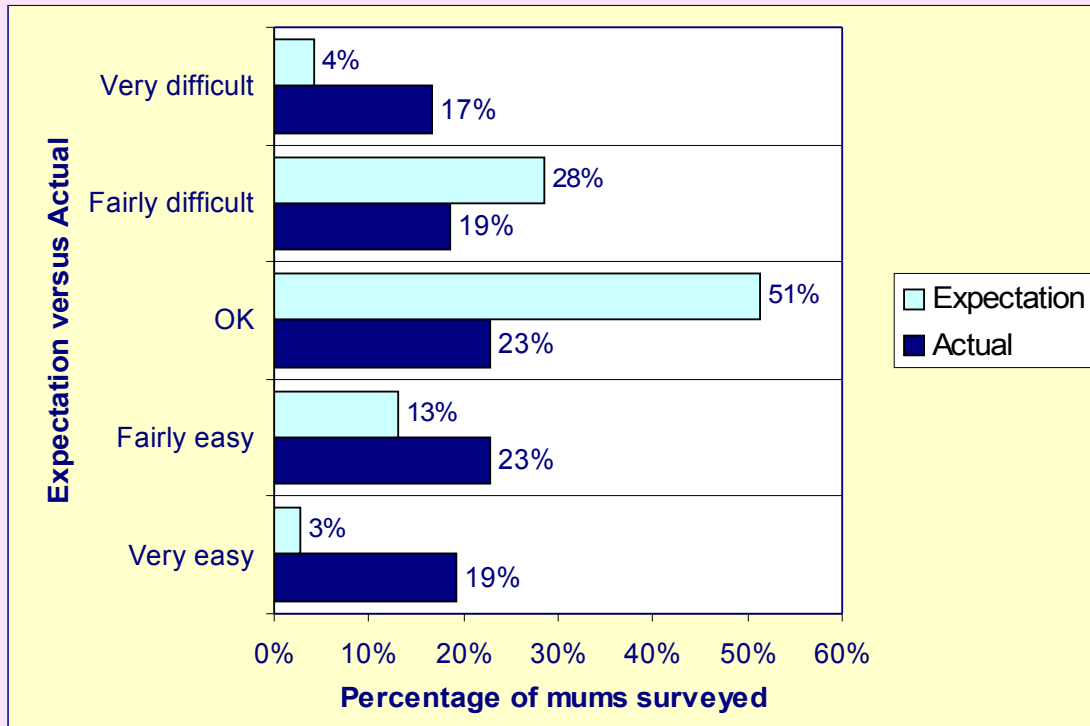


Survey Question:
*“Are you expecting your birth experience to be:”
compared with
“How would you describe your birth experience:”*



Information about the survey:

- Whilst only 16% of pregnant women expect their birth experience to be easy more than 40% actually report that this was the case.
- However, 17% of new mums say that their birth experience was very difficult, whilst only 4% of pregnant women expect this to be the case.
- Overall, there is a fairly even split across actual birth experiences with roughly 1 in 5 women saying that their birth experience was each of ‘Very Difficult’, ‘Fairly Difficult’, ‘OK’, ‘Fairly Easy’ and ‘Very Easy’.

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

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