



Information about the survey:

- Nearly half of mums surveyed said that their social lives worsened following the birth of their baby whilst only 1 in 3 expected this to be the case. 1 in 7 women reported that their social lives were a ‘Lot worse than before’.
- However, the additional social networks sometimes created by new mums, with other mums in particular, led to 1 in 10 mums saying that their social lives actually became better following the birth of their child.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Advice on Social Life	www.bbc.co.uk/parenting/having_a_baby/birth_coping.shtml
10 tips for enjoying life with young children	www.netmums.com/cpg/mumslife/mumslife.htm
Tips on meeting other mums	www.babycentre.co.uk/baby/youafterthebirth/meetothernewmums/
Meet a Mum Association	www.mama.co.uk/default.asp?id=38
Meet other mums	www.netmums.com/boards/meetamum/meetamumhome.php
Maintaining friendships after baby	www.babycenter.com/refcap/baby/dadsbaby/8257.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