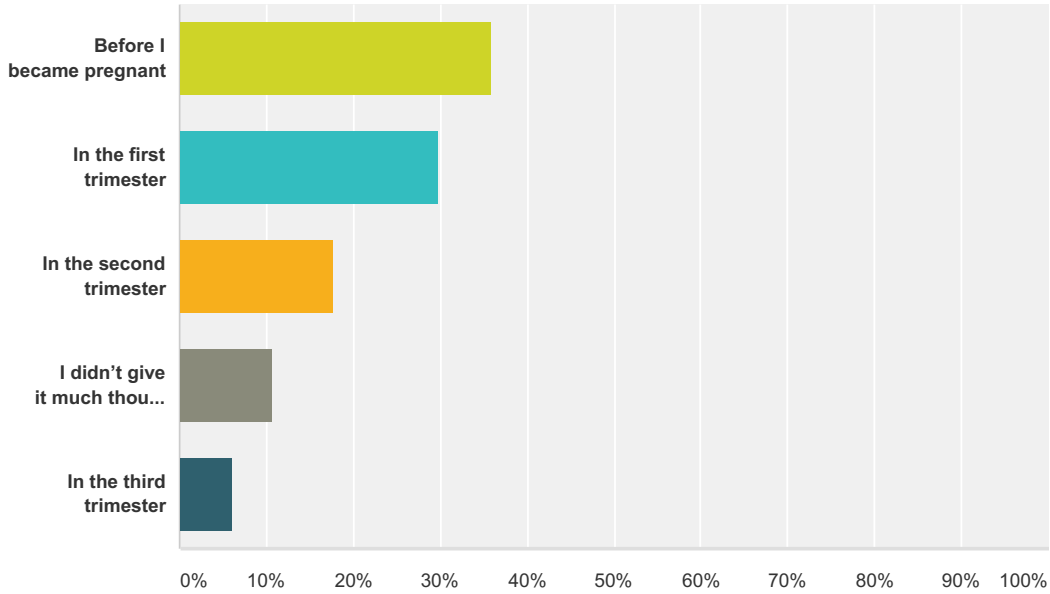


### Q1 When did you first start thinking about giving birth, and the type of birth you wanted?

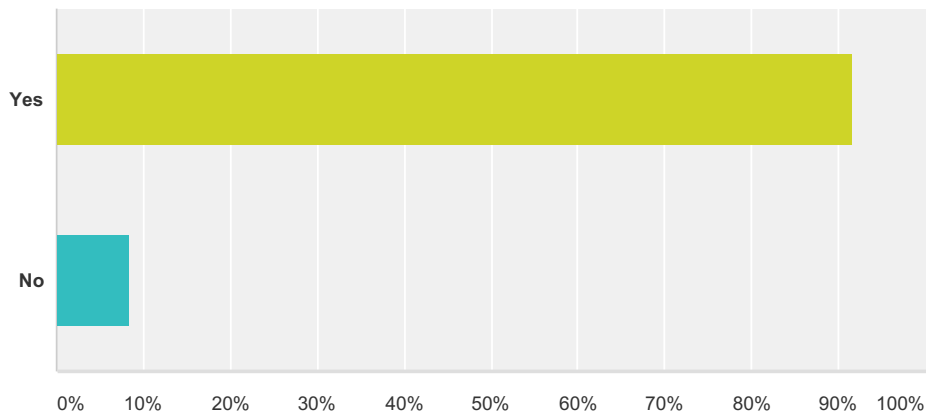
Answered: 2,205 Skipped: 4



Answer Choices	Responses
Before I became pregnant	35.83% 790
In the first trimester	29.84% 658
In the second trimester	17.64% 389
I didn't give it much thought and just went with what happened	10.70% 236
In the third trimester	5.99% 132
<b>Total</b>	<b>2,205</b>

### Q2 Did you find out about any other mums' birth stories before giving birth?

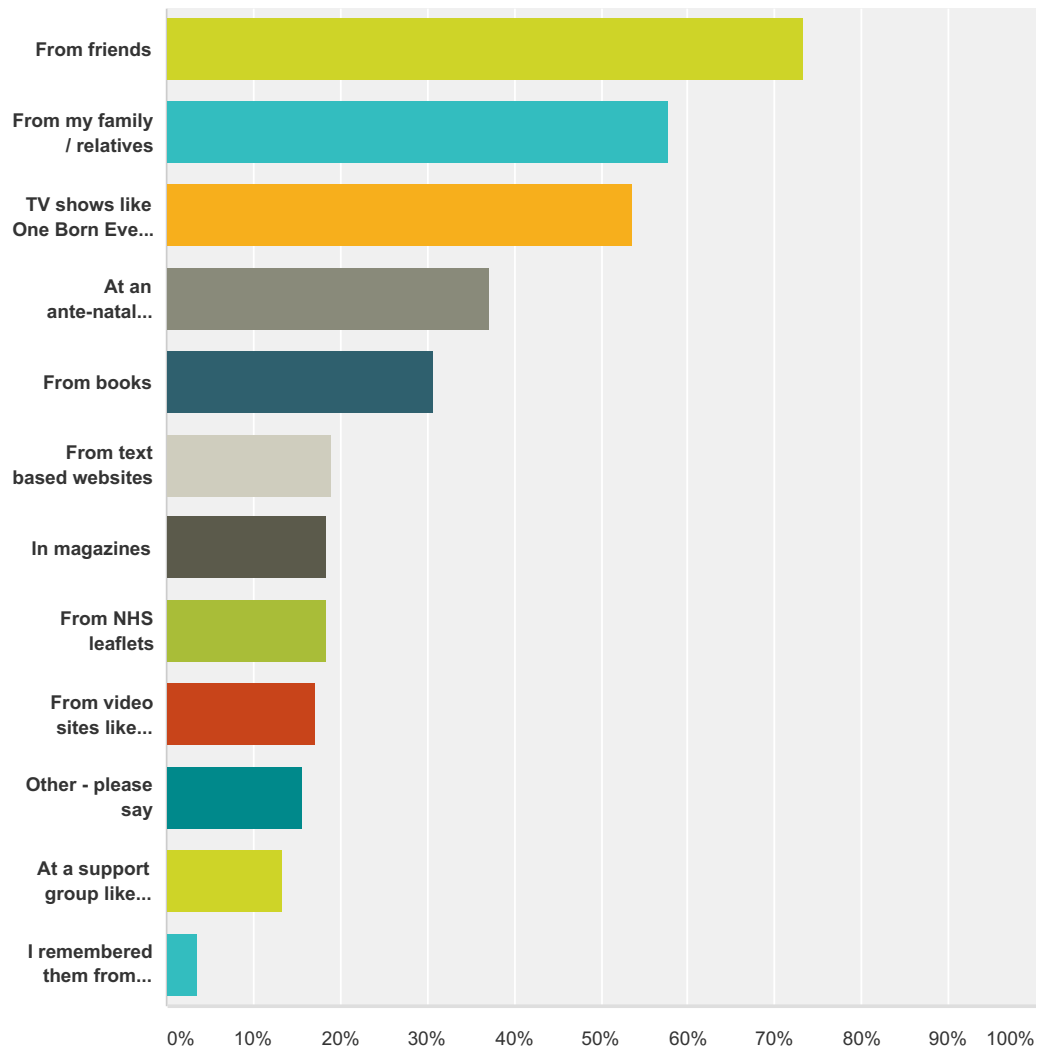
Answered: 2,205 Skipped: 4



Answer Choices	Responses
Yes	91.61% 2,020
No	8.39% 185
<b>Total</b>	<b>2,205</b>

### Q3 If you did, where did you find out about them? (Please tick all that apply)

Answered: 2,071 Skipped: 138

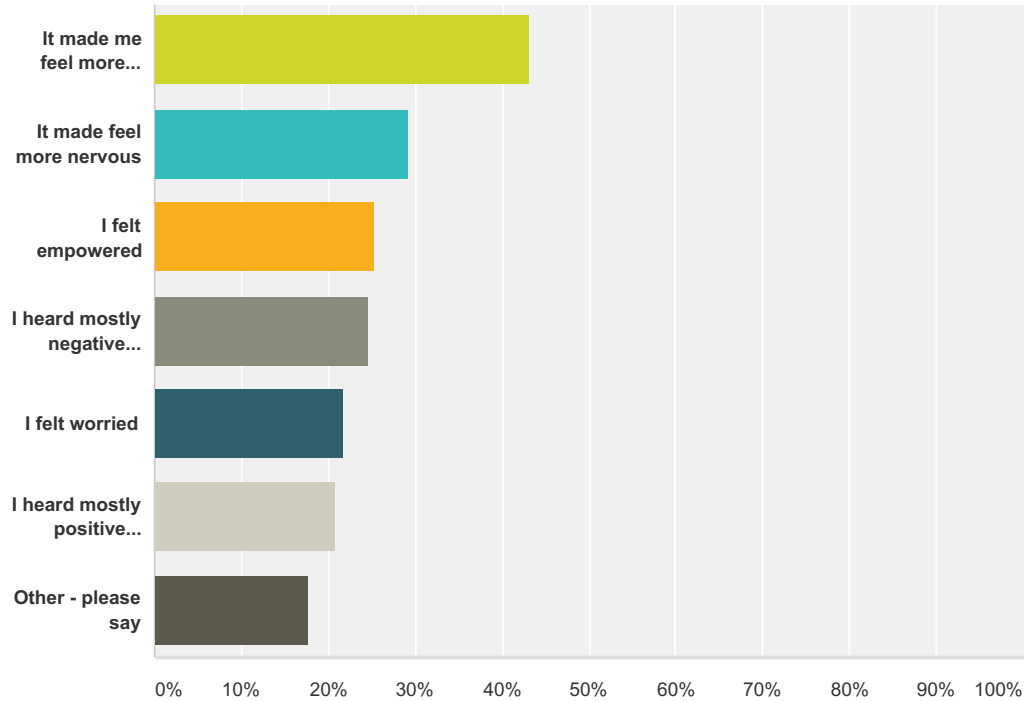


Answer Choices	Responses	Count
From friends	73.20%	1,516
From my family / relatives	57.80%	1,197
TV shows like One Born Every Minute	53.65%	1,111
At an ante-natal group	37.13%	769
From books	30.61%	634
From text based websites	19.02%	394
In magazines	18.45%	382
From NHS leaflets	18.40%	381
From video sites like Channel Mum / YouTube	17.14%	355

Other - please say	15.69%	325
At a support group like Positive Birth Movement	13.28%	275
I remembered them from school sex education lessons	3.48%	72
<b>Total Respondents: 2,071</b>		

### Q4 How do you feel hearing other people's birth stories affected you? (Please tick all that apply)

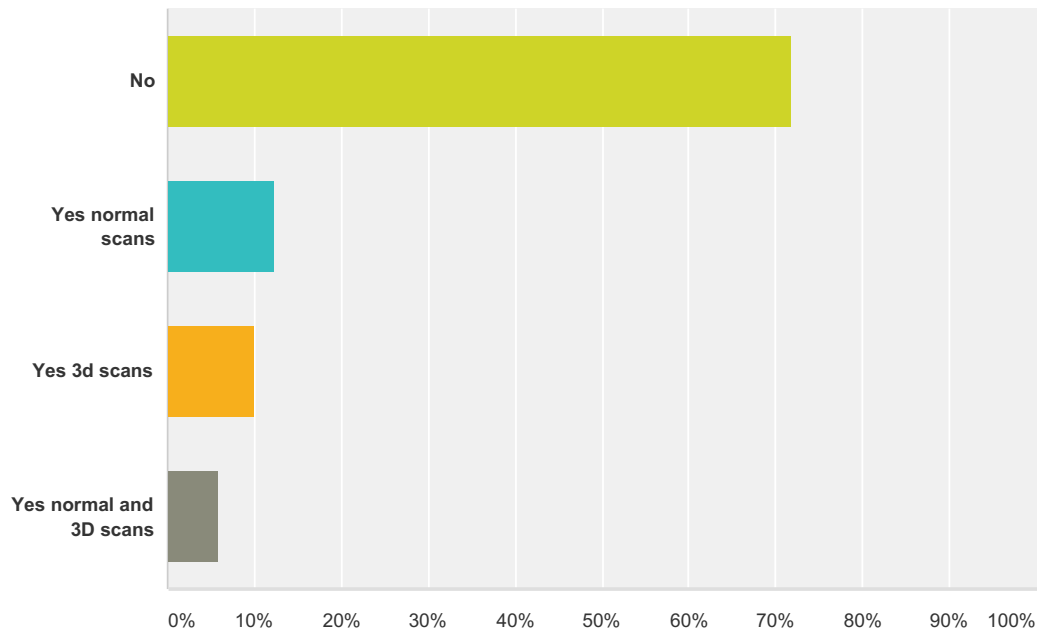
Answered: 2,132 Skipped: 77



Answer Choices	Responses
It made me feel more positive about birth	43.29% 923
It made feel more nervous	29.27% 624
I felt empowered	25.23% 538
I heard mostly negative stories	24.72% 527
I felt worried	21.76% 464
I heard mostly positive stories	20.87% 445
Other - please say	17.78% 379
<b>Total Respondents: 2,132</b>	

### Q5 Did you pay for an extra private scans when you were pregnant?

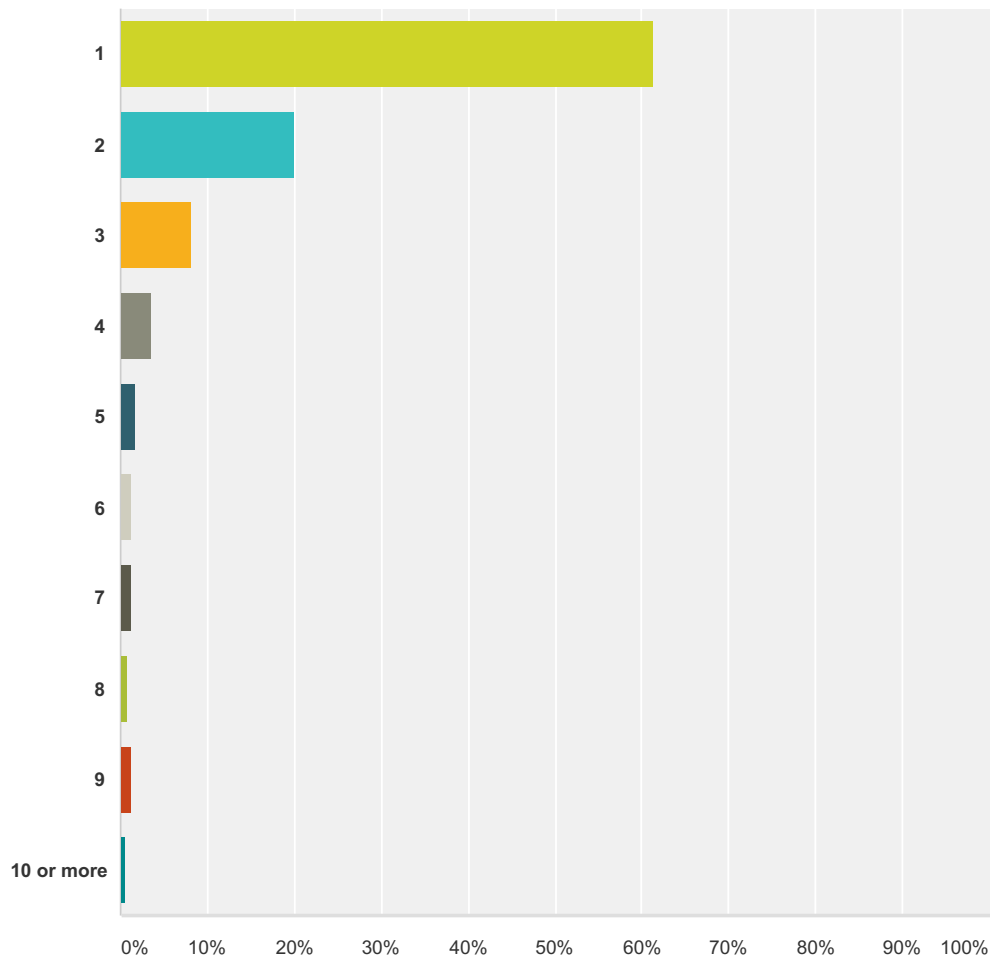
Answered: 2,190 Skipped: 19



Answer Choices	Responses
No	71.78% 1,572
Yes normal scans	12.37% 271
Yes 3d scans	9.95% 218
Yes normal and 3D scans	5.89% 129
<b>Total</b>	<b>2,190</b>

### Q6 How many extra private scans did you have?

Answered: 686 Skipped: 1,523



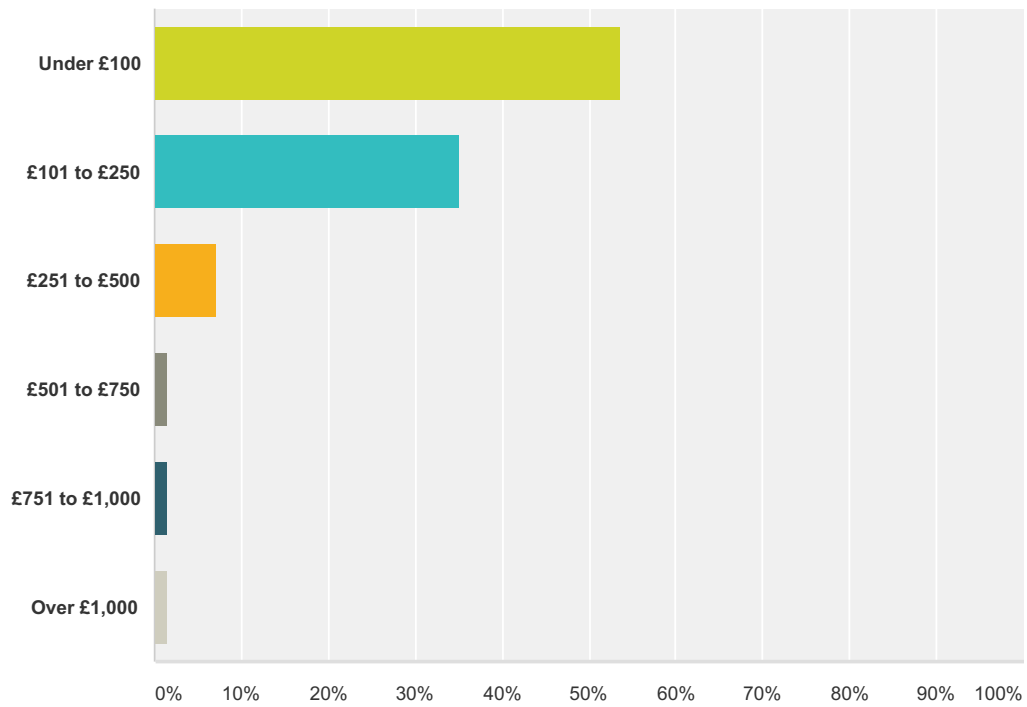
Answer Choices	Responses
1	61.37% 421
2	19.97% 137
3	8.16% 56
4	3.64% 25
5	1.60% 11
6	1.17% 8
7	1.31% 9
8	0.87% 6
9	1.17% 8
10 or more	0.73% 5

Total	686
-------	-----



### Q7 How much did you spend on the scans in total?

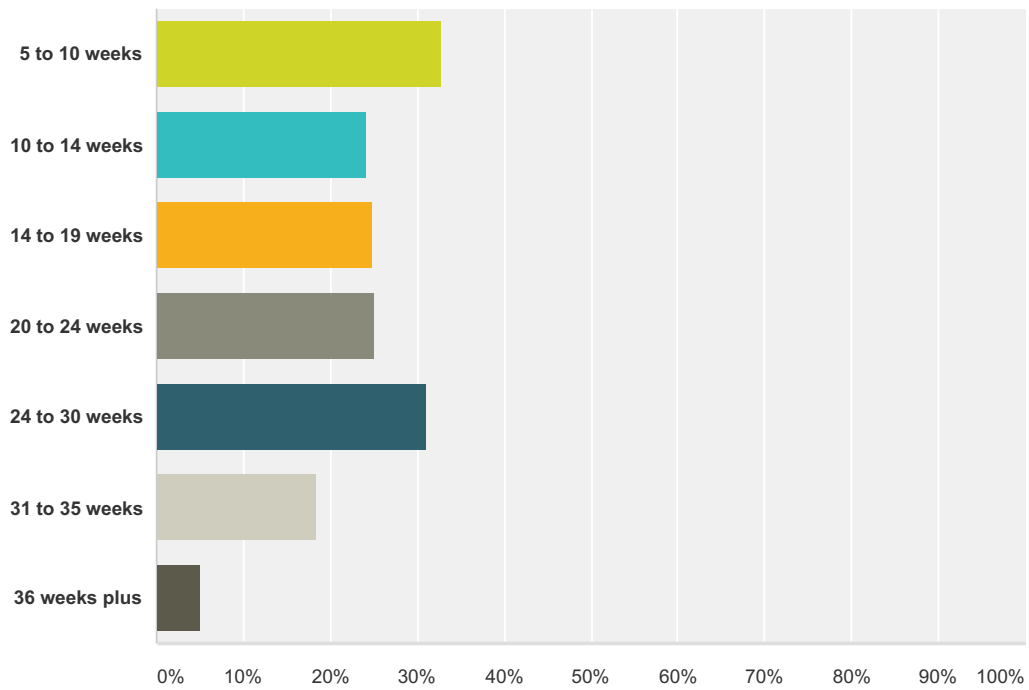
Answered: 661 Skipped: 1,548



Answer Choices	Responses
Under £100	53.56% 354
£101 to £250	35.10% 232
£251 to £500	7.11% 47
£501 to £750	1.51% 10
£751 to £1,000	1.36% 9
Over £1,000	1.36% 9
<b>Total</b>	<b>661</b>

### Q8 When did you get the scans done? (Please tick all that apply)

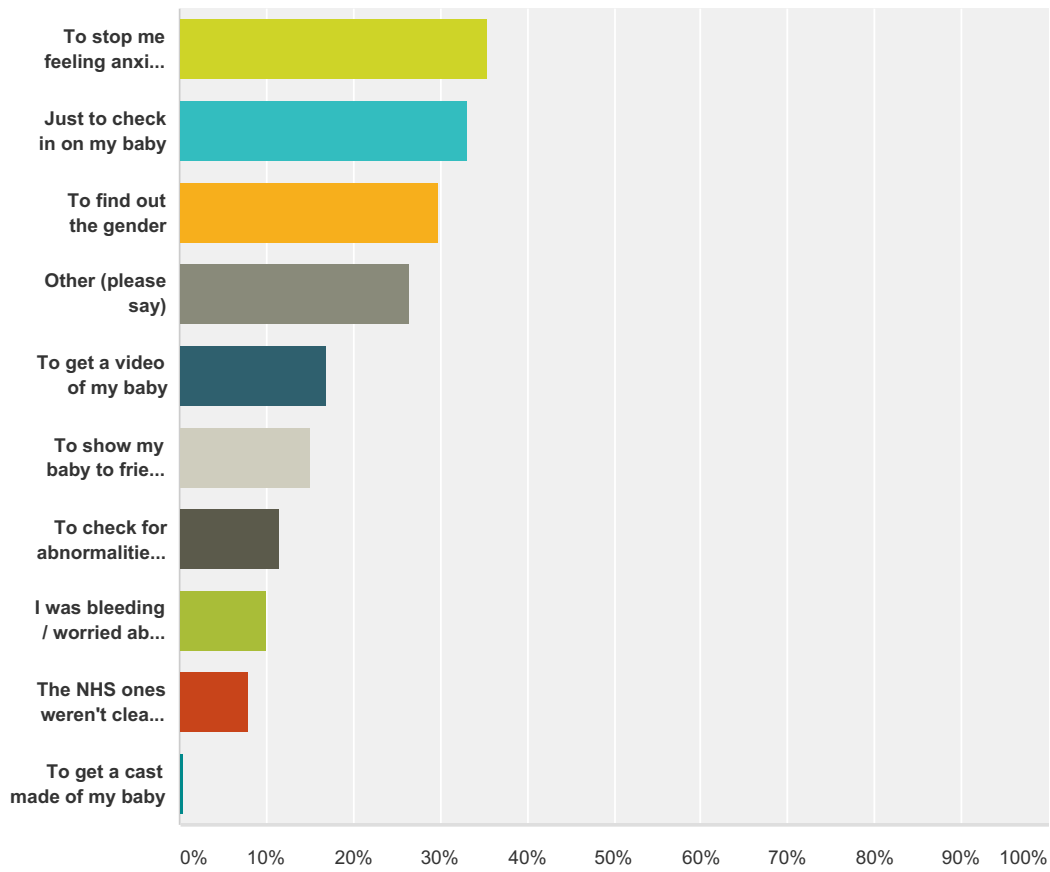
Answered: 710 Skipped: 1,499



Answer Choices	Responses	Count
5 to 10 weeks	32.82%	233
10 to 14 weeks	24.23%	172
14 to 19 weeks	24.93%	177
20 to 24 weeks	25.07%	178
24 to 30 weeks	31.13%	221
31 to 35 weeks	18.31%	130
36 weeks plus	4.93%	35
<b>Total Respondents: 710</b>		

### Q9 And why did you want to have extra scans? (Please tick all that apply)

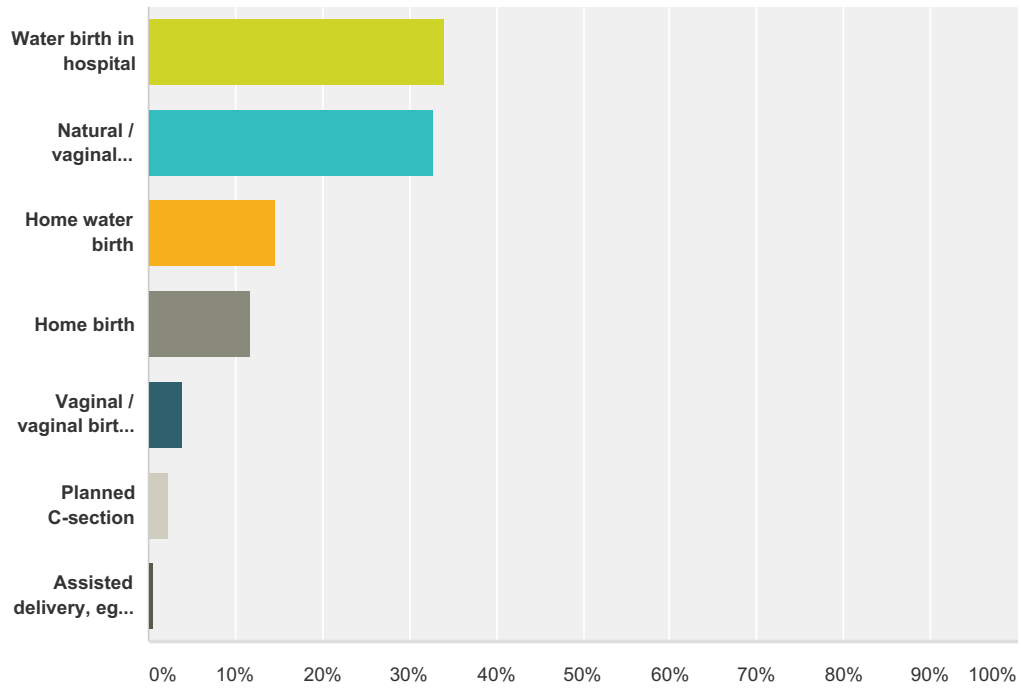
Answered: 692 Skipped: 1,517



Answer Choices	Responses
To stop me feeling anxious about my pregnancy	35.55% 246
Just to check in on my baby	33.09% 229
To find out the gender	29.91% 207
Other (please say)	26.45% 183
To get a video of my baby	16.91% 117
To show my baby to friends family	15.03% 104
To check for abnormalities earlier than the NHS allows	11.56% 80
I was bleeding / worried about the baby's movement	10.12% 70
The NHS ones weren't clear / good quality	7.95% 55
To get a cast made of my baby	0.43% 3
<b>Total Respondents: 692</b>	

### Q10 What type of birth did you hope for?

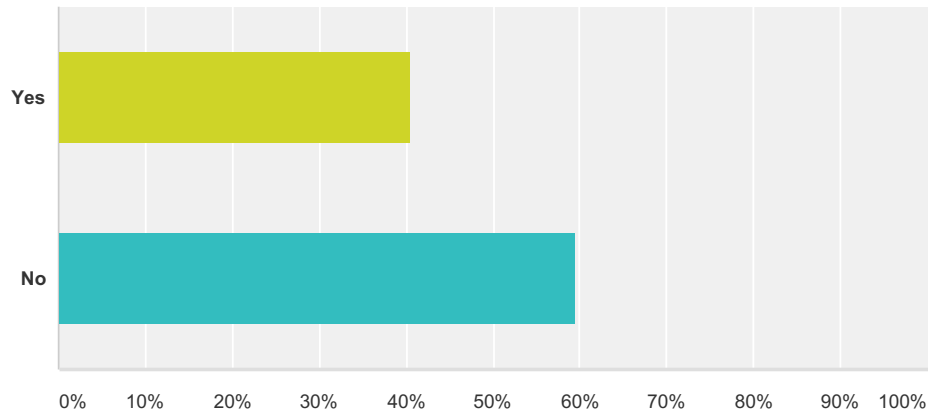
Answered: 2,198 Skipped: 11



Answer Choices	Responses
Water birth in hospital	34.08% 749
Natural / vaginal delivery in hospital	32.85% 722
Home water birth	14.60% 321
Home birth	11.60% 255
Vaginal / vaginal birth with epidural in hospital	3.87% 85
Planned C-section	2.37% 52
Assisted delivery, eg. Forceps / ventouse	0.64% 14
<b>Total</b>	<b>2,198</b>

### Q11 Did you get the birth you wanted?

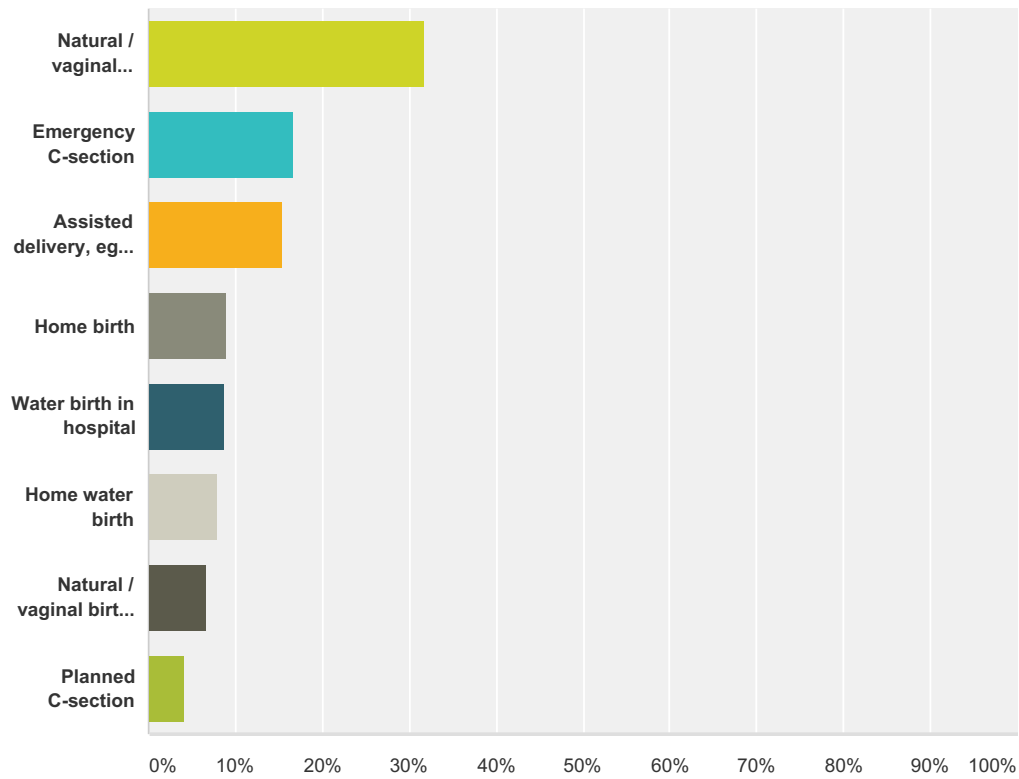
Answered: 2,200 Skipped: 9



Answer Choices	Responses
Yes	40.50% 891
No	59.50% 1,309
<b>Total</b>	<b>2,200</b>

### Q12 What type of birth did you actually have?

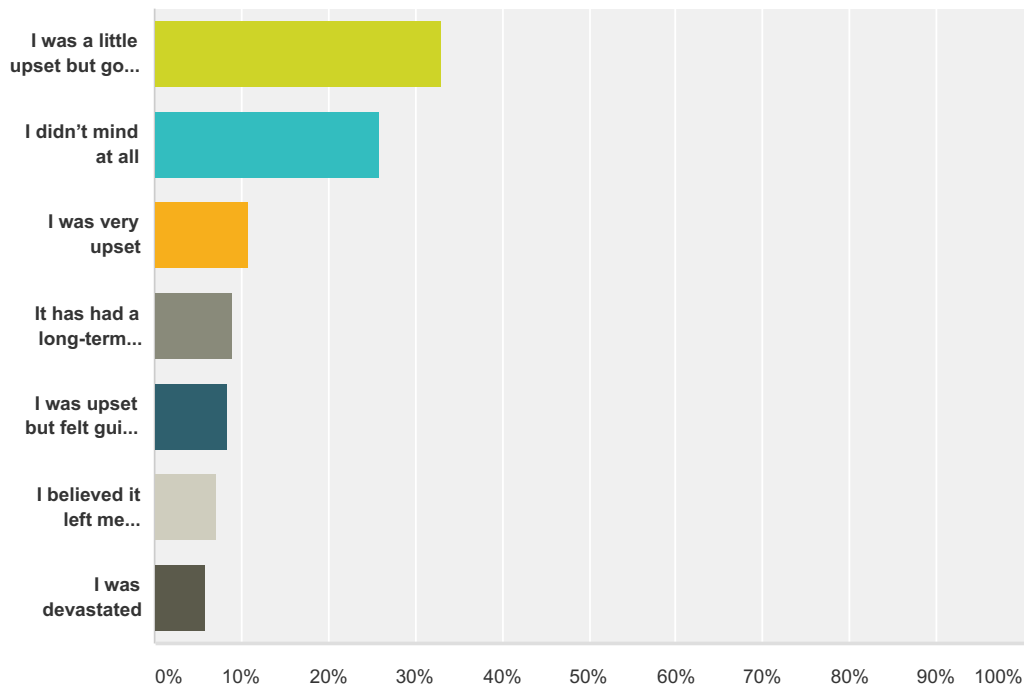
Answered: 2,188 Skipped: 21



Answer Choices	Responses
Natural / vaginal delivery in hospital	31.67% 693
Emergency C-section	16.64% 364
Assisted delivery, eg. Forceps / ventouse	15.49% 339
Home birth	8.96% 196
Water birth in hospital	8.68% 190
Home water birth	7.86% 172
Natural / vaginal birth with epidural in hospital	6.58% 144
Planned C-section	4.11% 90
<b>Total</b>	<b>2,188</b>

### Q13 If you DIDN'T have the birth you'd hoped for, how did that make you feel?

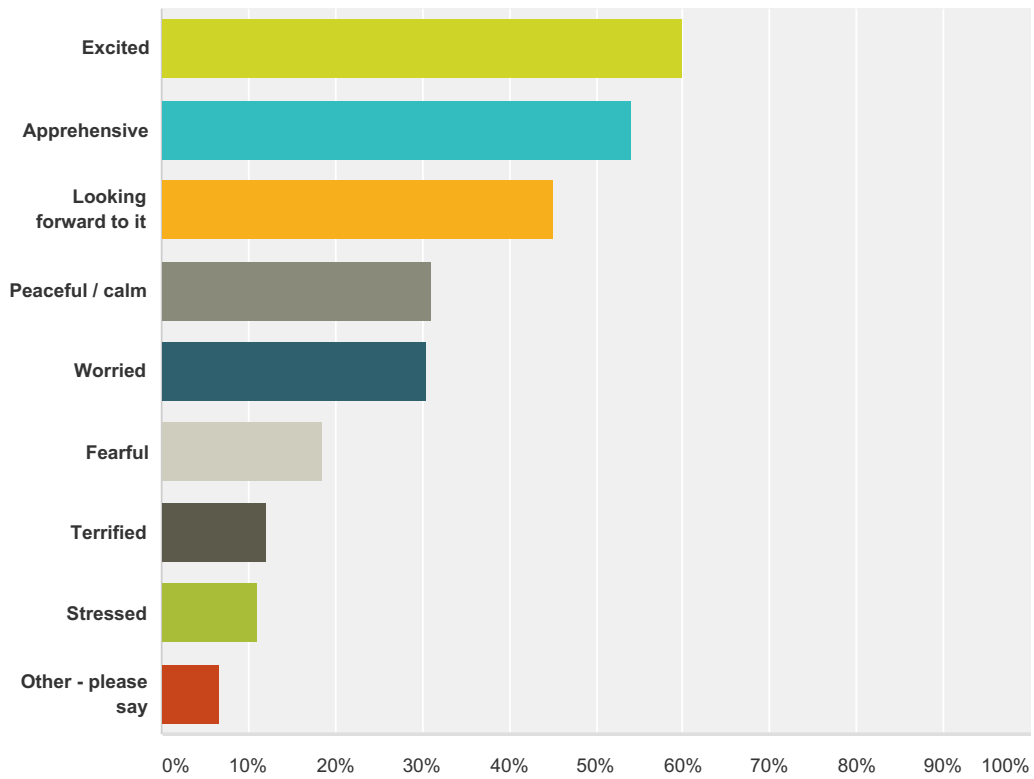
Answered: 1,366 Skipped: 843



Answer Choices	Responses
I was a little upset but got over it quickly	32.94% 450
I didn't mind at all	25.84% 353
I was very upset	10.76% 147
It has had a long-term effect on me and my partner / family and took longer to bond with my baby	8.93% 122
I was upset but felt guilty for feeling like that so I didn't talk about it	8.42% 115
I believed it left me suffering from post-natal depression but I have recovered	7.17% 98
I was devastated	5.93% 81
<b>Total</b>	<b>1,366</b>

### Q14 Before you gave birth, what did you feel about it? (Please tick all that apply)

Answered: 2,205 Skipped: 4

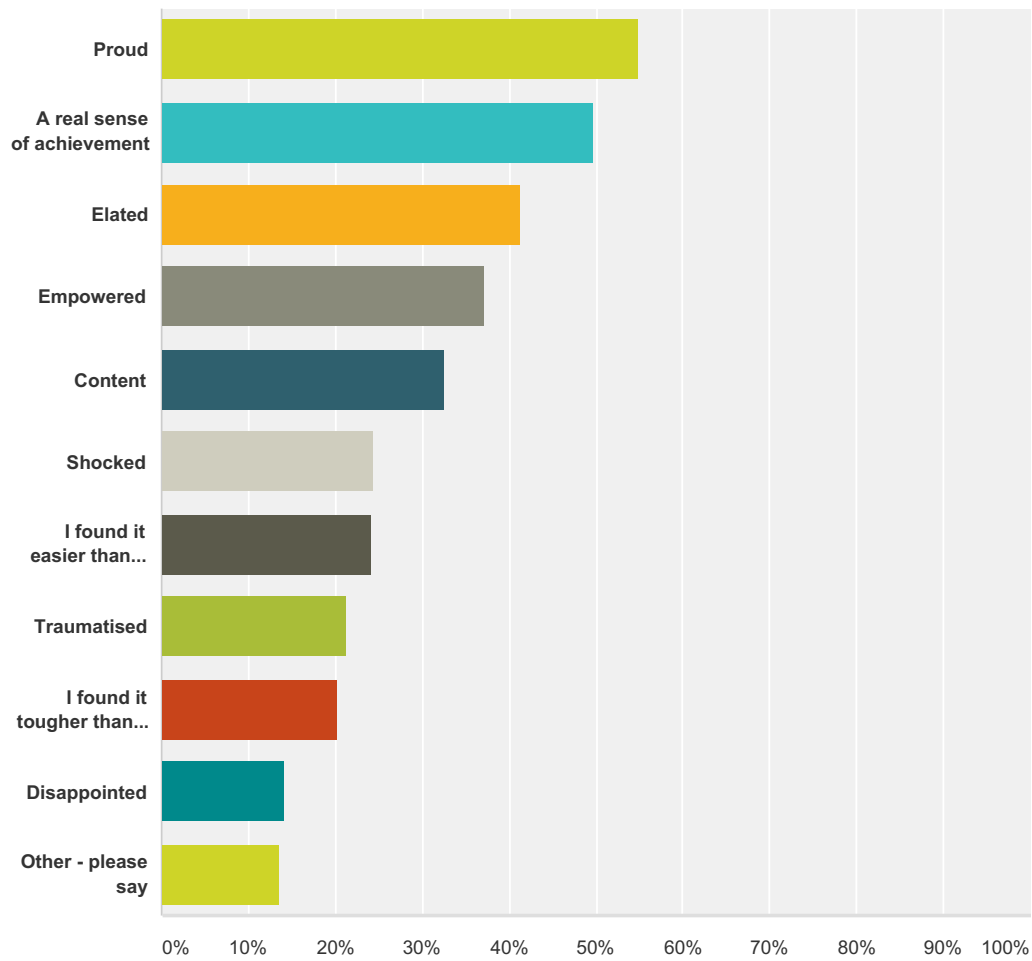


Answer Choices	Responses
Excited	59.82% 1,319
Apprehensive	53.97% 1,190
Looking forward to it	45.17% 996
Peaceful / calm	31.16% 687
Worried	30.43% 671
Fearful	18.59% 410
Terrified	12.15% 268
Stressed	11.11% 245
Other - please say	6.71% 148
<b>Total Respondents: 2,205</b>	



### Q15 How did you feel after you gave birth? (Please tick all that apply)

Answered: 2,205 Skipped: 4

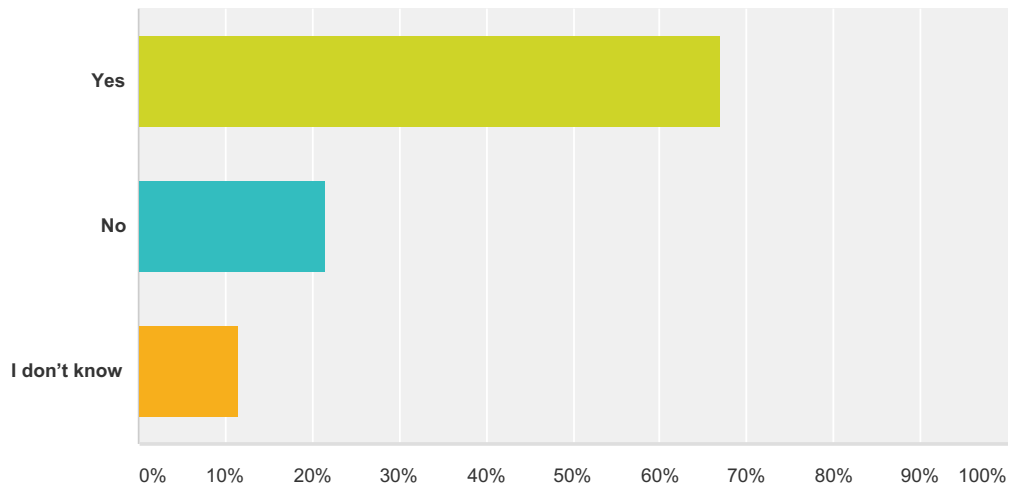


Answer Choices	Responses	Count
Proud	54.83%	1,209
A real sense of achievement	49.66%	1,095
Elated	41.32%	911
Empowered	37.23%	821
Content	32.56%	718
Shocked	24.44%	539
I found it easier than expected	24.13%	532
Traumatized	21.32%	470
I found it tougher than expected	20.32%	448
Disappointed	14.29%	315

Other - please say	13.56%	299
<b>Total Respondents: 2,205</b>		

### Q16 Did you feel giving birth was a positive experience?

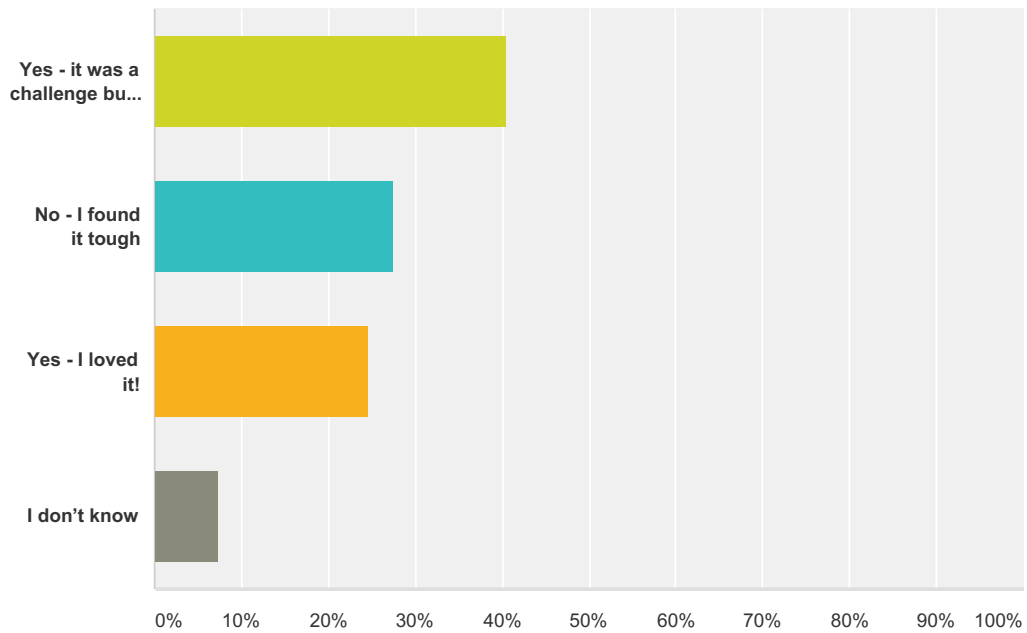
Answered: 2,198 Skipped: 11



Answer Choices	Responses
Yes	66.97% 1,472
No	21.47% 472
I don't know	11.56% 254
<b>Total</b>	<b>2,198</b>

### Q17 Did you enjoy giving birth?

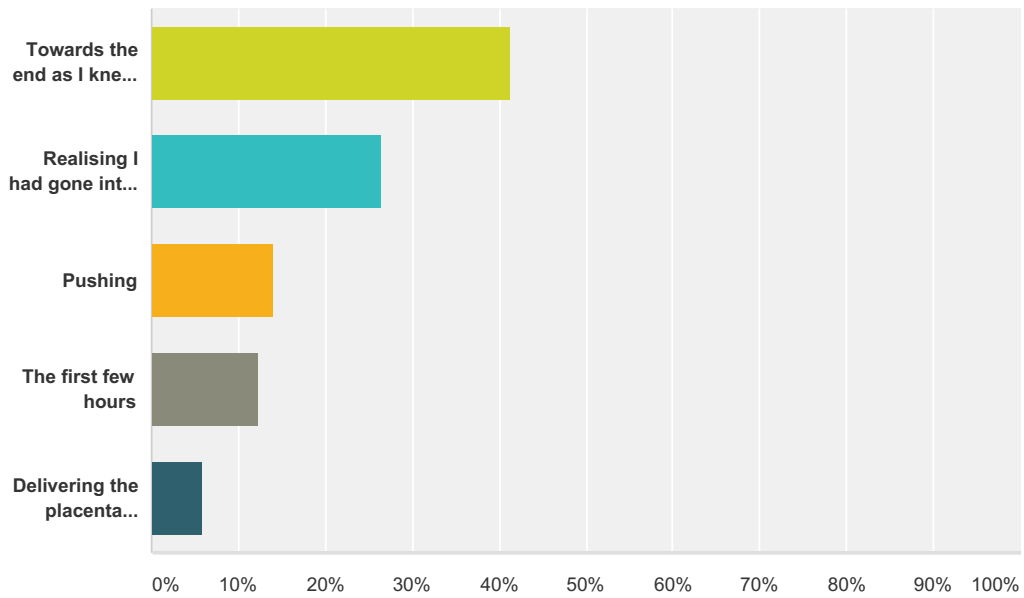
Answered: 2,197 Skipped: 12



Answer Choices	Responses
Yes - it was a challenge but worth it	40.51% 890
No - I found it tough	27.63% 607
Yes - I loved it!	24.53% 539
I don't know	7.33% 161
<b>Total</b>	<b>2,197</b>

### Q18 What was your favourite part of the birth process?

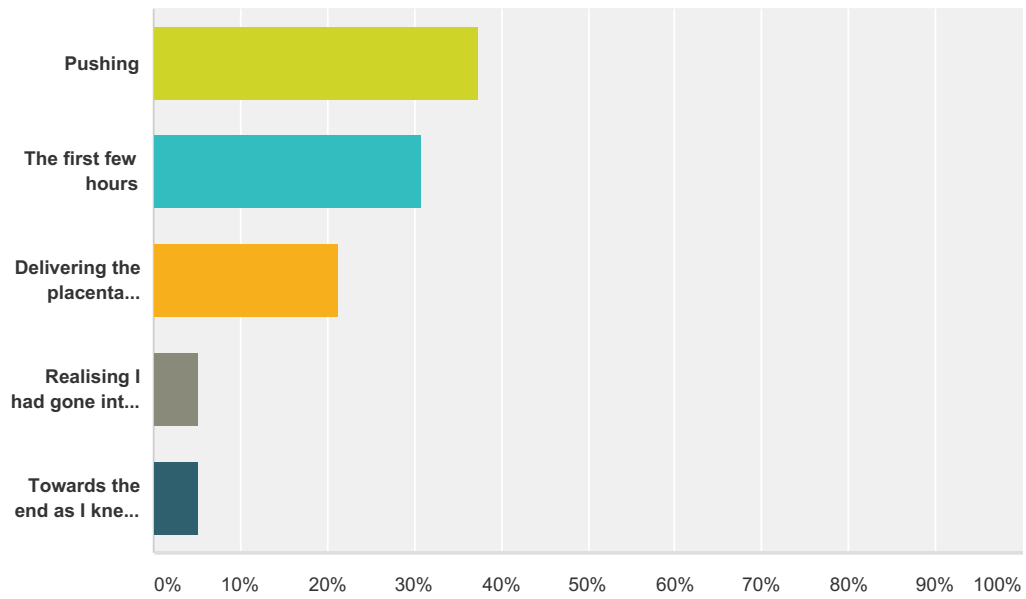
Answered: 2,046 Skipped: 163



Answer Choices	Responses	
Towards the end as I knew I would meet my baby soon	41.40%	847
Realising I had gone into labour	26.59%	544
Pushing	14.03%	287
The first few hours	12.22%	250
Delivering the placenta afterwards	5.77%	118
<b>Total</b>		<b>2,046</b>

### Q19 And your least favourite part?

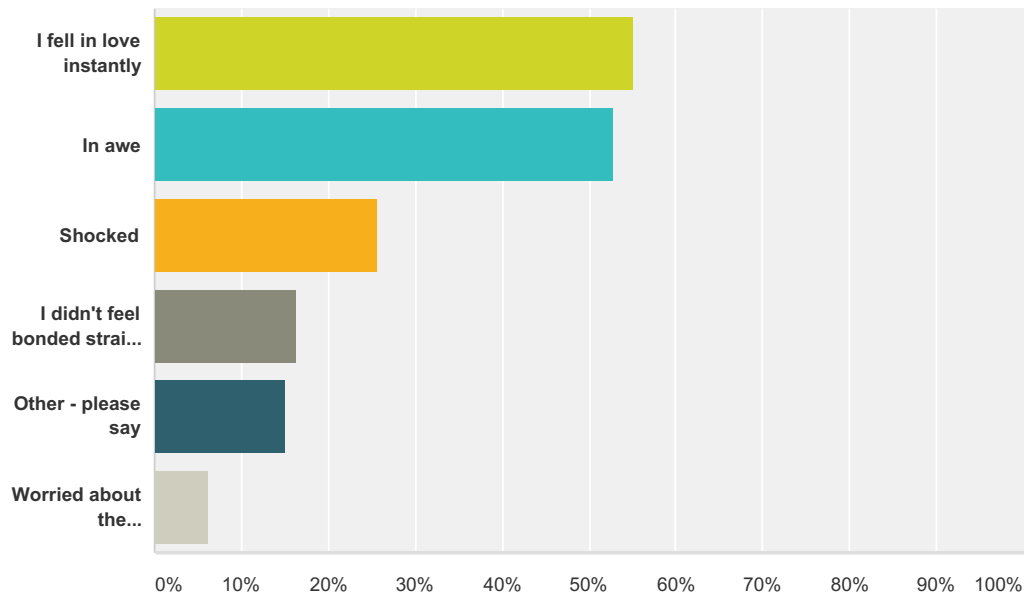
Answered: 1,927 Skipped: 282



Answer Choices	Responses
Pushing	37.47% 722
The first few hours	30.88% 595
Delivering the placenta afterwards	21.28% 410
Realising I had gone into labour	5.24% 101
Towards the end as I knew I would meet my baby soon	5.14% 99
<b>Total</b>	<b>1,927</b>

### Q20 How did you feel when you first saw / held your baby? (Please tick all that apply)

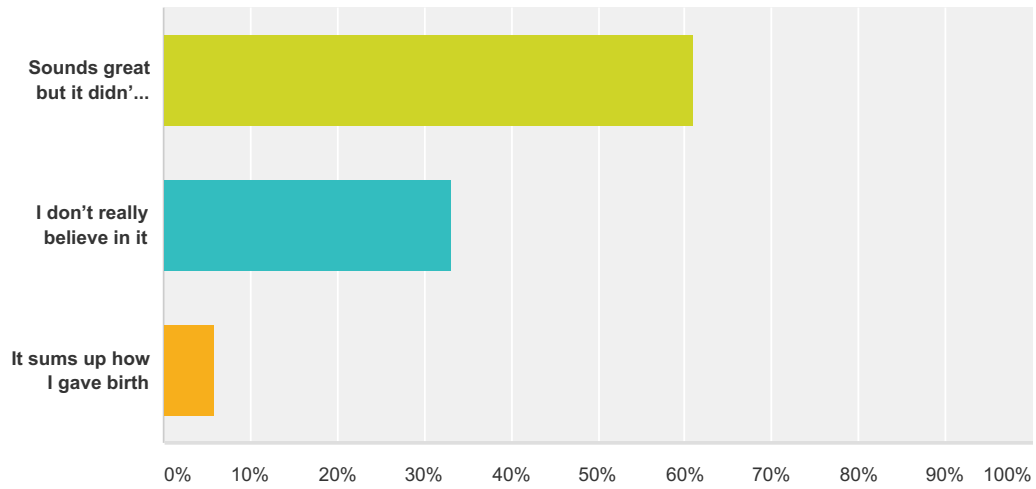
Answered: 2,208 Skipped: 1



Answer Choices	Responses
I fell in love instantly	55.16% 1,218
In awe	52.76% 1,165
Shocked	25.77% 569
I didn't feel bonded straight away	16.21% 358
Other - please say	15.04% 332
Worried about the responsibility	6.30% 139
<b>Total Respondents: 2,208</b>	

### Q21 What do you feel about the idea of an 'orgasmic birth' where giving birth can be pleasurable?

Answered: 2,189 Skipped: 20

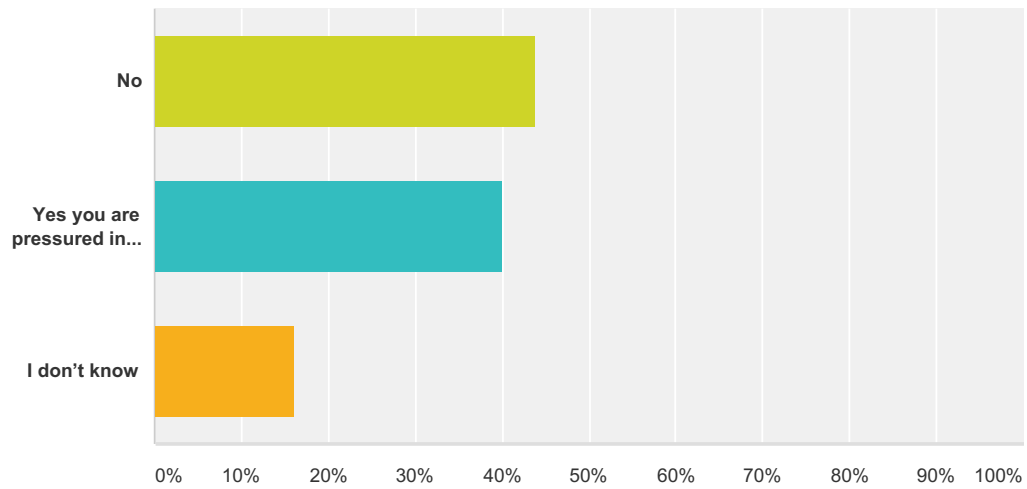


Answer Choices	Responses
Sounds great but it didn't happen to me	60.99% 1,335
I don't really believe in it	33.26% 728
It sums up how I gave birth	5.76% 126
<b>Total</b>	<b>2,189</b>



### Q22 Do you think the birth experience has become too competitive?

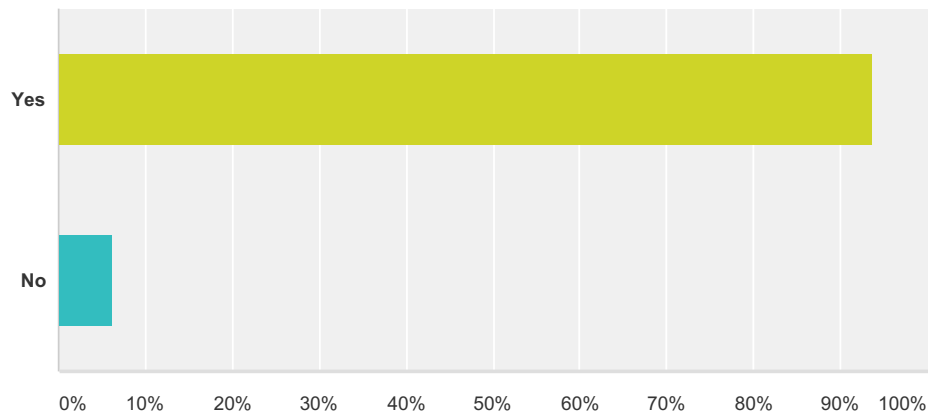
Answered: 2,202 Skipped: 7



Answer Choices	Responses
No	43.82% 965
Yes you are pressured into feeling you should have the 'perfect birth'	40.05% 882
I don't know	16.12% 355
<b>Total</b>	<b>2,202</b>

### Q23 Did you share your birth story with other mums?

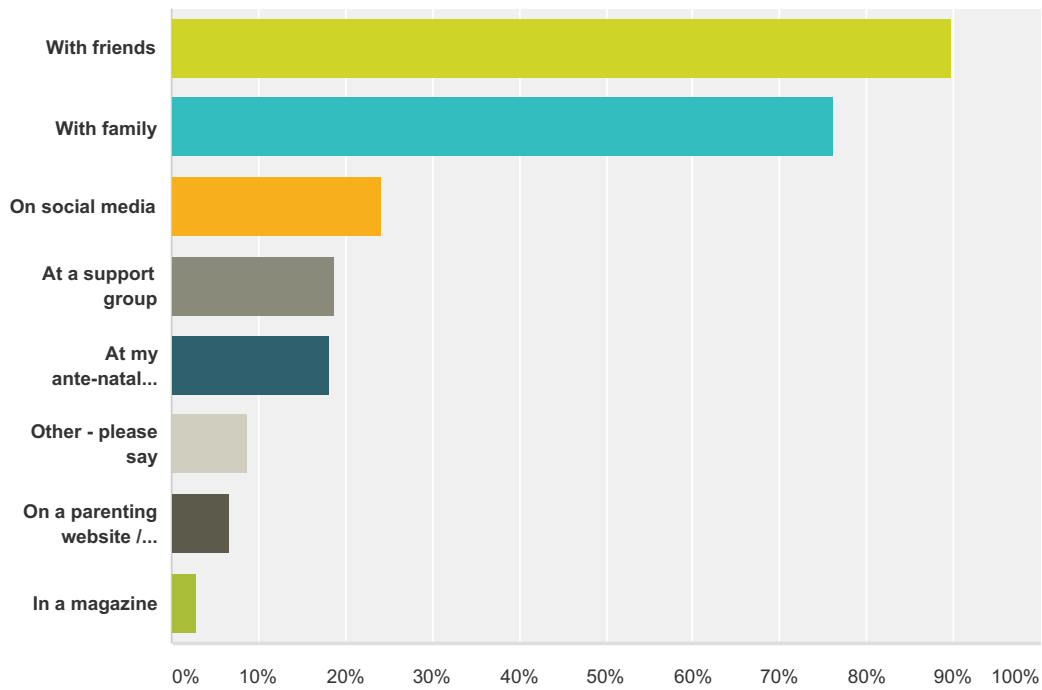
Answered: 2,202 Skipped: 7



Answer Choices	Responses
Yes	93.69% 2,063
No	6.31% 139
<b>Total</b>	<b>2,202</b>

### Q24 If you did, how did you share it? (Please tick all that apply)

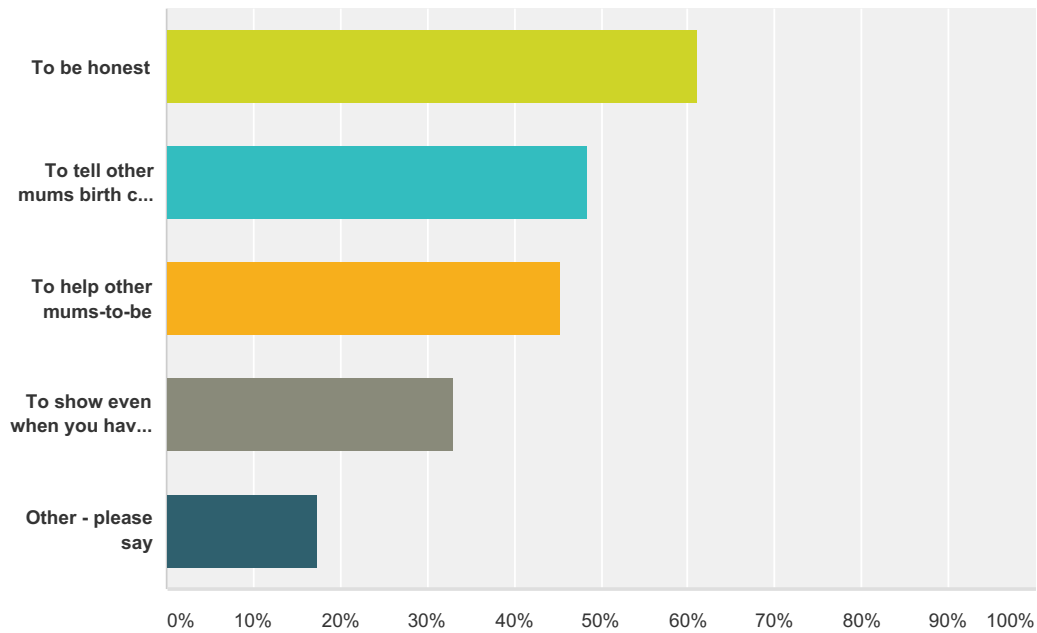
Answered: 2,087 Skipped: 122



Answer Choices	Responses
With friends	89.84% 1,875
With family	76.19% 1,590
On social media	24.15% 504
At a support group	18.88% 394
At my ante-natal group	18.16% 379
Other - please say	8.72% 182
On a parenting website / Channel Mum	6.76% 141
In a magazine	2.87% 60
<b>Total Respondents: 2,087</b>	

### Q25 Why did you choose to share it? (Please tick all that apply)

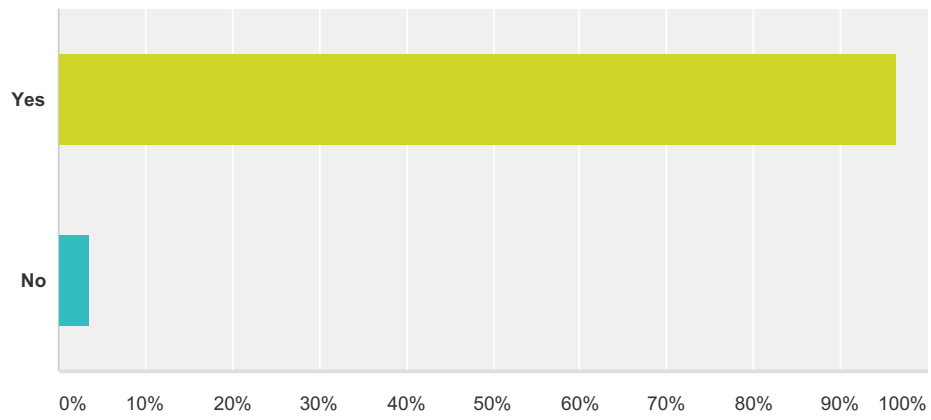
Answered: 2,073 Skipped: 136



Answer Choices	Responses
To be honest	61.26% 1,270
To tell other mums birth can be positive	48.48% 1,005
To help other mums-to-be	45.30% 939
To show even when you have a tough birth, you get over it and things will be OK	32.90% 682
Other - please say	17.41% 361
<b>Total Respondents: 2,073</b>	

### Q26 Would you encourage dads to share their birth stories?

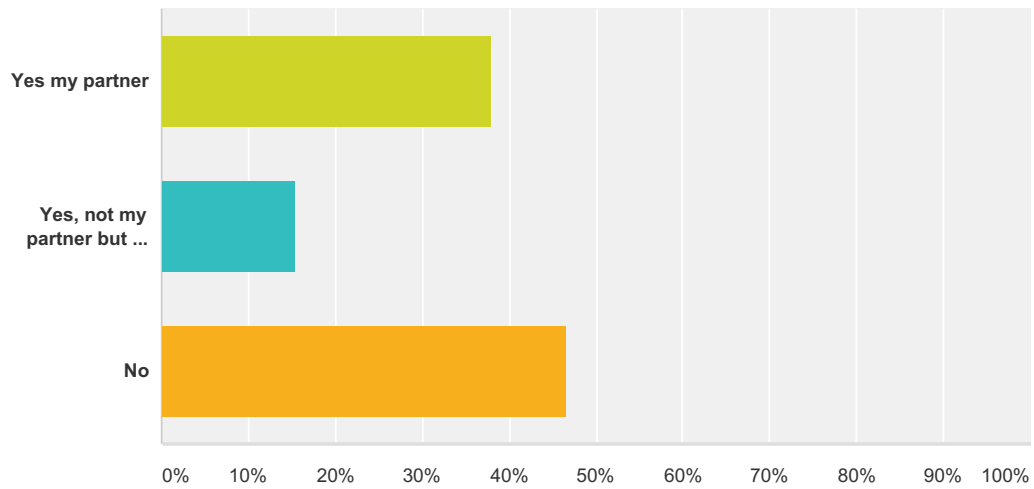
Answered: 2,192 Skipped: 17



Answer Choices	Responses
Yes	96.35% 2,112
No	3.65% 80
<b>Total</b>	<b>2,192</b>

### Q27 Did you know any dads who have shared their birth stories?

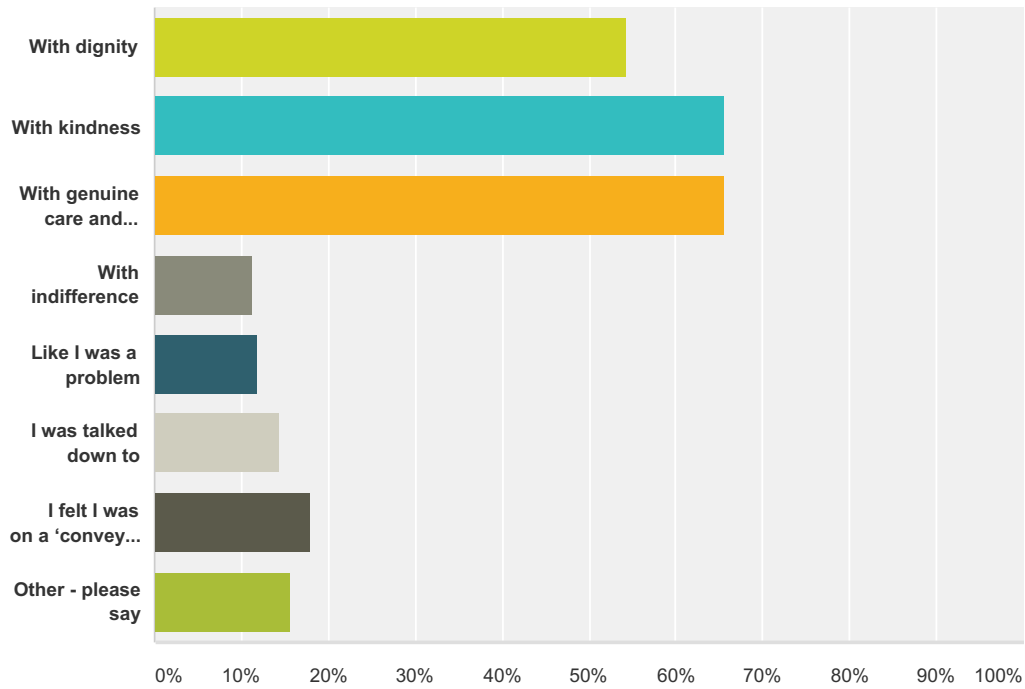
Answered: 2,198 Skipped: 11



Answer Choices	Responses
Yes my partner	37.90% 833
Yes, not my partner but I do know of some	15.47% 340
No	46.63% 1,025
<b>Total</b>	<b>2,198</b>

### Q28 Thinking about your care from professionals giving birth, how were you treated? (Please tick all that apply)

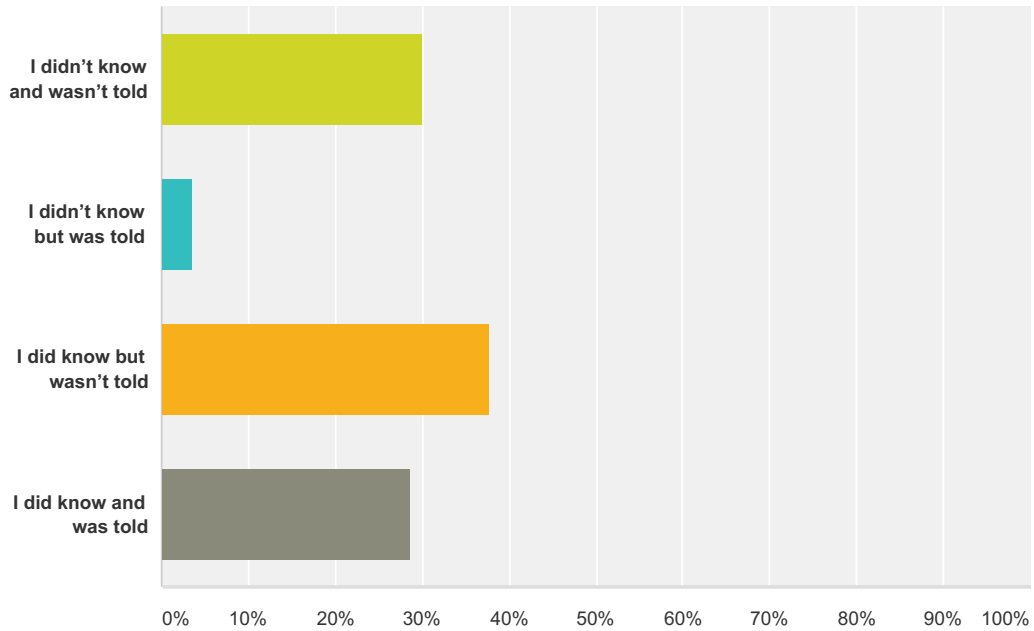
Answered: 2,196 Skipped: 13



Answer Choices	Responses
With dignity	54.23% 1,191
With kindness	65.48% 1,438
With genuine care and attention	65.62% 1,441
With indifference	11.29% 248
Like I was a problem	11.98% 263
I was talked down to	14.44% 317
I felt I was on a 'conveyor belt' of care	17.99% 395
Other - please say	15.76% 346
<b>Total Respondents: 2,196</b>	

### Q29 Did you know / were you told that you have a right to decline any procedure during labour, such as vaginal exams or sweeps?

Answered: 2,178 Skipped: 31

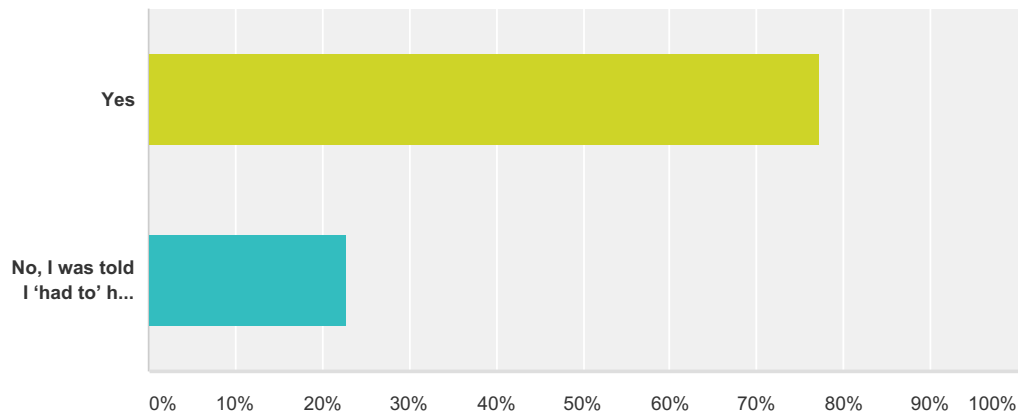


Answer Choices	Responses
I didn't know and wasn't told	30.03% 654
I didn't know but was told	3.58% 78
I did know but wasn't told	37.88% 825
I did know and was told	28.51% 621
<b>Total</b>	<b>2,178</b>



### Q30 Did you consent to everything that happened to you in birth?

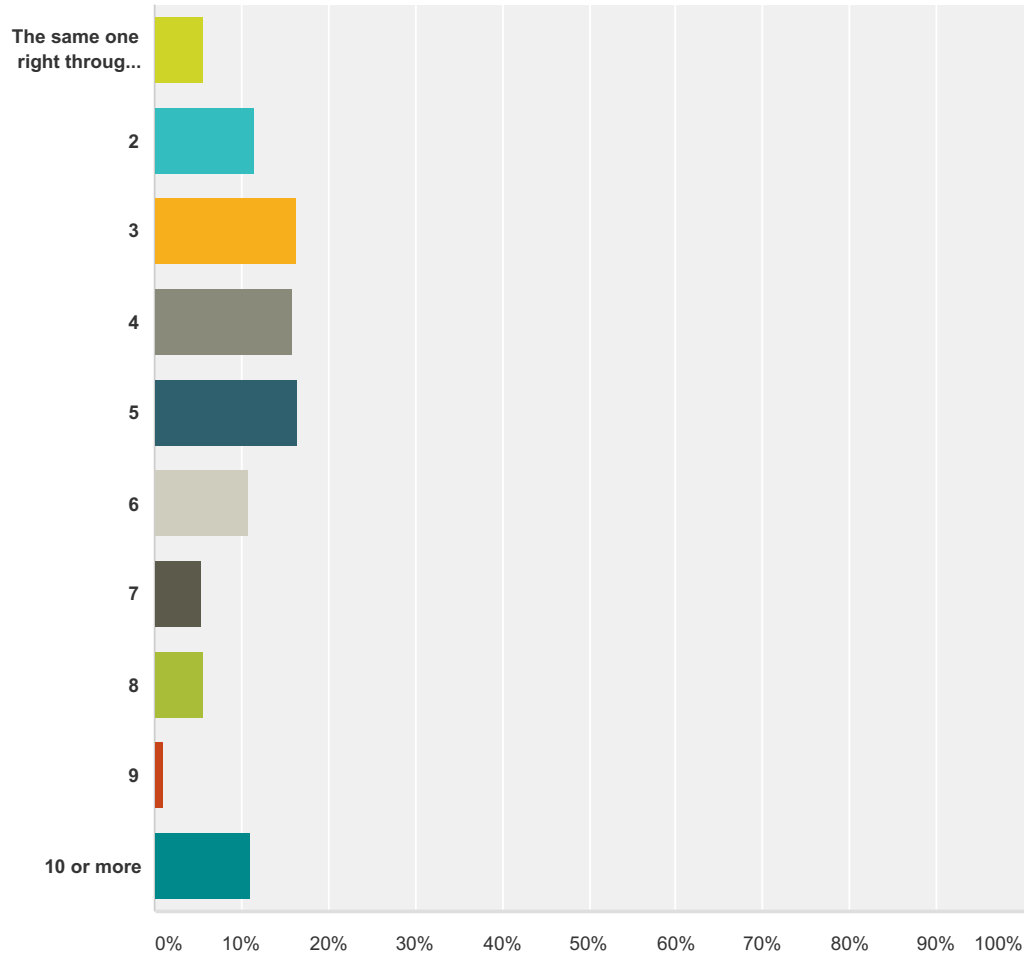
Answered: 2,186 Skipped: 23



Answer Choices	Responses	
Yes	77.31%	1,690
No, I was told I 'had to' have certain procedures	22.69%	496
<b>Total</b>		<b>2,186</b>

### Q31 Thinking about your whole pregnancy, how many different midwives did you see in total?

Answered: 2,194 Skipped: 15

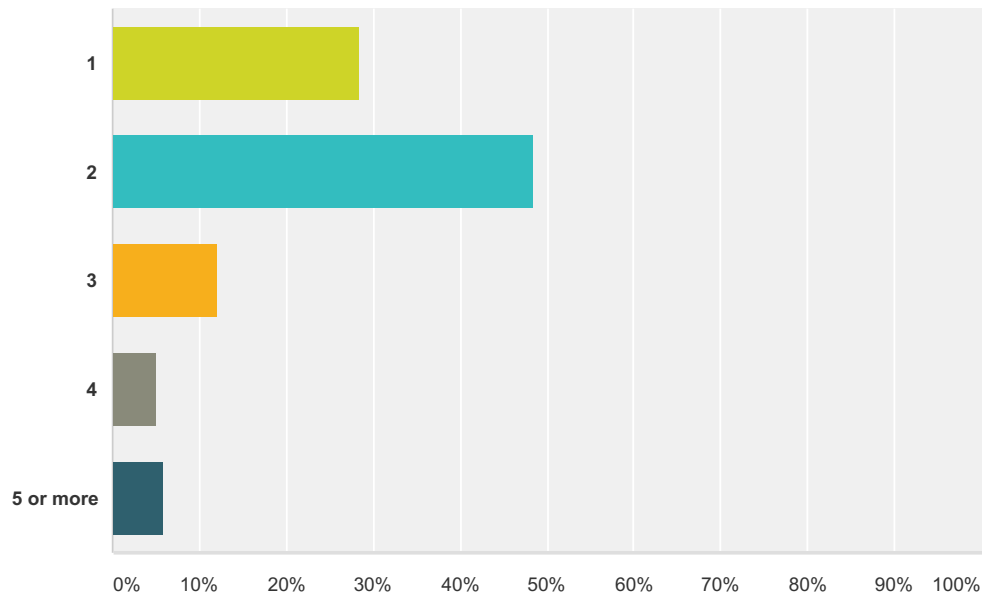


Answer Choices	Responses
The same one right through (including the birth)	5.56% 122
2	11.53% 253
3	16.23% 356
4	15.91% 349
5	16.50% 362
6	10.80% 237
7	5.52% 121
8	5.65% 124
9	1.14% 25
10 or more	11.17% 245

Total	2,194
-------	-------

### Q32 How many midwives were present at your birth

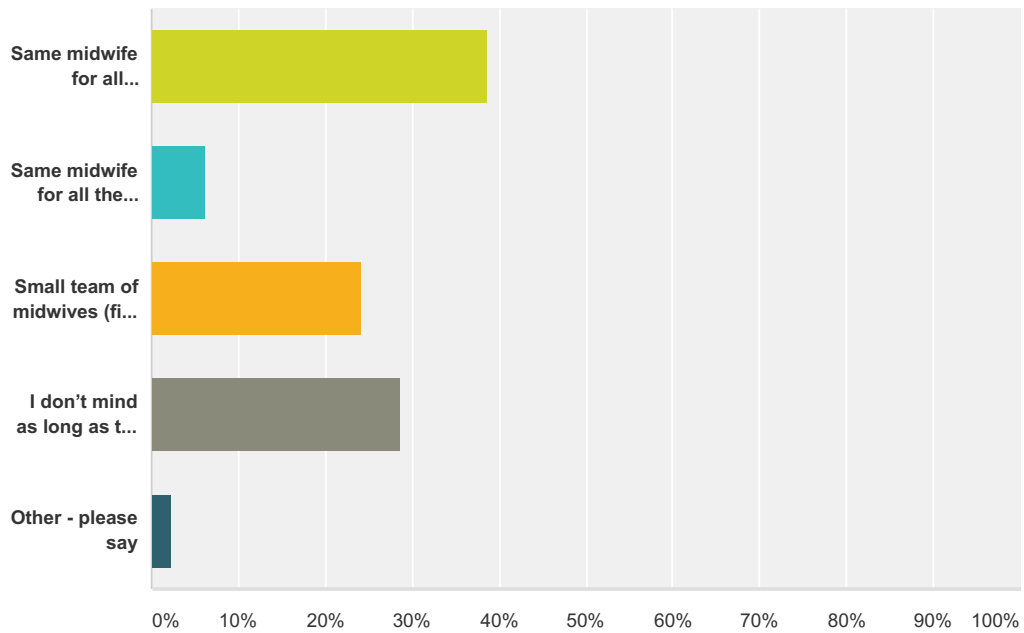
Answered: 2,141 Skipped: 68



Answer Choices	Responses
1	28.49% 610
2	48.48% 1,038
3	12.19% 261
4	4.95% 106
5 or more	5.89% 126
<b>Total</b>	<b>2,141</b>

### Q33 In an ideal world, what kind of care would you have liked?

Answered: 2,175 Skipped: 34



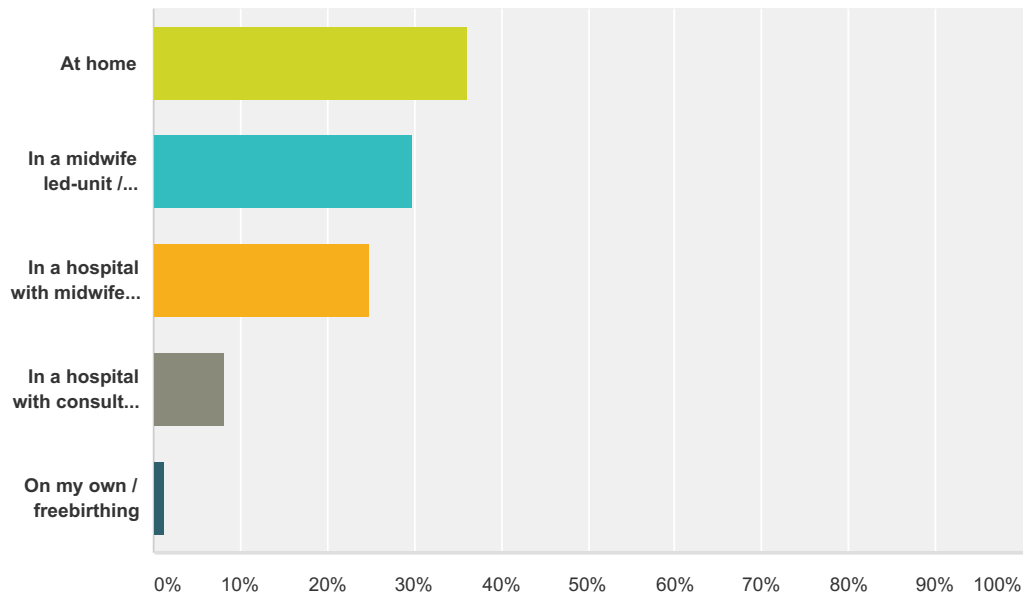
Answer Choices	Responses
Same midwife for all appointments and the birth	38.67% 841
Same midwife for all the appointments and a different midwife team for the birth	6.21% 135
Small team of midwives (five people or fewer) for the appointments so I knew the one I had at the birth	24.28% 528
I don't mind as long as the care is good	28.55% 621
Other - please say	2.30% 50
<b>Total</b>	<b>2,175</b>

**Q34 Please tell us a little but more about your pregnancy care experience and what you would have liked ideally.**

Answered: 1,238 Skipped: 971

### Q35 Where do you think is the best place to give birth?

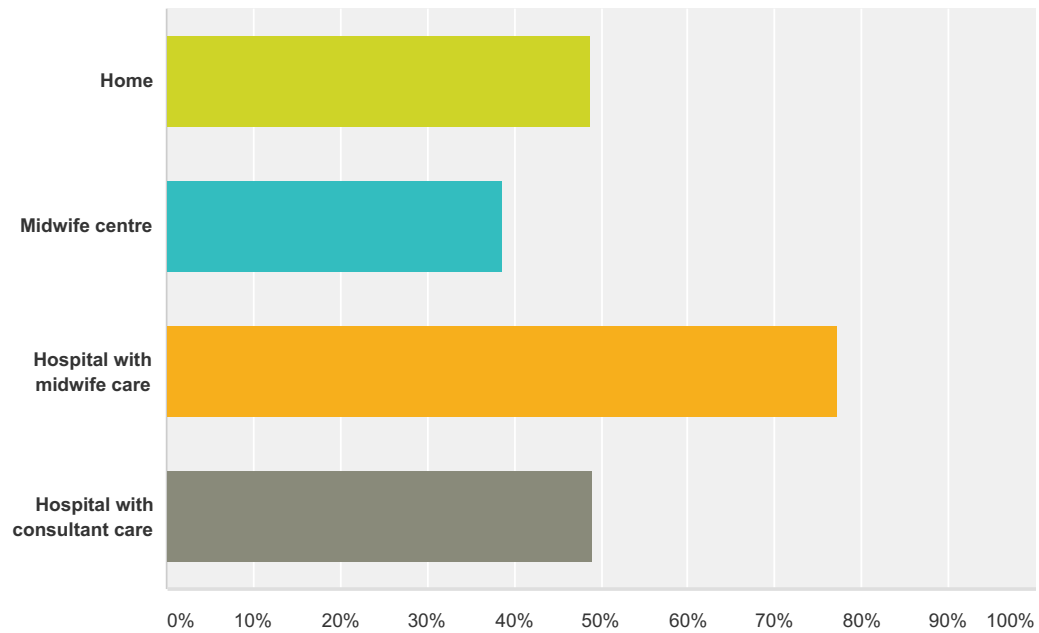
Answered: 2,175 Skipped: 34



Answer Choices	Responses
At home	36.05% 784
In a midwife led-unit / birthing centre	29.79% 648
In a hospital with midwife care	24.87% 541
In a hospital with consultant care	8.05% 175
On my own / freebirthing	1.24% 27
<b>Total</b>	<b>2,175</b>

### Q36 What places of birth were you offered as options? (Please tick all that apply)

Answered: 2,179 Skipped: 30

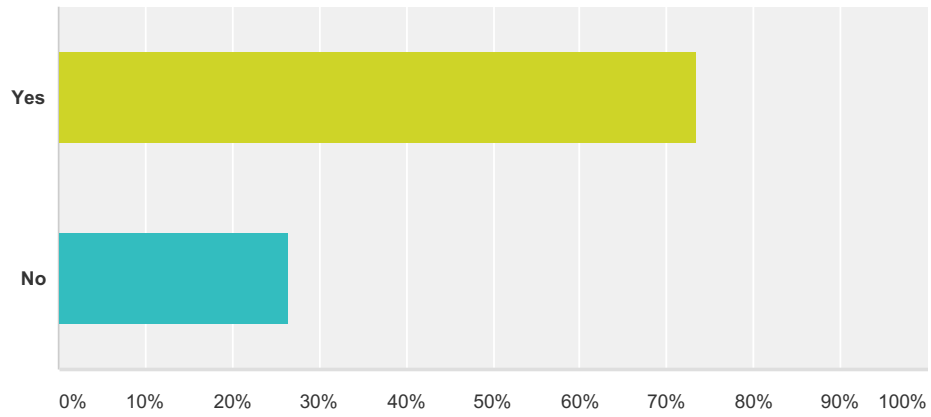


Answer Choices	Responses
Home	48.83% 1,064
Midwife centre	38.55% 840
Hospital with midwife care	77.28% 1,684
Hospital with consultant care	49.01% 1,068
<b>Total Respondents: 2,179</b>	



### Q37 Did you make a birth plan?

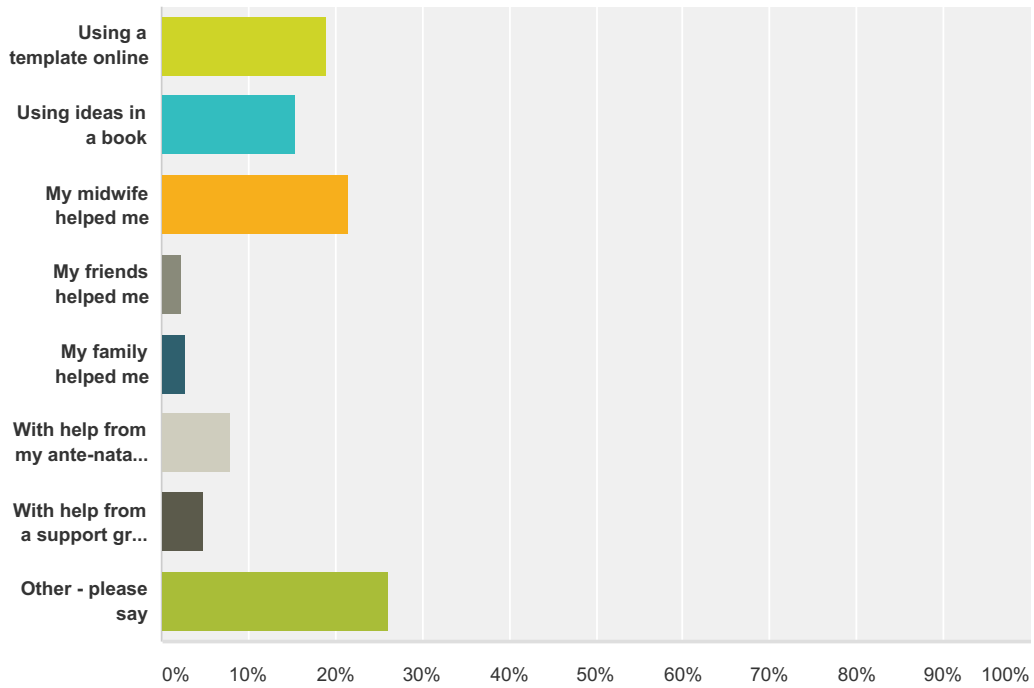
Answered: 2,204 Skipped: 5



Answer Choices	Responses	
Yes	73.46%	1,619
No	26.54%	585
<b>Total</b>		<b>2,204</b>

### Q38 How did you make it?

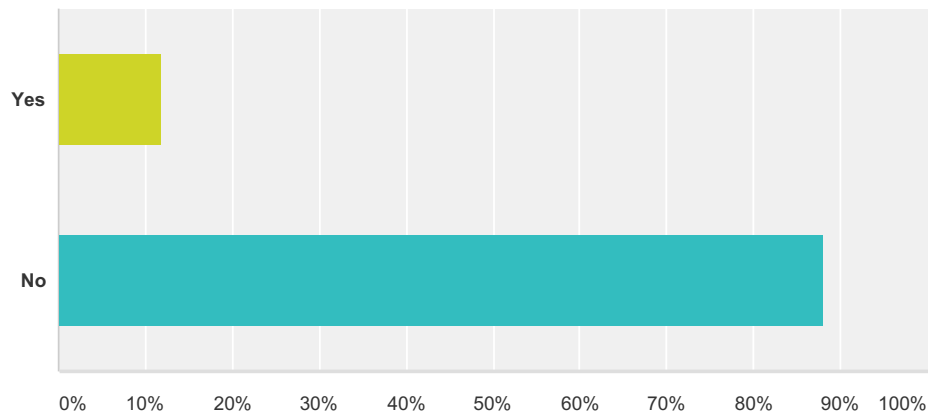
Answered: 1,680 Skipped: 529



Answer Choices	Responses
Using a template online	18.93% 318
Using ideas in a book	15.54% 261
My midwife helped me	21.55% 362
My friends helped me	2.26% 38
My family helped me	2.68% 45
With help from my ante-natal group	7.98% 134
With help from a support group like Positive Birth Movement	4.88% 82
Other - please say	26.19% 440
<b>Total</b>	<b>1,680</b>

### Q39 Were you discouraged from making a birth plan at any point?

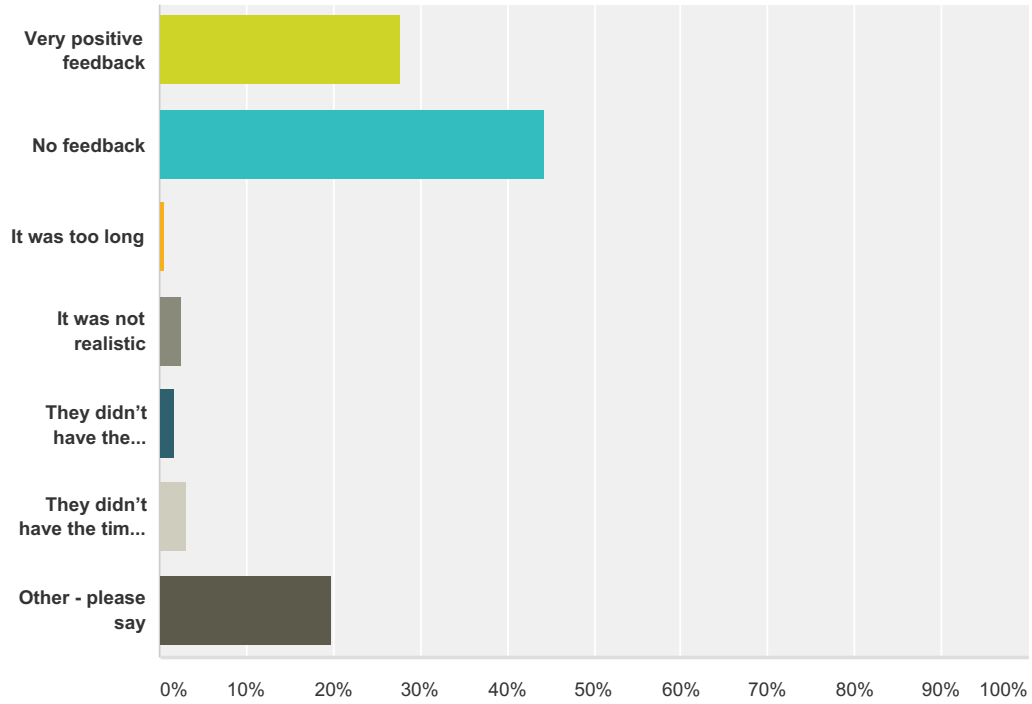
Answered: 2,153 Skipped: 56



Answer Choices	Responses
Yes	11.80% 254
No	88.20% 1,899
<b>Total</b>	<b>2,153</b>

### Q40 What feedback did you get on your plan from medical staff and midwives? (Please tick all that apply)

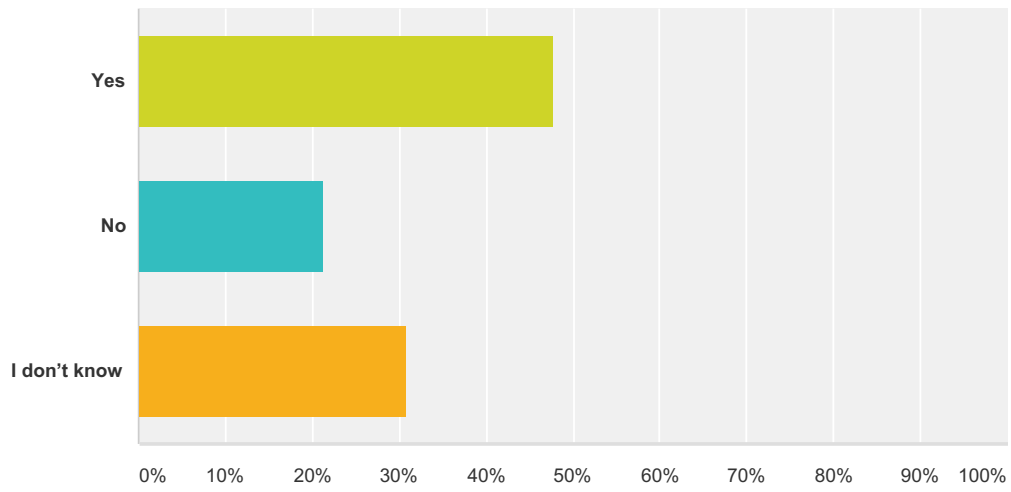
Answered: 1,766 Skipped: 443



Answer Choices	Responses
Very positive feedback	27.86% 492
No feedback	44.17% 780
It was too long	0.57% 10
It was not realistic	2.55% 45
They didn't have the resources to stick to it	1.76% 31
They didn't have the time to stick to it	3.23% 57
Other - please say	19.88% 351
<b>Total</b>	<b>1,766</b>

### Q41 Was your birth plan read by the professionals caring for you?

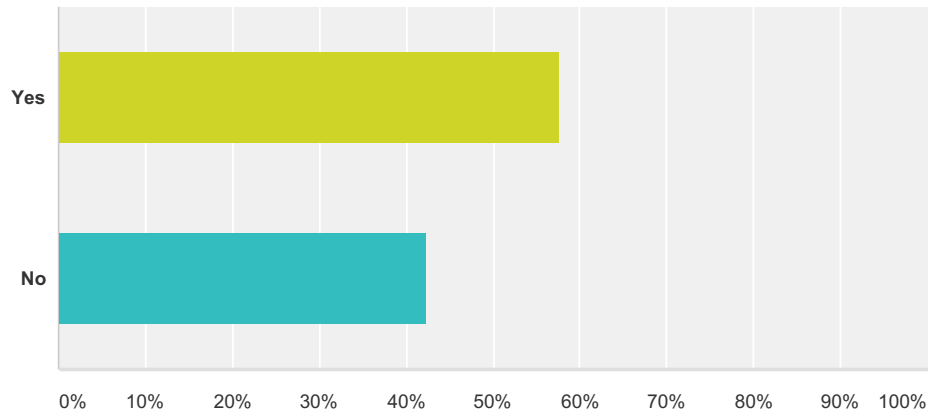
Answered: 1,779 Skipped: 430



Answer Choices	Responses
Yes	47.72% 849
No	21.36% 380
I don't know	30.92% 550
<b>Total</b>	<b>1,779</b>

### Q42 Was it adhered to?

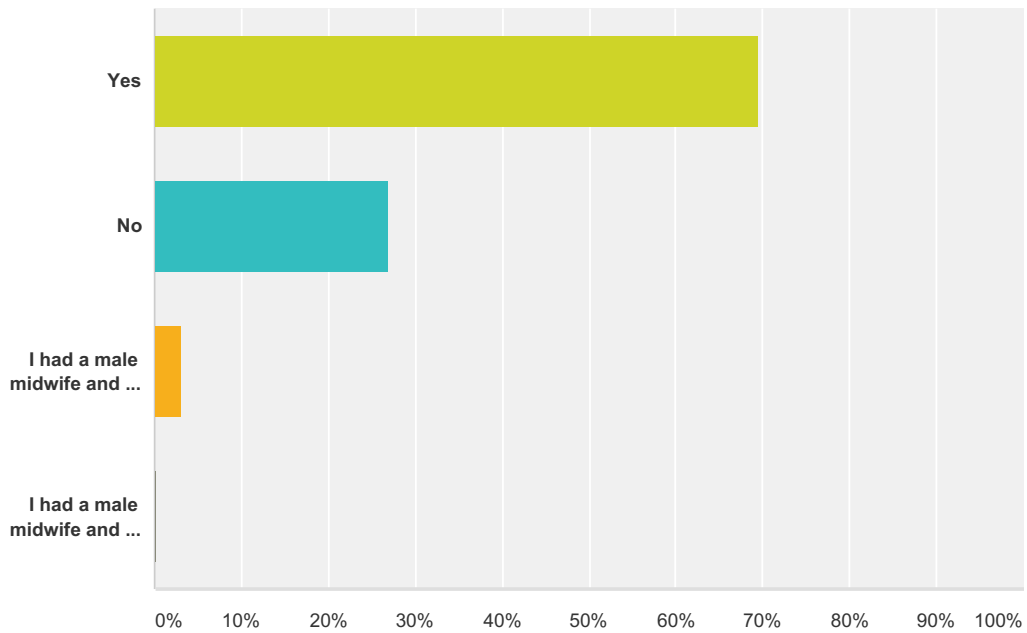
Answered: 1,685 Skipped: 524



Answer Choices	Responses
Yes	57.69% 972
No	42.31% 713
<b>Total</b>	<b>1,685</b>

### Q43 Would you be happy to have a male midwife at your birth?

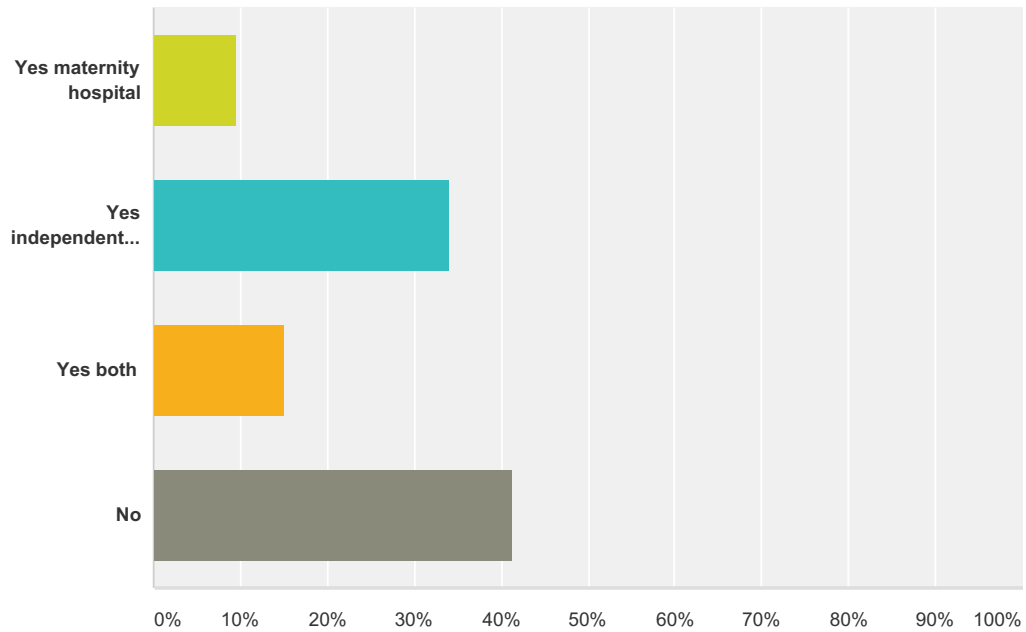
Answered: 2,191 Skipped: 18



Answer Choices	Responses
Yes	69.56% 1,524
No	26.97% 591
I had a male midwife and was happy	3.19% 70
I had a male midwife and was not happy	0.27% 6
<b>Total</b>	<b>2,191</b>

### Q44 If you had the money, would you pay for a private maternity hospital or independent midwife?

Answered: 2,197 Skipped: 12

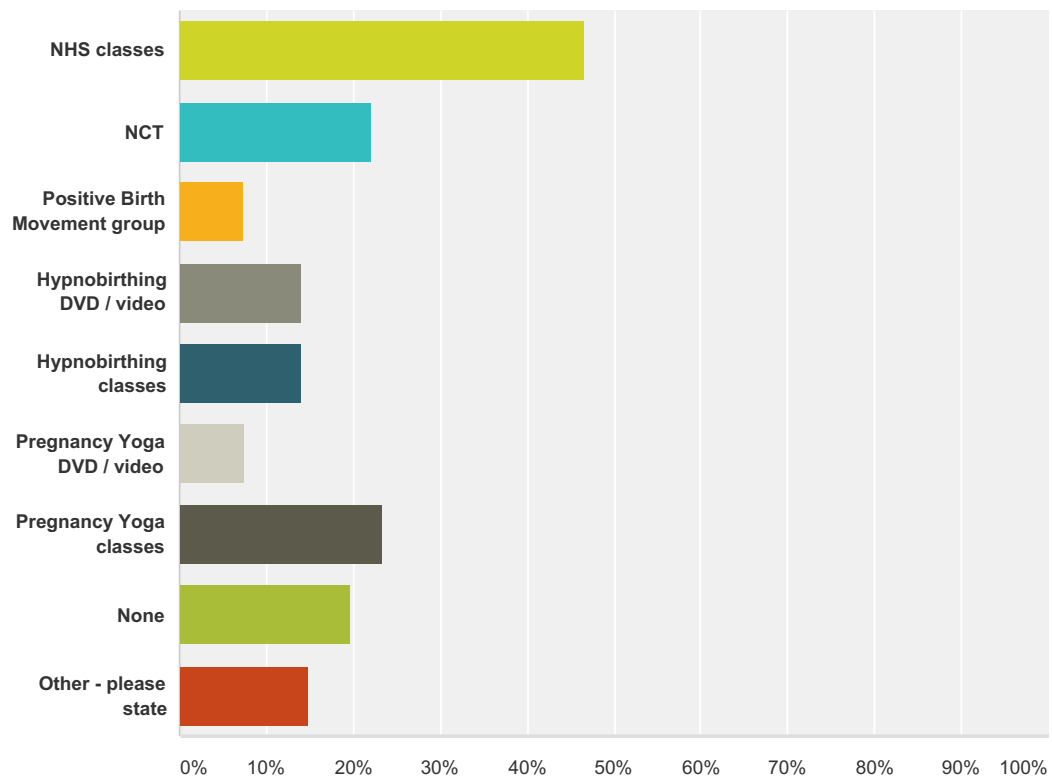


Answer Choices	Responses
Yes maternity hospital	9.65% 212
Yes independent midwife	34.00% 747
Yes both	15.11% 332
No	41.24% 906
<b>Total</b>	<b>2,197</b>



### Q45 What type of antenatal education / birth preparation did you take part in?

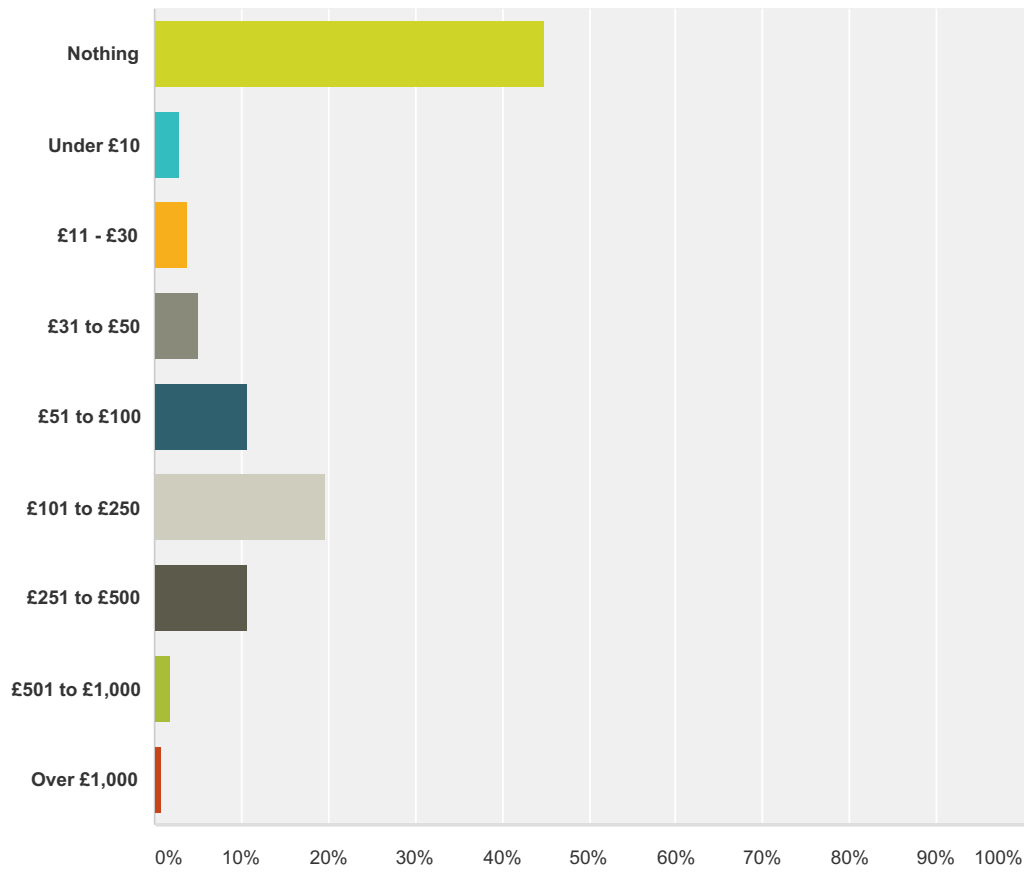
Answered: 2,191 Skipped: 18



Answer Choices	Responses
NHS classes	46.55% 1,020
NCT	22.23% 487
Positive Birth Movement group	7.26% 159
Hypnobirthing DVD / video	13.92% 305
Hypnobirthing classes	14.01% 307
Pregnancy Yoga DVD / video	7.44% 163
Pregnancy Yoga classes	23.32% 511
None	19.53% 428
Other - please state	14.83% 325
<b>Total Respondents: 2,191</b>	

### Q46 And how much did you spend on classes / birth preparation?

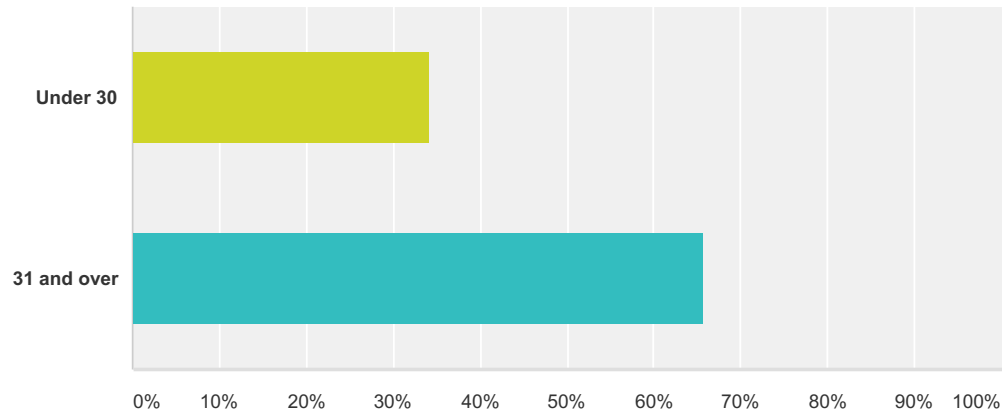
Answered: 2,114 Skipped: 95



Answer Choices	Responses
Nothing	44.84% 948
Under £10	2.93% 62
£11 - £30	3.74% 79
£31 to £50	5.11% 108
£51 to £100	10.69% 226
£101 to £250	19.54% 413
£251 to £500	10.60% 224
£501 to £1,000	1.80% 38
Over £1,000	0.76% 16
<b>Total</b>	<b>2,114</b>

### Q47 How old are you?

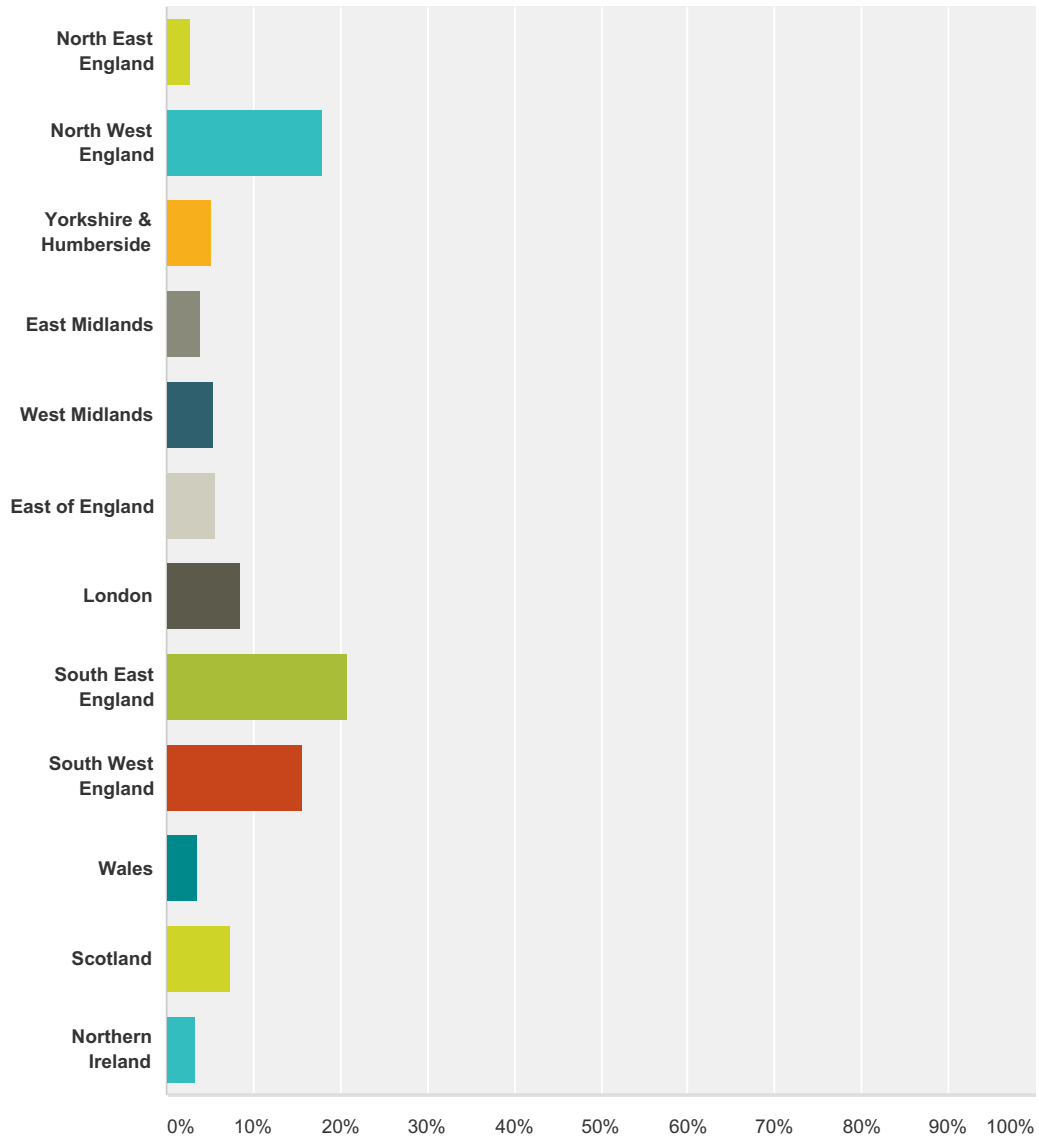
Answered: 2,192 Skipped: 17



Answer Choices	Responses
Under 30	34.26% 751
31 and over	65.74% 1,441
<b>Total</b>	<b>2,192</b>

### Q48 Where do you live?

Answered: 2,183 Skipped: 26



Answer Choices	Responses
North East England	2.79% 61
North West England	17.96% 392
Yorkshire & Humberside	5.13% 112
East Midlands	3.89% 85
West Midlands	5.36% 117
East of England	5.59% 122
London	8.47% 185
South East England	20.84% 455

South West England	15.71%	343
Wales	3.53%	77
Scotland	7.38%	161
Northern Ireland	3.34%	73
<b>Total</b>		<b>2,183</b>

## Q49 Anything you would like to add?

Answered: 579 Skipped: 1,630

**Q50 If you'd be keen to talk to a journalist about your experiences, please leave your name, email address, a contact phone number and your home town:**

Answered: 550 Skipped: 1,659

**Q51 Finally, please tell us your email address if you would like a chance to win £150 Supermarket vouchers**

Answered: 1,743 Skipped: 466